

# Fairfax Area Agency on Aging Highlights for July 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)
- Registration is open for the **2023 Northern Virginia Aging Network Legislative Breakfast**:  
Wednesday, September 20, 2023, from 8 – 10 a.m.  
Country Club of Fairfax  
Keynote Speaker: Steve Gurney, ProAging  
  
<https://nvan-breakfast-2023.eventbrite.com>
- The Fairfax Area Commission on Aging (COA) met on July 19, 2023. The COA voted unanimously to re-elect Cathy Cole to serve as Chair and Cathy Muha as Vice Chair. Joanne Collins was elected to serve as Secretary. The COA and Supervisor Herrity also recognized Dorothy Keenan for her distinguished work as founder and Executive Director of GrandInvolve.
- The COA was in recess in August 2023 and the next meeting is on September 20, 2023.
- The Northern Virginia Aging Network (NVAN) met on July 18 and COA Braddock District Commissioner, Mike Perel, chaired the meeting. Rose Robinson presented an overview of the Wellness Center for Older Adults in Fairfax and NVAN members approved the 2024 legislative platform.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **83**
  - Completed contact cases: **246**
  - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$13,109.04**
  - Number of Events/Presentations: **0**
- VICAP has been preparing **3** trainings that will be provided to

### VICAP Information

- For more information, contact VICAP [dfsvicap@fairfaxcounty.gov](mailto: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>

Fairfax County partners between August and September 2023.

- VICAP has scheduled **17** Medicare 101 presentations for the Fall of 2023. Beginning in October, upcoming Medicare 101 presentations will be offered in a virtual format, hybrid, and in-person. 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.

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## Volunteer Solutions

- Data that drives the work:
  - Inquiries to becoming a volunteer: **69**
  - Total volunteers who became active in a program: **8**
  - New client referrals: **14**
  - IT On Call referrals: **7**
  - Facebook Followers: **2,033**
- July 15: Volunteer Solutions partnered with the COA to submit an AARP Andrus Award nomination for Dorothy Keenan. Michele Duell, Acting Executive Director for GrandInvolve, collaborated with VS on this nomination.
- July 18: Volunteer Training- Mental Health First Aid for Older Adults (Provided by The Community Services Board) with **14** attendees.
- July 27: Volunteer Solutions' staff attended a full-day in-person training on Changing Resistance to Care to Participation in Care presented by Teepa Snow.
- Upcoming Events Involving Volunteer Solutions:
  - *August 1, 2023* – the second Volunteer Self-Care Group Session facilitated by Kay Carter will be held virtually for Department of Family Services (DFS) volunteer programs (Adult and Aging; Children, Youth and Families; Domestic and Sexual Violence Services; Public Assistance and Employment Services). This self-care session is offered to volunteers as an opportunity to discuss volunteer experiences. Topics included mindfulness, coping strategies, secondary trauma, and open discussion.
  - *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. Venture into Volunteering will take place from noon to 4 pm at the Springfield Town Center. The event will take place in conjunction with the Beacon 50+ Expo and part of VS' contribution to fulfilling Division's 50+Community Action Plan. Here is a link to the flyer for this event.

### 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](https://bit.ly/CCUPDATES)
- Check Volunteer Solutions out on **Facebook**: [bit.ly/VSFACEBOOK](https://bit.ly/VSFACEBOOK)

## Nutrition: Home Delivered Meals

- The Nutrition Unit has filled the vacant supervisor position. Alison Banks was promoted to the Social Service Supervisor position with the Home Delivered Nutrition Team I.
- The Nutrition Unit is currently in the process of filling the vacant Social Services Specialist II position. The position was posted on Saturday, July 29 and will close Friday, August 11.
- The Nutrition Unit continues to provide HDM 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 is in the process of tabulating annual survey results and also preparing to transition to the Peer Place system for recording program information and data.

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## Caregiver and Support Services

- On Wednesday, July 19, 2023, *Understanding the Aging Process: How Aging Affects Your Nutritional Status*, was held. **352** people received the slide presentation and recording, and **105** people attended the live session.
- On Friday, July 28, 2023, Panel Conversation: *Aging in Place: Transitional Care from Hospital to Home*, was held. **113** people received the slide presentation and recording, and **41** people attended the live session.
- **9** Caregiver Alert Notifications were sent via email, text message, and voice communication methods during the month of July. The notifications contained information on the ElderLink Virtual Caregiver Support Call, Book Bingo, Joy of Caregiving Webinar, Senior Cool Care program, Understanding the Aging Process/Nutritional Webinar, Slow Flow Mat Yoga, Adult Protective Service (APS), Aging in Place-Hospital to Home Webinar, and The US Army Blues Band. Currently, there are **1,282** subscribers.
- The caregiver column for the Golden Gazette included a message about the following topics:
  - *Setting Healthy Boundaries when Caregiving- Caregiver Support Networks*
  - *Understanding the Aging Process: How Aging Affects Your Nutritional Status*
  - *Aging in Place: Transitional Care from Hospital to Home*
  - *See Me at the Smithsonian (See Me)*

- The monthly Caregiver Webletter was emailed this month to **1,990** people. The Webletter contained information on the following topics:
  - Understanding the Aging Process: How Aging Affects Your Nutritional Status
  - Aging in Place: Transitional Care from Hospital to Home
  - The Unexpected Joys of Caregiving
  - Plant Swap- Flower/Vegetable/Herbs
  - Helping Hands Stroke Club - Stroke Support
  - Technology Tutor Session
  - Virtual Community Fitness Classes
  - Summer Entertainment Series
  - Home Repair for the Elderly Program - for Elderly and Disabled Adults
  - Adult Protective Services (APS)
- 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 **30** participants.
- On Tuesday, July 18, a staff member presented on “Supporting Family Caregivers Through Education, Outreach, and Data Collection” at the 2023 USAging Annual Conference. The Fast Track session was attended by **30** professionals.
- Senior Express provided **20** round trip rides to 8 unduplicated clients, and **42.5** hours of respite for the caregivers for the month of June.
- Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **2** clients through the Family Caregiver Discretionary Fund, providing **3** items; and **2** clients through the Barbara Antley Gift Fund, providing **3** items in July.
- 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 July, the program provided **4** portable air conditioner units and **3** tower fans to 7 older adults.
- The Residential Repair & Renovation (R&R) Program helps seniors 60 years of age or older remain safely in their home by providing home repairs and modifications. In July, there were **4** new requests and **3** were completed.

## Caregiver Important Information

- To access the **Understanding the Aging Process: How Aging Affects Your Nutritional Status** recording: <https://bit.ly/AgingandNutrition>
- To access the **Aging in Place: Transitional Care from Hospital to Home** recording: <https://bit.ly/TransitionsPanel>
- **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 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 manager. There was **1** new referral and **3** consultations completed in July.
- The Chore Services Program allows the AAA to provide services for A&A 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 July, **2** requests were received, and **0** jobs were completed.

## ElderLink

- Staffing
  - ElderLink is thrilled to share that Delma Thompson will be joining the ElderLink team as a Social Worker Case Manager I on August 21. Delma is joining ElderLink from her current position as an Adult Services Social Work Supervisor with the Fairfax Adult & Aging's Annandale Adult Services Unit, as well as a PRN Medical Social Worker role in the Emergency Department at Inova Fairfax Hospital.
  - ElderLink is also pleased to share that Chyna Wallace, Administrative Assistance, will be joining the team full-time on August 21. Chyna's position was previously shared between ElderLink and the Inova Medical House Calls program. ElderLink is delighted to have Chyna's full-time support moving forward.
- Health and Wellness
  - Upcoming Workshop
    - ElderLink is in the process of coordinating a virtual Chronic Disease Self-Management workshop starting 08/17, for patients of the Advanced Lung Disease and Transplant Program at Inova Fairfax Hospital.
  - Workshops Completed in July
    - **2** Bingocize workshops held at George Mason Regional Library and Temple Rodef Shalom, 05/10-07/14, serving **35** participants.
  - Workshops Currently in Progress
    - Temple Rodef Shalom in Falls Church is running an in-person A Matter of Balance (AMOB) workshop for its congregants, which started on 07/19.
- Caregiver Support

### 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](http://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.

- Virtual Support Call for Caregivers of Older Adults, via Zoom, 7-8pm.
    - 08/11, **Open Forum:** Please join us for an open forum on caregiving issues, questions you may have, as well as feedback and suggestions for the support call going forward.
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## Northern Virginia Long-Term Care Ombudsman Program

- The Ombudsman program has hired a new staff ombudsman, Katie Patterson, who started on July 15, 2023. Katie joined the Department of Family Services in 2016 in Adult Protective Services, where she gained experience in investigating allegations of abuse, neglect, and exploitation of older adults. In 2020, Katie joined Adult Services in Reston where she has provided case management services for older adults and adults with disabilities in the community, including providing community services referrals, home-based care services, and LTSS screenings. We are excited to have Katie as a part of our team!

### The Ombudsman Program Information

- Ombudsman Program completed the Spring 2023 New Ombudsman Volunteer Training in March. 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](mailto: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](mailto:nvltcop@fairfaxcounty.gov).

## Aging Disability Caregiver Resource Intake Statistics July 2023

APS, Reports Received	332
ADCR Consultation	174
Nutrition/MOW	190
Adult Services Referrals Sent	165
CCC+/ALF screenings, info only	151
Transportation	81
Housing	75
Benefits	73
Adult Services, info only	74
Coordinated Services Planning	59
Home Care Registry	56
APS, info only	49
Home Based Care, Info Only	38
Caregiver Support	35
VICAP	31
Nursing Home	30
ElderLink	26
Home Repair for the Elderly	26
Burial/Cremation	23
Assisted Living	22
Disability Services	21
Fuel/Cooling Assistance/Fan Care	20
Mental Health/Substance Abuse	18
Golden Gazette	18
Legal Services	15
Tax Administration	15
Durable Medical Equipment	12
Ombudsman	11
Financial	9
Employment/Training	9
Adult Day Healthcare	8
Police Emergency and Non-Emergency	8
Senior Centers/Recreation	7
Medical/Dental	6
Tax Administration	6
Respite	5
Volunteer	5
Domestic Violence/Victim Witness	4
Health and Wellness Programs	3
Environmental Services	3
Social Security	3
Other	3

**TOTAL**

**1,919**

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Wednesday, September 20, 2023, from 8 – 10 a.m.  
Country Club of Fairfax  
Keynote Speaker: Steve Gurney, ProAging  
  
<https://nvan-breakfast-2023.eventbrite.com>
- The Fairfax Area Commission on Aging (COA) was in recess in August 2023 and the next meeting is on September 20, 2023.
- As part of the implementation of the SHAPE the Future of Aging Plan, the first SHAPE Initiative Development Committee meetings were held in August. Committees are led by Commissioners and are comprised of County staff, partners from community-based organizations and citizens. Committees will continue to meet through the duration of the plan.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **104**
  - Completed contact cases: **248**
  - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$24,656.44**
  - Number of Events/Presentations: **2**
- VICAP has been preparing **1** training that will be provided to Fairfax County partners in September 2023.
- VICAP has scheduled **17** Medicare 101 presentations for the Fall of 2023. Upcoming Medicare 101 presentations include virtual, hybrid, and in-person presentations, starting in October.

### VICAP Information

- For more information, contact VICAP [dfsvicap@fairfaxcounty.gov](mailto: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>



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.

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## Volunteer Solutions

- Data that drives the work:
  - Inquiries to becoming a volunteer: **72**
  - Total volunteers who became active in a program: **11**
  - New client referrals: **25**
  - IT On Call referrals: **6**
  - Facebook Followers: **2,056**
- *Venture into Volunteering*- will take place Sunday, October 15, 2023, from noon to 4 pm at the Springfield Town Center. The event will take place in conjunction with the Beacon 50+ Expo and part of VS' contribution to fulfilling Division's 50+Community Action Plan. There are 38 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.

- Articles published:
  - Golden Gazette Article – August 2023 - [Robotic Pets Bring Joy to Owners](#)
  - Fairfax Times – August 18 - [Learn the difference between service, support animals](#)
- *Channel 16 – Mature Living* – Volunteer Solutions' Northeastern Regional Volunteer Coordinator was featured on the August-October episode discussing the Companion Pet Program.
- The second *Volunteer Self-Care Group Session* facilitated by Kay Carter was held virtually on August 1<sup>st</sup> with **6** participants from Department of Family Services (DFS) volunteer programs (Adult and Aging; Children, Youth and Families; Domestic and Sexual Violence Services; Public Assistance and Employment Services). This self-care session is offered to volunteers as an opportunity to discuss volunteer experiences. Topics included mindfulness, coping strategies, secondary trauma, and open discussion.
- Volunteer Solution's Supervisor joined Fairfax County Digital Equity Committee. Planning meetings began for the [Fairfax County Digital Inclusion Week](#) happening October 2-6, 2023. Promotion of the IT On-Call Service will occur during the week as well as recruitment of volunteers to support the service.
- Regional Volunteer Coordinators facilitated the monthly virtual Connection Corner meetings on August 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup>, for volunteers to network, share ideas, attend training, and learn of

### 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](https://bit.ly/CCUPDATES)
- Check Volunteer Solutions out on **Facebook**: [bit.ly/VSFACEBOOK](https://bit.ly/VSFACEBOOK)

upcoming opportunities and events. The topic this month was “Wellness” and was presented by a VS volunteer, Rachel Wilson.

- Computer CORE’s Donna Walker James presented information about the Affordable Connectivity Program (ACP) to 8 IT On-Call volunteers on August 25<sup>th</sup>. Volunteers will educate clients with the intent to get clients to participate. This federally funded program provides digital access to residents to ensure that households can afford the broadband they need for work, school, healthcare and more.
  - Volunteer Solutions has established a partnership with Computer CORE to help spread the word about the program and refer community members so that their volunteers can assist individuals with the enrollment process. Once enrolled, the program provides internet access as a greatly reduced fee, which thereby provides some financial relief to clients.
  - IT On-Call volunteers received information about the Education Superhighway, a National non-profit, that focuses on the (ACP). At no cost, this organization provides an online certification program for those who want to learn more about ACP and assist clients with enrollment: LearnACP Certification Course.
  - Upcoming Events Involving Volunteer Solutions:
    - *October 15, 2023* – Venture into Volunteering will take place from 12pm to 4 pm at the Springfield Town Center. The event will take place in conjunction with the Beacon 50+ Expo and part of VS’ contribution to fulfilling Division’s 50+Community Action Plan. Here is a link to the flyer for this event.
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## Nutrition: Home Delivered Meals

- 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 transitioning to the state Peer Place system with all staff scheduled to be trained in the new system in Sept 2023.

### 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, August 9, 2023, a *Dementia Friends Information Session* was held. **25** people attended the presentation.
- On Wednesday, August 16, 2023, a caregiver webinar on *How to Support a Loved One Living with Brain Injury* was held. **175** people received the slide presentation and recording, and **42** people attended the live session.
- On Friday, August 25, 2023, a panel conversation: *Creating Support Systems for Family Caregivers* was held. **146** people received the slide presentation and recording, and **51** people attended the live session.
- On Wednesday, August 30, a caregiver webinar on *Long Term Services and Supports (LTSS) - Medicaid After the Public Health Emergency (PHE)* was held. **100** people received the slide presentation and recording, and **32** people attended the live session.
- During August 2023, **8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on the Health Department Stroke Support Group, Creating Support Systems for Family Caregivers webinar, Ice Cream Social, LTSS-End of PHE Webinar, TOPS transportation program, US Citizenship class, How to Support a Loved One Living with Brain Injury webinar, and Coffee & a Classic. Currently, there are **1,316** subscribers.
- The caregiver column for the Golden Gazette included a message about the following topics:
  - New Diagnosis
  - Virtual Dementia Friends Information Session
  - How to Support a Loved One Living with Brain Injury
  - Creating Support Systems for Family Caregivers
  - Long Term Services & Support (LTSS) Medicaid After the Public Health Emergency
- The monthly Caregiver Webletter was emailed this month to **2,105** people. The Webletter contained information on the following topics:
  - How to Support a Loved One Living with Brain Injury
  - Creating Support Systems for Family Caregivers
  - Long Term Support Services (LTSS)
  - Medicaid After the Public Health Emergency
  - Family and Friends Picnic at Van Dyck Park
  - Amateur Art – Learn to Draw
  - US Citizenship Class
  - Dementia Friendly Information Session

### Caregiver Important Information

- To access the **How to Support a Loved One Living with Brain Injury** recording: <https://bit.ly/FFXBrainInjury>
- To access the **Creating Support Systems for Family Caregivers** recording: <https://bit.ly/CreatingSupportSystems>
- To access the **Long Term Services and Supports (LTSS) – Medicaid After the Public Health Emergency (PHE)** recording: [bit.ly/MedicaidAfterThePHE](https://bit.ly/MedicaidAfterThePHE)
- **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>

- Virtual Caregiver Support Call
- Ice Cream Social
- 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 **31** participants.
- The Dementia Friendly Fairfax (DFF) action team met on Tuesday, August 29, 2023. The action team shared updates and discussed the interest to continue virtual and in-person information sessions. In addition, the team discussed the possibility of providing future Korean and Spanish Dementia Friendly Information Sessions. The group will meet on Wednesday, September 26, 2023.
- In July, the Senior Express Program provided **13** round trip rides to **8** unduplicated clients.
- Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **2** clients through the Family Caregiver Discretionary Fund, providing **2** items; 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, who 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 August, the program provided **3** tower fans and **1** box fan to **4** 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 August, there was **1** new request and **4** 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 **3** new referrals, and **3** consultations were completed in August.
- 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, and **1** job was completed.

## ElderLink

- Staffing
  - ElderLink is thrilled to share that Julie Mezinis will be joining the Inova ElderLink team as a Social Worker Case Manager I with an anticipated start date of October 2, 2023. Julie is bringing a wealth of experience from her time as a social worker at both The Virginian and Vinson Hall Retirement Communities. Most recently, Julie has worked as a Case Manager with Fairfax Surrogacy.
- Health and Wellness
  - Workshops Currently in Progress
    - Temple Rodef Shalom in Falls Church is running an in-person AMOB workshop for its congregants, which started on 07/19.
    - A virtual Chronic Disease Self-Management workshop for patients of the Advanced Lung Disease and Transplant Program at Inova Fairfax Hospital started on 08/17.
  - Upcoming Workshops
    - ElderLink will be hosting a Caring for You, Caring for Me facilitator leader training for Arlington County on 9/11.
    - An in-person A Matter of Balance workshop will be held at Vienna Community Center, starting 9/18.
    - An in-person Chronic Disease Self-Management workshop will be held at Temple Rodef Shalom in Falls Church, starting 9/20.
- Caregiver Support
  - Virtual Support Call for Caregivers of Older Adults, via Zoom, 7-8pm.
    - 09/12, *Managing Advanced Care Planning and End of Life Decisions*: Many of us face questions about advanced medical treatment and end of life decisions for our loved ones in crisis situations. It is difficult to make those decisions in an emergency or at the end of life. Whether your loved one can be included in this discussion, or not, we will help you think about discussions that need to be had and the decisions that need to be made. An Inova Geriatrics Medical Director will be guest presenting to provide a rich overview of this important topic and will also be available for Q&A.

### 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](http://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.

# Northern Virginia Long-Term Care Ombudsman Program

## **The Ombudsman Program Information**

- 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 16<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup>. 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](mailto: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](mailto:nvltcop@fairfaxcounty.gov).

## Aging Disability Caregiver Resource Intake Statistics August 2023

APS, Reports Received	339
Adult Services Referrals Sent	235
ADCR Consultation	161
CCC+/ALF screenings, info only	150
Nutrition/MOW	118
Adult Services, info only	104
Housing	87
Home Care Registry	78
Benefits	66
Transportation	64
Coordinated Services Planning	62
APS, info only	46
ElderLink	45
Assisted Living	33
Home Based Care, Info Only	32
VICAP	30
Disability Services	28
Caregiver Support	27
Legal Services	24
Burial/Cremation	20
Mental Health/Substance Abuse	18
Home Repair for the Elderly	17
Adult Day Healthcare	16
Nursing Home	15
Ombudsman	15
Senior Centers/Recreation	14
Volunteer	12
Social Security	10
Employment/Training	10
Medical/Dental	10
Golden Gazette	10
Financial	10
Fuel/Cooling Assistance/Fan Care	9
Domestic Violence/Victim Witness	9
Durable Medical Equipment	9
Police Emergency and Non-Emergency	8
Respite	5
Tax Administration	4
Health and Wellness Programs	2
Environmental Services	2

**TOTAL**

**1,954**