



# AGING TOGETHER

five communities  
creating choices



LIVING WELL AT ANY AGE

## Annual Report

Fiscal Year 2018-2019



PATH FOUNDATION

CULPEPER, FAUQUIER, MADISON, ORANGE & RAPPAHANNOCK COUNTIES, VIRGINIA



Carol Simpson

Aging Together acknowledges the significant contributions of Carol Simpson who served as Executive Director for three years. Carol worked tirelessly to lead the organization through the Community Conversations and the Strategic Plan in Fiscal Year 2018-19. We wish Carol the very best in her retirement and, we thank her sincerely for her continued support of Aging Together.

# WHO WE ARE

Aging Together is a collaborative effort to help our region prepare for unprecedented growth in the older population. We seek to assure that local residents will have the services and supports they need as they age in Culpeper, Fauquier, Madison, Orange and Rappahannock Counties.

This partnership is built on an alliance of organizations and individuals who actively participate in one or more County Teams and regional committees and work together across agencies, counties and interest areas.

Members include older adults, caregivers, hospital representatives, service providers, faith community, healthcare professionals, members of law enforcement, local government and others. Using this unique model of collaboration at both local and regional levels, Aging Together has changed the way our communities do business and has been recognized by state and national organizations as a leader in the field of aging.



## MISSION

AGING TOGETHER THROUGH PARTNERSHIPS  
CONNECTS PEOPLE TO COMMUNITIES AND RESOURCES  
TO IMPROVE QUALITY OF LIFE AS WE AGE.

## VISION

AGE FRIENDLY COMMUNITIES THAT ACTIVELY  
ENGAGE, VALUE AND SUPPORT OLDER ADULTS

### BOARD OF DIRECTORS

**Lisa Peacock, Chair**  
Director, Culpeper  
Human Services

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

**Joseph Sakole, Treasurer**  
Retired, Orange County  
Representative

**Crystal Hale**  
Director, Orange County  
Dept. of Social Services

**Lisa Morgan**  
Director, Post-Acute  
Services Fauquier Health

**Patrick Mauney**  
Director, Rappahannock  
Rapidan Regional Comm.

**Kim Morris**  
Rappahannock County  
Department of Social  
Services

**Erica M. Nixon**  
Novant Health Culpeper  
Medical Center

**Jan Selbo**  
Retired, Fauquier County

**Valerie Ward**  
Director, Madison  
County Department of  
Social Services

**Mittie Wallace**  
Fauquier County  
Department of  
Social Services

### STAFF

**Ellen Phipps, Executive Director**

**Ginny Biggs, County Resource Specialist**

**Sue Davis, Volunteer Transportation Coordinator**

**Caroline Dunstan Smeltz (contracted) Outreach Coord.**

Special thanks to **Katie Snyder**, Achieve Consulting Group, for leading us through the community conversations and strategic planning process.

### COMMUNITY 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 (Fauquier Health Dept.)  
Gina Mullins (Capital Caring)

## 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



Ellen Phipps

In 2030, 25 percent of our region's population will be over the age of 60 with the fastest growing segment of the community 75 and older. All Baby Boomers will be over 65. 1 in 5 people in

the United States will be at retirement age (US Census).

How will we, as a community, respond to the growing needs and preferences of this expanding older adult population?

Aging Together's success in supporting older adults and their families is based on facilitating strong and effective partnerships and providing partners with relevant resources and support. Identifying the needs and preferences of older adults is the first step in being able to meet those needs. The 2018-19 fiscal year marked a significant effort by Aging Together in identifying needs, and hearing from our communities through the Community Conversations (a community-wide needs assessment) in our five counties (Culpeper, Fauquier, Madison, Orange, Rappahannock).

Through a generous grant from The PATH Foundation, Aging Together was able to hire an outside consultant to facilitate the Community Conversations and lead our board through the next phase of our strategic plan based on feedback from the Community Conversations.

We were grateful for the overwhelming response of more than 500 people attending the Community Conversations. Transportation, affordable housing, social isolation, and support for caregivers emerged as common themes across the board.

The Senior Services Collaborative (Fauquier, Rappahannock, Culpeper) was formed in

response to the feedback, and, to begin to tackle identified needs. The group represents a variety of agencies working on seven identified goals related to the results of the Community Conversations.

Additionally, Aging Together teams (in each county) are developing programs and partnerships, such as collaboration with the mobile food pantry group in Madison County; caregiver workshops in Fauquier and Rappahannock; a focus on Age-Friendly design in Culpeper; a transportation rack card in Orange and, dementia friends information sessions in each county.

In 2018, we received a grant from the Department of Rail and Public Transportation enabling a partnership with Rappahannock-Rapidan Community Services and Rappahannock-Rapidan Regional Commission to hire a Volunteer Driver Coordinator who helps recruit volunteer drivers and spreads the word about the Foothills Area Mobility System (FAMS).

At the end of the fiscal year, Carol Simpson retired from her position as Executive Director and the board of directors hired Ellen Phipps to start in early July. With a background in gerontology, and a long career of working with older Adults in Adult Day Care programs and at the Alzheimer's Association, it felt like this was a match made in heaven for Ellen! We look forward to the opportunity to serve the residents of our five counties and to working with our partners. We welcome new partners to help us attain our vision for age-friendly communities that actively engage, support and value older adults!

On behalf of the Board of Directors and Staff of Aging Together, we thank you for your continued support.

**Ellen Phipps and Lisa Peacock**



Lisa Peacock

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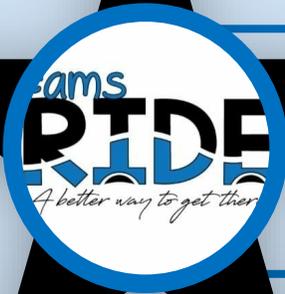
## 100+

Seniors had a chance to socialize and dance the night away at the Senior Prom in April. Maurice Wilson (Culpeper) & Mary Ann Browning (Beaeton) were crowned prom King & Queen!



## 300+

Free rides were coordinated through the FAMS (Foothills Area Mobility System) partnership, thus removing transportation barriers on a large scale. Riders and their advocates called the volunteer recruitment call center at 540-829-5300.



## 375

Professional and family caregivers attended the Teepa Snow conference at Germanna Community College and learned valuable insight from the nation's leading Alzheimer's and dementia educator.



## 400+

People attended Aging Together's "team" educational programs.



## 540

Attended the 7th annual Art of Aging Expo. Participants received free services and information from 65 regional professional exhibitors whose products & offerings make life easier for the aging population and their caregivers.



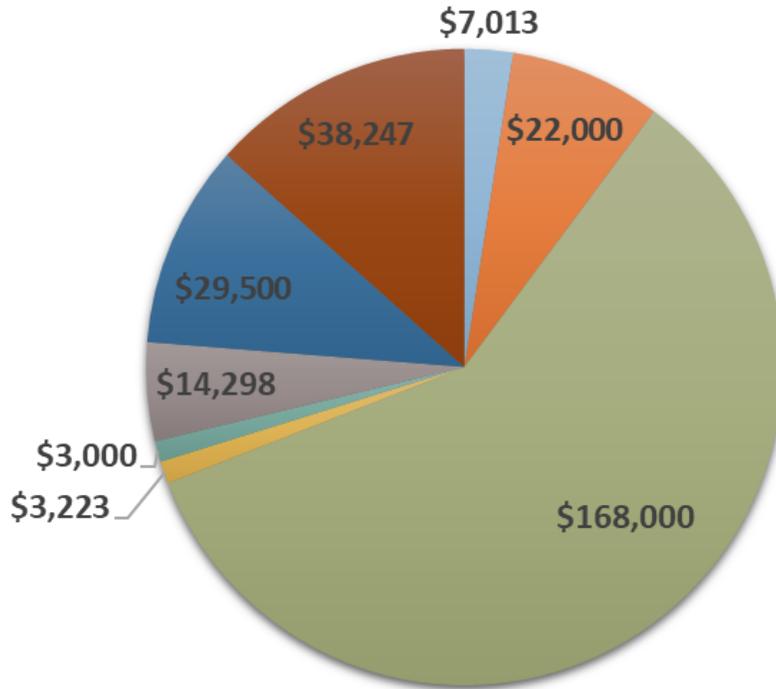
- 40+ Free Sight & Hearing screenings
- 85 Free Flu Shots

## 500+

Volunteers who participated in the community conversations needs assessment which identified local challenges and issues affecting our aging communities, and offered Aging Together the insight for their Strategic Plan.



Income FY 2018-19 / Total = \$285,291



Additional In-Kind Support: \$31,000 from Culpeper County Department of Human Services.

- Individual Contributions    ■ Foundation Grants    ■ Path Foundation
- United Way / CFC    ■ Gov. Agency Grants    ■ State Grants
- Local Gov. Grants    ■ Special Events

## AWARDING THOSE WHO GAVE TIME

Each year Aging Together celebrates five individuals, one from each of our region's counties, who have positively impacted their community in a significant way and left an enduring mark. The honorees are nominated by individuals and organizations who are deeply knowledgeable about their contributions and good citizenship, and then selected by committee. In May of 2019 the awards were given at a special banquet, held at the Culpeper Country Club. This year's award recipients were Jeff Flynn of Orange, Max Lacy of Madison, Doug Larson of Fauquier, Barney O'Meara of Rappahannock and Cathy Zielinski of Culpeper. On behalf of our communities, THANK YOU!



(Left to Right)  
Cathy Zielinski, Jeff Flynn, Max Lacy, Barney O'Meara, Doug Larson

# HISTORY OF AGING TOGETHER

2000	Census data indicated the need to plan for an impending Age Wave
2001	Local agencies pooled resources and hired Virginia Tech to conduct a formal needs assessment of persons age 60 and above.
2002	Needs assessment results published, raising the question: <i>What can we do in our region to make our communities supportive places for elders and families to live as the population ages?</i>
2003	Rappahannock Rapidan Eldercare Coalition formed to address the 2002 question. <ul style="list-style-type: none"> <li>• 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.</li> <li>• County Teams formed in all five localities</li> </ul>
2004	Coalition awarded Robert Wood Johnson Foundation (RWJF) “Community Partnerships for Older Adults” Development Grant (one of 11 in USA, with 500+ applicants). The amount was \$150,000 for 18 months to develop a strategic plan to improve the long term care system in our five counties.
May 2005	Community Conversations held in five counties, engaging localities to share information, get input and agree on a vision. 450 community members participated.
March 2006	Rappahannock Rapidan Eldercare Coalition became Aging Together, a community partnership <ul style="list-style-type: none"> <li>• Draft of Strategic Plan for the region presented to communities in second round of Conversations</li> </ul>
May 2006	Aging Together was awarded a Community Partnerships for Older Adults (CPFOA) grant from RWJF to implement the plan: <ul style="list-style-type: none"> <li>• \$750,000 over four years (2006-2010) - with focus on sustainable systems change</li> <li>• Matching funds pledged by local governments, hospitals, service providers, businesses</li> </ul>
Fall 2006	Aging Together hired Project Manager and staff to implement Strategic Plan
2011	RWJF Grant completed, and Strategic Plan for next four years completed
2013	Aging Together became an independent 501(c)(3) non-profit organization
2015	Strategic Plan completed for 2015-18
2018	Aging Together was awarded a \$65,000 Path Foundation grant to conduct a new community needs assessment
2019	Aging Together was awarded a Path Foundation grant (\$100,000). Senior Services Collaborative established (Fauquier, Rappahannock, Culpeper). Strategic Plan 2020-2023 completed.





Sallie Morgan

The Board of Directors and Staff of Aging Together are indebted to Sallie Morgan who departs Aging Together's Board after more than two decades. Sallie has been instrumental in the initial development and continued success of Aging Together through the years, and its commitment to bettering the aging community for our region. She will be sorely missed, but we all wish her much happiness moving forward.