

Fairfax Area Agency on Aging Highlights for May 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 May 23rd Board of Supervisors (BOS) meeting can be viewed on demand here:
https://video.fairfaxcounty.gov/player/clip/2899?view_id=7&redirect=true&h=28f7210dobfa24fb06751c905ae40854.
- The Fairfax Area Commission on Aging (COA) will meet on June 21, 2023. The COA will continue discussion of potential community partners for the development of SHAPE the Future of Aging Plan initiative development phase. Area Plan update/waivers will also be presented.
- At the May 16th Northern Virginia Aging Network (NVAN) meeting, participants discussed and voted for final legislative and budget priorities for the 2024 NVAN legislative platform. Committees will develop platform language and talking points.
- At the May 23rd Board of Supervisors (BOS) meeting, the BOS proclaimed May Older Americans and Adult Abuse Prevention Month, recognized the high school student winners of the 50+ “Shark Tank” Assistive Technology Challenge, and adopted the SHAPE the Future of Aging Plan.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **101**
 - Completed contact cases: **314**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$856.80**
 - Number of Events/Presentations: **1**
- VICAP Staff attended **two** events in May: the 2023 Virginia Governor’s Conference on Aging on May 8 & 9, and the 2023 Senior Medicare Patrol Symposium on May 24 & 25.
- The Fairfax County VICAP Team was recognized by Senior Medicare Patrol as the group that reached most people to prevent Medicare fraud and abuse in Virginia during FY 22-23,

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>

covering **5,414** SMP cases in the whole year. Fairfax County VICAP was also among the **5** groups, out of **24** in the State, that exceeded their goals during FY 22-23.

- The first 2023 Medicare 101 presentation was provided at the Reston Community Center in May. 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** full-time and **1** part-time employee and volunteers.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **58**
 - Total of volunteers who became active in a program: **9**
 - New client referrals: **16**
 - IT On Call referrals: **7**
 - Facebook Followers: **2,003**
- In honor of Older American's Month, Volunteer Solutions' staff and volunteers assisted Adult and Aging clients with cleaning, decluttering, and yard work during Helping Hands projects. A total of **12** referrals were accepted. To date, **8** volunteers have assisted **5** clients and contributed **22** hours.
- On May 3rd, Volunteer Solutions staffed a booth at the City of Fairfax Green Acres Senior Center Open House. There were **75** individuals in attendance.
- On May 6th, Volunteer Solutions staffed a booth at the Culmore Day Fair. There were **600** individuals in attendance.
- On May 7th, Linda Moore, a longtime Volunteer Solutions volunteer received a Citation of Merit from the Fairfax Federation of Citizens Association. Linda and the Volunteer Solutions' Supervisor attended their annual meeting where **60** individuals were in attendance in-person and Chairman McKay spoke.
- On May 8th, a hybrid Community Ambassador Meeting was hosted by the Shepherd's Center of McLean – Arlington – Falls Church. Community Ambassadors reviewed the programs model, information about Adult & Aging programs, shared updated outreach materials and brainstormed strategies for the future. **12** people attended in-person while **8** attended virtually.
- On May 10th, Samuel Lee, Tucker Maney, Hannah Van Hook, and Kristine Choi were recognized through Volunteer Fairfax's Celebrate the Good Campaign kudoboard. The Volunteer Solutions' Supervisor and South County Regional Volunteer Coordinator attended the celebration held at the Stacey Sherwood center with **175** people in attendance.
- On May 10th, the Volunteer Solutions' Planning Coordinator, spoke on a panel for the National Alliance to End Homelessness, on the topic of Aging Unbound about how older adults add value to their communities; community engagement which falls under the Volunteer Solutions programming. There were **78** individuals in attendance.

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

- May 9-11, the Volunteer Solutions' supervisor attended the virtual Virginia Volunteerism Summit. Material from the event was available for staff to review until May 31. Serve Virginia was announced, an intentional partnership between the Virginia Service Commission, which operates within the Virginia Department of Social Services as the lead agency for volunteerism and service for the Commonwealth of Virginia, and the Virginia Service Foundation, an independent 501(c)3 organization.
 - On May 11th, Volunteer Solutions' Northeastern Regional Volunteer Coordinator, Pedro the robotic dog, and Buttercup the robotic cat, were interviewed about the Companion Pet Program. The segment will air on Channel 16's Mature Living program between August and September.
 - On May 12th, Volunteer Solutions staffed a booth at the 55+ Wellness & Safety Expo hosted by Vienna Parks & Recreation. There were **70** individuals in attendance.
 - On May 13th, Volunteer Solutions staffed a booth at the Supervisor Gross' community event & Mason Police Station Open House. There were **25** individuals in attendance.
 - On May 18th, Volunteer Solutions staff attended the Northern Virginia Association for Volunteer Administration Annual meeting virtually. There were **25** volunteer coordinators from various agencies in attendance virtually.
 - On May 25th, the South County Regional Volunteer Coordinator attended the quarterly Citizen Corps Council meeting representing DFS. At the meeting, **10** agency representatives were in attendance and **9** district representatives. The meeting was cut short due to a room scheduling conflict. A representative of DFS shared via email that the BOS approved the SHAPE the Future of Aging Plan.
 - An article about the Companion Pet Program was featured in the May 26-28 edition of the Fairfax County Times
 - Upcoming Events Involving Volunteer Solutions
 - July 18, 2023 – Volunteer Training- Mental Health First Aid for Older Adults (Provided by The Community Services Board).
 - October 15, 2023 – Venture into Volunteering will take place from noon to 4 pm at the Springfield Town Center. The event will take place as a part of the Beacon 50+ Expo.
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Nutrition: Home Delivered Meals

- During the week of May 8, 2023, Home Delivered Meal (HDM) participants received nutrition education materials with their weekly meal delivery. The nutrition education materials consisted of a cover letter informing them that the annual satisfaction survey was coming soon, educational flyers (*Beans, Cover-Your-Cough, Food Safety Reminders, Eating Right for Older Adults, Vaccinations and Older Adults*), and a crossword puzzle for National Nutrition Month.

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>

- During the week of May 15, 2023, the Home Delivered Meals Annual Satisfaction Survey went out to all HDM participants.
- The Nutrition Unit continues to provide Home Delivered Meals 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 and Home Delivered Meals (HDM) have started hosting George Mason University (GMU) Dietetic Interns for their community rotations through the Area Agency on Aging.
- Congregate Nutrition Annual Surveys are currently being conducted.

Caregiver and Support Services

- On Wednesday, May 17, 2023, *Advances in Understanding of Chronic Pain: Diagnosing & Treating Chronic Pain*, was held. **218** people received the slide presentation and recording, and **55** attended the live session.
- On Friday, May 26, 2023, Health & Wellness Workshop: *Exploratory Ballet Class*, was held. **46** people received the slide presentation and recording, and **20** people attended the live session.
- During May **10th**, Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Virtual Caregiver Support Call, Kinship Cafe, BINGOCIZE, Advances in Our Understanding of Chronic Pain Webinar, Intergenerational Exploratory Ballet Class, Crafts for the Family workshop, Farmers Market, Creative Engagement: How to Use Your Right and Left Brain to Improve Your Well-being workshop, Kinship Café and Stroke Survivor support groups. Currently, there are **1,223** subscribers.
- The caregiver column for the Golden Gazette included a message about *Caregiver Alert Notifications Program Receives Honorable Mention, Advances in Our Understanding of Chronic Pain - Caregiver Webinar, Intergenerational Exploratory Ballet Class, Intergenerational Crafts for the Family*, and upcoming event for the International Spy Museum.

Caregiver Important Information

- To access **Advances in Understanding of Chronic Pain: Diagnosing & Treating Chronic Pain** recording: <https://bit.ly/UnderstandChronicPain>
- To access the **Health & Wellness Workshop: Exploratory Ballet Class** recording: <https://bit.ly/FFXBalletClass>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- **Caregiver Intergenerational 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>

- The monthly Caregiver Web letter was emailed this month to **1,746** people. The Web letter contained information on advances in Understanding of Chronic Pain: Diagnosing & Treating Chronic Pain, Intergenerational Exploratory Ballet Class, How Do We Manage Difficult/Challenging Behaviors of Those with Memory Impairments? Virtual Support Call for Family Caregivers, BINGOCIZE, Helping Hands Stroke Club, Stroke Support Group, Caregiver Stroke Support Group, Ritorno a Musica, Kinship Café, Chef Cal: Just Desserts, and Farmers Market.
- 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.
- On Thursday, May 11, staff presented “*Helpful Tips and Resources for Family Caregivers of Older Adults & Adults with a Disability*” for the Centreville United Methodist Church. **17** people attended.
- On Wednesday, May 17, staff presented on caregiver programs & services for the Northern VA Senior Resource Networking Speaker request. **75** people attended.
- The Dementia Friendly Fairfax (DFF) action team met on May 23, 2023. There is a new representative from Insight Memory Care Center, Jessica Peters, and the action team will be meeting formally every month starting June 2023.
- Senior Express provided **10** round-trip rides to **7** unduplicated clients, and **21.5** hours of respite to their family caregivers for the month of April.
- Discretionary Funds provide durable medical equipment and adaptive equipment to clients who need financial help. There are **4** open cases awaiting delivery and/or installation of handheld shower heads.
- 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 May, there was **1** new request and **2** were 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 **5** new referrals, and **3** consultations were completed in May.
- 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, **1** request was received.

ElderLink

- ElderLink is recruiting to fill two Social Worker Case Manager I positions.
- Health and Wellness
 - Workshops Currently in Progress
 - 2 Bingocize workshops: George Mason Regional Library and Temple Rodef Shalom
 - Workshops Completed in May
 - A Matter of Balance Workshop at Messiah United Methodist Church, 03/15 – 05/03
 - 12 participants and 10 completers
 - ElderLink is in the process of scheduling additional summer and fall workshops with Temple Rodef Shalom, Vienna Community Center, Falls Church Community Center, and Messiah United Methodist Church.
- Caregiver Support
 - Virtual Support Call for Caregivers of Older Adults, via Zoom, 7-8pm.
 - Upcoming call: Tuesday, 06/13, ***Caregiver Self-Care: Caregiving can be challenging. Combined with caregivers often putting others ahead of themselves and the potential to neglect their own needs, burnout has the potential for being a real concern. Let's talk about ways we can build our physical and emotional resilience, both for your and the care recipient's well-being.***

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.

Northern Virginia Long-Term Care Ombudsman Program

The Ombudsman Program Information

- Ombudsman Program holds new volunteer training twice a year (spring and fall) which is 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.

- Ombudsman Program has placed five new volunteers into facilities - one in Arlington County, three in Fairfax County, and one in Loudoun County.
- Ombudsman Program currently has one staff vacancy as of May 2023. The program has concluded recruitment with a goal to onboard new staff to fill the vacancy this summer.
- Ombudsman Program submitted a piece in the Golden Gazette on inclusion of LGBTQ elders in long-term care highlighting SAGECare training completed by program staff that will run in the June Golden Gazette.
- 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.

Aging Disability Caregiver Resource Intake Statistics May 2023

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| APS, Reports Received | 330 |
| Adult Services Referrals Sent | 159 |
| ADCR Consultation | 172 |
| Nutrition/MOW | 174 |
| CCC+/ALF screenings, info only | 146 |
| APS, info only | 61 |
| Adult Services, info only | 76 |
| Housing | 83 |
| Benefits | 55 |
| Coordinated Services Planning | 63 |
| Home Care Registry | 50 |
| Burial/Cremation | 33 |
| Legal Services | 19 |
| Home Based Care, Info Only | 41 |
| VICAP | 19 |
| ElderLink | 40 |
| Nursing Home | 20 |
| Mental Health/Substance Abuse | 20 |
| Home Repair for the Elderly | 24 |
| Disability Services | 21 |
| Employment/Training | 17 |
| Medical/Dental | 13 |
| Assisted Living | 36 |
| Other | 6 |
| Environmental Services | 7 |
| Transportation | 62 |
| Ombudsman | 21 |
| Volunteer | 12 |
| Social Security | 13 |
| Durable Medical Equipment | 18 |
| Senior Centers/Recreation | 14 |
| Domestic Violence/Victim Witness | 18 |
| Adult Day Healthcare | 27 |
| Financial | 14 |
| Respite | 4 |
| Golden Gazette | 22 |
| Tax Administration | 5 |
| Fuel/Cooling Assistance/Fan Care | 5 |
| Caregiver Support | 20 |
| Health and Wellness Programs | 6 |
| Police Emergency and Non-Emergency Police | 4 |

TOTAL

1,950