

Fairfax Area Agency on Aging Highlights for February 2023

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

- The Board of Supervisors Older Adults Committee meeting on March 14, 2023 at 3 PM can be accessed as televised on Channel 16 and streamed live online with closed captions provided in English and Spanish (los subtítulos en español).
- 2023 Legislative Reports to the Board of Supervisors: Board of Supervisors | Board Of Supervisors (fairfaxcounty.gov)
- Northern Virginia Aging Network (NVAN) Meeting

Tuesday, March 21, 2023

9:30am – 11:30am

Join from PC, Mac, Linux, iOS or Android:

<https://us06web.zoom.us/j/83411521963>

Password: NVAN-1234!

Or Telephone: USA 602 333 0032

USA 8882709936 (US Toll Free)

Conference code: 231525

- The Fairfax Area Commission on Aging (COA) will meet on March 15, 2023. Land Development Services staff will lead discussion about Parking Reimagined, an initiative to review Article 6 of the Zoning Ordinance which regulates off-street parking and loading. The goal of this effort is modernization of parking and loading requirements, creating greater flexibility in the provision of parking for current and future land uses.

- The Board of Supervisors (BOS) Older Adults Committee will meet on March 14, 2023, at 3 PM. The BOS will discuss the DRAFT SHAPE the Future of Aging Plan.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **114**
 - Completed contact cases: **298**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$2830.56**
 - Number of Events/Presentations: **0**
- Developed and created Virginia VICAP State Certification (**4** State test).

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>

- Conducted State Quality Assurance Check for VICAP 2022 Medicare Part D Open Enrollment, due on March 8.
- Staff and volunteers to take State Certification between March 8 to April 8.
- Information about future Medicare 101 presentations and 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: **122**
 - Total of volunteers who became active in a program: **15**
 - New client referrals: **5**
 - IT On Call referrals: **4**
 - Facebook Followers: **1,971**
- On February 7, 2023, Volunteer Solutions' Planning Coordinator appeared on Facebook Live with the Nepali American Community Center (NACC) to provide community education on Adult and Aging services. There were **1,000** live viewers streaming this virtual event.
- On February 9, 2023, Volunteer Solutions' volunteer drivers delivered mini-floral arrangements to Home-Delivered Meals clients in the South County region. These arrangements were generously donated by the Garden Club of Waynewood (GCW) and Trader Joe's in Alexandria. The Nutrition Unit and Volunteer Solutions collaborated on this project. 100 Home-Delivered Meals clients received floral arrangements delivered by **12** volunteers.
- On February 11, 2023, the Volunteer Solutions' South County Regional Volunteer Coordinator conducted volunteer outreach at Supervisor Storck's Annual Town Hall Meeting. There were **300** individuals in attendance.
- On February 25, 2023, the Volunteer Solutions' Supervisor presented an overview of Adult and Aging programs and volunteer opportunities to the American Turkish Friendship Association. There were **50** individuals in attendance in-person.
- In honor of Older Americans Month, Volunteer Solutions is now accepting Adult and Aging client referrals for Helping Hands Projects which will take place in May. Projects provide opportunities for groups and individuals to assist Adult and Aging clients by performing yard work such as lawn moving, weeding, pruning bushes, and minor landscaping.
- Upcoming Events Involving Volunteer Solutions
 - On March 14 & 15, 2023, Volunteer Solutions' volunteer drivers will deliver Bags of Sunshine to **150** Home-Delivered Meals clients.

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

Nutrition: Meals on Wheels

- The Nutrition Unit has filled the vacant Social Service Specialist III position. Lauren Koontz has been promoted from a Social Service Specialist II to Social Service Specialist III. She will officially transition into her new role on March 13, 2023.
- On February 9, 2023, the Garden Club of Waynewood donated 100 mini floral arrangements that were distributed to Meals on Wheels (MOW) participants located in the South County area. Volunteers assisted with the delivery of the mini floral arrangements.
- The week of February 13, 2023, Meals on Wheels participants received a nutritional education flyer “Eat Right With Less Salt” from the Academy of Nutrition and Dietetics. In addition, participants received KN95 masks and an infrared forehead thermometer as a result of a partnership with the Department of Emergency Management and Security (DEMS).
- The Nutrition Unit continues to provide MOW services to eligible adults over age 60 or adults over age 18 with a disability.

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.

Caregiver and Support Services

- On Wednesday, February 15, 2023, *Communicating with a Loved One with Dementia*, was held. **107** people attended the webinar.
- On Wednesday, February 8, 2023, a *Dementia Friend Information Session*, was held. **59** people attended the presentation.
- During February, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Virtual Dementia Friends Information Session, Communicating with a Loved One with Dementia Webinar, Kinship Caregiver Café, Dementia 101 Class, Crisis Assistance Program, Virtual Caregiver Support Call, Virtual Qigong Class, Parenting Education Programs, and Stroke Survivor support groups. Currently there are **1,150** subscribers.
- The caregiver column for the Golden Gazette included a message about Home Safety, *Communicating with a Loved One with Dementia-Caregiver Webinar*, the Fairfax Caregiver Alert Notifications Program, and the Inova Parkinson’s & Movement Disorders Center.

- The monthly Caregiver Webletter was emailed this month to **1,425** people. The Webletter contained information on Communicating with a Loved One with Dementia, Virtual Caregiver Support Call, Helping Hands Stroke Club, Stroke Support Group, Virtual Dementia Friends Information Session, Virtual Kinship Café, Dementia 101, Virginia Lifespan Respite Voucher Program, AARP Tax Assistance, Virtual Qigong Classes, and Parenting Education Programs.
- 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 live shows, music events, museums, ballets, holiday shows, 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.

Caregiver Important Information

- To access the **Communicating with a Loved One with Dementia** recording: <https://bit.ly/CommunicationandDementia>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- **Caregiver Health & Wellness Workshops. Online Registration for upcoming sessions:** <https://bit.ly/StayingWell-123>
- 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>

- Senior Express provided **21** round-trip rides to **11** unduplicated clients, and **48.5** hours of respite to their family caregivers for the month of January.
- The Covid Grocery & Medication Assisted Transportation program provided **6** round-trip rides to **5** unduplicated clients for the month of January.

The Declaration of Local Emergency related to COVID-19 came to close in Fairfax County on March 1, 2023. In alignment with the discontinuation of local emergency, the **COVID Grocery & Medication Assisted Transportation Program will be ending effective March 31, 2023**. No additional rides will be available after this date.

Please Note: This is not to be confused with the **COVID-19 Vaccine Transportation Service**. Future referrals for this service will be directed to the Neighborhood and Community Services, Human Services Transportation Line by contacting: **703-222-9764** to be screened for eligibility.

- Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **2** clients through the family caregiver grant, providing **2** items, and **0** client through the Barbara Antley Gift Fund, providing **0** items in January.
- The Residential Repair & Renovation (R&R) Program helps seniors 60 yrs. of age or older remain safely in their home by providing home repairs and modifications. In February, there were **3** new requests, **2** completed and **1** cancellation.
- 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 **2** new referrals received in February.
- 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). In February, **2** new requests were received, and **1** home assessment was completed.

ElderLink

- ElderLink is recruiting to fill two Social Worker Case Manager positions.
- The current ElderLink director, Will Jin, will be transitioning to another department within Inova starting April 2, 2023, and Lauren Elcesser will be assuming the Director of ElderLink role starting on April 10, 2023.
- Health and Wellness
 - *Leader Training*: Leaders have completed their cross-training to lead Chronic Pain and Diabetes Self-Management workshops; and one is in the process of completing the training for Chronic Disease workshops.
 - *A Matter of Balance*. In-person class scheduled with Messiah United Methodist Church in Springfield, starting Wednesday 3/15.
 - *Diabetes Self-Management*. In-person class scheduled at Falls Church Community Center, Tuesdays, 03/21-04/25, 1-3pm. To Register: 703-324-7577.
- Community Presentations
 - An ElderLink Manager was a guest speaker at the Helping Hands Stroke Club, presenting on the topic of Power of Attorney (POA) documents.
- Caregiver Support
 - Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls: Tuesday, 03/14: *The Elephant in the Room: Tough Topics in Caregiving*.

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
- To register for **Diabetes Self-Management**, visit www.tinyurl.com/DSMP12
- 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.

Northern Virginia Long-Term Care Ombudsman Program

- 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.

The Ombudsman Program Information

- Ombudsman Program will hold a 3-Day Spring 2023 New Ombudsman Volunteer Training on March 20th, 21st, and 29th. 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 February 2023

APS, Reports Received	276
Adult Services Referrals Sent	189
ADCR Consultation	125
Nutrition/MOW	150
CCC+/ALF screenings, info only	99
APS, info only	31
Adult Services, info only	74
Housing	52
Benefits	41
Coordinated Services Planning	27
Home Care Registry	35
Burial/Cremation	25
Legal Services	13
Home Based Care, Info Only	13
VICAP	13
ElderLink	24
Nursing Home	10
Mental Health/Substance Abuse	25
Home Repair for the Elderly	7
Disability Services	6
Medical/Dental	8
Assisted Living	19
Employment/Training	7
Environmental Services	5
Transportation	52
Ombudsman	16
Volunteer	30
Social Security	9
Durable Medical Equipment	6
Senior Centers/Recreation	10
Domestic Violence/Victim Witness	1
Adult Day Healthcare	14
Financial	8
Respite	2
Golden Gazette	13
Tax Administration	9
Fuel/Cooling Assistance/Fan Care	6
Caregiver Support	11
Health and Wellness Programs	6
Non-Emergency Police	2

TOTAL

1,469