

Fairfax Area Agency on Aging Highlights for May 2024

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

- The first Annual Report of the SHAPE the Future of Aging Plan was presented at the Board of Supervisors' Older Adults Committee meeting on May 14:
<https://www.fairfaxcounty.gov/boardofsupervisors/board-supervisors-older-adults-committee-meeting-may-14-2024>
- The updated SHAPE the Future of Aging Plan can be viewed online at:
<https://www.fairfaxcounty.gov/topics/shape-future-aging>
- A special edition of the Golden Gazette highlighting initiatives and equity work from the first year of the SHAPE the Future of Aging Plan will be published in June:
<https://www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette/special-edition-shape-the-future-of-aging>
- The Northern Virginia Aging Network met on May 31st and finalized legislative and budgetary priorities for the 2025 legislative session. Committees are forming to develop the platform.
- The Northern Virginia Aging Network Legislative Breakfast will take place on Friday, September 20th, from 8:00-11:00am.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intake: **167**
 - Completed contact cases: **247**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$17,677.31**
 - Number of Events/Presentations: **1**
- VICAP's client base is **200,000+** county residents. VICAP is currently staffed by **2** full-time employees and volunteers.

VICAP Information

- For more information, contact VICAP
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>

Volunteer Solutions

- 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. **5** clients were supported by **6** volunteers who contributed **13** hours total, and **1** partner organization (Boost Others) provided in-kind yard maintenance services valued at \$650.
- May 4: Volunteer Solutions staffed a resources booth at the Culmore Day Fair. There were **500** individuals in attendance.
- May 15: Volunteer Solutions staffed a resources booth at Supervisor Stork's 6th Annual Senior Safety Summit. There were **230** individuals in attendance.
- May 17: Volunteer Solutions' staff attended the virtual Northern Virginia Association for Volunteer Administration Annual meeting. There were **15** volunteer coordinators from various agencies in attendance.
- May 23: **15** Volunteer Solutions and the Nutrition Unit collaborated on a volunteer delivery project of **106** mini-floral arrangements to Home Delivered Meals clients in the Falls Church, Alexandria and Annandale region. These arrangements were generously donated by the Yacht Haven Garden Club (YHGC) in Alexandria.
- Data that drives the work:
 - Inquiries to becoming a volunteer: **78**
 - Total volunteers who became active in a program: **7**
 - New client referrals: **23**
 - IT On Call referrals: **8**
 - Facebook Followers: **2,129**
- Upcoming Events Involving Volunteer Solutions:
 - June 8: Volunteer Solutions staff, and volunteers will represent Adult & Aging at a resource booth at the Declaration Day event at Gunston Hall.
 - June 10: Community Ambassador Program will meet in-person at the Department of Emergency Managements Operations Center and discuss emergency preparedness services for the community.
 - June 12: Volunteer Solutions staff will represent Adult & Aging at a resource booth at the Health First! event held for residents of Lockwood House.
 - June 27: Northeast Regional Volunteer Coordinator will provide an overview of Adult and Aging services at the Lake Barcroft Village quarterly meeting at the Mason District Government Center.
 - 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.

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/VSFACBOOK

Nutrition: Home Delivered Meals (HDM)

- During the week of May 6th, all Home Delivered Meal (HDM) participants received a fresh produce box with their regular meal delivery. The produce boxes included blackberries, raspberries, cherry tomatoes, strawberries, a peach, Persian cucumbers, green beans, a pear, a broccoli crown, a green pepper, and a clementine.
- During the week of May 13th, HDM Annual Satisfaction Surveys were distributed to all HDM participants.
- During the week of May 20th, all HDM participants received two boxed lunches with their regular meal delivery of 11 meals.
- On May 23rd, the Yacht Haven Garden Club donated 106 mini floral arrangements. The floral arrangements were distributed to HDM participants by volunteers in parts of Alexandria, Falls Church, and Annandale.
- During the week of May 27th, all HDM participants received a card to celebrate Older Americans 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.
- 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>

Nutrition: Congregate Meals

- The Congregate Nutrition Program hosted the first of three George Mason University Dietetic interns in May. Another dietetic intern will be precepted in June and the final intern in July.
- The Congregate Nutrition Program began kitchen monitoring visits along with Home Delivered Meals supervisors.
- 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.

Caregiver and Support Services

- May 3: staff hosted a Health & Wellness Workshop: A Health & Wellness Vision Board Journey. **103** people received the slide presentation and recording, and **38** people attended the live session.
- May 10: staff hosted a Health & Wellness Workshop: Filling My Cup: Gratitude Journaling for Self-Care. **99** people received the slide presentation and recording, and **60** people attended the live session.
- May 15: staff hosted a webinar on Legal Considerations for Family Caregivers. **210** received the slide presentation and recording, and **96** people attended the live session.

- May 17: staff hosted a Health & Wellness Workshop: Resistance Training for Caregivers. **96** people received the slide presentation and recording, and **46** people attended the live session.
- May 24: staff hosted a dementia caregiver series on SPY with Me with the International Spy Museum was held. **50** people registered, and **17** people attended the live session.
- May 31: staff hosted a Health & Wellness Workshop: Transformation by Affirmation. **95** people received the slide presentation and recording, and **39** people attended the live session.
- During May, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on ElderLink’s Virtual Support Call, Dementia Spy with Me with the Spy Museum, Resistance Training for Caregivers, Helping Hands Stroke Club, Legal Considerations for Family Caregivers, Transformation for Affirmation, Exploring the Dimensions of Aging, Fairfax Health Department Stroke Club, Fairfax Disability First Responder and Safety Resource Fair. Currently, there are **1516** subscribers.
- The Caregiver Column for the May Golden Gazette included an article, “Are you Prepared?,” and provided information on upcoming events.
- The monthly, Caregiver Webletter, was emailed to **2,788** subscribers.
- 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 provides access to virtual and in-person events such as live shows, music events, museums, ballets, and holiday shows. The program accepts referrals from the Department of Family Services, Adult Day Health Care centers, among other county programs. The program currently has **34** participants.
- May 1 & 8: a staff member attended the Oak Marr Farmers Market and provided a table with AAA resources.
- May 30: a staff member presented on Family Caregiving and Older Adult resources to the Interfaith Group of Clergy. There were **8** faith leaders in attendance.
- May 31: two staff attended the Northern Virginia Dementia Care Consortium’s Subcommittee meeting to assist with planning for the annual caregiver’s conference.
- The Dementia Friendly Fairfax (DFF) Action Team meeting was rescheduled for June 4.
- The Discretionary Funds Programs provide durable medical equipment and adaptive equipment to clients who need financial help. The Family Caregiver Discretionary Fund

Caregiver Information

- To access the **Health & Wellness Vision Board Journey** recording: <https://bit.ly/FFXVisionBoard>
- To access the **Health & Wellness Filling my Cup: Gratitude Journaling for Self-Care** recording: <https://bit.ly/FFXGratitudeJournaling>
- To access the **Legal Considerations for Family Caregivers** recording: <https://bit.ly/FFXLegalWebinar>
- To access the **Health & Wellness Resistance Training for Caregivers** recording: <https://bit.ly/FFXResistanceTraining>
- **Caregiver Webinars.** Online Registration for upcoming sessions: <https://bit.ly/CAREWEB1>
- Sign up for upcoming **Dementia Friends Information Sessions:** <https://bit.ly/DementiaFriendlyFairfax>
- **Caregiver Dementia Series.** Online Registration for upcoming sessions: <https://bit.ly/FFXDementiaSeries>
- **Caregiver webpage:** [Family Caregiver Support Programs | Family Services \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/family-caregiver-support)

- Fairfax County's Channel 16, Mature Living, interviewed a Bingocize participant from Spring Hill Senior Center and collected workshop footage from a session at The Wellness Center for Older Adults. This segment will air through July 2024, highlighting ways older adults can remain active and engaged.
 - Exploring Dimensions of Aging Through Virtual Reality:
 - The June Golden Gazette will feature The Frank Lab addressing Social Isolation, highlighting the program's positive impact based on participant surveys: [Using Virtual Reality to Explore Social Isolation in Older Adults | Family Services \(fairfaxcounty.gov\)](#)
 - The following training sessions for community caregivers are open for registration:
 - June 3, 10:00am – 11:15am, Elder Safety & Well-Being Lab
 - June 10, 10:00am – 11:15am, The Frank Lab (Social Isolation)
 - June 17, 2:00pm – 3:15pm, The Dima Lab (Parkinson's Disease & Lewy Body Dementia)
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Northern Virginia Long-Term Care Ombudsman Program

The Ombudsman Program Information

- The 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 an 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.

- On May 10th, the Ombudsman Program represented the Fairfax County Adult & Aging Division at the Vienna Wellness & Safety Expo. Additionally, the Ombudsman program participated in a Loudoun County Area Agency on Aging Caregiver event on May 16th.

Aging Disability Caregiver Resource Intake Statistics May 2024

APS, Reports Received	282
Adult Services Referrals Sent	228
ADCR Consultation	174
CCC+/ALF screenings, info only	135
Nutrition/MOW	120
Housing	82
Adult Services, info only	80
Benefits	62
Coordinated Services Planning	55
Transportation	50
APS, info only	54
Ombudsman	37
Home Based Care, Info Only	37
Golden Gazette	35
Home Care Registry	34
VICAP	32
ElderLink	32
Assisted Living	30
Caregiver Support	27
Disability Services	24
Financial	22
Home Repair for the Elderly	21
Burial/Cremation	19
Legal Services	19
Adult Day Healthcare	17
Volunteer	16
Senior Centers/Recreation	15
Nursing Home	14
Mental Health/Substance Abuse	13
Fuel/Cooling Assistance/Fan Care	13
Tax Administration	10
Employment/Training	8
Durable Medical Equipment	8
Respite	8
Police Emergency/Non-Emergency	5
Social Security	4
Medical/Dental	4
Environmental Services	3
Domestic Violence/Victim Witness	3
Health and Wellness Programs	2
Other	2

TOTAL

1,836