

Fairfax Area Agency on Aging Highlights for September 2022

[Fairfax County Services for Older Adults | Family Services](#)
[Golden Gazette | Family Services \(fairfaxcounty.gov\)](#)

Legislative and Boards

Highlights

- SHAPE the Future of Aging Town Halls

Monday, October 31, 2022

[Register Here](#)

10:00am – 11:30am

Reston Community Center

Rooms 1-2-3-4

2310 Colts Neck Road

Reston, VA 20191

Tuesday, November 1, 2022

[Register Here](#)

10:00am – 11:30am

Hybla Valley Community Center

Gymnasium

7950 Audubon Avenue

Alexandria, VA 22306

Friday, November 4, 2022

[Register Here](#)

1:30pm – 3:00pm

Fairfax County Government Center

Room 120-C

12000 Government Center Parkway

Fairfax, VA 22035

Thursday, November 10, 2022

[Register Here](#)

1:30pm – 3:00pm

Annandale Heritage Center

Rooms A & B

7611 Little River Turnpike

Annandale, VA 22003

- The Fairfax Area Commission on Aging (COA) will meet on Wednesday, October 19th. Health Management Associates (HMA), the consultant for the SHAPE the Future of Aging Plan, will lead discussion with the COA to hear commissioner input on the SHAPE the Future of Aging Plan.
- The Board of Supervisors [Older Adults Committee met on September 20th](#). Presentations were made about the SHAPE the Future of Aging Plan community input phase, data from the Community Assessment Survey of Older Adults, and home sharing.
- The 23rd Northern Virginia Aging Network (NVAN) Legislative Breakfast was held at the Country Club of Fairfax on September 30th. Jean Accius, Senior Vice President of AARP International and Global Thought Leadership, provided the keynote address. Registration was limited at this return to an in-person breakfast. Nearly 150 people, including 26 state legislators, local elected officials, and staff, gathered to hear and discuss NVAN's 2023 legislative platform.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **114**
 - Completed contact cases: **251**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$80,039.85**.
 - Number of Events//Presentations: **0**

- On September 1, and in collaboration with Channel 16, a *Medicare Open Enrollment Season* presentation was recorded on Mature Living Program.

- VICAP has scheduled **18** Medicare 101 presentations for Fall 2022. Upcoming Medicare 101 presentations include virtual, hybrid, and in-person presentations in October. 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. Down one position to be filled.

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>

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **71**
 - Total of volunteers became active in a program: **5**
 - New client referrals: **10**
 - Facebook Followers: **1,913**
- On September 12th, an IT On Call volunteer provided technical assistance for the very first Virtual Adult & Aging Support Group, *Navigating Legal Matters!*
- On September 13th, the Fairfax County Board of Supervisors proclaimed September 2022, "Fairfax Pets on Wheels Month" in honor of their 35th year anniversary.
- On September 17th, Adult and Aging resources were provided to **300** attendees at Saint Mark's Lutheran Church Multicultural Resource Fair.

Volunteer Solutions Information:

- **Venture into Volunteering Fair** - October 12th, 13th, and 14th, 2022. Held via Zoom from 10:30 to 3:00 p.m. daily. Explore the many opportunities to volunteer locally during the 3-day event.
- 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: bit.ly/CCUPDATES
- Check Volunteer Solutions out on **Facebook**: bit.ly/VSFACBOOK

- On September 19th and 23rd, Adult and Aging Equity team hosted two Equity Learning Sessions. Staff learned how Intersectionality can build their work with clients and community.
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Nutrition: Meals on Wheels

- 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 is happy to report that all as of Oct 3, the 4 Adult Day Health Centers will start opening their doors to reach full capacity, dropping the 6 feet social distancing requirements. Everyone (staff and participants) will continue to wear masks
- Lorton Senior Center is relocating to the new Community Center at 9520 Richmond Hwy Lorton VA 22079. Congregate Nutrition Services will begin at the new site on Monday, October 10, 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.

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>

Caregiver and Support Services

- On Wednesday, September 21, 2022, *What Legal Tool is Right for Me and My Family* was held. **97** people attended the webinar.
- On Wednesday, September 14, 2022, in partnership with the Office of Emergency Management (OEM), the Caregiver & Supportive Services unit hosted the virtual panel conversation, *Emergency Preparedness for Caregivers*. **66** people attended the webinar.
- On Friday, September 30, 2022, *Aging in Place: Program Models and Community Resources* Panel conversation was held. **77** people attended the webinar.
- During the month September, **10** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on in-person and virtual Bingo + Gentle Exercises = BINGOCIZE, A Matter of Balance- Managing Concerns About Falls, Virtual Caregiver Support Call, *What Legal Tool is Right for Me and My Family*, Caregiver Support Group, *Aging in Place: Program Models and Community Resources*, September is Kinship Care Awareness Month, and the Virtual Live Well: Chronic Disease Self-Management. Medicare 101. Currently, there are **1,056** subscribers.
- The caregiver column for the Golden Gazette included a message about How to help a loved one Age in Place, Panel Conversation: *Aging in Place- Program Models and Community Resources*, Caregiver Webinar: *What Legal Tool is Right for Me and My Family*, Caregiver Support Group, and panel conversation: *Emergency Preparedness for Caregivers*.

- The monthly Caregiver Webletter was emailed this month to **822** people. The Webletter contained information on upcoming, caregiver webinar- *What Legal Tool is Right for Me and My Family*, Panel Conversation- *Aging in Place, Program Models and Community Resources*, panel conversation: *Emergency Preparedness for Caregivers*, Caregiver Support Group, Virtual Caregiver Support Call, Bingo + Gentle Exercises = BINGOCIZE, A Matter of Balance- Managing Concerns About Falls, 9-8-8 National Hotline, and the 36th Annual Caregiver's Conference: *Caregiving with Hope and Inspiration*.
- Registration for the upcoming 36th Annual Caregiver's Conference: *Caregiving with Hope and Inspiration* is currently open. The Conference will be held virtually from Wednesday, November 9 to Friday, November 11, 2022.
- 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, baseball 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 **33** participants.
- Meetings for Dementia Friendly Fairfax (DFF) task force has been moved to every other month. No meeting was held in September. Next meeting will be in October.
- Senior Express provided **28** round-trip rides to **14** unduplicated clients, and **60** hours of respite to their family caregivers for the month of August.
- The Covid Grocery & Medication Assisted Transportation program provided **9** round-trip rides to **7** unduplicated clients for the month of August.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **2** clients/caregivers, providing **12** items in August. The Barbara Antley Gift Fund, for those clients with no family caregiver, aided **2** clients with **2** items in August.
- The Residential Repair & Renovation Program (R&R) helps older adults 60 yrs. of age or older remain safely in their home by providing home repairs and modifications. In September, **1** job was completed, with **2** jobs "in process." So far for this program year, the program has completed **25** jobs, ranging from grab bars to tub/shower remodels.
- 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 **6** new referrals received in September and **6** were completed and **1** is still in process. For this program year, the program has received **56** OT referrals and completed **55**.

Caregiver Important Information

- To access the **What Legal Tool is Right for Me and My Family** recording: <https://bit.ly/LegalToolWebinar>
- To access the **Emergency Preparedness for Caregivers** recording: <https://youtu.be/ZyWXtVc3tPs>
- To register for the **36th Annual Caregiver's Conference Caregiving with Hope and Inspiration**: <https://bit.ly/AnnualCaregiversConference>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- To access the **caregiver webpage: Family Caregiver Support Programs | Family Services (fairfaxcounty.gov)**
- Sign up for upcoming **Dementia Friendly Fairfax (DFF)** sessions: <https://bit.ly/DementiaFriendlyFairfax>

- The Chore Service Program allows AAA to provide services for Adult & Aging clients, 60 years or older, who can no longer perform these services themselves and who do not have the means to hire someone to provide the specified service(s). In September, **1** job was completed, with **2** jobs in process (Decluttering, Deep Cleaning & Sanitization) . The program has completed 7 Chores services for this Program Year.

ElderLink

- Health and Wellness.
 - *Bingocize®*. Classes in-person at:
 - The City of Falls Church Senior Center*, Mondays/Thursdays, 09/12-11/17, 10:30am-11:30am. To Register: 703-324-7721 or visit <https://tinyurl.com/Bingocize123>
 - SpringHill in Lorton*, Mondays/Wednesdays, 09/12-11/16, 2:30pm-3:30pm. To Register: 703-843-7073.
 - Reston Community Center*, Tuesdays/Thursdays, 09/13-11/17, 1:00pm-2:00pm. To Register: 703-476-4500
 - *Chronic Disease Self-Management*: Virtual Class via Zoom, Tuesdays, 10/11 – 11/15, 1:30pm-3:30pm *Registration is full
 - *A Matter of Balance*. Class in-person at Vienna Community Center, Mondays, 09/12-10/31, 10am-12pm. *Registration is closed as class is at capacity.
 - *A Matter of Balance*. Virtual class offered through Brain Injury Services, Wednesdays, 09/21-11/16, 10am-12pm.
To Register: This workshop is for current Brain Injury Center Clients only. Contact eSchneider@braininjurysvcs.org for more information
- Caregiver Support.
 - *Caring for You, Caring for Me*. Virtual class via Zoom, Wednesdays, 10/19-11/16, 10am-12pm. To Register: 703-324-7577, or visit <https://tinyurl.com/CFYCFM4U>
 - Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls: 10/11, **Caregiving Over the Holidays**
11/08, **National Family Caregiver Month**

ElderLink Services and Events

- ElderLink is lending support to Adult Services, assisting with annual reassessment for home-based care services.
- To register in **Caring for You, Caring for Me**, please contact (703)-324-7577, or visit <https://tinyurl.com/CFYCFM4U>
- 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 contact the ElderLink intake line at: (703) 324-5374.

Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman Program said farewell to the supervisor of the Program, Laura Nichols, as she retired after serving Fairfax County Department of Family Services for 25 years. This included 23 years with the Ombudsman Program. Laura's passion to advocate for the most vulnerable

has never wavered. Her knowledge and experience have contributed to training many ombudsman staff and volunteers over the years. The Program has evolved and grown because of her advocacy efforts which a countless number of long-term care recipients have benefited from. Laura made this program what it is today, and she will be missed dearly!

- Ombudsman Program welcomes Beth Ann Margetta as the new supervisor of the Program. Beth Ann is a licensed clinical social worker who began her career with Fairfax County Department of Family Services in 2008. Beth Ann has worked diligently in providing needed services to older adults through programs such as Adult Protective Services and Adult Services. Beth Ann supervised the Nutrition Program for the past 8 years and is also a former ombudsman staff member. With all her experience and wisdom, she is ready to lead the team! Welcome back, Beth Ann!
- Ombudsman staff attended the annual Office of the State (Virginia) Long-Term Care Ombudsman Program re-certification training at the end of September in Richmond. Training is an opportunity to advance our advocacy through professional development and to meet fellow ombudsmen throughout Virginia.
- Ombudsman Program held an in-service training in September on challenges of hearing loss in long-term care settings. Ombudsman Program's next in-person in-service training will be held in December. 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 recruitment for prospective ombudsman volunteers.
- Ombudsman Program presented an overview of the Program to Chapter 7 (Arlington) of the National Active and Retired Federal Employees Association (NARFE). NARFE is the only organization solely dedicated to the general welfare of all federal workers and retirees and delivers valuable guidance, timely resources, and powerful advocacy.

The Ombudsman Program Information

- Ombudsman Program continues to recruit prospective ombudsman volunteers for the 3-Day Fall 2022 New Ombudsman Volunteer Training scheduled for October 17th, 18th, and 26th (rain date on October 27th). 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 September 2022

APS, Reports Received	290
Adult Services Referrals Sent	228
ADCR Consultation	112
Nutrition/MOW	199
CCC+/ALF screenings, info only	92
APS, info only	61
Adult Services, info only	54
Housing	46
Benefits	34
Coordinated Services Planning	34
Home Care Registry	19
Burial/Cremation	16
Legal Services	13
Home Based Care, Info Only	9
Transportation	34
Elderlink	13
Nursing Home	11
Mental Health/Substance Abuse	16
Home Repair for the Elderly	10
Disability Services	7
Medical/Dental	19
Assisted Living	13
Employment/Training	6
Environmental Services	4
Other	2
Ombudsman	9
Volunteer	5
Social Security	12
Durable Medical Equipment	3
Senior Centers/Recreation	7
Domestic Violence/Victim Witness	3
Adult Day Healthcare	2
Financial	1
Respite	2
Police Emergency/Non-Emergency	2
Golden Gazette	2
Tax Administration	2
Fuel/Cooling Assistance/Fan Care	1
Caregiver Support	5
Health and Wellness Programs	2

TOTAL

1,400