

# Fairfax Area Agency on Aging Highlights for September 2024

Fairfax County Services for Older Adults | Family Services  
Golden Gazette | Family Services (fairfaxcounty.gov)

## Legislative and Boards

### Highlights

- The updated SHAPE the Future of Aging Plan can be viewed online at: <https://www.fairfaxcounty.gov/topics/shape-future-aging>
- The 2024 Northern Virginia Aging Network (NVAN) Legislative Breakfast was held at the Fairfax Country Club on Friday, September 20<sup>th</sup>. The 25th annual breakfast brought together over 150 older adults, service providers, advocates, community members, including 35 legislators and staff. The keynote address was delivered by Sandy Markwood, USAging CEO. She amplified the message of the platform and stressed the importance of seeing opportunity within the aging population.
- At the September 17<sup>th</sup> NVAN meeting, attendees heard a presentation on Ageism from the [National Center to Reframe Aging](#). This resource was shared with the COA.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **248**
  - Completed contact cases: **297**
  - Money saved due to Medicare Part D prescription drug review, Patient Assistance Programs, Medicare Part B, appeals, etc. total: **\$9,900.00**
  - Number of Events/Presentations: **2**
- VICAP's client base is **200,000+** county residents. VICAP is currently staffed by **2** full-time and some volunteers.
- VICAP Coordinators attended the State Conference for VICAP Coordinators and got trained on latest updates on Medicare related topics for the incoming Medicare Open Enrollment period.
- VICAP team conducted its annual training this month for regional volunteers from Fairfax and Arlington Counties and the City of Alexandria, on Medicare and Medicare Part D updates in preparation for Medicare Open Enrollment season. Fairfax County VICAP volunteers were recognized for their service.

### VICAP Information

- For more information, contact VICAP [dfsvicap@fairfaxcounty.gov](mailto:dfsvicap@fairfaxcounty.gov)
- **The VICAP website** features the October 2023 **Medicare 101** and **Medicare 102** webinar recordings, the November 2023 Medicare 101 webinar recording in Spanish, and a podcast. It also includes links to Medicare and COVID-19 information, and a Senior Medicare Patrol (SMP) Consumer Fraud Alert for COVID-19. <https://www.fairfaxcounty.gov/familyservices/older-adults/virginia-insurance-counseling-and-assistance-program-vicap>

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## Volunteer Solutions

- Volunteer Solutions, in partnership with the Nutrition Unit, helped to support the distribution of 100 Claris tablets to Adult & Aging clients who face social isolation. Volunteers were trained, picked up and delivered tablets. They offered clients up to two home visits to instruct them on how to use the tablets. The pilot project required staff to develop protocols, training, tracking, and troubleshooting as needed to make the project a success. This project began in August and ran through September.
- Upcoming Events Involving Volunteer Solutions:
  - **SAVE THE DATE-** November 3: *Venture into Volunteering* will take place from 12pm - 4pm at the Springfield Town Center. For the second year, the event will take place as a part of the Beacon 50+ Expo. [Please visit the website](#) for additional information and links to flyers that can be posted in your community.

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

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## Nutrition: Home Delivered Meals (HDM)

- During the week of September 2nd, all Home Delivered Meals (HDM) participants received nutrition education information which included the following materials: an Emergency Preparedness flyer from the Fairfax County Office of Emergency Management, a booklet from the American Heart Association titled “My Cholesterol Guide: Take Action. Live Healthy,” two flyers from the Center for Disease Control and Prevention, “3 Important Reasons for Adults to Get Vaccinated,” and “Cover Your Cough.”
- During the week of September 8th, all HDM participants received a fresh produce box with their regular meal delivery. The produce boxes included blackberries, raspberries, strawberries, a peach, a plum, cherry tomatoes, Persian cucumbers, snap peas, broccoli florets, a green pepper, a red pepper, and a clementine.
- During the weeks of September 15th and September 22nd, all HDM participants received two boxed lunches in addition to their regular meal delivery of 11 meals.
- During the week of September 22nd, all HDM participants received a shelf-stable box with 5 emergency meals to prepare for any unforeseen disruptions in service due to inclement weather or emergencies.

### 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.
- The Nutrition Unit continues to provide HDM services to eligible adults over age 60 or adults over age 18 with a disability.
- For more information visit: <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels>

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## Nutrition: Congregate Meals

- The Congregate Nutrition Program (CNP) is delighted to welcome Tori Gwilliam, who joined the team as Nutrition Supervisor on September 23, 2024.
- The CNP Program Coordinator has successfully completed monitoring visits to nutrition meal sites and kitchens.
- The recently released 2023 audit results by the Virginia Department for Aging and Rehabilitative Services observed two best practices in the menu review section for CNP. First, the vegetarian menu options, including those for shelf-stable meals, as well as menus translated into Korean, were noted. The other best practice observed was the at-a-glance menu pattern summary analysis, demonstrating compliance with the DARS menu planning guidelines.
- The Congregate Nutrition Program continues to offer 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

- September 13: staff hosted a caregiver webinar on “Oral Health Techniques for Caregivers.” **158** people received the slides and recording, and **40** people attended the live session. Recording available at <https://bit.ly/DentalFFX>
- September 20: staff hosted a Spanish series on “Preveniando Caídas.” **11** people received the slides and recording, and **8** people attended the live session. Recording available at <https://bit.ly/SpanishPreveniandoCaídas>
- September 27: staff hosted a panel conversation on “The Saving Claire Project.” **83** people received the slides and **51** people attended the live session.
- During September, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on the following topics: ElderLink’s Virtual Support Call, Helping Hands Stroke Club Speech & Caregiver Group Therapy, The Saving Claire Project, ElderLink’s BINGOCIZE®, The World Music Collective, Exploring the Dimensions of Aging, Dementia Friends Information Session, and the Reston Multicultural Festival. Currently, there are **1,644** subscribers.
- The caregiver column for the Golden Gazette included a message about, “Emergency Preparedness”, and provided information on the events: Oral Health Techniques for Caregivers, Fall Prevention 101- In Spanish, In-person Dementia Friendly Information Sessions, and The Saving Claire Project.
- The monthly Caregiver Webletter was emailed this month to **3,012** people. The Webletter contained information on the Oral Health Techniques for Caregivers, Fall Prevention 101- In

### Caregiver Information

- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- **Dementia Friend Information Sessions. Online Registration for upcoming sessions:** <https://bit.ly/DementiaFriendlyFairfax>
- To access the **caregiver webpage:** [Family Caregiver Support Programs | Family Services \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/family-caregiver-support)

Spanish, In-person Dementia Friends Information Session, The Saving Claire Project, Exploring the Dimensions of Aging, ElderLink's Virtual Support Call, Helping Hands Stroke Club- Caregiver & Speech Groups, Helping Hands Stroke Club, and Reston Multicultural Festival.

- The Fenwick Foundation Partnership Program supports family caregivers by providing free 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 **34** participants.
- September 11: a staff member attended the Community Outreach Professionals Committee meeting to assist with planning and providing feedback and information for community engagement and outreach.
- September 13: a staff member attended the Kingstowne Farmers Market to staff a AAA resource table.
- September 19: a staff member attended the 2024 Annual Joint Base Myer-Henderson Hall Retiree Appreciation Outreach event and staffed a AAA resource table.
- September 19: staff members attended the Virginia Caregiver Coalition monthly meeting. The group shared updates, caregiver concerns, and funding updates, and had a guest speaker present.
- September 24: The Dementia Friendly Fairfax (DFF) Action Team met and discussed new partnerships, outreach initiatives, and upcoming presentations, the next meeting will take place on October 22, 2024.
- Discretionary Funds Programs, which provides durable medical equipment and adaptive equipment to clients who need financial help, assisted **1** client and provided **1** item through the Family Caregiver Discretionary Fund in September.
- The Residential Repair & Renovation (R&R) Program helps seniors 60 years of age or older remain safely in their homes by providing home repairs and modifications. There were no new requests in September.
- The Occupational Therapist (OT) Consultation Program sends out an OT to perform a home safety evaluation for A&A clients, based on referrals from case workers. There was **1** new referral, and **2** consultations completed in September.
- 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 September, there were **3** requests and **4** jobs completed.

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## ElderLink

- Staffing:
  - ElderLink is thrilled to announce that Holly Giovengo will be joining the Inova ElderLink team as a Social Worker Case Manager I. Holly brings a wealth of knowledge to the team, through a variety of professional experiences serving the older adult population. Her first day will be October 21.
  - ElderLink is recruiting for a Social Work Case Manager I position. This position supports general case management, caregiver support, and workshop facilitation. The link to the Job Advertisement: [Social Worker Case Manager I - Elderlink - Inova Careers \(oraclecloud.com\)](https://oraclecloud.com)

- Exploring Dimensions of Aging Through Virtual Reality:
  - October 9: staff had the opportunity to share an overview of the Exploring Dimensions of Aging pilot project and demo the Elder Safety & Well-Being lab to the 50+ Community Ambassadors.
  - The Dima Lab, addressing Parkinson's Disease & Lewy Body Dementia, was featured in the October Golden Gazette. The article highlighted the program's positive impact based on feedback provided through participant surveys: [Using Virtual Reality to Explore Elder Safety & Well-Being in Older Adults | Family Services \(fairfaxcounty.gov\)](#)
  - October 15: staff will present an overview of the Exploring Dimensions of Aging Project, featuring the Dima Lab, at the Board of Supervisors Older Adults Committee Meeting.
  - ElderLink will officially be offering the Exploring Dimensions of Aging Project through the upcoming year. The second year of the program will launch on 12/1/2024.
  - The following training sessions for community caregivers are open for registration:
    - **The Frank Lab (Social Isolation)**
      - Thursday, 10/10, 10:00am-11:15am
    - **The Dima Lab (Parkinson's Disease & Lewy Body Dementia)**
      - Thursday, 10/17, 12:00pm-1:15pm
    - **Elder Safety & Well-Being Lab**
      - Thursday, 10/24, 2:00pm-3:15pm. Online registration is available at: <http://tinyurl.com/exploring-aging>.
- Health and Wellness Programming
  - Workshops in Session
    - In-person A Matter of Balance (AMOB) at Vienna Community Center: Mondays, 09/09-10/28
    - In-person AMOB at Falls Church Senior Center: Wednesdays, 09/11-10/30
    - In-person Bingocize at George Mason Regional Library: Mondays and Fridays, 10/02-12/13
    - In-person AMOB at South Run Baptist Church: Wednesdays, 10/30-12/18
  - Upcoming Workshops
    - ElderLink is in the process of coordinating and scheduling additional Health & Wellness workshops for the 2025 program year. We welcome your suggestions for community groups in your network that would benefit from ElderLink's Health & Wellness programming.
  - Leader Training
    - ElderLink intern, Linda Ramos successfully completed A Matter of Balance leader training on 09/16.
    - Kathy Akindemowo will be participating in training 10/21-10/24 to become a Master Trainer for A Matter of Balance. This Master Training opportunity is made possible through our partnership with Marymount University.
  - Caregiver Support Programming

- Virtual Support Call for Caregivers of Older Adults via MS Teams, 2<sup>nd</sup> Tuesday of each month, 7:00-8:00pm.
  - October 8: Upcoming call on **Caregiving Over the Holidays**. Caregiving during the holidays can cause an already full schedule to overflow. To quote AARP, "For some family caregivers, the holidays can be a joyful time when spirits are lighter. It feels good to care for loved ones and enjoy time together, celebrating with family traditions. But for many the holidays also bring added stress – an already busy caregiver finds there's even more to do during the holidays. Something's gotta give!" Join us to share ideas and tips for navigating through the holiday season with more joy and less stress. To register: Visit [www.tinyurl.com/CaregiverTSG](http://www.tinyurl.com/CaregiverTSG) or call ElderLink intake 703-324-5374.
  - Please refer community members to the ElderLink intake line 703-324-5374 to learn more about ElderLink programming, to include options for caregiver support, health and wellness classes, and case management services.
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## Northern Virginia Long-Term Care Ombudsman Program

- The NVLTCOP recently hosted the first day of the New Volunteer Training on September 30<sup>th</sup>, where we welcomed 8 new volunteers. New volunteer trainings are held twice a year- spring and fall.

### **How to request a NVLTCOP 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, September, 2024

<b>Adult Protective Services</b>	<b>292</b>
<b>Adult Services Referrals Sent</b>	<b>201</b>
<b>CCC+/ALF screenings, info only</b>	<b>129</b>
<b>ADCR Consultation</b>	<b>109</b>
<b>Nutrition/MOW</b>	<b>103</b>
<b>APS, info only</b>	<b>65</b>
<b>Adult Services, info only</b>	<b>50</b>
<b>Transportation</b>	<b>50</b>
<b>Benefits</b>	<b>44</b>
<b>Housing</b>	<b>40</b>
<b>Home Based Care, info only</b>	<b>40</b>
<b>Tax Administration</b>	<b>38</b>
<b>Coordinated Services Planning</b>	<b>36</b>
<b>VICAP</b>	<b>26</b>
<b>Home Care Registry</b>	<b>19</b>
<b>Nursing Home</b>	<b>19</b>
<b>Assisted Living Facility</b>	<b>17</b>
<b>Elderlink</b>	<b>16</b>
<b>Ombudsman</b>	<b>15</b>
<b>Mental Health/Substance Abuse</b>	<b>14</b>
<b>Financial</b>	<b>14</b>
<b>Disability Services</b>	<b>12</b>
<b>Employment</b>	<b>10</b>
<b>Home Repair for the Elderly</b>	<b>10</b>
<b>Volunteer Solutions</b>	<b>9</b>
<b>Adult Day Care</b>	<b>9</b>
<b>Caregiver Support</b>	<b>8</b>
<b>Legal Services</b>	<b>8</b>
<b>Burial/Cremation</b>	<b>8</b>
<b>Medical/Dental</b>	<b>7</b>
<b>Social Security</b>	<b>7</b>
<b>Senior Center</b>	<b>6</b>
<b>Police Emergency/Non-Emergency</b>	<b>5</b>
<b>Durable Medical Equipment</b>	<b>5</b>
<b>Environmental Services</b>	<b>5</b>
<b>Golden Gazette</b>	<b>5</b>
<b>Domestic Violence/Victim Witness</b>	<b>3</b>
<b>Health and Wellness Programs</b>	<b>3</b>
<b>Respite</b>	<b>2</b>
<b>TOTAL</b>	<b>1,459</b>