

Fairfax Area Agency on Aging Highlights for March 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 meetings can be accessed as televised on Channel 16 and streamed live online with closed captions provided in English and Spanish (los subtítulos en español).
- The recording of the March 14th BOS Older Adults Committee meeting can be viewed on demand here:
https://video.fairfaxcounty.gov/player/clip/2785?view_id=9&redirect=true&h=31e27a36b5a047cf79f8410595be7d6d

- The 7th annual 50+ “Shark Tank” Assistive Technology Challenge was held on March 24, 2023. Four high school student teams competed as finalists. The students developed and pitched innovations to benefit older adults, adults with disabilities, and their family caregivers.
- On behalf of the Fairfax Area Commission on Aging (COA), the COA Chair will testify on April 12 at the Board of Supervisors FY 2024 budget hearing.
- On April 18, 2023, the Northern Virginia Aging Network (NVAN) will conduct its annual legislative brainstorming session. NVAN participants will vote for legislative and budget priorities for the 2024 NVAN legislative platform at the May NVAN meeting.
- The Fairfax Area Commission on Aging (COA) will meet on April 19, 2023. Irv Katz, Mason District Commissioner on the COA, will present on “From

Intergenerational Programs to Intergenerational Community.”

- The Board of Supervisors (BOS) Older Adults Committee will meet on April 25, 2023, at 11am. The BOS will discuss the final SHAPE the Future of Aging Plan.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **136**
 - Completed contact cases: **316**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$165,895.09**
 - Number of Events/Presentations: **0**
- **80%** of VICAP Staff-Volunteer has succeeded in taking and passing State Certification in

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>

March. Reminding volunteers have been scheduled to take it in April.

- Information of 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.
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Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **103**
 - Total of volunteers who became active in a program: **19**
 - New client referrals: **10**
 - IT On Call referrals: **4**
 - Facebook Followers: **1,979**
- 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.
- On March 14 & 15, 2023, Volunteer Solutions' volunteer drivers delivered Bags of Sunshine to Home-Delivered Meals clients in the Fairfax and Reston regions. The Nutrition and Volunteer Solutions Units collaborated on this project. **150** Home-Delivered Meals clients received Bags of Sunshine delivered by **22** volunteers.
- On March 19, 2023, the Volunteer Solutions' Planning Coordinator, in partnership with the Health Department, presented an overview of Adult and Aging programs and volunteer opportunities to the Durga Temple Older Adult Club. There were **150** individuals in attendance in-person.
- On March 23, 2023, the Volunteer Solutions' Process and Partnership Coordinator, staffed a booth at the Mott Community Center Older Adult Wellness Expo. There were **45** individuals in attendance in-person.
- On Monday, March 27, 2023, **35** Community Ambassadors met to learn about "Important considerations when thinking about long-term care" presented by the Northern Virginia Long-Term Care Ombudsman Program. Members learned and interacted with the presenter on many questions. The Community Ambassadors will now take shared information and resources to share with their community networks.
- On March 28, 2023, the Volunteer Solutions' South County Regional Volunteer Coordinator, spoke about Volunteer Solutions opportunities at the Foreign Service Retirement event in Washington, DC. There were **90** individuals in attendance in-person.
- Upcoming Events Involving Volunteer Solutions

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

- In honor of National Volunteer Week, April 16-22, Volunteer Solutions will honor and recognize volunteers' meaningful contributions to our community. [Click here](#) to view more details about the planned events.
- Events are planned throughout the week:
 - Virtual Celebration: April 20 from 12 to 1pm
 - Drive-by Celebrations:
 - *Annandale*: April 18 from 10:30 to 11:30am
 - *Fairfax*: April 18 from 1:30 to 2:30pm
 - *South County*: April 19 from 10:30 to 11:30am

View some of our honorees in the April edition of the [Golden Gazette](#).

Nutrition: Meals on Wheels

- The Nutrition Unit is currently in the process of filling the vacant Social Services Specialist II position.
- The Nutrition Unit I Supervisor, Shannon Dodd, had her last day on Friday, March 24, 2023. The position will be advertised.
- On March 14, 2023, and March 15, 2023, The Nutrition Unit partnered with Volunteer Solutions to distribute “Bags of Sunshine” to **150** MOW recipients in Fairfax, Reston, Herndon, Chantilly, Centreville, and Burke. The bags included socks, hand lotion, hot hands, hand sanitizer, hand towels, crossword puzzles, and a “ray of sunshine” message. The bags were created by utilizing the remaining Holiday Project items donated by Baily’s Crossroad’s Rotary club.
- 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.
- The Congregate Nutrition Program will be working with Quality Assurance and state staff to begin the migration process to Peer Place in April & May of 2023.

Caregiver and Support Services

- On Wednesday, March 15, 2023, *Understanding Dementia for Caregivers*, was held. **303** people received the slide presentation and recording, and **132** attended the live session.
- On Friday, March 24, 2023, Health & Wellness Workshop: *Come to a Memory Café*, was held. **64** people received the slide presentation and recording, and **23** people attended the live session.
- On Friday, March 31, 2023, Health & Wellness Workshop: *Pulmonary Rehab: Helping You Breathe Easier*, **83** people received the slide presentation and recording, and **35** people attended the live session.
- During March **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Kinship Caregiver Café, Understanding Dementia for Caregivers Webinar, Come to a Memory Cafe workshop, Free Diabetes Self-Management Class, Pulmonary Rehab: Helping You Breathe Easier Workshop, Veterans Workshop, Maintaining Balance as a Caregiver with Mindfulness and Self-Compassion workshop, Virtual Dementia Friend Information Session, and Stroke Survivor support groups. Currently there are **1,168** subscribers.
- The caregiver column for the Golden Gazette included a message about the importance of social connection between caregiver and care receiver, *Understanding Dementia for Caregivers- Caregiver Webinar, Come to a Memory Café - Caregiver Workshop, Pulmonary Rehab: Helping You Breathe Easier- Caregiver Workshop*, and a Virtual Chair & Mat Yoga Class.
- The monthly Caregiver Webletter was emailed this month to **1,619** people. The Webletter contained information on Understanding Dementia for Caregivers, Come to a Memory Café, Pulmonary Rehab: Helping You Breathe Easier, Diabetes Self-Management Class, Helping Hands Stroke Club, Stroke Support Group, Caregiver Stroke Support Group, Virtual Kinship Café, Intergenerational Origami Program, and Downsizing and Decluttering: You Can't Take It With You.
- 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 **30** participants.
- Senior Express provided **23** round-trip rides to **12** unduplicated clients, and **58.5** hours of respite to their family caregivers for the month of February.

Caregiver Important Information

- To access the **Understanding Dementia for Caregivers** recording: <https://bit.ly/FFXUnderstandingDementia>
- To access the **Come to a Memory Café** recording: <https://bit.ly/FFXMemoryCafe>
- **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>

- The Covid Grocery & Medication Assisted Transportation program provided **4** round-trip rides to **3** unduplicated clients for the month of February. Due to the ending of the Declaration of Local Emergency on March 1, 2023, this program will be discontinued effective March 31, 2023. A comprehensive list of different community resources was made available to Adult & Aging to be shared with clients.
- Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **2** clients through the family caregiver grant and providing **2** items.
- 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 March, there were **3** new requests, **1** 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 **4** new referrals and **5** consultations completed in March.
- 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 March, **4** new requests were received, **6** Chore jobs completed, and **4** home assessments completed.

ElderLink

- ElderLink is pleased to welcome back **Lauren Elcesser**, as the new Director of ElderLink, effective April 10, 2023. From 2015-2020, Lauren was a case manager with ElderLink before moving to the Inova Medical House Calls Program, where she served as the Interim Director of Geriatrics. Lauren is joining ElderLink from her current position as the Assistant Program Manager of AAA Programs with the Fairfax Area Agency on Aging. Lauren holds a Master of Social Work from The Catholic University of America and is a Licensed Clinical Social Worker.
- ElderLink is recruiting to fill two Social Worker Case Manager positions.
- Health and Wellness
 - *Chronic Disease Self-Management*: A virtual CDSMP workshop has been scheduled for Thursdays, 04/13-05/18, 10am-12pm. To Register: 703-324-9814.
 - *A Matter of Balance*: Vienna Community Center is hosting an in-person workshop, Mondays 04/10-06/05.
 - *Leader Training*: An ElderLink Manager has completed the CDSMP Master Leader Training through the Self-Management Resource Center.

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 **Chronic Disease Self-Management**, visit tinyurl.com/CDSMP123
- 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.

- Caregiver Support
 - Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls: Tuesday, 04/11: ***Therapeutic Fibs: Is it Okay to Shade the Truth?***
-

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 completed the Spring 2023 New Ombudsman Volunteer Training on March 20th, 21st, and 29th. There were 5 new volunteer candidates who participated and were accepted into the program. 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 March 2023

APS, Reports Received	339
Adult Services Referrals Sent	210
ADCR Consultation	73
Nutrition/MOW	191
CCC+/ALF screenings, info only	107
APS, info only	24
Adult Services, info only	58
Housing	51
Benefits	32
Coordinated Services Planning	26
Home Care Registry	31
Burial/Cremation	19
Legal Services	20
Home Based Care, Info Only	31
VICAP	9
ElderLink	29
Nursing Home	10
Mental Health/Substance Abuse	18
Home Repair for the Elderly	16
Disability Services	16
Medical/Dental	6
Assisted Living	18
Other	1
Environmental Services	6
Transportation	52
Ombudsman	19
Volunteer	10
Social Security	10
Durable Medical Equipment	10
Senior Centers/Recreation	8
Domestic Violence/Victim Witness	4
Adult Day Healthcare	15
Financial	19
Respite	7
Golden Gazette	16
Tax Administration	5
Fuel/Cooling Assistance/Fan Care	2
Caregiver Support	8
Health and Wellness Programs	5
Non-Emergency Police	3

TOTAL

1,534