



ANNUAL REPORT 2019-2020



ELLEN
PHIPPS
Executive Director

LISA
PEACOCK
Board Chair



DEAR FRIENDS, PARTNERS, AND ADVOCATES OF OLDER ADULTS,

This past year the challenges we have faced during the COVID-19 pandemic have been unexpected and enormous, testing all of us in so many ways. We want to begin by conveying our wish that you are safe and healthy, and that you reach out to the many resources available for support and help as needed.

While there is a lot of uncertainty, Aging Together is still here for you; we are adapting quickly to the changing reality. Older adults need us now more than ever. As a resource driven organization, that is why we are here, so please let us know if we can help.

RESPONSE

Social isolation and loneliness in older adults, especially those in long-term care facilities, was identified as a health concern even before the pandemic, and has now become exacerbated by the restrictions put in place to keep everyone safe. According to the recent community needs health survey conducted in our region, feeling lonely and isolated was among the top personal difficulties identified during this time. Research shows that social isolation significantly increases a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.

In response, Aging Together and partners reached out to:

- Address Social Isolation with the PATH Senior Services Collaborative workgroup
- Develop a Covid-19 Senior Resource Guide and Directory providing telephone numbers and website information on where older adults can go for help
- Convene a Regional Coalition of over 50 provider organizations to address current issues and brainstorm solutions
- Launch the iPADS for Seniors Program to connect residents in long-term care facilities with their families during lockdown
- Launch the Listening and Learning online caregiver support group
- Provide Educational Webinars for 577 older adults and caregivers
- Create a "Wish List" for activity supplies to long term care facilities and Senior Centers

“Social isolation and loneliness in older adults, especially those in long-term care facilities, was identified as a health concern even before the pandemic, and has now become exacerbated by the restrictions put in place to keep everyone safe.”

HIGHLIGHTING THE POSITIVE SIDE OF AGING

We believe in the enduring contributions that older adults can provide a community. And so we were delighted when more than 400 viewers “attended” the Annual 5 Over 50 celebration of the contributions of older adults in our region which was accomplished virtually thanks to our incredible friends at Culpeper Media Network.



David (Doc) Snyder
Culpeper

Tyronne & Felicia Champion
Fauquier

Judy & Jerry Butler
Madison

Larry Eiben
Orange

Sallie Morgan
Rappahannock

We encourage you to remain hopeful and try to focus on all the things you can do to stay healthy - follow the guidelines on precautions for washing hands; wearing a mask out in public; and social distancing. Try to get outside for fresh air; exercise; maintain a healthy diet with fresh fruits and vegetables; practice mindfulness if feeling stressed; reaching out for help and support as needed.

Finally, we would like to thank our many partners, team members, and supporters for all they do every day to meet the needs and preferences of older adults in our region.

Ellen Pharis

Liz Ann Peacock



AGING TOGETHER:

- Is a collaborative effort to help prepare for unprecedented growth in our area's older population
- Works to assure older residents of our region have services and supports that are needed
- Bases success on forming partnerships with organizations and individuals who actively participate in County Teams, regional committees and who work together across agencies, counties and interest areas.



BOARD OF DIRECTORS

Lisa Peacock, *Chair*
Director, Culpeper
Human Services

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Director, Rappahannock
Rapidan Regional Comm.

Ray Parks, *Vice Chair*
Director of Aging
Services/Transportation,
Rappahannock Rapidan
Community Services

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Director, Rappahannock
County Department of
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Retired, Orange County
Representative

Jan Selbo
Retired, Fauquier County

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Director, Orange County
Dept. of Social Services

Valerie Ward
Director, Madison
County Department of
Social Services

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Pastor, Reformation
Lutheran Church

Mittie Wallace
Fauquier County
Department of
Social Services

Lisa Morgan
Director, Post-Acute
Services Fauquier Health

STAFF

Ellen Phipps, Executive Director

Ginny Biggs, County Resource Specialist

Sue Davis, Volunteer Transportation Coordinator

Caroline Dunstan Smeltz, Outreach Director

COUNTY TEAM LEADERS

Culpeper

Mary Ellen Clark (Hope In-Home Care)
Liesa Dodson (Grace Retirement Village)

Orange

Annette Putman (Dogwood Village)

Fauquier

Mark Harvey (FirstLight Home Care)
Sophia Cameron (The Villa at Suffield Meadows)

Madison

Peggy Hobbs (Skyline CAP)

Rappahannock

Sallie Morgan (Mental Health Assoc. of Fauquier Cty)

BECOME PART OF WHO WE ARE!

Aging Together is grateful that its programs, services and partnerships exist primarily due to the work of hundreds of volunteers who demonstrate the motivation and passion that make our communities better places for everyone as we grow older. Conversely staff size is minimal, assuring that the majority of Aging Together's funding supports their work. Please join Aging Together in our efforts. Whether it's becoming a volunteer driver, helping with events and programs, sitting on a County Team, or donating funds, you can help! Please call or email to become involved.

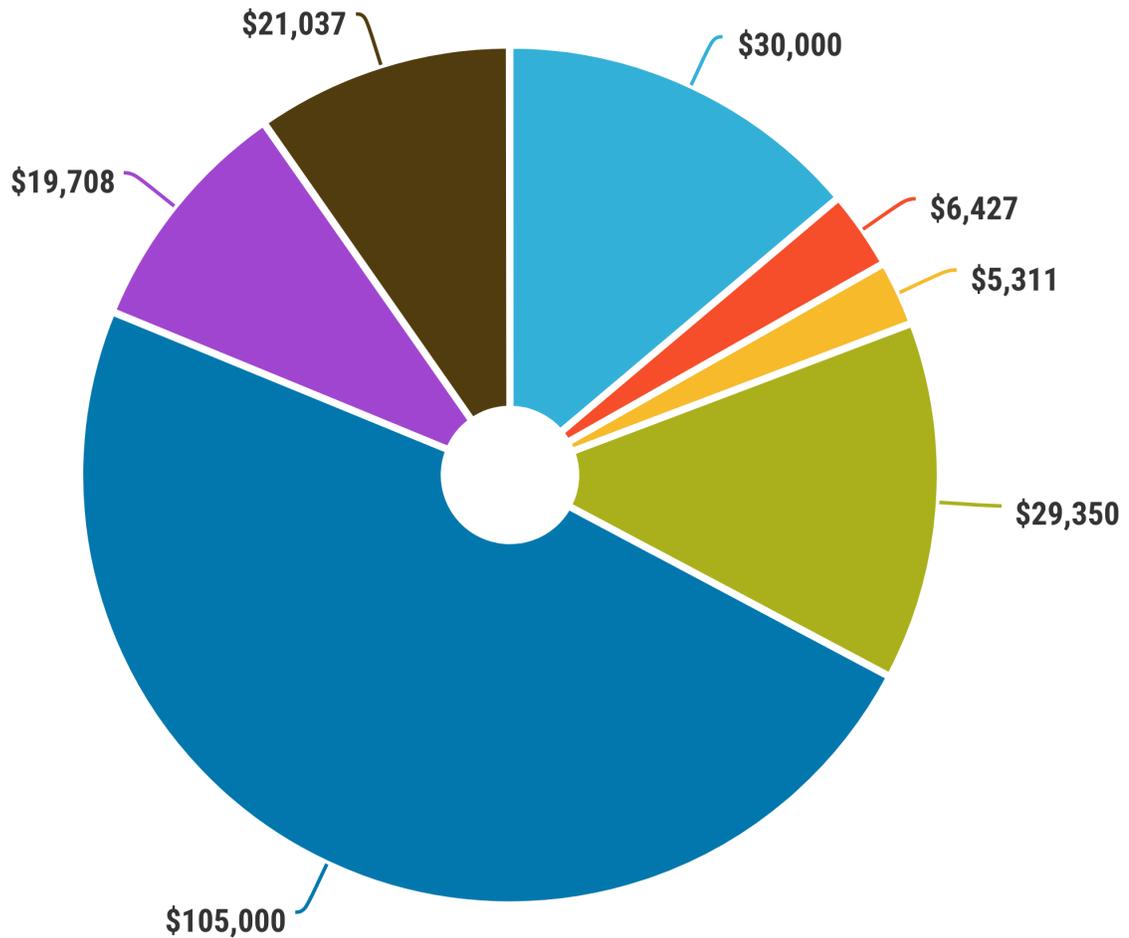
540-829-6405

info@agingtogether.org



Aging Together Income FY 2019-20

Total = \$216,833



- Local Government Grants
- Individual Donations
- Give Local Piedmont
- Grants & Foundations
- PATH Foundation
- State Grants
- Special Events

VISION

Age Friendly Communities that actively engage, value, and support older adults.

MISSION

Aging Together through partnerships connects people to communities and resources to improve quality of life as we age.



HIGHLIGHTS & REFLECTIONS OF THE YEAR IN REVIEW



ART OF AGING EXPO

October 2019 brought the annual Art of Aging Expo, touted as the most highly successful of this signature event in the history of Aging Together, thanks to the steady reliability of partners and community, and the energetic work of Aging Together’s County Teams. In essence the event drew such a high attendance (668 people) that it threatened to outgrow the venue at The Daniel Technology Center of Germanna Community College in Culpeper, leading Aging Together staff to ponder how to continue building on the success of the event in future years when larger space in the region is almost nonexistent, not a bad “problem” to have.



ANNUAL MEETING

Aging Together’s Annual Meeting in November was a gathering of friends, partners, County Teams, and board & staff with a wine and cheese reception at Prince Michel Winery in Madison. The highlight was the celebration of Sallie Morgan, who retired from the Board of Directors after more than 20 years. It was a bittersweet moment as Sallie was one of the founding partners of Aging Together and a force behind its success and progress. At this meeting Aging Together’s Board of Directors also unveiled its three year strategic plan for 2020-23 (available to view on Aging Together’s website), the relevance of which remains intact regardless of pandemic upheaval, demonstrating the organization’s unique insight into issues of aging.

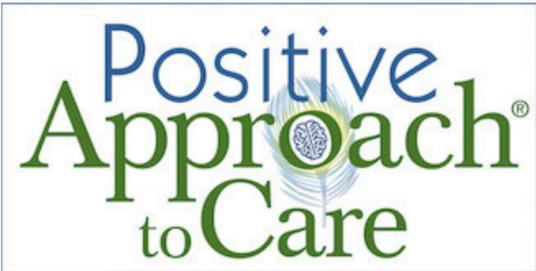


DEMENTIA FRIENDS

Aging Together rallied the Dementia Friends initiative, providing multiple hour-long certification programs around the region for the public, with the goal of building awareness and breaking down barriers when encountering a person living with dementia in the community. The outcome was that a significant number of people received certification (194) prior to the disruption of COVID-19, highlighting the fundamental interest in understanding, and responding to dementia.



HIGHLIGHTS & REFLECTIONS OF THE YEAR IN REVIEW



TEEPA SNOW "RETURNS"

In April, Aging Together and the Piedmont Dementia Education Committee hosted a major webinar educational conference with renowned national dementia expert Teepa Snow, who was already recognized as a powerhouse resource in the region after her presentation to a wide audience the year before. Because of Teepa's extensive travel schedule, the program had always been intended as a virtual one. But little did anyone know that the virtual experience would become the norm starting the 2nd quarter of FY20. A calendar of educational programs followed that would support the region's family caregivers and professional direct care providers, as well as provide insightful resources for general wellbeing of older adults, especially in response to the pandemic.



RESPONDING TO COVID-19

In March, COVID-19 entered the universal vocabulary and threatened worldwide health, with older adults being at highest risk. Like every other organization, Aging Together came to a halt regarding "normal" activities. Fairly immediately, Senior Prom in April and the annual Expo scheduled for October 2020 were canceled, two of Aging Together's most popular signature events. As the foremost events in the region that encourage attendance by literally hundreds of older adults, the response of disappointed constituents, sponsors and the public was hard.

5 Over 50

Plans had been well under way for the annual 5 Over 50 celebration in May, aligning with Older Americans Month. From a number of nominations, one person from each county had been chosen to receive this prestigious award at a reception in their honor. Staff, the Board of Directors, and the 5 Over 50 volunteer committee did not have the heart to cast a shadow over these amazing people and so the daunting decision was made to try and design a virtual event. Culpeper Media Network, enduringly a friend of Aging Together, took the task in hand and produced a beautiful celebration on Facebook Live in September - recorded on Aging Together's YouTube channel. (September's event aligns with FY21 but the "5" are highlighted in this report due to its traditional timing.)





AGING TOGETHER'S IMPACT JULY 2019-JUNE 2020



17

iPADS GIVEN TO
LONG-TERM CARE
FACILITIES SINCE
START OF COVID-19



694

FREE RIDES
OFFERED THROUGH
FAMS



668

ATTENDED THE
2019 ART OF
AGING EXPO



75

CONNECTED ON
AGING TOGETHER'S
INFO LINE



828

LEARNED ABOUT THE
MISSION OF AGING
TOGETHER AT
COMMUNITY
PRESENTATIONS



1,021

VOLUNTEERS
ATTENDED COUNTY
TEAMS & PLANNING
MEETINGS



194

RECEIVED DEMENTIA
FRIENDS TRAINING



577

ATTENDED CAREGIVER &
EDUCATIONAL PROGRAMS

COUNTY TEAMS

Aging Together serves an expansive region of 5 counties and steadfastly believes that those who work and live in a particular community are best able to define its needs and gaps in services. To that end we have a separate Team in each of our five counties. These County Teams consist of volunteers who are medical, service and assisted living professionals, nonprofit and agency leaders, first responders, faith-based leaders, senior citizens and family caregivers, among others. They meet monthly with a volunteer Team captain and an Aging Together staff person. Their purpose is to outline disparities in services and resources, and to foster solutions. Examples of FY2019-20 team projects include:

CULPEPER

The Culpeper Team had identified the need for a caregivers workshop modeled after the successful event in Fauquier County (right). Plans were underway with our partners at Culpeper Baptist Church just prior to the COVID-19 pandemic, but had to be canceled. The Team members rose to the challenge by shifting to a series of multiple online educational programs for the region. Some of the series topics included Coping with Caregiver Stress, Staying Safe during COVID-19, and COVID 19 & Dementia.

FAUQUIER

The Fauquier Team organized and hosted "Caring For a Loved One - What You Need to Know", held at the Fauquier Hospital. The keynote speaker focused on "Caregiver Burn-Out". Round table discussions included topics on Options & Care Navigation; Strategies for Dementia Stages; Goals of Care; Effective Communication Strategies; Spiritual Care; and Financial Planning. Each table had a team facilitator. Over 50 people attended this successful workshop!

MADISON

The Madison Team focused on spreading awareness about dementia with the largest group of all 5 counties attending the Dementia Friends presentation. Over 40 residents of Madison County received Dementia Friends certification. This program raises awareness on how to recognize the signs of someone living with dementia, and how to offer help and assistance for these individuals.

ORANGE

The Orange Team has an excellent partnership with the Orange County Sheriff's TRIAD program and participates on their SALT planning committee team. TRIAD is a Statewide program which works to safeguard against a multitude of scams aimed at the elderly: identity theft, Alzheimer's & autism, investment fraud, and others, while protecting seniors in a down economy. The TRIAD was planning a large "Thrive Over 55" conference canceled by the pandemic. But they continued to find ways to serve older adults despite challenges.

RAPPAHANNOCK

The Rappahannock Team had been busy planning for a "hands on" caregiver workshop with a focus on Falls Prevention and Caregiving strategies. Team members collaborated with Mountainside Physical Therapy, and plans were well underway when the Covid-19 pandemic hit. The team shifted gears in addressing social isolation and reaching out to rural caregivers during the pandemic with plans for a critical needs resource postcard for seniors to be mailed to all Rappahannock residents in the next fiscal year.

CHRONOLOGY OF AGING TOGETHER

2000

Census Report Data: Indicates the need to prepare for an impending Age Wave

2001

Virginia Tech Hired through a funding and resource pool of local agencies with the goal of conducting a formal needs assessment of persons age 60 and above

2002

Needs Assessment Published: The question raised in response was “*what can we do in our region to make communities supportive places for elders and families to live as the population ages?*”

2003

Rappahannock Rapidan Eldercare Coalition formed to address the 2002 question.

- Leadership provided by Rappahannock Rapidan Community Services (the local agency on aging), and a board that included DSS directors, hospital representatives, Piedmont United Way, the Regional Commission, and older adult representatives.

2004

Robert Wood Johnson Foundation (RWJF) “Community Partnerships for Older Adults” Development Grant awarded to the Coalition, who was one of 11 recipients, out of 500 applicants.

- \$150,000 awarded to develop a strategic plan to improve the long term care system in our region’s 5 counties within eighteen months.

2005

Community Conversations held in the region’s 5 counties, engaging localities to share information, get input and agree on a vision. 450 community members participated.

2006

MARCH

Rappahannock Rapidan Eldercare Coalition becomes Aging Together: underscoring a community partnership

- A strategic plan is drafted for the region and presented to communities in a second round of Conversations

MAY

Community Partnerships for Older Adults (CPFOA) Grant awarded to Aging Together

- \$750,000 over four years (2006-2010) with the focus on sustainable systems changes
- Matching funds pledged by local governments, hospitals, service providers and businesses.

CHRONOLOGY OF AGING TOGETHER

2006

MARCH

Project Manager hired: Purpose is to help Aging Together board and staff implement Strategic Plan

2011

RWJF Grant completed: Strategic Plan for next four years rolled out

2013

Aging Together attains 501(c)(3) status and becomes an independent non-profit organization

2015

Strategic Plan completed for 2015-18

2018

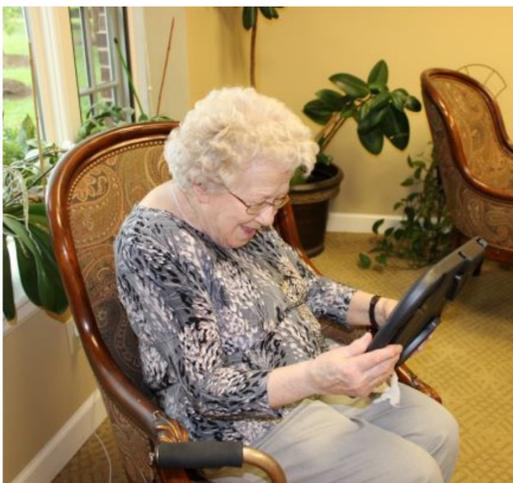
Aging Together receives a \$65,000 Path Foundation grant: goal is to conduct a community needs assessment

2019

Aging Together receives a \$100,000 Path Foundation grant. Senior Services Collaborative is established (Fauquier, Rappahannock, Culpeper). Strategic Plan for 2020-2023 completed.

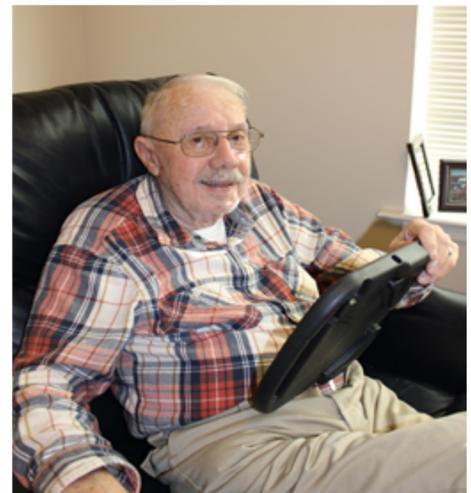
2020

Aging Together receives \$105,000 Path Foundation funding in order to continue important programs and resources for older adults.



Please
Support
**iPads for
Seniors**

Donate at
www.agingtogether.org



AGING TOGETHER
PO BOX 367, CULPEPER, VA 22701
540-829-6405

**AGING TOGETHER APPRECIATES THE SUPPORT RECEIVED FROM OUR
EVENT SPONSORS DURING FISCAL YEAR 2019-2020!**

AARP Virginia State Office

AmeriCare PLUS

Blue Ridge Orthopedic & Spine Center

Capital Caring

ClearCaptions

Clore-English Funeral Home

Culpeper Health and Rehab Center

Culpeper Human Services

Culpeper Media Network

Culpeper Police Department

Culpeper Star-Exponent

Fauquier Health

FirstLight Home Care Warrenton

**Grace Health and Rehabilitation of Greene
County**

The Harbor at Renaissance

Hearing Assessment Center, LLC

HearingLife

Home Instead Senior Care

Hope In-Home Care

Hospice Support of Fauquier County, Inc.

Northridge Apartments

**NOVANT Health UVA Health System Culpeper
Medical Center**

Rappahannock Electric Cooperative

Rappahannock-Rapidan Regional Commission

RE/MAX Regency- Banks & Martin

**Virginia Center on Aging, Geriatric
& Training Support**

Virginia HealthCare Services

*Due to the extenuating circumstances of this past year we apologize if we inadvertently left a sponsor of the list.
We are extremely grateful for the support of ALL our sponsors. Please let us know if you feel we missed someone .*

