

# Area Agency on Aging Highlights for January 2022

Fairfax County Services for Older Adults | Family Services  
Golden Gazette | Family Services (fairfaxcounty.gov)

## Legislative and Boards

### Highlights

To access the **next NVAN Meeting on March 15th** – Please join from PC, Mac, Linux, iOS or Android:  
<https://us06web.zoom.us/j/84161479597>  
Password: NVAN-1234!

- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, February 16th. One Fairfax staff will present about the Fairfax County Vulnerability Index and its applications for the Community Assessment Survey for Older Adults and the SHAPE the Future of Aging Plan.
- At the January 11<sup>th</sup> NVAN meeting, Dorcas Baker, Regional Coordinator for MidAtlantic AIDS Education & Training Center, presented on “HIV and Aging; National HIV/AIDS Strategy (NHAS).” The NVAN Legislative Committee discussed the 2022 General Assembly Session.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **122**
  - Completed contact cases: **217**  
(Note: This number includes one-on-one contacts and is based on what has been entered as of 2/1/2022.)
  - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$73,018.**
  - Number of Events/Presentations: **0**

### 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>
- 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 is in the process of scheduling Medicare 101 presentations for the Spring and Fall 2022. The next virtual Medicare 101 presentation will be held with NCS Virtual Center for Active Adults, Fairfax County Senior Centers on Tuesday, March 22 at 10:15am. Information on this presentation and future events will be advertised in the Golden Gazette and Fairfax County’s online Older Adults Events Calendar.
  - The annual Medicare Open Enrollment Period was October 15<sup>th</sup> through December 7<sup>th</sup>.
    - Medicare General Enrollment Period is January 1st through March 31st.
    - Medicare Advantage Open Enrollment Period is January 1st through March 31st.

- VICAP’s client base is **185,000** county residents. VICAP is currently staffed by **2** full-time employees and some volunteers. VICAP’s recent hire for the part-time position starts February 28th.

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## Volunteer Solutions

- Data that drives the work:
  - Inquiries to becoming a volunteer: **92**
  - Total volunteers became active in a program: **3**
  - New client referrals: **11**
  - IT On Call referrals: **3**
  - Facebook Followers: **1,865**
- On January 18<sup>th</sup>, 2022, Volunteer Solutions’ Annandale Regional Volunteer Coordinator kicked-off the Teachable Tuesday Training series by presenting the Companion Pets Program.
- On January 24<sup>th</sup>, 2022, Volunteer Solutions’ Planning Coordinator presented the history and model of the 50+Community Ambassador program to the Public Information and Outreach Committee of the Arlington Commission on Aging. **Seventeen** committee members were in attendance.

### 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>

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## Nutrition: Meals on Wheels

- The Nutrition Unit is in the process of filling a vacancy due to the retirement of a case manager in late December 2021. The Nutrition Case Manager position is posted on the County website until February 11, 2022.
- 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.

### 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

- 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. With the reopening of the Pimmit Hills Senior Center in January 2022 and the Hollin Hall Senior Center on February 7, 2022, all Fairfax County Senior Center meal sites are now open.

- The AAA dietitian/Congregate Nutrition Program Coordinator provided a virtual cooking demonstration to the Braddock District Council Aging in Place Committee on January 19<sup>th</sup>, 2022.

## Caregiver

- During the month of **January**, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on a Caregiver Webinar, “Caring for You, Caring for Me” workshops, Aging, Disability and Caregiver Resources line, Virtual Diabetes Self-Management Program, Virtual Chronic Pain Self-Management Programs, Caregiving Compass: Navigating Alzheimer’s, Dementia and Memory Loss session, Caregiver support groups, and the Caregiver Telephone Support Call. Currently, there are **897** subscribers.

### Caregiver Important Information

- New Caregiver Webinar Series for 2022 have been announced. First session, ***Our Journey: Lived Experiences of Multicultural Family Caregivers*** will be held on Wednesday, February 9<sup>th</sup> from noon to 1:00p.m. Online Registration: <https://bit.ly/CAREWEB1>
- To access the newly redesigned and updated caregiver webpage: [Family Caregiver Support Programs | Family Services \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/family-services)
- To access a **playlist of 2021** Caregiver webinars: <https://bit.ly/PlaylistCaregiverWebinars>
- Sign up for upcoming Dementia Friendly Fairfax (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>.

- The caregiver column for the Golden Gazette included a message about signs/symptoms of caregiver stress, tips on how to deal with it, and the ADCR line. It also included information about upcoming webinars: *Healthy Living for Your Brain and Body: Tips from the Latest Research*, [Caregiver Stroke support Group](#), and [Virtual Kinship Cafés](#).
- The monthly Caregiver Webletter was emailed this month to **664** people. The Webletter contained information on *Maintaining Relationships While Caregiving*- Caregiver Telephone Support Call, Caregiving Compass: Navigating Alzheimer’s forum, Dementia and Memory Loss, Multigenerational BINGO program, [Caregiver Stroke Support Group](#), Fairfax County’s Virtual Chronic Disease Self-Management program, Fairfax County’s Virtual Diabetes Self-Management Program (DSMP), Consultations for Caregivers, “How are you feeling? Take an online mental health/ substance use screening,” and Fairfax Caregiver Alert Notifications.
- In January, a staff participated in the *Caregiver Compass: Navigating Alzheimer’s, Dementia and Memory Loss* forum. Staff provided information about caregiver support programs. **78** people attended the forum.
- 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, live shows, music events, special events, ballets, basketball games and more. The program accepts referrals from the Department of Family Services, adult day health centers, and other county programs. The program currently has **32** participants
- Caregiver staff attended the December Dementia Friendly Fairfax (DFF) task force meeting January 25, 2022.

- Senior Express provided **13** round-trip rides to **11** unduplicated clients, and **34** hours of respite to their family caregivers for the month of December.
- The Covid Grocery & Medication Assisted Transportation program provided **7** round-trip rides to **5** unduplicated clients for the month of December.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **1** client/caregiver, providing **1** item in December. There are additional requests being processed on an on-going basis.
- The Residential Repair & Renovation Program (R&R) helps seniors 60 yrs. of age or older remain safely in their home by providing home repairs and modifications. **Three** jobs were completed in January – plumbing and electrical. Received **6** new requests (plumbing, grab bars, kitchen modification to meet ADA standards, and to repair a furnace.) There is **1** job on hold for a new furnace with masonry work.
- The Occupational Therapist (OT) Consultation Program sends out an OT to perform a home safety evaluation for A&A clients. Clients are referred to this service by their case worker. There were **7** new referrals received in January. No OT visits were conducted this month.

## ElderLink

- ElderLink is recruiting to fill a Social Worker Case Manager I position.
- Caregiver Support.
  - ElderLink Caregiver Support Call  
Upcoming calls:
    - Tuesday 02/08: *You Are Not Alone! Guest Speaker to Highlight Fairfax County Family Caregiver Support Programs.*
    - Tuesday 03/08: *How Do We Manage Difficult/Challenging Behaviors of Those with Memory/Cognitive Impairments?*
  - ElderLink *Caring for You, Caring for Me* upcoming class: Wednesdays, 02/09-03/09, 10:30am-12:30pm, via Zoom.
- Health and Wellness.
  - *Diabetes Self-Management* upcoming class: Wednesdays, 02/02-03/09, 10am-12pm, via Zoom.
  - *Bingo + Gentle Exercises = BINGOCIZE®* upcoming class: Tuesdays/Thursdays February 15-April 21, 10-11am, in-person, at Reston Community Center, 2310 Colts Neck Road.

## ElderLink Services and Events

- For online registration to participate in **ElderLink's Caregiver Support Call**, sessions held via Zoom, please visit: [www.tinyurl.com/CaregiverTSG](http://www.tinyurl.com/CaregiverTSG) or call the ElderLink intake line (703) 324-5374.
- To register in **Caring for You, Caring for Me**, visit: <https://tinyurl.com/CFYCFM4U> or contact Kristin Martin at 703-324-7577.
- To register in **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 in **Bingo + Gentle Exercises = BINGOCIZE®**, please contact Cassie LeBron, (703)390-6157, or [Casmera.Lebon@fairfaxcounty.gov](mailto:Casmera.Lebon@fairfaxcounty.gov).
- 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.

# Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman staff and ombudsman volunteers continue to conduct onsite visits to nursing facilities and assisted living facilities though some volunteers have decided to pause their visits during the increased COVID-19 cases.
- Ombudsman Program's next virtual in-service training for Ombudsman volunteers is scheduled for February. 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.
- New Ombudsman volunteers from the 3-Day Fall 2021 New Ombudsman Volunteer Training have all been "placed" throughout long-term care facilities in Northern Virginia.
- 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". January's piece was on Ombudsman volunteers and recruitment for the Spring 2022 New Ombudsman Volunteer Training.

## **The Ombudsman Program information**

- Ombudsman Program started recruiting prospective Ombudsman volunteers for the 3-Day Spring 2022 New Ombudsman Volunteer Training scheduled for March 21<sup>st</sup>, 23<sup>rd</sup>, and 31<sup>st</sup> (rain date on April 1<sup>st</sup>). Trainings are held twice a year (spring and fall) and are mandatory for prospective Ombudsman volunteers. 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 January 2022

<b>APS, Reports Received</b>	<b>261</b>
<b>ADCR Consultation</b>	<b>255</b>
<b>CCC+/ALF screenings, info only</b>	<b>195</b>
<b>Adult Services Referrals Sent</b>	<b>193</b>
<b>Nutrition/MOW</b>	<b>175</b>
<b>Benefits</b>	<b>125</b>
<b>APS, info only</b>	<b>123</b>
<b>Housing</b>	<b>76</b>
<b>Adult Services, info only</b>	<b>67</b>
<b>Transportation</b>	<b>47</b>
<b>Home Care Registry</b>	<b>34</b>
<b>Burial/Cremation</b>	<b>33</b>
<b>Home Based Care, Info Only</b>	<b>32</b>
<b>Coordinated Services Planning</b>	<b>28</b>
<b>Mental Health/Substance Abuse</b>	<b>23</b>
<b>Assisted Living</b>	<b>22</b>
<b>Legal Services</b>	<b>20</b>
<b>Medical/Dental</b>	<b>20</b>
<b>VICAP</b>	<b>18</b>
<b>Nursing Home</b>	<b>16</b>
<b>Other</b>	<b>14</b>
<b>Financial</b>	<b>13</b>
<b>Durable Medical Equipment</b>	<b>13</b>
<b>Employment/Training</b>	<b>11</b>
<b>Volunteer</b>	<b>10</b>
<b>Caregiver Support</b>	<b>10</b>
<b>Home Repair</b>	<b>10</b>
<b>Disability Services</b>	<b>10</b>
<b>Elderlink</b>	<b>9</b>
<b>Ombudsman</b>	<b>8</b>
<b>Tax Administration</b>	<b>8</b>
<b>Senior Centers/Recreation</b>	<b>7</b>
<b>Adult Day Healthcare</b>	<b>7</b>
<b>Respite</b>	<b>6</b>
<b>Intellectual Disability Resources</b>	<b>5</b>
<b>Environmental Services</b>	<b>5</b>
<b>Fuel/Cooling Assistance/Fan Care</b>	<b>3</b>
<b>Police Emergency/Non-emergency</b>	<b>3</b>
<b>Domestic Violence/Victim Witness</b>	<b>2</b>
<b>Health and Wellness Programs</b>	<b>2</b>

**TOTAL**

**1909**