

Fairfax Area Agency on Aging Highlights for September 2023

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

Legislative and Boards

Highlights

- Area Agency on Aging Director, Tara Turner, participated in the **County Conversation Podcast** to discuss the SHAPE the Future of Aging Plan. The recording can be found here: [County Conversation Podcast: SHAPE the Future of Aging Plan | News Center \(fairfaxcounty.gov\)](#)
- The 24th Annual **Northern Virginia Aging Network Legislative Breakfast** was held on Wednesday, September 20, 2023, at the Country Club of Fairfax. The keynote speaker was Steve Gurney, ProAging, who spoke to “A New Perspective on Aging.” The NVAN 2024 Legislative Platform was announced at this year’s breakfast, which was attended by 42 legislators, candidates, and staff. This includes 23 delegates/house candidates, 8 Senators/candidates; and 11 staffers.
- The Fairfax Area Commission on Aging (COA) met on September 20, 2023. The COA reviewed SHAPE Initiative Development Committee updates and heard a presentation on SMART objectives by John Ruthinoski of the Department of Family Services’ Data Analytics team.
- The Fairfax AAA completed a successful audit. This was a routine monitoring visit by the Virginia Department of Aging and Rehabilitative Services (DARS), which occurred between September 26th - 28th.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **126**
 - Completed contact cases: **210**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$2,190.00**
 - Number of Events/Presentations: **1**
- On Thursday, September 28, 2023, a hybrid *Senior Medicare Patrol and VICAP Regional Training* was held in Fairfax

VICAP Information

- For more information, contact VICAP dfsvicap@fairfaxcounty.gov
- **The VICAP website** features the October 2022 **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>

County. **44** people, including staff and volunteers from different VICAP Groups in Northern Virginia, attended the training.

- On the week of September 18th to 22nd, staff from Fairfax County VICAP attended a State Conference in preparation for the Medicare Open Enrollment Period that starts October 15th, 2023.
- Fairfax County VICAP has scheduled **17** Medicare 101 presentations for Fall 2023. Upcoming Medicare 101 presentations include virtual, hybrid, and in-person presentations, starting 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 **200,000+** residents. VICAP is currently staffed by **2** full-time employees, **1** part-time employee, and volunteers.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **89**
 - Total volunteers who became active in a program: **11**
 - New client referrals: **19**
 - IT On Call referrals: **7**
 - Facebook Followers: **2,074**
- *Venture into Volunteering*- will take place Sunday, October 15, 2023, from noon to 4 pm at the Springfield Town Center. The event is being held in conjunction with the Beacon 50+ Expo and part of VS' contribution to fulfilling Division's 50+ Community Action Plan. There are 40 organizations (nonprofit and government departments) that have signed up to participate in the event.

Help us promote the event!

Post or send a [flyer](#) and/or [Channel 16 promotional video](#) to your networks.

- Regional Volunteer Coordinators facilitated the monthly virtual Connection Corner (CC) meetings on September 10th and 12th for **6** volunteers to network, share ideas, attend training, learn of upcoming opportunities and events. The topic this month was the [Fairfax Pets on Wheels](#) Program and was presented by Ruth Benker. A recap of the meeting was included in the invitation for the October CC meetings for those who missed the program.
- The VS Planning Coordinator hosted the quarterly meeting for 19 Community Ambassadors on September 18th. The Adult Services program shared about their services, the process to receiving these services, and engaged the group in answering questions. Members also reported on their experiences on the SHAPE subcommittees. Meetings continue to be hosted in hybrid format.
- [Computer CORE's](#) Donna Walker James presented information about [the Affordable Connectivity Program \(ACP\)](#) to 52 Adult & Aging workers during a Teachable Tuesday session on September 19th. Workers can educate clients about this federally funded program which

Volunteer Solutions Information:

- 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/VSFACEBOOK

provides digital access to residents to ensure that households can afford the broadband they need for work, school, healthcare and more.

- VS' Director, Emily Swenson, spoke about Volunteer Solutions in a County Conversation Podcast on September 20, 2023.
- In September, the Volunteer Solutions' Pet Companion program, which works to decrease social isolation and loneliness among the Adult and Aging population, welcomed some new pets to our offering for clients. A limited number of Walker Squawkers, aka Animatronic Birds, are now available to clients 60 and older through a referral by their case worker.
- Upcoming Events Involving Volunteer Solutions:
 - *October 2-6: Fairfax County Digital Inclusion Week* takes place in Fairfax County. Staff will attend the Digital Equity Summit on October 5. Promotion of the IT On-Call Service will occur during the week as well as recruitment of volunteers to support the service.
 - *October 6: Volunteer Solutions* will host a virtual information session about the IT On-Call volunteer opportunity on October 6th from 1-1:45 pm; Got Tech Skills? Don't let them go to waste! Help older adults in your community. <https://uso6web.zoom.us/j/84594100204>; Password: ITOncall#1

Nutrition: Home Delivered Meals

- The Nutrition Unit has filled the vacant Social Service Specialist II position. Rebecca Stewart will start with the Nutrition Unit on October 9, 2023.
- The Nutrition Unit continues to provide HDM services to eligible adults over age 60 or adults over age 18 with a disability.

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.
- Congregate Nutrition Program Survey results have been tabulated with a 90.7 (or 91%) satisfaction rate.
- The CNP is in process of transitioning to the state data system of record, Peer Place, with all staff scheduled to be trained in the new system in October.

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 13, 2023, dementia caregiver series on *SPY with Me with the International Spy Museum* was held. **9** people attended the live session.
- On Wednesday, September 20, 2023, a caregiver webinar on *Best Practices When You Are Chosen to Manage Someone Else's Money* was held. **365** people received the slide presentation and recording, and **102** people attended the live session.
- On Friday, September 22, 2023, a Spanish series: *Envejecimiento Digno* was held. **20** people received the slide presentation and recording, and **11** people attended the live session.
- On Friday, September 29, 2023, a panel conversation: *Program Models for Loved Ones Living with Dementia* was held. **180** people received the slide presentation and recording, and **61** people attended the live session.
- During September 2023, **9** Caregiver Alert Notifications were sent via email, text message, and voice communication methods. The notifications contained information on a Matter of Balance, Program Models for Loved Ones Living with Dementia, Building a Framework for Resilience, Dignified Aging, Managing Someone Else's Money, ElderLink-Support Call, Spy with the International Spy Museum, the Memory Depot, and Medicare 101. Currently, there are **1,302** subscribers.
- The caregiver column for the Golden Gazette included a message about “No one can do it better than me”, Best Practices When You are Chosen to Manage Someone Else's Money, SPY with Me with the International Spy Museum, Program Models for Loved Ones Living with Dementia, Dignified Aging- Envejecimiento Digno, and Free resources from the National Institute on Aging.
- The monthly Caregiver Webletter was emailed this month to **2,260** people. The Webletter contained information on the following topics:
 - Best Practices When You Are chosen to Manage Someone Else's Money
 - Program Models for Loved One's Living with Dementia
 - SPY with Me with the International Spy Museum
 - Dignified Aging- Envejecimiento Digno
 - ElderLink Virtual Support Call for Family Caregivers of Older Adults
 - Helping Hands Stroke Club
 - Stroke Support group
 - 37th Annual Caregiver's Conference – When Caregiving Calls: Building a Framework for Resilience
 - Fairfax County Health Department – Eye Exams
 - Memory Depot Orientation at Centreville Library

Caregiver Important Information

- To access the **Best Practices When You Are Chosen to Manage Someone Else's Money** recording: <https://bit.ly/FFXMoneyWeb>
- To access the **Envejecimiento Digno** recording: <https://bit.ly/EnvejecimientoDigno>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- **Caregiver Panel Conversations. Online Registration for upcoming sessions:** <https://bit.ly/AAAPanel>
- **Caregiver Spanish Series. Online Registration for upcoming sessions:** <https://bit.ly/CharlasEducativas>
- Sign up for upcoming **Dementia Friendly Fairfax (DFF)** sessions: <https://bit.ly/DementiaFriendlyFairfax>

- The Fenwick Foundation Partnership Program 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. The program accepts referrals from the Department of Family Services, adult day health centers, and other county programs. The program currently has **33** participants.
- The Dementia Friendly Fairfax (DFF) action team met on Tuesday, September 26, 2023. The action team shared updates and discussed new organizations to provide DFF Sessions. In addition, the team discussed identifying other Dementia Friends Champions who can teach sessions in different languages. The group will meet on Tuesday, October 24, 2023.
- On Saturday, September 9th, two staff members provided a resource table for a Community Fair at Sydenstricker United Methodist Church. The fair was attended by **20** community members.
- On Tuesday, September 26th, one staff member presented “How to Reach Family Caregivers” for the Western Fairfax Advocates for Health Aging. The program was attended by **35** professionals.
- Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **0** clients through the Family Caregiver Discretionary Fund and **0** clients through the Barbara Antley Gift Fund.
- The Senior Cool Care Program is a public-private partnership sponsored by Dominion Energy and administered by the Virginia Department for Aging and Rehabilitative Services that helps low-income older citizens in Virginia keep cool during summer months. The program provides single room fans, window air conditioners and portable air conditioners to older adults, 60 or older, are at or below 150% of the poverty level, and need additional cooling at home. The program runs May 1 through the last working day in October. In September, the program provided **2** box fans and **1** portable air conditioner unit to **3** older adults.
- The Residential Repair & Renovation (R&R) Program helps seniors 60 yrs. of age or older remain safely in their homes by providing home repairs and modifications. In September, there were **2** new requests and **1** job completed.
- 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 **3** new referrals, and **4** consultations were completed in September.
- The Chore Services Program allows the 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). Services may include heavy housekeeping, yardwork, minor appliance repair and painting (limited). This month, **3** requests were received, and **1** job was completed.

ElderLink

- Outreach
 - ElderLink staffed a table at the *2nd Annual Inova Sickle Cell Town Hall* on September 27th. There were approximately **100** individuals in attendance. It was an honor for ElderLink to be invited to provide information about ElderLink programming. The Town Hall was inspiring, informative, and a beautiful event.
- Health and Wellness Leader Training
 - 3 staff members are scheduled to complete leader training for A Matter of Balance on 10/05.
 - 2 staff members will begin leader training for the Chronic Disease Self-Management on 10/06.
 - 3 staff members completed leader training for Caring for You, Caring for Me on 09/11.
- 2023 Sustainability Conference
 - 2 staff members will be representing ElderLink at the Statewide Fall Prevention Sustainability Conference on 10/04 in Henrico County.
- Health and Wellness Programming
 - Workshops Currently in Progress
 - The Vienna Community Center is hosting an in-person A Matter of Balance workshop, which began on 09/18.
 - Temple Rodef Shalom in Falls Church is offering is hosting a Chronic Disease Self-Management workshop, which started on 09/27.
 - Spring Hill Retirement Community in Lorton is hosting an in-person Chronic Pain Self-Management workshop, which started on 09/29.
 - Spring Hill Retirement Community in Lorton is hosting an in-person Bingocize workshop, starting 10/03.
 - Upcoming Workshops
 - The Falls Church Community Center will be hosting an in-person Chronic Disease Self-Management workshop, scheduled to start Thursday, 10/19.
 - Spring Hill Retirement Community in Lorton will be hosting an in-person A Matter of Balance workshop, scheduled to start Wednesday, 10/25.
- Caregiver Support
 - The Virtual Support Call for Caregivers of Older Adults will be migrating to the Microsoft Teams platform starting in October.
 - Virtual Support Call for Caregivers of Older Adults, via MS Teams, 7-8pm.

ElderLink Services and Events

- To register for **Virtual Support Call for Caregivers of Older Adults**, please contact ElderLink intake line, (703) 324-5374, or visit www.tinyurl.com/CaregiverTSG
- ElderLink is accepting **referrals** for all programs, including:
Caregiver Support, Health and Wellness Classes, and Case Management Services. Please contact the ElderLink intake line at: (703) 324-5374.

- 10/10, *Caregiving Over the Holidays*: To quote AARP, "For some family caregivers, the holidays can be a joyful time when spirits are lighter. It feels good to care for loved ones and enjoy time together, celebrating with family traditions. But for many the holidays also bring added stress – an already busy caregiver finds there's even more to do during the holidays. Something's gotta give!" During our virtual support call, we will discuss some ideas and share tips with one another to help make it through the holiday season with more joy and less stress.
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Northern Virginia Long-Term Care Ombudsman Program

The Ombudsman Program Information

- The NVLTCOP is pleased to announce that our newest staff ombudsman, Katie Patterson, received her Long-Term Care Ombudsman certification through the State Ombudsman's office this month. We are excited to have Katie on board!
- New Ombudsman Volunteer trainings are held twice a year (spring and fall) and are mandatory for prospective ombudsman volunteers. The next training will be held October 16th, 17th and 24th. 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.
- Ombudsman Program maintains certification as a SAGECare Platinum credentialed organization. SAGECare credentialing includes aging LGBTQ+ cultural competency training, which supports an inclusive, person-centered approach to care and furthers the mission of the LTC Ombudsman Program to promote quality of care and life for persons receiving long-term care services.

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 2023

APS, Reports Received	312
Adult Services Referrals Sent	185
Nutrition/MOW	108
ADCR Consultation	96
CCC+/ALF screenings, info only	71
Adult Services, info only	56
Housing	49
Benefits	35
Transportation	35
APS, info only	26
VICAP	17
Home Care Registry	15
Coordinated Services Planning	15
Burial/Cremation	14
Durable Medical Equipment	14
Legal Services	13
Home Based Care, Info Only	13
ElderLink	13
Mental Health/Substance Abuse	12
Ombudsman	12
Nursing Home	11
Disability Services	11
Social Security	11
Home Repair for the Elderly	9
Medical/Dental	8
Volunteer	8
Employment/Training	7
Assisted Living	7
Caregiver Support	7
Environmental Services	5
Financial	5
Tax Administration	5
Golden Gazette	4
Adult Day Healthcare	4
Domestic Violence/Victim Witness	4
Health and Wellness Programs	3
Respite	2
Senior Centers/Recreation	2
Fuel/Cooling Assistance/Fan Care	1
Police Emergency and Non-Emergency	1

TOTAL

1,226