

Fairfax Area Agency on Aging Highlights for April 2023

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

- Board of Supervisors 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 April 25th BOS Older Adults Committee meeting can be viewed on demand here:
https://video.fairfaxcounty.gov/player/clip/2830?view_id=9&redirect=true&h=e822bd613bbeb00246b6a20f3c07fod4

- On April 18th, the Northern Virginia Aging Network (NVAN) conducted its annual legislative brainstorming session. At the May 16th NVAN meeting, participants will vote for legislative and budget priorities for the 2024 NVAN legislative platform.
- The Fairfax Area Commission on Aging (COA) will meet on May 17, 2023. The COA will discuss potential community partners for the development of SHAPE the Future of Aging Plan initiative development phase.
- At the May 23rd Board of Supervisors (BOS) meeting, the BOS will proclaim May Older Americans and Adult Abuse Prevention Month, recognize the high school student winners of the 50+ “Shark Tank” Assistive Technology Challenge and adopt the SHAPE the Future of Aging Plan.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **116**
 - Completed contact cases: **280**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$33,891.92**
 - Number of Events/Presentations: **0**
- VICAP Staff will be attending the 2023 Virginia Governor’s Conference on Aging on May 8 & 9, and the 2023 Senior Medicare Patrol Symposium on May 24 & 25.

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>

- 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** full-time and **1** part-time employee and some volunteers.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **62**
 - Total of volunteers who became active in a program: **15**
 - New client referrals: **16**
 - IT On Call referrals: **4**
 - Facebook Followers: **1,990**
- During National Volunteer Week, April 16-22, Volunteer Solutions hosted three drive-by appreciation events (Annandale, Fairfax and South County) and a virtual event to recognize the meaningful contributions made by Volunteer Solutions volunteers. Those who attended the drive-by appreciation events received a measuring spoon, jar opener and cookies (from a local bakery). At the virtual event, Star Awardees were recognized, and three trivia winners were selected. A link to the virtual event was included in the weekly email - <https://youtu.be/k3WRC5jBjKA>. Volunteers were also given the opportunity to receive a certificate of appreciation and a recognition gift including a jar opener and measuring spoon.
 - Volunteer Recognition Stats: nearly 200 volunteers participated in the week-long celebration and activities.
- On March 31, 2023, Volunteer Solutions staffed a booth at the Home for Life Expo hosted by the City of Fairfax. There were **175** individuals in attendance in-person.
- On April 24, 2023, the Volunteer Solutions’ Partnership Coordinator presented an overview of Adult and Aging programs and volunteer opportunities to the Rotary Club of Rosslyn-Fort Myer. There were **5** individuals in attendance virtually.
- On April 29, 2023, the Volunteer Solutions’ Northeastern Regional Volunteer Coordinator with the help of two outreach volunteers staffed a booth at the National Council of Negro Women (NCNW) Health Fair at James Lee Community Center. There were **50** individuals in attendance in-person.
- Staff completed participation in the Death, Grief & Trauma Training series, which was presented by Virginia Commonwealth University’s (VCU) Department of Gerontology/Longevity Project.
- Upcoming Events Involving Volunteer Solutions
 - In honor of Older Americans Month, Volunteer Solutions is reviewing 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.
 - May 8, 2023 – Community Ambassador Program will meet in-person for the first time since the pandemic at the Shepherd’s Center of McLean–Arlington–Falls Church. They will

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

review the Community Ambassador model and information about Adult & Aging programs and share updated outreach materials.

Nutrition: Home Delivered Meals

- The Nutrition Unit is currently in the process of filling the vacant Social Services Specialist II position. The position closed on Friday, April 7, 2023 and interviews have been completed.
- The Nutrition Unit I Supervisor position was advertised on April 15, 2023 and ran for two weeks. The position closed on April 28, 2023. Interviews will be starting soon.
- The Nutrition Unit continues to provide Home Delivered Meals 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.
 - Congregate Nutrition Partnership with GMU College of Public Health: 4 Dietetic Interns will be rotating through the Area Agency on Aging, in 2-week assignments, starting on May 15th. Maria Loh, RDN, LDN will serve as the primary preceptor for these interns. The team is looking forward to working with these interns!
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Caregiver and Support Services

- On Wednesday, April 19, 2023, *The Top Ten Legal “Facts” that Family Caregivers Need to Know, but Probably Don’t*, was held. **377** people received the slide presentation and recording, and **135** attended the live session.
- On Friday, April 07, 2023, Health & Wellness Workshop: *Maintaining Balance as a Caregiver with Mindfulness and Self-Compassion*, was held. **133** people received the slide presentation and recording, and **50** people attended the live session.
- On Wednesday, April 12, 2023, a *Dementia Friend Information Session* was held. **29** people attended the presentation.
- On Friday, April 14, 2023, Health & Wellness Workshop: *The Role of Food and the Wellness of the Heart- Caring for Your Heart & Preventing Heart Disease*, was held, **161** people received the slide presentation and recording, and **68** people attended the live session.

- During April 9 Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Caring for Your Heart & Preventing Heart Disease; Virtual Live Well: Chronic Disease Self-Management; The Top Ten Legal “Facts” that Family Caregivers Need to Know, but Probably Don’t; Fairfax-Loudoun Music Fellowship: Spring Recital; Adult, Aging, and Caregiver Resource Line; Sensory Day; Virtual Caregiver Support Call; Kinship café; and Stroke Survivor support groups. Currently there are **1,179** subscribers.
- The caregiver column for the Golden Gazette included a message about *What to Think of When Planning for the Future*; *The Top Ten Legal “Facts” that Family Caregivers Need to Know, but Probably Don’t* - Caregiver Webinar; Virtual Dementia Friends Information Session; *Maintaining Balance as a Caregiver with Mindfulness and Self-Compassion* - Caregiver Workshop; *The Role of Food and the Wellness of the Heart-Caring for Your Heart & Preventing Heart Disease*- Caregiver Workshop; and the RAFT Dementia Support Program.
- The monthly Caregiver Webletter was emailed this month to **1,608** people. The Webletter contained information on *Maintaining Balance as a Caregiver with Mindfulness and Self-Compassion*; *The Role of Food and the Wellness of the Heart - Caring for Your Heart & Preventing Heart Disease*; *The Top Ten Legal “Facts” that Family Caregivers Need to Know, but Probably Don’t*; *Therapeutic Fibs: Is It Okay to Shade the Truth?* Dementia Friendly Information Session; Virtual Live Well: Chronic Disease Self-Management; Helping Hands Stroke Club; Stroke Support Group; Virtual Kinship Café; and Sensory Day.
- 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.
- Staff and Diane Watson, Commission on Aging, conducted **two** Dementia Friend Information sessions on April 11, 2023. **53** participants attended in person at the Vienna Presbyterian Church; On April 30, 2023, **32** participants attended at the Saint Katherine Greek Orthodox Church.
- On April 4, staff conducted a presentation, *Caring for the Caregiver*, for the Stephen Ministers from Northern Virginia. Information about caregiver programs & resources was provided. There were **20** attendees.

Caregiver Important Information

- To access **The Top Ten Legal “Facts” that Family Caregivers Need to Know, but Probably Don’t** recording: <https://bit.ly/TenLegalFacts>
- To access the **Maintaining Balance as a Caregiver with Mindfulness and Self-Compassion** recording: <https://bit.ly/Mindfulness-SelfCompassion>
- To access **The Role of Food and the Wellness of the Heart-Caring for Your Heart & Preventing Heart Disease** recording: <https://bit.ly/PreventingHeartDisease>
- **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 \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/family-caregiver-support)
- Sign up for upcoming **Dementia Friendly Fairfax (DFF)** sessions: <https://bit.ly/DementiaFriendlyFairfax>

- Senior Express provided **32** round-trip rides to **11** unduplicated clients, and **71.5** hours of respite to their family caregivers for the month of March.
- 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, in March.
- 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 April, there were **2** new requests and **1** completed project.
- 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 completed in April.
- 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 April, **2** new requests were received, **4** Chore jobs completed, and **2** home assessments completed.

ElderLink

- Lauren Elcesser was named Director of ElderLink as of April 10, 2023.
- ElderLink is recruiting to fill two Social Worker Case Manager I positions.
- An ElderLink Case Manager presented an overview of ElderLink Services to Little River Glen on 04/26/23.
- Health and Wellness
 - Bingocize: George Mason Regional Library is hosting an in-person workshop, Wednesdays/Fridays, 05/10/23-07/14/23, 1-2pm.
 - Temple Rodef Shalom in Falls Church has requested an in-person workshop for its congregants, Wednesdays/Fridays, 05/10/23-07/14/23.
 - *Leader Training:* An ElderLink Case Manager has completed the Chronic Disease Self Management Education (CDSME) leader certification training in April 2023.
- Caregiver Support
 - Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming call: Tuesday, 05/09: ***How Do We Manage Difficult/Challenging Behaviors of Those with Memory/Cognitive Impairments?***
- Workshops Completed in April

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 **Bingocize**, please contact (703)-324-9814 or visit <https://tinyurl.com/Bingocize123>
- 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.

- Chronic Pain workshop at Spring Hill, 02/26-04/03.
 - **13** participants and 11 completers.
 - Diabetes workshop at Falls Church Community Center, 03/21-04/25.
 - **14** participants and 10 completers.
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Northern Virginia Long-Term Care Ombudsman Program

- Camden Doran, CVA, has been promoted into the role of Supervisor of the Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) effective April 22, 2023. Camden has been with the NVLTCOP since 2017 and most recently served as Volunteer Coordinator. She brings experience as a seasoned certified Long-Term Care Ombudsman and a wealth of volunteer management knowledge as a Certified Volunteer Administrator to this role.
- 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 April 2023

APS, Reports Received	266
Adult Services Referrals Sent	149
ADCR Consultation	134
Nutrition/MOW	217
CCC+/ALF screenings, info only	108
APS, info only	50
Adult Services, info only	64
Housing	78
Benefits	48
Coordinated Services Planning	36
Home Care Registry	36
Burial/Cremation	45
Legal Services	24
Home Based Care, Info Only	27
VICAP	23
ElderLink	22
Nursing Home	10
Mental Health/Substance Abuse	19
Home Repair for the Elderly	11
Disability Services	18
Employment/Training	18
Medical/Dental	2
Assisted Living	19
Other	1
Environmental Services	7
Transportation	57
Ombudsman	18
Volunteer	18
Social Security	8
Durable Medical Equipment	8
Senior Centers/Recreation	9
Domestic Violence/Victim Witness	6
Adult Day Healthcare	20
Financial	10
Respite	3
Golden Gazette	17
Tax Administration	17
Fuel/Cooling Assistance/Fan Care	4
Caregiver Support	16
Health and Wellness Programs	4
Police Emergency and Non-Emergency Police	13

TOTAL

1,660