



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

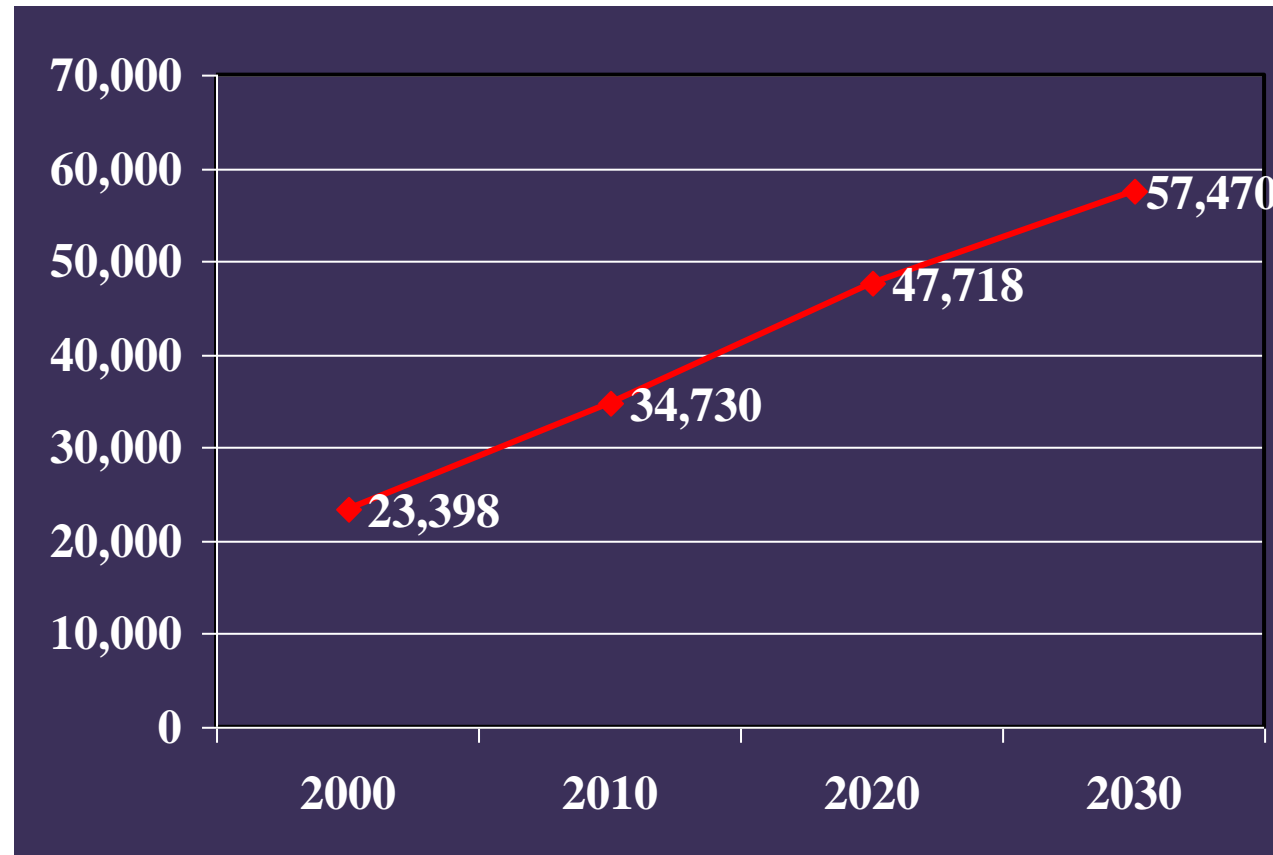
Orange Rotary August 2020

Ellen Phipps, CTRS, MS, Executive Director, Aging Together

# WHAT EXACTLY IS “AGING TOGETHER

- ▶ A 501 © (3) Non Profit
- ▶ Created in 2000 in response to the growing older adult population through a generous grant from Robert Wood Johnson
- ▶ Small staff
- ▶ Board of Directors
- ▶ Over 150 partnering organizations
- ▶ Identify gaps in services and work through county teams to find solutions

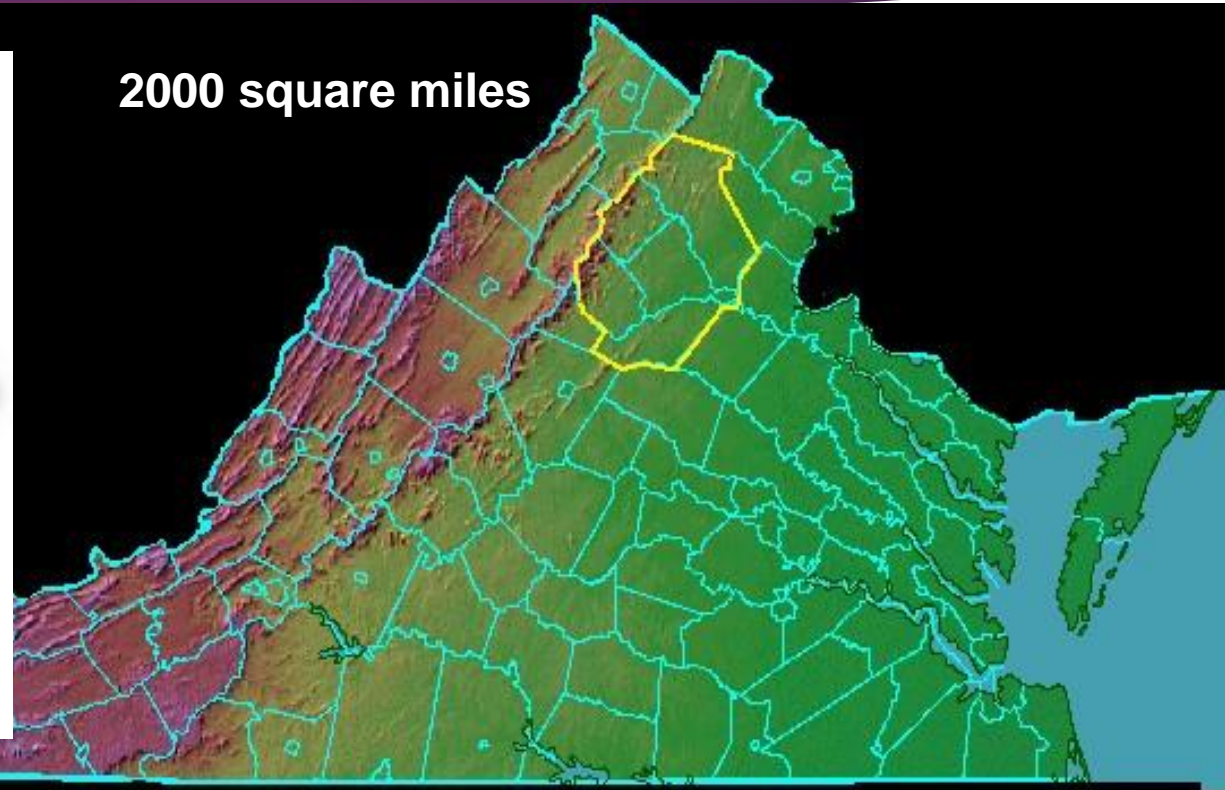
# Projected Growth of 60+ Population in Rappahannock Rapidan Region



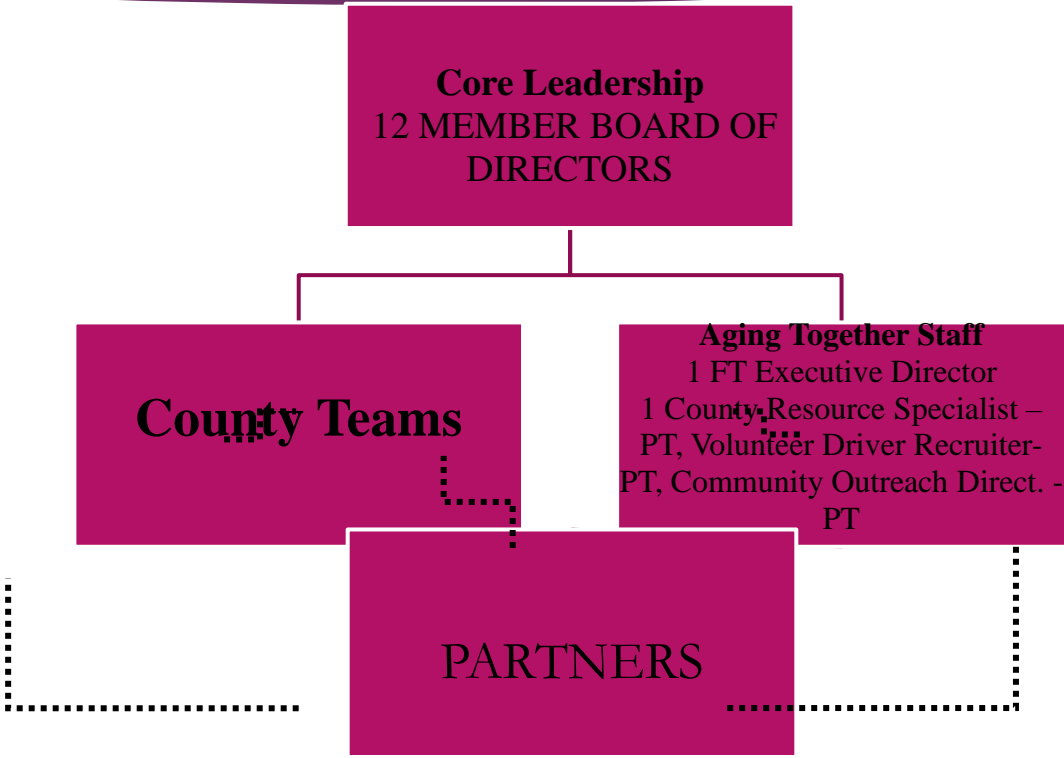
# ORANGE COUNTY

▶ **20.4% ARE 65 AND OLDER**

# Rappahannock Rapidan Region of Virginia



# Aging Together Organizational Structure



# WORKING TOGETHER

- ▶ Recognizing that regional collaboration is also essential to make best use of limited resources,
- ▶ AT built a broad-based regional partnership linked to those County Teams
- ▶ Involving service providers, consumers groups, community organizations



Strengths	Challenges	Opportunities
Transportation	Transportation Needed	More volunteer drivers
Senior Center	Affordable Housing	Shared Housing/Build
Affordable Housing	Social Isolation	More activities/Check-ins
Rescue Squad, Fire and Sheriff's Departments	Not knowing about services & resources	Information Outreach: PSAs, ads, church bulletins
Sense of Community	Needing help: home & yard	Coordinate vols to help
Food Pantries	Access to Food	Start Meals on Wheel
Churches	Help with understanding...	Hold talks, classes
Free Clinic	Access to healthcare/cost	Expand free clinics
Parks & Recreation/Library	Remodel home to remain	Engage Habitat/Builders
Free activities	Communication Gap (Tech)	Hold Class/Engage Youth



# IDENTIFIED NEEDS IN ORANGE COUNTY

- ▶ Transportation – on weekends; expand from medical appointments
- ▶ Affordable Housing
- ▶ Access to food
- ▶ Support for social isolation
- ▶ Caregiver Support

# STRATEGIES: AGING TOGETHER 4 REGIONAL PROGRAMS

- ❖ ART OF AGING EXPO
- ❖ **5 Over 50 CELEBRATION EVENT –SEPTEMBER 24 AT 7 PM  
FACEBOOK LIVE!!**
- ❖ CAREGIVER WORKSHOP
- ❖ DANCE SOCIAL

# ORANGE COUNTY TEAM ACTION

- ▶ ORANGE TRIAD Partnership
- ▶ “GrandDriver” program at Dogwood Village
- ▶ Transportation programs (gas cards)
- ▶ Educational Programs – Declutter; AARP Programs; Webinars
- ▶ Development of Rack Card

# COUNTY TEAM ACTION

- ▶ SENIOR RESOURCE DIRECTORY for the region
- ▶ Offer training and support to family caregivers
- ▶ Raise awareness of Dementia through collaboration with DARS for Dementia Friends presentations
- ▶ Identify and publicize resources for chronic disease management

# AT RESPONSE TO COVID-19

- ▶ **REGIONAL COALITION**
- ▶ **iPADS for Seniors**
- ▶ **Resource Directory**

# WHAT ARE THE BIGGEST CHALLENGES FACING OLDER ADULTS RIGHT NOW

- ▶ Isolation
- ▶ Worry / fear
- ▶ Anxiety
- ▶ Depression
- ▶ Access to medication
- ▶ Lack of Physical Movement
- ▶ Knowing what resources are available
- ▶ Getting transportation to get food or to get out
- ▶ Phone Scams and other fraud and scams
- ▶ Abuse and neglect
- ▶ Health risks
- ▶ Access to food
- ▶ Trying to help older parents
- ▶ Too much information bombarding
- ▶ Lack of knowledge about risk to older adults of Covid-19

# STRATEGIES for SOCIAL ISOLATION

Resource Directory  
Call center – one  
hotline  
Phone trees  
Faith Communities  
AT Website  
IPADS FOR SENIORS  
program

Caregiver Webinars  
PEN PAL PROGRAMS  
Libraries – audio books for  
free program

# SOCIAL ISOLATION STRATEGIES: SENIOR PARADE

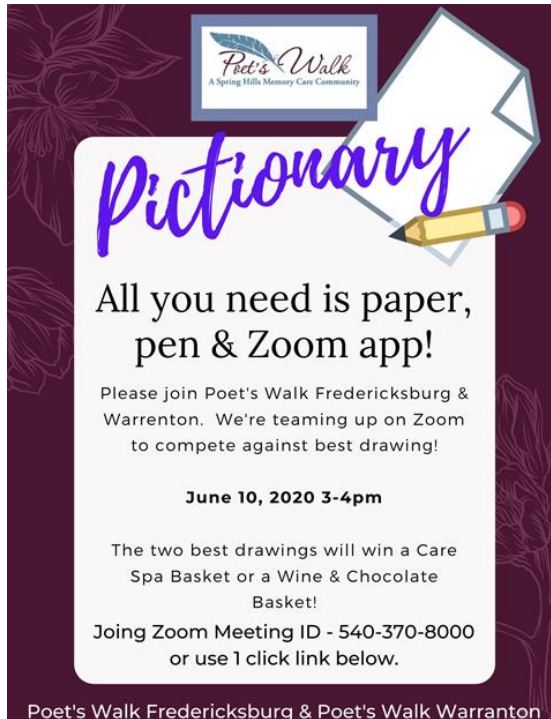





# SOCIAL ISOLATION STRATEGIES: iPADS for Seniors in Orange County



# SOCIAL ISOLATION STRATEGIES



 *Poet's Walk*  
A Spring Hill Memory Care Community

*Pictionary*

All you need is paper,  
pen & Zoom app!

Please join Poet's Walk Fredericksburg & Warrenton. We're teaming up on Zoom to compete against best drawing!

**June 10, 2020 3-4pm**

The two best drawings will win a Care Spa Basket or a Wine & Chocolate Basket!

Joining Zoom Meeting ID - 540-370-8000  
or use 1 click link below.

Poet's Walk Fredericksburg & Poet's Walk Warranton



# MUSIC AND BINGO!

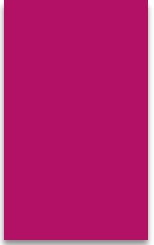


# SOCIAL ISOLATION STRATEGIES





PLEASE ASK THE  
NICE IN EIGHTEN  
LEaving, PLEASE  
THANK STAFF  
THANK YOU!



# Community Partners

- ▶ 5 County Teams
- ▶ Aging Advisory Council
- ▶ AARP
- ▶ TRIAD
- ▶ 5 Social Services Depts.
- ▶ Culpeper Hospital
- ▶ Fauquier Hospital
- ▶ Community Services Board/Area Agency on Aging
- ▶ Regional Commission
- ▶ Local Governments
- ▶ Alzheimer's Association
- ▶ Health Dept.
- ▶ Assisted Living facilities
- ▶ Nursing Homes
- ▶ Hospice Providers
- ▶ Home Health providers

# Community Partners

- ▶ Dialysis providers
- ▶ Faith communities
- ▶ Community Colleges
- ▶ High Schools
- ▶ Dept. of Deaf and Hard of Hearing
- ▶ Cooperative Extension
- ▶ Housing Agencies
- ▶ Disability Services Boards
- ▶ Older Workers Program
- ▶ Employment Commission
- ▶ Civic Organizations
- ▶ Parks and Recreation
- ▶ Law Enforcement
- ▶ Businesses
- ▶ Pharmacies
- ▶ Older adults
- ▶ Caregivers

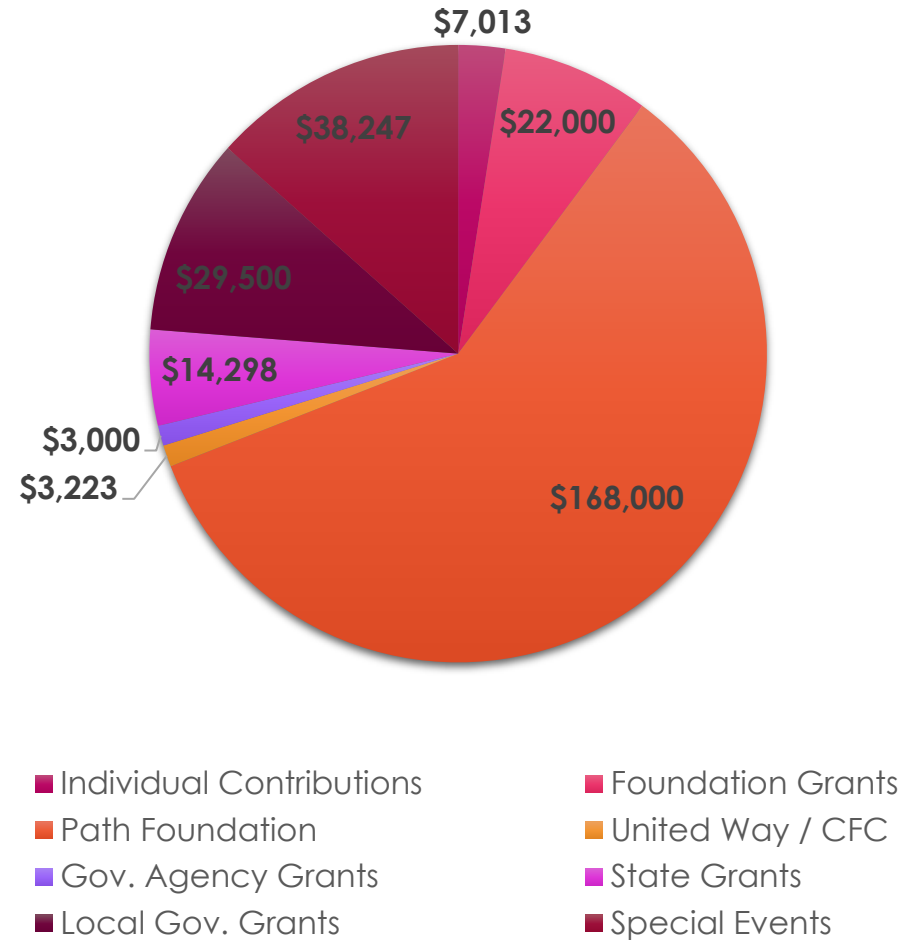
# WHO WE ARE: STAFF AND BOARD OF DIRECTORS

- ▶ Ellen Phipps, Executive Director
- ▶ Ginny Biggs, County Resource Specialist
- ▶ Sue Davis – Volunteer Driver Transportation
- ▶ Caroline Dunstan Smeltz – Outreach Coordinator
- ▶ Lisa Peacock, Chair
- ▶ Ray Parks, Vice Chair
- ▶ Joe Sakole, Treasurer
- ▶ Crystal Hale
- ▶ Lisa Morgan
- ▶ Patrick Mauney
- ▶ Pastor Bradley Hales
- ▶ Erica Nixon
- ▶ Jan Selbo
- ▶ Valerie Ward
- ▶ Mittie Wallace



**AGING  
TOGETHER  
FUNDING:  
Grateful for  
funding from  
Orange  
County each  
year!**

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



# MISSION

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

# JOIN US!!

- ▶ Orange Team meets 2<sup>nd</sup> Wednesday – 9:30 via ZOOM
- ▶ Educational Programs – Dr. Archbold- Pannone, from UVA – August 26, 2:00 PM
- ▶ Senior Resource Guide (also available in Spanish)
- ▶ 5 Over 50 – September 24, 7 PM
- ▶ [www.agingtogether.org](http://www.agingtogether.org)

# THANK YOU!!!



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