

AGING TOGETHER ANNUAL REPORT

JULY 1, 2022-JUNE 30, 2023



US Navy Veteran Lawrence A. Woodworth peruses a copy of the Regional Resource Guide for Older Adults.

info@agingtogether.org
www.agingtogether.org

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Message From Our Leaders



Ellen Phipps



Lisa Peacock

As the end of the fiscal year approaches, we wanted to take this time to thank everyone involved with Aging Together. Whether it has been collaborating with the board, staff, partners, or supporters, we are fortunate to be in the company of such compassionate and knowledgeable leaders.

We are grateful for the work of our teams, partners, and volunteers in enabling us to support older adults throughout the region.

This year, we were able to address gaps in services and launch several exciting initiatives. Our small staff worked with the Aging Together teams to host 3 Art of Aging Expos and the most successful 5 Over 50 celebration events to date with over 300 attendees at 4 watch parties! Our work with the Piedmont Dementia Education Committee continued and we enjoyed our first in-person Dementia Education Conference since the pandemic at Wayland Blueridge Baptist Center with a stellar program, including Dr. Aravich – famous for bringing actual brains impacted by disease to the display table. The second edition of the Regional Resource Guide for older adults – the only publication of its kind in our region, was published and staff and teams have been distributing the 7500 copies throughout the counties.

We were excited and grateful to host another amazing summer intern from the PATH Foundation Summer Internship program for June and July. The internship program provides an opportunity for students to learn about us and helps us with important day to day tasks.

The Community Conversations conducted every two to three years by Aging Together took place for the first time since before the Covid-19 pandemic. Small “focus” groups gathered in each county to provide feedback on needed programs, services, and preferences of older adults. This information, along with the work that was accomplished with the board of directors helped to inform our new strategic plan for 2023 – 2026.

Social isolation and loneliness - identified as a health concern even before the pandemic, continues to be an enormous issue that has a negative impact on health outcomes. Research shows that social isolation significantly increased a person’s risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity. The social isolation task force, a sub-committee of the Senior Services Collaborative, explored innovative approaches to reducing loneliness such as the CHAT story-telling program, Virtual Reality for persons living with dementia, the Friend Mobile, and more. Exploring best practices and innovative programming helps to inspire new initiatives in our region, such as Healthy Ideas and Mobile Outreach.

These two ideas were born through discussions with the task force and now are successful programs being run by Encompass Community Supports.

Our partnership with the Regional Transportation Collaborative (RTC) expanded this year and now includes a full-time Volunteer Driver Recruiter in addition to the outreach specialist and team liaison. Aging Together continues to be a proud partner of this important collaborative to support transportation initiatives for older adults and persons with disabilities in our region.

The Culpeper Livable and Aging Communities (CLAC) group came back in full swing after a hiatus. The group has been exploring the feasibility of launching a friendly visitor program in order to reach isolated older adults.

And last, but certainly not least, Dementia Friendly Culpeper (a part of Dementia Friendly Central Virginia) was launched in partnership with Culpeper Chamber of Commerce and the Culpeper Library as a pilot program through the extraordinary efforts of one of our most passionate and committed volunteers, John Beck. Dementia Friendly volunteers have experienced the impact of dementia either personally or professionally and now wish to support people living with dementia and their care partners by providing informational sessions to restaurants and businesses. John has successfully trained over 20 restaurants and businesses in Culpeper to be “dementia friendly”. The program is very similar to the on-going Dementia Friends program (raising awareness for individuals) that is offered by another of our extraordinary and passionate volunteers, Liesa Dodson. Liesa provides Dementia Friends informational webinars every quarter.

For the first time, all 5 counties officially proclaimed MAY as OLDER AMERICANS MONTH thanks to the Board of Supervisors of Culpeper, Fauquier, Madison, Orange, and, Rappahannock.

We welcomed two new staff members, Bob Jones (Volunteer Driver Recruiter) and Marinda Risk (Outreach Specialist) and three new board members, Dr. Ethel Bothuel (Fauquier), Jeff Say (Culpeper), and Brittany Antazana (Fauquier). As we continue to grow and reach more people, we are reminded that it truly takes a village! We are grateful to support from the Culpeper Wellness Foundation, UVA Health, and Geriatric Training and Education at the Center on Aging, VCU for their support of the annual conference and, we are also grateful to the PATH Foundation and the Northern Piedmont Community Foundation for enabling us to continue this important work.

Ellen Phipps, Executive Director

A handwritten signature in blue ink that reads "Ellen Phipps".

Lisa Peacock, Board Chair

A handwritten signature in blue ink that reads "Lisa Ann Peacock".

Who We Are



Board Of Directors

Lisa Peacock, *Chair*

Director, Culpeper Human Services

Ray Parks, *Vice Chair*

Director of Community Connections for Older Adults / Encompass Community Supports (formerly RRCS)

Gail Crooks, *Treasurer*

Director, Rappahannock County Department of Social Services

Brittany Antezana

Fauquier County Department of Social Services
Adult Services/Adult Protective Services

Ethel Canty Bothuel

Chaplain, Hospice of the Piedmont
Founder, DrEthelSpeaks!

John J. "Butch" Davies, III

Founding Partner
Davies, Barrell, Will, Lewellyn & Edwards, PLC

Crystal D. Hale

Director, Orange County Department of Social Services

Brad Hales

Pastor,
Reformation Lutheran Church

Patricia Jeffries

Director of Case Management,
Fauquier Hospital

Christy Ludlow

Speech Pathologist, Retired

Patrick Mauney

Director, Rappahannock
Rapidan Regional Commission

Jeff Say

Manager of Community
Engagement, UVA Health
Culpeper Medical Center

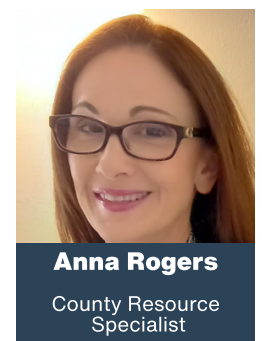
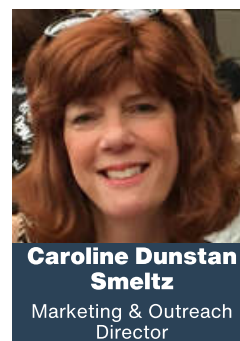
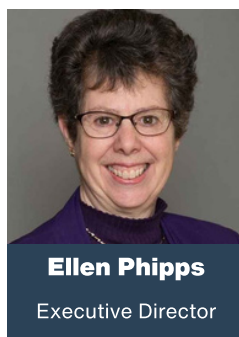
Valerie Ward

Director, Madison County
Department of Social
Services

Cathy Zielinski

Advisor to the Board

Staff





A volunteer fills out a Community Conversations questionnaire.

About Aging Together

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

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.

AT THE CORE OF AGING TOGETHER'S VALUES IS RESPECT FOR ALL PEOPLE. WE BELIEVE THAT WHEN PEOPLE FEEL ACCEPTED AND INCLUDED, THEY ARE MORE SUCCESSFUL IN RECEIVING AND DEVELOPING PROGRAMS AND RESOURCES THAT HELP EVERYONE. WHILE WE HAVE MORE WORK TO DO TO ADVANCE DIVERSITY AND INCLUSION, WE'RE INVESTING TO MOVE OUR ORGANIZATION AND COMMUNITIES FORWARD.

Partnerships

Aging Together Regional Coalition

The Aging Together Regional Coalition was formed at the outbreak of the COVID-19 pandemic as a crisis response team to assure accessibility of services and support to older adults during lockdown. The large number of organizations from our 5 counties continues to meet monthly and has evolved into a networking collaborative.

Contact Aging Together for more information:
info@agingtogether.org

Culpeper Chamber of Commerce

The Culpeper Chamber of Commerce joined with Aging Together to support Dementia Friendly Culpeper, an initiative that develops a symbiotic relationship between those living with dementia and businesses. Educating staff to recognize signs and symptoms of dementia in a customer, and offering knowledge to help interact and accommodate them, creates more positive experiences for those affected by dementia and their caregivers, and greater opportunities for business.

Contact Aging Together for more information:
info@agingtogether.org

Regional Transportation Collaborative (RTC)

Aging Together is a proud partner of the Regional Transportation Collaborative (through the Rappahannock Rapidan Regional Commission) to find solutions for those who seek transportation options. Aging Together supports the collaborative with staffing positions such as a volunteer driver recruiter, a staff person to support community outreach for the Collaborative's partner organizations, and a staff person that serves as a liaison between Aging Together's County Teams and the RTC.

www.regionalcollaborative.com

Piedmont Dementia Education Committee (PDEC)

The PDEC (facilitated by Aging Together) provides educational programs for caregivers and health professionals who work with those living with dementia. They present an annual caregivers educational conference and quarterly dementia education programs. Members include: The Alzheimer's Association, Cornerstone Cares, Culpeper County Library, First Light Home Care, Generations Central Adult Day, The Harbor at Renaissance, & Encompass Community Supports (formerly known as RRCS).

Contact Aging Together for more information:
info@agingtogether.org

Culpeper Liveable Aging Communities (CLAC)

After a hiatus during the pandemic, CLAC reconvened with a focus on exploring the idea of a friendly visitor program utilizing volunteers to visit with older adults who are living alone. Members have been meeting monthly and include the two original founding pastors, Brad Hales (Reformation Lutheran Church) and Hans Murdock (Senior Adult Pastor, Culpeper Baptist Church), along with Aging Together, Culpeper Human Services, Encompass Community Supports, PATH Foundation, Culpeper Government, Cornerstone Cares, and several other individuals and organizations. This group is open to anyone interested in joining in the conversation.

Contact Aging Together for more information:
info@agingtogether.org

Encompass Community Supports (ECS)

Aging Together is represented on the Aging Advisory Council of ECS (formerly Rappahannock Rapidan Community Services), who serves as the Area Agency on Aging to build programs and resources, and to outreach services relevant to improving quality of life for older adults.

The partnership has worked together with advocacy volunteers to support legislation related to quality of life for older adults in our region.

www.encompasscommunitysupports.org



encompass
Community Supports

Formerly Known As –
Rappahannock-Rapidan Community Services



CONNECT ▸ GROW ▸ PROSPER

Senior Services Collaborative

The Senior Services Collaborative (SSC), facilitated by Aging Together, was designed several years ago to help community organizations focus and align their efforts to optimize senior services and supports in the area that represents the PATH Foundation footprint: Culpeper, Fauquier and Rappahannock Counties. Through quarterly meetings and workgroups, community agencies hear from local experts about housing, transportation, access to food, social isolation and other issues facing older adults and then respond with innovative solutions.

In 2022–2023, with continued funding from the PATH Foundation, the following initiatives were either launched or sustained in partnership with the Senior Services Collaborative:

- *Homecare Companion Program* - facilitated by Rapp at Home, a rural neighbor-to-neighbor village model supporting older adults in Rappahannock County. Rapp at Home offers home companion care in coordination with the Rappahannock County Department of Social Services.
- *Mobility Outreach Program* - launched in 2022 by Encompass Community Supports (formerly RRCS) to address health related social needs of adults 60 years of age and over who live in Culpeper, Fauquier, Madison, Orange, or Rappahannock counties. Initially, this program will focus on food insecurity and social isolation — two widespread concerns impacting the lives of many older adults.

- *Healthy Ideas* - Coordinated by Encompass Community Supports (formerly RRCS), Healthy IDEAS ensures older adults get the help they need to manage symptoms of depression and live full lives.
- *Meal Delivery Program* - Fauquier FISH, the host agency in partnership with Fauquier County Department of Social Services (DSS), receives PATH Foundation funding for a meal delivery program for isolated seniors modeled after FISH programs for children.
- *Regional Resource Guide for Older Adults* - Aging Together in partnership with PATH Foundation and other partners printed the 2nd edition of a Resource Guide tailored to older adults and their caregivers. The first of its kind in the region, the Guide includes a Spanish language section along with tips and information.
- *Generations Central Adult Day* - Continues to offer day respite for older adults living with dementia or other challenges. Their programs include multigenerational interaction with the child care center.



PATH FOUNDATION

www.rappathome.org

www.encompasscommunitysupports.org

www.fauquierfish.org

www.generationscentral.org

<https://pathforyou.org/community.link/>

For more information about the Senior Services Collaboration (SSC) please contact Aging Together: info@agingtogether.org

Members of the Senior Services Collaborative (p.6)

Aging Together

Ellen Phipps (facilitator)

Cornerstone Cares

Mark Brown

Encompass Community Supports

(Formerly Rappahannock Rapidan Community Services)

Ray Parks, Sheryl Reinstrom, Kathleen Watson

Fauquier County

Holly Meade

Fauquier County DSS

Emily Ponn, Adam Shellenberger, Shel Douglas

Fauquier FISH

Charity Furness

George Mason University

Catherine Tompkins

Hero's Bridge

Molly Brooks

Hospice of the Piedmont

Kathryn Kaifer

Mental Health Association of Fauquier

Renee Norden

Northern Piedmont Community Foundation

Renard Carlos

PATH Foundation (Host)

Yesenia Reyes, David Shang

People, Inc.

Brandi Day

Rapp at Home

Joyce Wenger

Rappahannock Rapidan Regional Commission

Patrick Mauney, Kristin Lam Peraza

Town of Culpeper

Andrew Hopewell

Virginia Department of Health

Meghan Costello

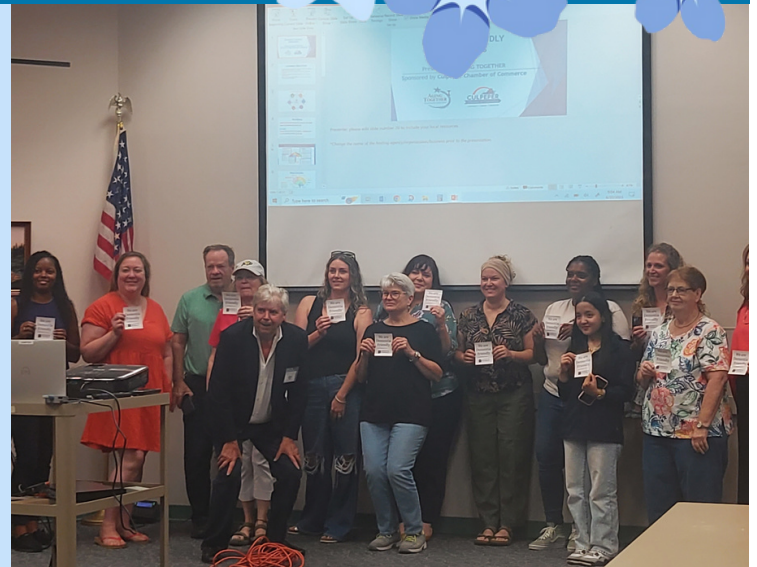
New in '22

Dementia Friendly Culpeper

Dementia Friendly Culpeper began this year as a pilot program in mutual support of businesses, and of those living with dementia and their families & caregivers. With the growing numbers of older adults over age 60 in our region, and consequently the parallel growth of those living with some form of dementia, barriers to socialization increase as fear and humiliation about how someone may act or react in public diminish the desire to participate in a community. At the same time this represents a missed market for businesses.

The Culpeper Chamber of Commerce embraced the initiative as a partner and encourages participation by Culpeper Businesses in a 30 minute training that results in their being designated as Dementia Friendly publicly in places like Aging Together and the Culpeper Chamber's websites as well as Culpeper Renaissance's downtown map. Aging Together will continue this initiative by expanding into the region's surrounding counties.

Aging Together participates under the auspices of Dementia Friendly Central Virginia and Dementia Friendly America.



One of the first Dementia Friendly Training Classes in June, 2022 at the Culpeper County Library.



**Contact Aging Together for more information
(this program will expand to other counties):
info@agingtogether.org**

County Teams

- the CORE of Aging Together

The Rappahannock Team enjoyed learning about the activities of Hero's Bridge. From left: Janelle Huffman (Hero's Bridge), Sallie Morgan (Rapp Team; Retired, Fauquier Mental Health Association), Valerie Fraedrich (Hero's Bridge), Molly Brooks (Hero's Bridge), Bernie Olson (Rapp Team; Rappahanock Benevolent Fund)



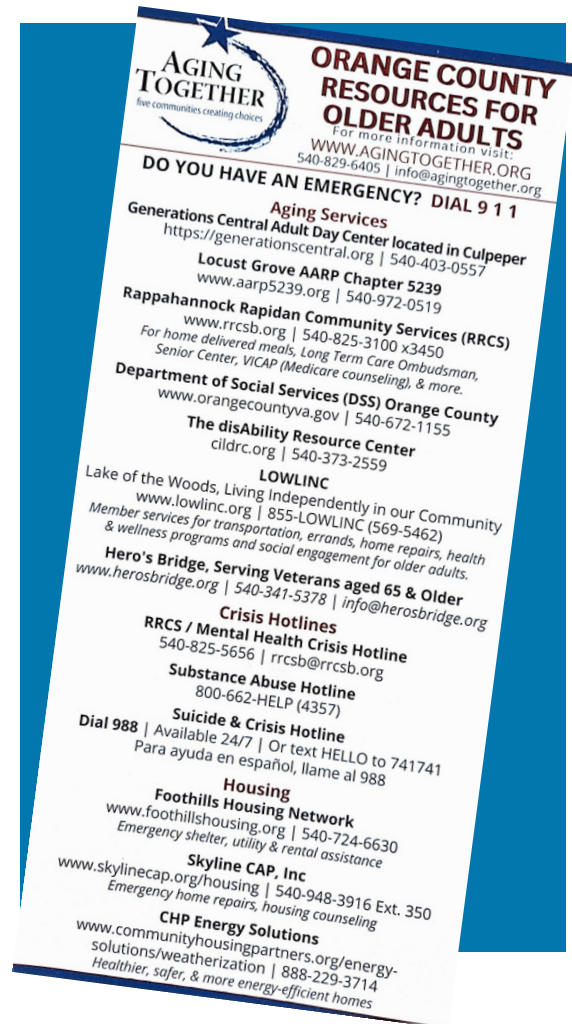
Teams in each of the region's five counties (Culpeper, Fauquier, Madison, Orange and Rappahannock) consist of volunteers who meet once a month to resolve challenges and disparities related to support for older adults.

Teams consist of volunteers who are medical, service & long-term care professionals, nonprofit and agency leaders, faith-based leaders, senior citizens and family caregivers, among others. They meet monthly with Aging Together's County Resource Specialist. They outline gaps in services, and resources in their particular county, and work to foster solutions. This model has served the region well because challenges are defined and worked out at a very local level assuring optimal response. Please consider joining a Team!



Sophia Cameron stepped down from her volunteer leadership role of Fauquier Team Co-Chairperson in 2022. Aging Together is so grateful for her long term dedication & support!

Contact Aging Together for more information: info@agingtogether.org



With generous support from LOWLINC's Lions Club, the Orange Team created a rack card with emergency and important contact information for distribution throughout the county.



The annual 5 OVER 50 Celebration is one way that Aging Together shines a spotlight on older adults who make a compelling positive impact on their communities. Nominations are sought from the general public from each county in the fall of the previous year and the 5 honorees are then chosen by committee. In this 10th year celebration, almost 30 nominations were submitted from around the region, a significant increase from past years and a huge step in dispelling myths about aging as being only about decline and loss. This year also saw record numbers of guests at 4 watch parties around the region (315 total). Our 5 honorees and their stories were filmed in advance by Culpeper Media Network who created another entertaining and informative broadcast for viewers.

PERRY SMILEY	Perry Smiley is 90 years old, and he credits volunteering with helping him age well. He volunteers at the Culpeper National Cemetery, two senior centers, his church, and Culpeper Veterans of Foreign Wars where he started a hospital equipment loan center and provides honors each year to deceased veterans. Smiley served 26 years in the Marine Corps and he makes 200 to 300 jars of fruit jelly each year with his wife which they take to people in need.
DARLENE KELLY	Darlene Kelly has been a catalyst for positive change in her community as the Chair for the Education and Prevention Committee and leader of the Faith and Community Wellness stakeholders group, and she holds positions in many other service oriented organizations in Fauquier County. She is an active participant in various outreach programs, particularly for older adults, and she was also a nurse for 30 years. She has a brightly positive outlook on life, and is a big Steve Harvey fan.
SCOTT BENNETT	Scott Bennett's positions as a board member for multiple community organizations and his service as a Naval officer for 28 years show how much he loves to give back to the people around him. When he sees the needs of others in Madison County, he is ready to assist and loves bringing joy to those he helps. He delivers food to people without ready access to it, and he assists many veterans in getting needed benefits. Bennett also organized a program which lends gently used medical equipment to members of his community. Serving others is at the core of who he is and what he does.
LEE FRAME	Lee Frame has served Orange County in many ways over the years, including through the Lions Club, Lake of the Woods Fire and Rescue, the Orange County Board of Supervisors, and the Lake of the Woods Players to name just a few. He also served in the Navy for 30 years, and as an EMT for 16 years. Even with all of these great things in his life, he says choosing his spouse was the best thing he's ever done.
BARBARA ADOLFI	After after 25 years as a school social worker Barbara retired in 1998 and started her volunteer life in Rappahannock County. Barbara wrote the Sperryville column for 7 years, telling the story of people's lives and businesses; volunteered with Sperryville Volunteer Rescue Squad and reorganized fund raising; was a member of the Economic Revitalization Committee; opened a vacation rental house; co-chaired county PR events for tourism; reopened her counseling practice, and more! Despite her Parkinson's disease diagnosis, Barbara continues to be a strong community pillar many people love and respect.



Aging Together

impact by the numbers

361

CALLS OR EMAILS
TO AGING
TOGETHER TO
RECEIVE HELP
WITH RESOURCES

161

PEOPLE HAVE
COMPLETED A
DEMENTIA FRIENDS
INFORMATION
SESSION

7500

2ND EDITION
REGIONAL
RESOURCE GUIDE FOR
OLDER ADULTS
PRINTED

316

PEOPLE
ATTENDED
MULTIPLE EXPOS
AROUND THE
REGION



450

PEOPLE
ATTENDED FREE
EDUCATIONAL &
SUPPORT
PROGRAMS

315

PEOPLE ATTENDED
REGIONAL WATCH
PARTIES IN PERSON
TO CELEBRATE
AGING TOGETHER'S
5 OVER 50
HONOREES

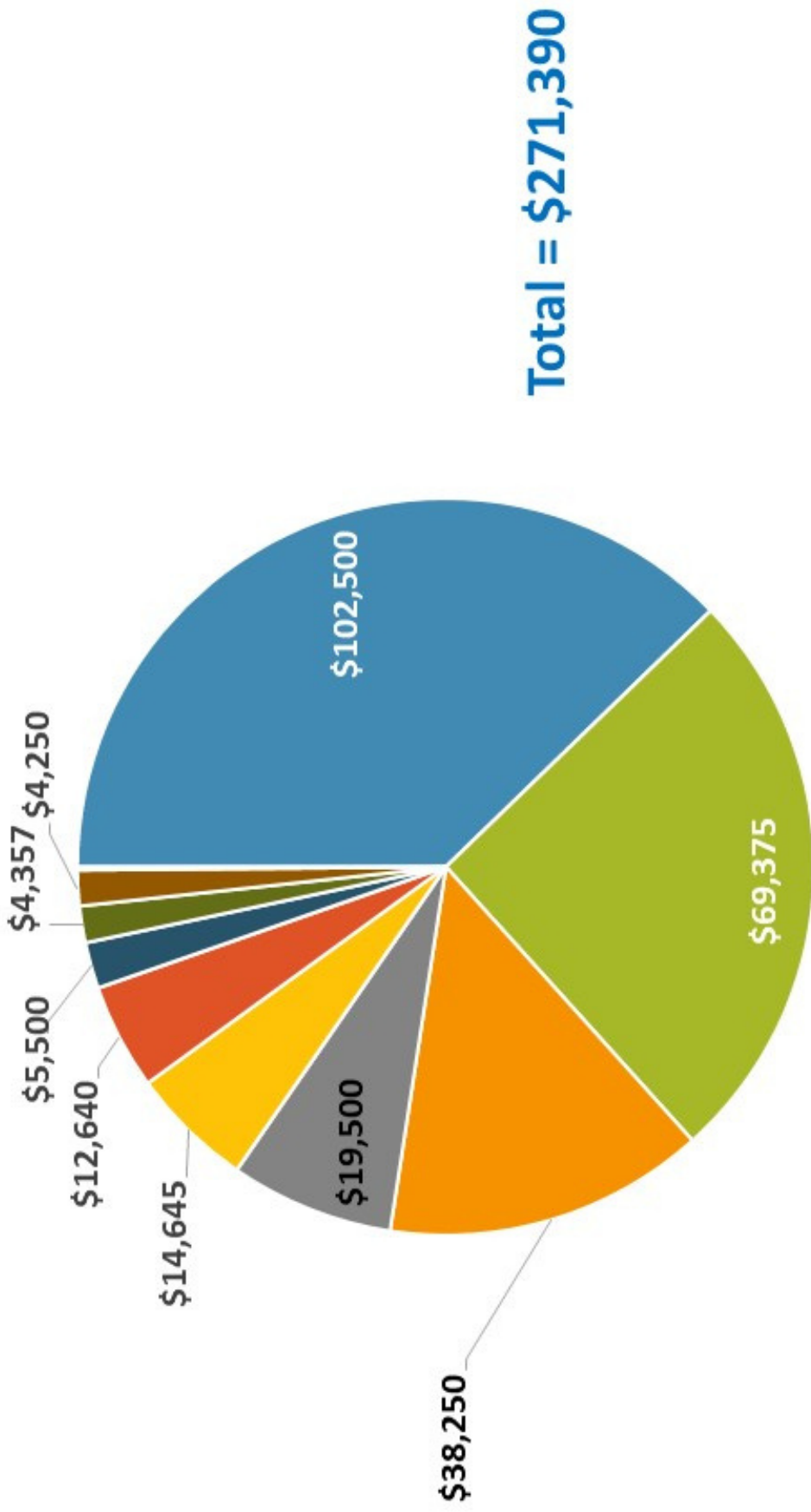
725

PEOPLE LEARNED
ABOUT
THE MISSION OF
AGING TOGETHER AT
COMMUNITY
PRESENTATIONS &
HEALTH FAIRS

8593

FREE RIDES PROVIDED
THROUGH THE
REGIONAL
TRANSPORTION
COLLABORATIVE
PARTNERSHIP

Aging Together Revenue FY2022-2023



- PATH Foundation
- Local County Contributions
- Individual & Corporate Donations
- Government Agency Grants
- Resource Guide Ads
- Rappahannock Rapidan Regional Commission
- Non Government Grants
- Special Events
- Give Local Piedmont
- Other (**\$372**)

The Chronology of Aging Together

2000 CENSUS REPORT DATA

A check of the current Census Report indicates the need to prepare for an impending Age Wave.

2001 VIRGINIA TECH HIRED

Through a funding & resource pool of local agencies VA Tech was hired with the goal of conducting a formal needs assessment of persons age 60 and above.

2002 NEEDS ASSESSMENT PUBLISHED

The question raised in response is *"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 was 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

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

2006 MARCH, 2006

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, 2006

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

FALL, 2006

Project Manager is hired with the purpose of helping Aging Together board and staff implement Strategic Plan.

2011 RWJF GRANT COMPLETED

Work for Robert Wood Johnson Foundation grant is completed and the Strategic Plan is rolled out for the next 4 years.

2013 AGING TOGETHER ATTAINS 501(C)(3) STATUS

Aging Together becomes an independent non-profit organization.

2015 STRATEGIC PLAN IS COMPLETED FOR 2015-2018

2018 PATH FOUNDATION GRANT

Aging Together receives a grant from the PATH Foundation to help fund a new study of Community Needs.

2019 SENIOR SERVICES COLLABORATIVE

Aging Together assumes the facilitator role for the new Senior Services Collaborative established by the PATH Foundation to serve the counties of Fauquier, Rappahannock and Culpeper. Strategic Plan for 2020 -2023 is completed.

2020 CONTINUED SUPPORT

Aging Together Regional Coalition is formed to support services and resources for older adults in need during the COVID-19 pandemic. Senior Services Collaborative continues.

2021 ONGOING

Aging Together continues programs and services for older adults. The Senior Services Collaborative works with community partners. Publication and distribution of the first ever [Regional Resource Guide for Older Adults](#).

2022 NEW INITIATIVE

Aging Together partners with the Culpeper Chamber of Commerce for the pilot Dementia Friendly Culpeper program. 2nd annual publication and distribution of the [Regional Resource Guide for Older Adults](#).

