

Area Agency on Aging Highlights for April 2022

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

Legislative and Boards

Highlights

- **May 24, 9:30 AM** Board Auditorium (and livestreamed on Channel 16) - **Board of Supervisors (BOS) Proclamation of May as Older Americans and Adult Abuse Prevention Month and BOS Recognition of 50+ “Shark Tank” Assistive Technology Challenge Winners**

- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, May 18th. Staff from the Aging, Disability, & Caregiver Resources Line; Long Term Care Ombudsman Program; the Community Services Board, and a Senior Center will share their expertise in a discussion about personal well-being of older adults. Volunteer Solutions staff will introduce the COA to the animatronic pets being offered to Adult and Aging clients, senior center participants, adult day health center participants.
- On April 19th, the Northern Virginia Aging Network (NVAN) conducted its annual legislative brainstorming session. At the May 17th NVAN meeting, participants will vote for legislative and budget priorities for the 2023 NVAN legislative platform.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **100**
 - Completed contact cases: **242** (Note: This number includes one-on-one contacts and is based on what has been entered as of 5/2/2022.)
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$22,017**.
 - Number of Events//Presentations: **1**

VICAP Information

- For more information, contact VICAP 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>

- VICAP has scheduled Medicare 101 presentations for the Spring and Fall 2022. Upcoming Medicare 101 presentations will be held at the Centreville Baptist Church (in-person) on Monday, May 23, 2022 at 7:00pm, and the Reston Community Center (virtual) on Tuesday, May 24, 2022 at 12:00 pm. Registration is required. Information on these presentations and future events will be advertised in the Golden Gazette, Fairfax County’s online Older Adults Events Calendar, and the VICAP website.

- VICAP's client base is **185,000** county residents. VICAP is currently staffed by **2.5** full-time employees and some volunteers.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **91**
 - Total of volunteers became active in a program: **7**
 - New client referrals: **9**
 - IT On Call referrals: **15**
 - Facebook Followers: **1,890**
- On April 22, 2022, in honor of National Volunteer Week, Volunteer Solutions hosted a virtual event to recognize the meaningful contributions made by Volunteer Solutions and Ombudsman volunteers. Motivational speaker and humorist Meg Soper uplifted volunteers and shared insight on "Thriving in Times of Change." Two giveaways were drawn at the event. **96** volunteers were in attendance. Volunteers were also sent a certificate of appreciation and a reusable shopping tote as a sign of recognition.
- In response to volunteers' request for a forum to meet, connect, and network, Volunteer Solutions created *Connection Corner*. Connection Corner is a virtual opportunity to gather with Volunteer Solutions' staff and volunteers. Beginning April 2022, each Regional Volunteer Coordinator will host one *Connection Corner* meeting per month. A total of **14** volunteers attended the meetings held April 12-14th.
- On April 23, 2022, the Volunteer Solutions' Planning Coordinator staffed an Adult and Aging resource table at the Culmore Community Day. **400** individuals attended the in-person event

Upcoming Events Involving Volunteer Solutions:

- **May 26, 2022**- Volunteer Training-Mental Health First Aid for Older Adults (Provided by the Community Services Board)
- 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

- Meals on Wheels (MOW) participants will receive a Customer Satisfaction Survey to complete during the month of May. Each participant will receive a survey and a self-addressed stamped envelope to return upon completion. Along with the survey, MOW participants will also receive flyers promoting the Volunteer Solutions' Companion Pet Program and the County's Nutritional Counseling program. These flyers provide information about available services and

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>

contact information to connect participants with volunteers in our community or to gain access to the County's dedicated Dietitian for Nutritional Counseling.

- Fahima Amiri will assume duties as the Administrative Assistant II for the Nutrition Program effective Wednesday, May 4, 2022.
- Alison Banks, MSW, will fill the vacant Social Services Specialist II position in the Nutrition Unit on Monday, May 23, 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.

Nutrition: Congregate Meals

- The Congregate Nutrition Program Coordinator has been monitoring Adult Day Health Center (ADHC) meals sites in preparation for the ADHC transition from the Health Department to the Department of Neighborhood and Community Services in July 2022.
- The RFP process for Braddock Glen Assisted Living is complete and a contract is expected to be awarded in early May, with a contract start date of July 1, 2022.
- 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.

Caregiver and Support Services

- On Friday, April 8, 2022, *Health & Wellness Workshop: Yoga and Meditation for Stress Reduction* was held. **53** people attended the webinar.
- On Wednesday, April 20, 2022, *Parkinson's Disease: Diagnosis, Treatment, and Interventions*. webinar was held. **71** people attended the webinar.
- On Friday, April 29, 2022, *Health & Wellness Workshop: Mindfulness in the Kitchen* was held. **45** people attended the webinar.
- New Panel Conversation, *Faith & Spirituality in the Caregiving Journey*, has been scheduled for Friday, May 27 from 2:00p.m. to 3:00p.m.
- During the month of **March 8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on a Caregiver Webinar, Free Chronic Pain Self-Management Program, Caregiver Stroke Support Group, Walk with Ease Program, Caring for You Caring for Me class, Consultations for Caregivers, Health and Wellness programs, and the Virtual Caregiver Support Call. Currently, there are **967** subscribers.

- The caregiver column for the Golden Gazette included a message about Parkinson's Awareness Month, *Living Better with Parkinson's Disease* caregiver webinar, *Yoga and Meditation for Stress Reduction* caregiver workshop, *Mindfulness in the Kitchen* caregiver workshop, and INOVA Parkinson's and Movement Disorders Center- Virtual Fair.
- The monthly Caregiver Webletter was emailed this month to **910** people. The Webletter contained information on upcoming Caring for You Caring for Me, Elderlink's Virtual Support Call for Family Caregivers, caregiver stroke support group, caregiver webinar: *Living Better with Parkinson's Disease*, caregiver workshop: *Yoga and Meditation for Stress Reduction*, caregiver workshop: *Mindfulness in the Kitchen*, Chronic Disease Self-Management Program, Virtual Walk with Ease Program for Older Adults, and free family dinner at The Willston Multicultural Center.

Caregiver Important Information

- **Caregiver Webinars. Online Registration for upcoming sessions:** <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 **Health & Wellness Workshop: Yoga and Meditation for Stress Reduction** recording: <https://bit.ly/YogaforStressReduction>
- Sign up for upcoming **Faith & Spirituality in the Caregiving Journey:** <https://bit.ly/AAAPanel>
- 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>.

- On Friday, April 1, 2022, caregiver staff and Insight Memory Care Center co-facilitated the virtual presentation, "Where to Turn for Help: Resources in Fairfax County." There were **10** participants.
- Caregiver staff attended the March Dementia Friendly Fairfax (DFF) task force meeting on Tuesday, April 26, 2022. Caregiver Staff and Diane Watson, Commissioner on Aging, conducted a requested Dementia Friend Information session on April 12, 2022, for the Parkinson Social Network, non-profit and had **13** participants.
- 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, museums, ballets, soccer games, magic shows, orchestras and more. The program accepts referrals from the Department of Family Services, adult day health centers, and other county programs. The program currently has **34** participants.
- Senior Express provided **21** round-trip rides to **11** unduplicated clients, and **47** hours of respite to their family caregivers for the month of March.
- The Covid Grocery & Medication Assisted Transportation program provided **7** round-trip rides to **5** unduplicated clients for the month of March.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **5** clients/caregivers, providing **9** items in March.
- 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. In April, **4** new referrals were received, **5** jobs were completed, and **6** are in process. The program replaced front door locks,

painted doors, installed two stairlifts, fixed a furnace and sent a plumber to diagnose a leaking shower. Pending jobs include installation of grab bars, handrails and another stairlift, repairing a bathroom floor, replacing rotted wood, weather-stripping doors, painting exterior windows, replacing refrigerator gasket stripping, redoing a complete shower and caulking a tub/tile/floor.

- 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 **10** new referrals received in April and **7** were completed.
- The Chore Service Program allows AAA to provide services for A&A clients, 60 yrs. or older, who can no longer perform these tasks themselves and who do not have the means to hire someone to provide the specified service(s). The first-ever Chore Services job was successfully completed to declutter, move items to storage & clean the client's home, preventing this client from losing his housing voucher and permanently becoming homeless. There are currently **4** jobs in process.

ElderLink

- ElderLink Staff updates
 - Case Manager Ann Marie Vieira retired 04/29. ElderLink is recruiting to fill a Social Worker Case Manager I position.
 - Kathy Akindemowo will be joining the ElderLink team on 05/09 in the position of Social Worker Case Manager I.
- Caregiver Support.
 - Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls:
 - 05/10, *Therapeutic Fib: Is it OK to Shade the Truth?*
 - 06/14, *Guest Speaker from Cherry Blossom PACE*
- Health and Wellness.
 - Dianne Duke will be partnering with Rappahannock County AAA to offer a *Chronic Disease Pain Management Training* on 05/17 and 05/20.
- COVID Vaccine Outreach
 - Through a grant from Virginia Department for Aging and Rehabilitative Services (DARS), ElderLink will be focusing efforts on vaccine outreach, to include the following:
 - Disseminating credible information about COVID-19 vaccines and helping direct those with questions to additional sources of information;
 - Identifying people who may need help getting a COVID-19 vaccination, including those who are unable to independently travel to a vaccination site;
 - Providing assistance with scheduling a COVID-19 vaccination appointment for those who need help.

ElderLink Services and Events

- To register in **Virtual Support Call for Caregivers of Older Adults**, please contact ElderLink intake line, (703) 324-5374, or visit www.tinyurl.com/CaregiverTSG
- 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 Volunteer Program was selected as the winner for the Fairfax County Volunteer Program of the year at the special 30th anniversary of Fairfax County Volunteer Service Awards hosted by Volunteer Fairfax. Ombudsman Volunteer Program was one of 11 winners out of 149 nominees. The Ombudsman Program is always grateful for its ombudsman volunteers and thrilled they have been acknowledged for their dedication and hard work in 2021.
- Ombudsman Volunteers were celebrated and recognized with an in-person gathering and luncheon. Ombudsman Program puts together a special event for its ombudsman volunteers each year to show its appreciation. Without them, the Ombudsman Program could not do what it does!
- Ombudsman Program's next virtual in-service training for ombudsman volunteers is scheduled for May. 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." April's piece was on long-term care facility inspection reports.

The Ombudsman Program information

- New Ombudsman Volunteer Training have started to be "placed" throughout different long-term care facilities in Northern Virginia. 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 program via phone 703-324-5861 or email 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.

Aging Disability Caregiver Resource Intake Statistics April 2022

APS, Reports Received	263
ADCR Consultation	230
Nutrition/MOW	204
Adult Services Referrals Sent	174
CCC+/ALF screenings, info only	166
APS, info only	95
Adult Services, info only	92
Benefits	75
Housing	69
Transportation	49
Home Care Registry	37
Coordinated Services Planning	34
Legal Services	30
Home Based Care, Info Only	23
Assisted Living	23
Mental Health/Substance Abuse	22
Volunteer	16
Other	15
Burial/Cremation	15
Nursing Home	14
Senior Centers/Recreation	13
VICAP	13
Home Repair for the Elderly	12
Disability Services	11
Elderlink	11
Social Security	9
Medical/Dental	8
Tax Administration	8
Employment/Training	8
Financial	7
Caregiver Support	7
Respite	7
Adult Day Healthcare	5
Durable Medical Equipment	4
Environmental Services	4
Ombudsman	4
Health and Wellness Programs	4
Golden Gazette	4
Intellectual Disability Resources	3
Fuel/Cooling Assistance/Fan Care	3
Domestic Violence/Victim Witness	2
TOTAL	1,792