

# Area Agency on Aging Highlights for October 2021

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

## Legislative and Boards

### Highlights

**Virtual Northern Virginia Aging Network (NVAN) Meeting** on November 16, 2021.  
<https://us06web.zoom.us/j/85030156139>  
Password: NVAN-1234!

**Think Tank Recognition** is available at [October 5, 2021 Board of Supervisors \(fairfaxcounty.gov\)](#)

**6th Annual “Shark Tank” Technology Challenge**, please visit: [Fairfax Area Student “Shark Tank” Technology Challenge | Family Services \(fairfaxcounty.gov\)](#)  
*Important dates:*

- Initial Proposal Due Monday, December 6, 2021.
- Full Project Submission Due Tuesday, February 22, 2022.
- Shark Tank Event – April 2022.

- On October 2nd, Supervisors Herrity and Walkinshaw presented a resolution to recognize the 2021 Fairfax Area “Think Tank” COVID-19 Challenge Winners. Commission on Aging (COA) Chair Cathy Cole offered remarks on behalf of the 50+ Technology Committee. The Committee announced the Think Tank Challenge as a call for strategies or programs to help address social isolation for older adults and people with disabilities who have little or no technology. The winning proposal, submitted by the Long-Term Care Coordinating Council’s COVID-19 Impact & Response Committee, was a blueprint for a program called Friend Mobile. The team chair offered remarks and explained that Friend Mobile will use a motorized vehicle to visit older adults and adults with disabilities who are socially isolated. This vehicle will be equipped to bring entertainment, food, companionship, education, and more.
- At the October 25<sup>th</sup> Board of Supervisors (BOS) Legislative Committee meeting, the BOS reviewed the 2022 draft Human Services Issues Paper. The Human Services Issue Paper is a supplement to the 2022 Fairfax County Legislative Program as the Fairfax County Board of Supervisors has long recognized that investments in critical health, housing, and human services programs are essential to maintaining a healthy and vibrant community that provides all residents an equitable opportunity to thrive.
- At the November 9<sup>th</sup> BOS meeting, Supervisor Herrity will present a proclamation to recognize November as National Family Caregivers Month. Sharron Dreyer, COA Commissioner from Lee District, will receive the proclamation.
- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, November 17<sup>th</sup>. Kathleen Thomas, Communications Specialist for the Division of Adult and Aging Services, will share a communication plan for the upcoming SHAPE the Future of Aging Survey, which will be sent to older adults in the community in early 2022. In addition, the COA is developing commissioner outreach strategies in individual magisterial districts to support the survey. Theresa Brown, Volunteer Solutions Supervisor, and Linda Hernandez-Giblin, Planning Coordinator, will also present about current and developing AAA initiatives to address social isolation.

- The 50+ Technology Committee, including Commission on Aging Chair Cathy Cole, has announced the 6th Annual “Shark Tank” Technology Challenge. The challenge is open to all high school students in Fairfax County, City of Fairfax, and the City of Falls Church to develop an innovative device or app that will have a positive impact in the lives of older adults, adults with disabilities, or caregivers. **\$5000.00** in cash prizes have been provided by Shark Tank sponsor, IntegrityOne Partners.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **274**
  - Completed contact cases: **445**  
(Note: This number includes one-on-one contacts and is based on what has been entered as of 11/3/2021.)
  - Money saved in September 2021 (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$259,602.**
  - Number of Events/Presentations: **10**
- The DFS VICAP email account was created as another way for individuals to contact the VICAP office. The email address is [dfsvicap@fairfaxcounty.gov](mailto:dfsvicap@fairfaxcounty.gov).
- VICAP has scheduled **17** Medicare 101 presentations for Fall 2021. Information on these events is advertised in the Golden Gazette and Fairfax County’s online Older Adults Events Calendar.
  - VICAP participated in Congressman Gerry Connolly’s 2021 Senior Issues Forum on Friday, October 29<sup>th</sup>. Over 400 people registered for the event.
- Fairfax County VICAP was featured in the October 30, 2021 New York Times article titled “THE NEW OLD AGE – Why Aren’t More People Comparison Shopping for Health Plans?” One of the VICAP volunteers, Jack Hoadley, was interviewed along with a Fairfax County resident he counseled.
- The annual Medicare Open Enrollment Period is October 15<sup>th</sup> through December 7<sup>th</sup>.
  - Medicaid Commonwealth Coordinated Care Plus (CCC Plus) open enrollment is October 1<sup>st</sup> through December 18<sup>th</sup>.
  - Medicaid Medallion 4.0 open enrollment is November 1<sup>st</sup> through December 31<sup>st</sup>.
  - Federal Marketplace/Affordable Care Act (ACA) open enrollment is November 1 through December 15<sup>th</sup>.
  - Federal Employees Health Benefits Program (FEHBP) open enrollment is November 9<sup>th</sup> through December 14<sup>th</sup>.
  - TRICARE (military) open enrollment season is November 8<sup>th</sup> through December 13<sup>th</sup>.
  - Medicare General Enrollment Period is January 1<sup>st</sup> through March 31<sup>st</sup>.
  - Medicare Advantage Open Enrollment Period is January 1<sup>st</sup> through March 31<sup>st</sup>.

### VICAP Information

- For more information, contact VICAP [dfsvicap@fairfaxcounty.gov](mailto:dfsvicap@fairfaxcounty.gov)
- **The VICAP website** features the October 2021 Medicare 101 and Medicare 102 presentation webinars, and a podcast. It also includes links to Medicare and COVID-19 information and a Senior Medicare Patrol Consumer Fraud Alert for COVID-19. <https://www.fairfaxcounty.gov/familyservices/older-adults/virginia-insurance-counseling-and-assistance-program>

## Volunteer Solutions

- Data that drives the work:
  - Inquiries to becoming a volunteer: **58**
  - Total volunteers became active in a program: **6**
  - New client referrals: **15**
  - IT On Call referrals: **5**
  - Facebook Followers: **1,861**
- On October 1<sup>st</sup>, Volunteer Solutions presented on Adult and Aging services at Supervisor Storck's virtual Health & Safety summit. A total of **40** community members participated.
- On October 17<sup>th</sup>, Volunteer Solutions participated in the Eden Center Literacy event. Over **200** participants attended the event. Resources for older adults, adults with disabilities, and caregivers were distributed.
- On October 18<sup>th</sup>, the Volunteer Solutions' Planning Coordinator hosted a 50+Community Ambassador meeting. 50+Community Ambassadors were presented with an overview of Adult and Aging programming to prepare them for sharing information throughout the community.

### Upcoming Events Involving Volunteer Solutions:

Check out the **Volunteer Solutions Caring Community Updates** to stay up to date on the latest happenings to include Volunteer Spotlights, upcoming events, and more:  
<https://www.fairfaxcounty.gov/familyservices/older-adults/volunteer-solutions/caring-community-e-news>

Check Volunteer Solutions out on **Facebook**:  
<https://www.facebook.com/fairfaxcountyvolunteersolutions>

---

## Nutrition: Meals on Wheels

- A new partnership with several community-based organizations will ensure all Meals on Wheels (MOW) clients receive a special Thanksgiving meal delivery this year. Volunteers Solutions' volunteers will also support this effort by delivering this special meal. MOW clients will receive a variety of traditional Thanksgiving meal items, both prepared foods and shelf-stable pantry items, that can be used to serve as a family holiday meal. Volunteers will pick up the meal kits at different community-based organizations and deliver to MOW clients on Tuesday, Nov. 23<sup>rd</sup>.
- The Nutrition Unit continues to provide MOW services to eligible adults over age 60 or adults over age 18 with disabilities who elect to self-quarantine due to the pandemic.
- The Nutrition Unit is in the process of surveying MOW clients now that the weekly delivery model has been implemented for **3** months.

### How to Request Meals

- Call 703-324-5409, TTY 711 to request service, make a referral or get more information.
- Family members, caregivers, friends, and medical professionals can make referrals.
- A social worker will call to conduct an assessment to determine eligibility.
- For more information visit:  
<https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels>

## Nutrition: Congregate Meals

- On November 1, 2021, Genuine Food Lab, LLC started serving meals to Herndon Senior Center and Herndon Adult Day Health Centers. Participants are delighted that meals are being prepared on-site in the commercial kitchen again. The kitchen was closed in March 2020 due to the pandemic.
- The Congregate Nutrition Program continues to provide nutritious meals and opportunities for socialization and recreation to county residents aged 60 and over at Fairfax County Senior Centers and Adult Day Health Centers.

---

## ElderLink

- Caregiver Education and Support.
  - ElderLink Caregiver Support Call Upcoming calls:

Thursday 11/09, *National Family Caregivers' Month – Finding the Rewards in Caregiving*

Friday 12/14, *Caregiver Self-Care for Caregivers*
  - Caregiver Webinar-Self-Care for Caregivers:

Wednesday 11/17, 12pm-1pm. Recognizing when you need care and attention is vital so that you can continue to provide care for your loved one. Learn tips and strategies to help avoid/prevent burnout, reduce stress, and manage expectations.
- Health and Wellness.
  - Chronic Disease Self-Management. In-person class at George Mason Regional Library, Mondays, 11/08-12/13.
  - Diabetes self-Management. Telephonic class, Tuesdays, 11/09-12/14.

### ElderLink Services and Events

- For online registration to participate in **ElderLink's Caregiver Support Call**, please visit: [www.tinyurl.com/CaregiverTSG](http://www.tinyurl.com/CaregiverTSG) or call the ElderLink intake line (703) 324-5374.
- For online registration to participate in **Caregiver Webinar-Self-Care for Caregivers**, please visit: [FairfaxCounty.gov/OlderAdults](http://FairfaxCounty.gov/OlderAdults) and scroll to the Free Events or call (703) 324-5484.
- For more information about **Chronic Disease Self-Management**, please contact Dianne Duke (703) 324-7721, [Dianne.Duke@fairfaxcounty.gov](mailto:Dianne.Duke@fairfaxcounty.gov) or visit [www.tinyurl.com/CDSMP123](http://www.tinyurl.com/CDSMP123) to register.
- For more information about **Diabetes Self-Management**, please contact Dianne Duke (703) 324-7721, [Dianne.Duke@fairfaxcounty.gov](mailto:Dianne.Duke@fairfaxcounty.gov) or visit [www.tinyurl.com/DSMP123](http://www.tinyurl.com/DSMP123) to register.
- ElderLink is still accepting **referrals** for all programs, including **options for Caregiver Support, Health and Wellness Classes, and Case Management Services**. Please refer community members to the ElderLink intake line at: (703) 324-5374.

---

## Caregiver and Support Services

- On Wednesday, October 6, *Medicare 101*- caregiver webinar was held. **39** people attended the event.
- On Wednesday, October 20, *Medicare 102*- caregiver webinar was held. **44** people attended the event.
- On Friday, October 1, Aging in Place- A Panel Conversation was held. **55** people attended.

- During the month of October, **11** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Medicare 101 and 102 presentations, Covid-19 vaccines boosters, Kinship Caregiver cafes, Dementia Friend information sessions, The Caregiving Journey: A Panel Conversation with Family Caregivers, Caregiver Telephone Support Call, Caring for You and Caring for Me virtual classes and more. Currently, there are **834** subscribers.
- The caregiver column for the Golden Gazette tip of the month was on having a Weekly Planner, and also included information on the Adult, Disability, and Caregiver Resource line, caregiver webinars: Medicare 101 and 102, The Caregiving Journey: A Panel Conversation, and the 35<sup>th</sup> Annual Caregiver's Conference: *Caregiving as Memories Fade*.
- The monthly Caregiver Webletter was emailed this month to **626** people. The Webletter contained information on the following programs: The Caregiving Journey: A Panel Conversation with Family Caregivers, Medicare 101 and 102 Presentations, Caregiver Telephone Support Call: Caregiving Over the Holidays, Caring For You, Caring For Me, Dementia Friends Information Session, Virtual Walk with Ease Program, Virtual Chronic Pain Self-Management Program (CPSMP), Caregiver Alert Notifications, and 35<sup>th</sup> Annual Caregiver's Conference: *Caregiving as Memories Fade*.
- The 35<sup>th</sup> Annual Caregiver Conference, *Caregiving as Memories Fade*, will be held virtually on Monday, November 9 to Wednesday, November 11 from 10:00 AM – 12:30 PM. Gary Chapman, PhD, author of *Keeping Love Alive as Memories Fade: The 5 Languages and the Alzheimer's Journey*, will be the keynote speaker.
- In October, the caregiver unit received **8** phone calls from family caregivers seeking information about educational programs, support groups, and other supportive services in Fairfax.
- On October 12<sup>th</sup>, caregiver staff conducted a virtual presentation to the Chamber of Commerce-Senior Resources Council about state of caregiving, current statistics, and resources. **14** people attended the presentation.
- In October, caregiver staff attended a Senior Resource meeting and provided Fairfax AAA information about resources and services for family caregivers, older adults, and adults with disabilities to **29** attendees.
- On October 27<sup>th</sup>, caregiver staff attended a Senior Resource Fair at Frying Pan Park and provided Fairfax AAA information about resources and services for family caregivers, older adults, and adults with disabilities to **46** attendees.
- The Fenwick Foundation Partnership supports family caregivers by providing free outside events and activity opportunities, such as tickets to theaters, plays, musicals, baseball games, and more. Currently, The Fenwick Foundation is providing access to virtual and in-person events, such as

## Caregiver Important Information

- **Past Caregiver Webinars** are available on:

*Medicare 101*

<https://bit.ly/Medicare101-Link>

*Medicare 102*

<https://youtu.be/WIAkKJZaGiI>

*Aging in Place- A Panel Conversation*

<https://youtu.be/eUkKO3-Obkg>

- The 35<sup>th</sup> Annual Caregiver Conference, **Caregiving as Memories Fade**. Online Registration: <https://nvdcc.com/>
- New webpage for National Family Caregivers Month & recording of Mature Living Episode: Caregiving Around the Clock are available at <https://bit.ly/National-CaregiversMonth>

dental webinars, soccer games, holiday events, circus outings, live music events and more. The program accepts referrals from the Department of Family Services, senior centers, adult day health centers, and other county programs. The program currently has **22** participants.

- Caregiver staff attended the Dementia Friendly Fairfax (DFF) task force meeting and co-hosted a Dementia Friends Information Session on October 23<sup>rd</sup> for **3** community members. On Friday, October 29, staff co-facilitated a Spanish DFF presentation to family caregivers. **4** people attended.
- Senior Express provided **26** round-trip rides to **9** unduplicated clients, and **53** hours of respite to their family caregivers for the month of September.
- The Covid Grocery & Medication Assisted Transportation program provided **11** round-trip rides to **8** unduplicated clients for the month of September.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **5** clients/caregivers, providing **7** items in September.
- Residential Repair & Renovation Program: Served **1** client in October
- Occupational Therapist (OT) Consultation Program: Made **4** referrals to TMT in October.

---

## Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman staff and ombudsman volunteers continue to conduct onsite visits to nursing facilities and assisted living facilities.
- Increased requests for assistance from the Ombudsman Program have continued since ombudsmen reentry into long-term care facilities.
- Ombudsman Program's next virtual in-service training for ombudsman volunteers was rescheduled from October to November. In-services are continuing education trainings for ombudsman volunteers and are held every other month. In-services focus on different topics and are opportunities for ombudsman volunteers to share their experiences and ideas.
- Ombudsman Program contributes a monthly short piece on the topic of long-term care in Fairfax County's monthly newspaper for older adults called the "Golden Gazette." September's piece was on activity programs in long-term care facilities.

### **The Ombudsman Program information**

- Ombudsman Program completed its 3-Day Fall 2021 New Ombudsman Volunteer Training for prospective ombudsman volunteers in October! Trainings are held twice a year (spring and fall) and are mandatory for prospective ombudsman volunteers. Next step is to "place" new ombudsman volunteers throughout long-term care facilities in Northern Virginia. If you are interested and/or know of anyone interested in becoming an **ombudsman volunteer to advocate for residents in long-term care facilities**, please contact the Ombudsman Program via phone 703-324-5861 or email [nvltcop@fairfaxcounty.gov](mailto:nvltcop@fairfaxcounty.gov).

### **How to request a virtual outreach presentation**

The Ombudsman Program always welcomes the opportunity to educate the community about the program and promote quality of care and life for persons receiving long-term care services. To request an online or in-person outreach presentation, please contact the program via phone 703-324-5861 or by email: [nvltcop@fairfaxcounty.gov](mailto:nvltcop@fairfaxcounty.gov).

## Aging Disability Caregiver Resource Intake Line Statistics October 2021

<b>APS, Reports Received</b>	<b>264</b>
<b>Nutrition/MOW</b>	<b>155</b>
<b>CCC+/ALF screenings, info only</b>	<b>150</b>
<b>Adult Services Referrals Sent</b>	<b>147</b>
<b>ADCR Consultation</b>	<b>138</b>
<b>APS, info only</b>	<b>107</b>
<b>Benefits</b>	<b>103</b>
<b>Adult Services, info only</b>	<b>102</b>
<b>Housing</b>	<b>74</b>
<b>Transportation</b>	<b>57</b>
<b>Home Based Care, info only</b>	<b>38</b>
<b>VICAP</b>	<b>38</b>
<b>Coordinated Services Planning</b>	<b>38</b>
<b>Burial/Cremation</b>	<b>30</b>
<b>Home Care Registry</b>	<b>30</b>
<b>Medical/Dental</b>	<b>23</b>
<b>Assisted Living</b>	<b>18</b>
<b>Elderlink</b>	<b>17</b>
<b>Mental Health/Substance Abuse</b>	<b>17</b>
<b>Ombudsman</b>	<b>17</b>
<b>Durable Medical Equipment</b>	<b>14</b>
<b>Disability Services</b>	<b>12</b>
<b>Employment Training</b>	<b>12</b>
<b>Nursing Home</b>	<b>11</b>
<b>Legal Services</b>	<b>11</b>
<b>Caregiver Support</b>	<b>10</b>
<b>Environmental Services</b>	<b>9</b>
<b>Home Repair</b>	<b>9</b>
<b>Other</b>	<b>7</b>
<b>Adult Day Healthcare</b>	<b>7</b>
<b>Domestic Violence/Victim Witness</b>	<b>6</b>
<b>Health and Wellness Programs</b>	<b>6</b>
<b>Financial</b>	<b>6</b>
<b>Senior Centers/Recreation</b>	<b>5</b>
<b>Respite</b>	<b>5</b>
<b>Intellectual Disability Resources</b>	<b>5</b>
<b>Golden Gazette</b>	<b>5</b>
<b>Police Emergency/Non-Emergency</b>	<b>4</b>
<b>Fuel/Cooling Assistance/Fan Care</b>	<b>3</b>
<b>Tax Administration</b>	<b>3</b>
<b>TOTAL</b>	<b>1,704</b>