

Fairfax Area Agency on Aging Highlights for June 2024

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

- The SHAPE the Future of Aging Plan has been updated to include the first annual report. It 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 was published in June: <https://www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette/special-edition-shape-the-future-of-aging>
- The Northern Virginia Aging Network committees continue to develop legislative and budgetary priorities for the 2025 legislative session. FAAA staff are serving in the committees along with many leaders throughout Northern Virginia.
- The Northern Virginia Aging Network Legislative Breakfast will take place on Friday, September 20th, from 8:00-10:00am.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intake: **103**
 - Completed contact cases: **224**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$24,063.60**
 - Number of Events/Presentations: **0**
- 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

- June 8: Volunteer Solutions (VS) staffed a booth at the Gunston Hall Declaration Day event. There were **350** individuals in attendance.
- June 10: Community Ambassadors had a hybrid meeting with those able to attend in-person meeting at the Fairfax County Emergency Operations center. A member of the Department of Emergency Management and Security (DEMS) shared about the importance of developing an emergency plan, resources available during and after a disaster, and what to consider and practice in different types of emergency situations. The group also got to observe the 911 Call Center and a supervisor at the center and VS volunteer discussed the center and answered questions. There were **14** Community Ambassadors that attended the meeting: **11** in-person and **3** virtually.
- June 10-13: Adult & Aging Director and Volunteer Solutions' South County Regional Volunteer Coordinator attended the Points of Light conference in Houston, TX.
- June 12 and 13: Regional Volunteer Coordinators facilitated the monthly virtual Connection Corner (CC) meetings for **5** volunteers to network, share ideas, attend training, learn of upcoming opportunities and events. Impactful service opportunities were highlighted from the Department of Family Services' Children, Youth and Family division to speak about the Body Safety program and other opportunities with the Department of Family Services and the Office of Elections. Click to view a recording of the session that was shared with all volunteers.
- June 12: Volunteer Solutions staffed a booth at Lockwood House's Health First! fair held for residents. There were **70** individuals in attendance.
- June 16: Volunteer Solutions provided outreach materials for the Falls Church Vietnamese Heritage Day.
- June 20: Fairfax Pets on Wheels program partnered with The Virginian, Pawsitive Connection walks starting with The Longest Day of the Year Walk to benefit the Alzheimer Association.
 - Channel 9 - Segment
 - Channel 5 - Segment
- June 26: Volunteer Solutions staffed a booth at The Fairfax's Health & Wellness fair. There were **40** individuals in attendance.
- June 27: Volunteer Solutions presented at the Lake Barcroft Village Quarterly Meeting at the Mason District Government Center. There were **40** individuals in attendance.
- June 29: Volunteer Solutions staffed a booth at the Hybla Valley Community Center's Diabetes Wellness & Healthy Lifestyle Fair. There were **40** individuals in attendance.
- Data that drives the work:
 - Inquiries to becoming a volunteer: **71**
 - Total volunteers who became active in a program: **7**
 - New client referrals: **16**

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

- IT On Call referrals: **9**
- Facebook Followers: **2,128**
- 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.

Nutrition: Home Delivered Meals (HDM)

- During the week of June 10, all Home Delivered Meal (HDM) participants received a shelf-stable box with **5** emergency meals to be prepared for any unforeseen disruption in service due to inclement weather or in case of emergencies.
- During the week of June 17, all HDM participants received nutrition education materials consisting of a flyer on HDM Food Safety Reminders, information on the Virginia Senior Farmers Market Program, a guide from the American Heart Association on how to prepare and store produce, and a Food Safety booklet on Food Safety for Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Auto-Immune Diseases.
- During the week of June 17, 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 week of June 24, all HDM participants received two boxed lunches in addition to their regular meal delivery of **11** meals.
- The vacant Social Services Specialist III position in the Nutrition 1 Unit has been filled and the new worker started on June 29.

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 Annual Congregate Nutrition Program Training was successfully conducted in June, bringing together over 60 staff members from various congregate nutrition sites. They received comprehensive training in key areas including program requirements, food safety, meal portioning, and referrals for nutrition counseling. The training was offered on 4 dates: June

5th, 12th, 17th, and 28th. This focused effort not only enhances the skills and knowledge of our staff but also reinforces our commitment to providing high-quality nutrition services to our community.

- The congregate nutrition program hosted a dietetic intern from George Mason University (GMU) in June. We are also excited to welcome another intern who will join us in July.
- 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

- June 12: staff hosted a Dementia Friends Information Session. There were **97** people registered, and **28** people attended the presentation.
- June 26: staff hosted a caregiver webinar on Financial Steps and Resources for Family Caregivers. There were **84** people at the live session and **241** received the slide presentation and recording.
- During June, **8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on ElderLink's Virtual Support Call, Financial Steps & Resources for Family Caregivers webinar, Modern & Contemporary Dance Class, Helping Hands Stroke Club, Dementia Friends Information Session, Senior Cool Care program, ElderLink's Caring for You, Caring for Me, Stroke Club- Speech Therapy and Exploring the Dimensions of Aging. Currently, there are **1569** subscribers.
- The caregiver column for the Golden Gazette included a message about, "Education for Family Caregivers", and provided information on the events: Virtual Dementia Friendly Information Session, Financial Steps and Resources for Family Caregivers Webinar, Senior Cool Care, and a Music for Social Well-Being program at the library.
- The monthly Caregiver Webletter was emailed this month to **2,888** people. The Webletter contained information on the Financial Steps and Resources for Family Caregivers webinar, Dementia Friends Information Session, Senior Cool Care Program, Exploring the Dimensions of Aging, ElderLink's Virtual Support Call, Helping Hands Stroke Club, Helping Hands Stroke Club: Group Speech Therapy, Fairfax County Health Department – Eye Exams, Summer Entertainment Series, and the Farmers Markets.
- 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

Caregiver Information

- To access the **Financial Steps and Resources for Family Caregivers** recording: <https://bit.ly/FFXFinancialWebinar>
- **Caregiver Webinars.** Online Registration for upcoming sessions: <https://bit.ly/CAREWEB1>
- Sign up for upcoming **Dementia Friends Information Sessions:** <https://bit.ly/DementiaFriendlyFairfax>
- **Intergenerational Workshops.** Online Registration for upcoming sessions: <https://bit.ly/StayingWell-123>
- **Caregiver webpage:** [Family Caregiver Support Programs | Family Services \(fairfaxcounty.gov\)](#)

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 Centers, and other county programs. The program currently has **34** participants.

- June 6 and 13: a staff member attended the Annandale Farmers Market and provided a table with AAA resources.
- June 18: **2** staff members attended the Virginia Caregiver Coalition Professional Caregivers Subcommittee. In the meeting, the group shared updates, caregiver concerns, and funding updates.
- June 21: a staff member attended The Northern Virginia Dementia Care Consortium's Subcommittee meeting to assist with planning the annual Caregiver's conference.
- June 23: a staff member presented on "Aging in Place for Seniors and Caregivers" at the Ravensworth Baptist Church. There were **11** congregation members in attendance.
- The Dementia Friendly Fairfax (DFF) Action Team met on June 25th and discussed targeted outreach to faith communities and libraries to increase the number of dementia friends in Fairfax. The next meeting will take place on July 23rd.
- The Discretionary Funds programs, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **3** clients and provided **6** items through the Family Caregiver Discretionary Fund, and assisted **1** client and provided **2** items through the Barbara Antley Gift Fund in June.
- The Residential Repair & Renovation (R&R) Program helps older adults 60 years of age or older remain safely in their homes by providing home repairs and modifications. In June, there were **3** new requests, and **3** jobs were completed.
- The Occupational Therapist (OT) Consultation Program sends out an OT to perform home safety evaluations for Adult & Aging clients, based on referrals from case workers. There was **1** new referral, and **1** consultation completed in June.
- 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 June, **3** requests were received, and **1** job was completed.

ElderLink

- Staffing:
 - Ann Thomas retired from ElderLink on July 5th. When Ann joined the ElderLink team 16 years ago, she launched the Money Management program. Throughout her tenure with ElderLink she grew and led the Money Management program. Through this work she has empowered, advocated for, and supported many older adults resulting in an incredible impact to preserve dignity and independence for older adults across our community. We celebrate Ann's successes and wish her the best as she moves into retirement.
 - ElderLink is recruiting for a new Social Work Case Manager. The advertised position will support the Money Management program and other areas of ElderLink work. The link to the Job Advertisement: [Social Worker Case Manager I - Inova Careers \(oraclecloud.com\)](https://oraclecloud.com/jobs/social-worker-case-manager-i)
- Caregiver Support Programming:

- Caring for You, Caring for Me Workshop (CFYCFM)
 - *Virtual* CFYCFM workshop via MS Teams, Thursdays 07/11-08/08, 10:00am-12:00pm.

- Virtual Support Call for Caregivers of Older Adults via MS Teams, 2nd Tuesday of each month, 7-8pm.

- 07/09: Compassionate Care for Alzheimer's Disease: Alzheimer's Disease has an acute effect on daily life, impacting processing and cognition, social relationships, and emotional well-being. Join us as we use an immersive training platform to gain greater insight and perspective into learning how Alzheimer's Disease affects communication in the brain and recognizing how changes in auditory and visual processing can impact the ability to complete activities of daily living.

- Caregiver Webinar, Wednesday 07/17, 12-1pm

- Two ElderLink staff will partner with the Caregiver & Support Services Unit to present the Caregiver Seminar Series.

- Topic: *Dimensions of Caregiver Wellness*: Join the ElderLink team for a webinar highlighting the various dimensions of caregiver wellness. As a participant, you will learn practical tips and strategies to support better caring for your whole self while recognizing the common challenges caregivers face, such as loneliness and isolation. Together, we will explore the many dimensions of caregiving – mentally, physically, emotionally, and spiritually, to support you with continuing to provide the best care to your loved one.

- Health and Wellness Programming:

- Diabetes Self-Management

- Thursdays, 07/11-08/15, at The Wellness Center for Older Adults at Braddock Glen, 10:30am-12:30pm.

- Exploring Dimensions of Aging Through Virtual Reality:

ElderLink Services and Events

- To register for **Caring for You, Caring for Me Workshop (CFYCFM)**, please contact 571-407-6584, or visit <https://tinyurl.com/CFYCFM4U>
- 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 **Dimensions of Caregiver Wellness**, visit <https://bit.ly/CAREWEB1>
- To register for **Diabetes Self-Management**, visit www.tinyurl.com/DSMP123
- To register for **Exploring Dimensions of Aging Through Virtual Reality**, visit <http://tinyurl.com/exploring-aging>
- 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.

- The Frank Lab addressing Social Isolation was featured in the June Golden Gazette. The article highlighted the program's positive impact based on feedback provided through 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:
 - July 8, 2:00pm – 3:15pm, The Frank Lab (Social Isolation)
 - July 15, 10:00am – 11:15am, The Dima Lab (Parkinson's Disease & Lewy Body Dementia)
 - July 22, 12:00pm – 1:15pm, Elder Safety & Well-Being Lab
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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.
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- June 4: The Ombudsman Program presented a program overview, at the request of the Mount Vernon District COA member, to the Spring Hill Community Village.
 - June 18: program staff participated in the Aging Matters podcast, in which the NVLTCOP was featured, along with staff from the National Ombudsman Resource Center to provide an overview of the Ombudsman Program from both a local and national perspective.

Aging Disability Caregiver Resource Intake Statistics June 2024

Adult Protective Services	257
Adult Services Referrals Sent	213
ADCR Consultation	146
Nutrition/MOW	145
CCC+/ALF screenings, info only	132
Adult Services, info only	104
Housing	95
APS, info only	82
Transportation	80
Benefits	71
Coordinated Services Planning	68
Home Care Registry	50
Home Based Care, Info Only	45
Assisted Living Facility	40
Legal Services	33
Ombudsman	33
Mental Health/Substance Abuse	33
ElderLink	32
VICAP	32
Nursing Home	31
Caregiver Support	30
Home Repair for the Elderly	29
Durable Medical Equipment	25
Disability Services	24
Financial	22
Volunteer Solutions	21
Employment	20
Adult Day Care	20
Burial/Cremation	17
Medical/Dental	16
Golden Gazette	15
Social Security	14
Senior Center	14
Respite	10
Police Emergency/Non-Emergency	8
Tax Administration	7
Environmental Services	5
Other	4
Domestic Violence/Victim Witness	2
Health and Wellness Programs	1

TOTAL

2,026