

ANNUAL REPORT

Fiscal Year July 1, 2021 - June 30, 2022



WWW.AGINGTOGETHER.ORG

info@agingtogether.org

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PO Box 367
Culpeper, VA 22701



Message From Our Leaders



Ellen Phipps



Lisa Peacock

Dear Friends of Aging Together,

2021 was a year of contrast. On the one hand, we had staffing changes and transitions challenging us to maintain our busy pace without skipping a beat. The Covid pandemic continued throughout the year, with the Omicron variant impacting older adults in our region. Successful strategies for overcoming social isolation and loneliness continued to challenge us as we attempted to host meetings and programs in person, virtually, and as a hybrid.

But, on the other hand, Aging Together and partners working through the Senior Services Collaborative were able to sustain or expand such programs as the Fauquier FISH and Fauquier County DSS partnership to deliver healthy meals to older adults; and, The Homecare Companion Program at Rapp at Home. The Rappahannock Rapidan Community Services launched the Healthy Ideas program: a screening and intervention tool to address anxiety and depression in older adults; and the new Generations Central Adult Day center opened at the Culpeper Baptist Church in April.

The Piedmont Dementia Education Committee hosted a two – day caregiver conference, and offered quarterly Dementia Friends information sessions; Aging Together hosted five, 5 Over 50 watch parties (one in each county) for the first time ever; together with Rappahannock Rapidan Community Services (RRCS), we delivered 17 robotic life-like companion pets to area nursing homes.

In alignment with our mission of connecting older adults to resources to improve quality of life as we age, we successfully distributed the remainder of the 6000 printed regional resource guides throughout the region.

We welcomed Julie Johnston as Outreach Assistant and Anna Rogers as our new Community Resource Specialist working closely with the Aging Together team network.

Our Board of Directors engaged Danielle Ellis from the Center for Non-Profit Excellence to facilitate conversations about diversity, equity and inclusion.

We again were grateful to the PATH Foundation for continued support of Aging Together, and for giving us Angelina Martella as our summer intern (Summer 2021). We look forward to continuing our work through the Regional Transportation Collaborative; Senior Services Collaborative; Social Isolation Task Force; Piedmont Dementia Education Committee; and, our County Teams. We hope to reach even more people and make more connections in 2022 to improve the quality of life for older adults in our region.

Ellen Phipps, Executive Director
Lisa Peacock, Board Chair

Handwritten signatures of Ellen Phipps and Lisa Ann Peacock in blue ink.



Who We Are

Board Of Directors

Lisa Peacock, Chair
Director, Culpeper Human Services

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

Gail Crooks, Treasurer
Director, Rappahannock Department of Social Services

Ethel Canty Bothuel, D. Min
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
Retired, Speech Pathology
Culpeper Representative

Patrick Mauney
Director, Rappahannock Rapidan Regional Commission

Mittie Wallace
Fauquier County Department of Social Services

Valerie Ward
Director, Madison County Department of Social Services

Cathy Zielinski
Advisor to the Board

Retired from Board, 2022

Jan Selbo, Fauquier County
Joe Sakole, Orange County

We thank them for their considerable time, dedication and service to Aging Together.

Staff



Ellen Phipps
Executive Director



Anna Rogers
County Resource Specialist



Julie Johnston
Outreach Assistant
Aging Together/Regional Transportation Collaborative



Caroline Dunstan Smeltz
Outreach Director



Ginny Biggs (retired 4/2022)
County Resource Specialist



Sue Davis (retired 10/2021)
Volunteer Driver Coordinator



Aging Together's Community Involvement

- AARP Rural Lab
- Caregiver Coalition through Department for Aging & Rehabilitative Services (DARS)
- Culpeper Chamber of Commerce Non-Profit Council
- Healthy Culpeper
- Lead Culpeper (Culpeper Chamber of Commerce)
- Madison United Networking Group
- PATH Advisory Committee
- PACH - Piedmont Area Coalition on Hunger
- PCR Fauquier
- Piedmont Dementia Education Committee
- Rappahannock Roundtable for Behavioral Health
- Rappahannock Rapidan Community Services Aging Advisory Council
- Regional Transportation Collaborative (RTC)
- Senior Services Collaborative
- TRIAD (Orange County)

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.



Ellen Phipps (Executive Director) and Crystal Hale (Board member) are presented the Proclamation for Older Americans Month by the Orange County Board of Supervisors in May 2022. Culpeper and Madison made similar proclamations for their Counties.



Aging Together at CulpeperFest (Culpeper Chamber of Commerce) June, 2022

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 such as food and transportation to older adults in isolation. The large number of organizations from our 5 counties continues to meet monthly and has evolved into an ongoing networking collaborative.

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

County Teams

County Teams meet monthly with a volunteer Team Chair and an Aging Together staff person to consider need in their specific county. Their purpose is to outline disparities in services and resources, and to foster solutions. This model has worked well because challenges are defined and worked out at a very local level assuring optimal response. (More about teams on pages 7)

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

Rappahannock Rapidan Community Services (RRCS)

Aging Together is represented on the Aging Advisory Council of 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 two agencies have worked together with advocacy volunteers, meeting with legislators and the State Ombudsman to support legislation for nursing home staff regulations that came to light during the pandemic, as well as other issues related to quality of life for older adults in our region.

www.rrcsb.org



Food being distributed through Fauquier FISH and Fauquier Department of Social Services.

Piedmont Dementia Education Committee (PDEC)

The PDEC provides educational programs for family 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: Capital Caring, Cornerstone Cares, Culpeper County Library, First Light Home Care, Generations Central Adult Day, The Harbor at Renaissance, Healthy Steps, & Rappahannock Rapidan Community Services.

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

Regional Transportation Collaborative (RTC)

Aging Together is a proud partner of the Regional Transportation Collaborative, working to find solutions for those who seek transportation options. Aging Together supports the collaborative with a part time staff person who recruits volunteer drivers to help older adults and those with disabilities get to appointments, grocery stores, doctors, etc., and a second part time staff person who helps with community outreach.

www.regionalcollaborative.com

The Senior Services Collaborative

The Senior Services Collaborative (SSC), facilitated by Aging Together, was designed 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 2021–2022, with funding from the PATH Foundation, the following initiatives were either launched or continued in partnership with the Senior Services Collaborative:

- Homecare Companion Program – This project is designed to provide in-home care facilitated by Rapp at Home, a rural neighbor-to-neighbor program. The initial pilot started in the last fiscal year and was developed in collaboration with the Department of Social Services, People Inc., Aging Together and PATH Foundation.
- Meal Delivery Program – Fauquier FISH, the host agency in partnership with Fauquier County Department of Social Services (DSS), received 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, Rappahannock Rapidan Community Services (RRCS) and other partners created 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.
- Generations Central Adult Day – Offering Adult Day and Intergenerational programming for the 5-county region, located in Culpeper, VA.

For more information about the Senior Services Collaborative, contact Aging Together: info@agingtogether.org

SSC Member Partners

- Aging Together** / Ellen Phipps (facilitator)
- Fauquier County DSS** / Emily Ponn, Adam Shellenberger
- Fauquier County Government** / Holly Meade
- Fauquier FISH** / Charity Furness
- The Villas at Suffield Meadows / Fauquier Health** / Sophia Cameron
- George Mason University** / Catherine Tompkins
- Hero's Bridge** / Molly Brooks
- Mental Health Association of Fauquier** / Renee Norden
- PATH Foundation (Host)** / Kirsten Dueck, Elizabeth Hendrickson, Yesenia Reyes
- People, Inc.** / Brandi Day (Note Taker)
- Rapp at Home** / Joyce Wenger
- Rappahannock Rapidan Community Services** / Ray Parks, Jim LaGraffe
- Rappahannock Rapidan Regional Commission** / Patrick Mauney
- Town of Culpeper** / Andrew Hopewell
- Virginia Dept. of Health** / April Achter

County Teams

There is a team in each of the region's five counties (Culpeper, Fauquier, Madison, Orange and Rappahannock) consisting 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 a volunteer Team Chair and an Aging Together staff person. They outline disparities 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.

- Aging Together's County Teams have maintained a faithful core of attendees in spite of meeting via ZOOM for 9 months out of the past year. Anna Rogers joined Aging Together's staff in mid-February of 2022 to coordinate the Teams after Ginny Bigg's retirement. The first in-person meetings since the beginning of COVID lockdowns took place in April of 2022.
- Ginny's last contributions centered around the task of helping to organize 5 Over 50 Watch Parties in all five counties! The County Teams participated in the successful planning of these parties, centered around celebrating the honorees of the 5 Over 50 celebration in May, 2022.
- County Teams created a postcard with important contact information for vital services which was sent to all residents of Madison County, following the model for Rappahannock County the previous year.
- The Teams were instrumental in coordinating quarterly free educational webinars with expert speakers on a variety of subjects that included Falls Prevention, Understanding Medicare and understanding Open Enrollment, Mental Health, Medication Safety, among others.
- Teams focused on learning about available resources in the region through "Member Spotlights" in which participating organizations spoke about what they do, and what they have to offer.
- Participants from each Team met to begin plans for 3 Art of Aging Expos for the upcoming fall.
- Team members participate in Aging Together's monthly Coalition meetings, adding value by sharing resources and insight and speaking on relevant topics that could be shared throughout the counties.
- County Teams were instrumental in coordinating the distribution of the 1st Regional Resource Guide for Older Adults around the region, which especially helped get it to more remote, low-tech areas.

VOLUNTEER TEAM CHAIRS

CULPEPER

Liesa Dodson
The Harbor at Renaissance

FAUQUIER

Sophia Cameron
The Villa at Suffield Meadows
Mark Harvey
First Light Home Care

MADISON

Pastor Dan Albrant
United Methodist Church & Rosa Parks Church

ORANGE

Annette Putman
Dogwood Village

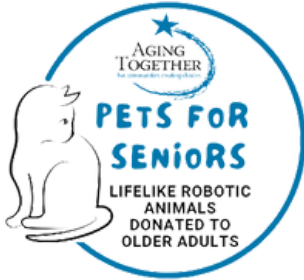
RAPPAHANNOCK

Sallie Morgan – Retired,
Fauquier County
Mental Health Association
Melanie Shumate
Capital Caring



*The Fauquier Team
meeting in a Hybrid session.*

17



ROBOTIC LIFELIKE COMPANION PETS DONATED TO REGIONAL LONG TERM CARE FACILITIES

77



PEOPLE WHO BECAME A DEMENTIA FRIEND BY ATTENDING A 1-HOUR INFO SESSION

126



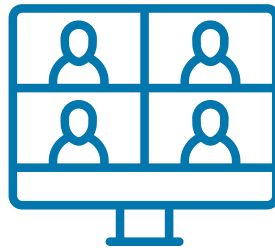
CONNECTED ON AGING TOGETHER'S INFO LINE OR RECEIVED HELP WITH RESOURCES THROUGH EMAIL

175



ATTENDED AGING TOGETHER'S SIGNATURE 5 OVER 50 IN-PERSON WATCH PARTIES (1 PARTY IN EACH OF OUR 5 COUNTIES).

511



PEOPLE ATTENDED FREE EDUCATIONAL & SUPPORT PROGRAMS

870



PEOPLE LEARNED ABOUT THE MISSION OF AGING TOGETHER AT COMMUNITY EVENTS, PRESENTATIONS AND HEALTH FAIRS

986



REPRINTED AND DOWNLOADED 1ST EDITION REGIONAL RESOURCE GUIDE FOR OLDER ADULTS ONCE FIRST 5000 RAN OUT AT END OF PAST YEAR

998



ATTENDED AGING TOGETHER'S TEAMS & PARTNERSHIP MEETINGS TO DETERMINE SERVICES & RESOURCES IN SUPPORT OF OLDER ADULTS

1508



FREE RIDES GIVEN THROUGH THE REGIONAL TRANSPORTATION COLLABORATIVE (RTC) PARTNERSHIP

2022

5 OVER 50



Older adults are a key source of strength in any community. Through their experiences, successes, and difficulties, they have built resilience that helps them face new challenges. When communities tap into this, they become stronger too. Aging Together celebrates one person or couple over age 50 from each county in the annual 5 Over 50 event.

In May, 2022 Aging Together created watch parties in each of our 5 Counties to honor this year's 5 Over 50 recipients. This was accomplished in a hybrid format with the help of Culpeper Media Network who held the live event in their studio, combined with pre-filmed interviews of the honorees. The event was streamed live to the public and to each of the 5 watch parties, allowing honorees to be celebrated together with friends, family and coworkers.

Aging Together is especially grateful to Generations Central Adult Day Center (Culpeper), the Mason Enterprise Center (Fauquier), Madison United Methodist Church (Madison), Orange Baptist Church (Orange), and Rapp at Home (Rappahannock) for generously hosting these Watch Parties.

5 OVER 50 HONOREES 2022



AGING TOGETHER
five communities creating choices

FIVE OVER FIFTY

May 19, 2022 | Watch Party: 4 - 6 pm | Facebook Live: 5 pm

Joyce & Mike Wenger Rappahannock	Renee Younes Fauquier	Charles Jameson Culpeper	Bill Hager Orange	Kevin McGhee Madison
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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

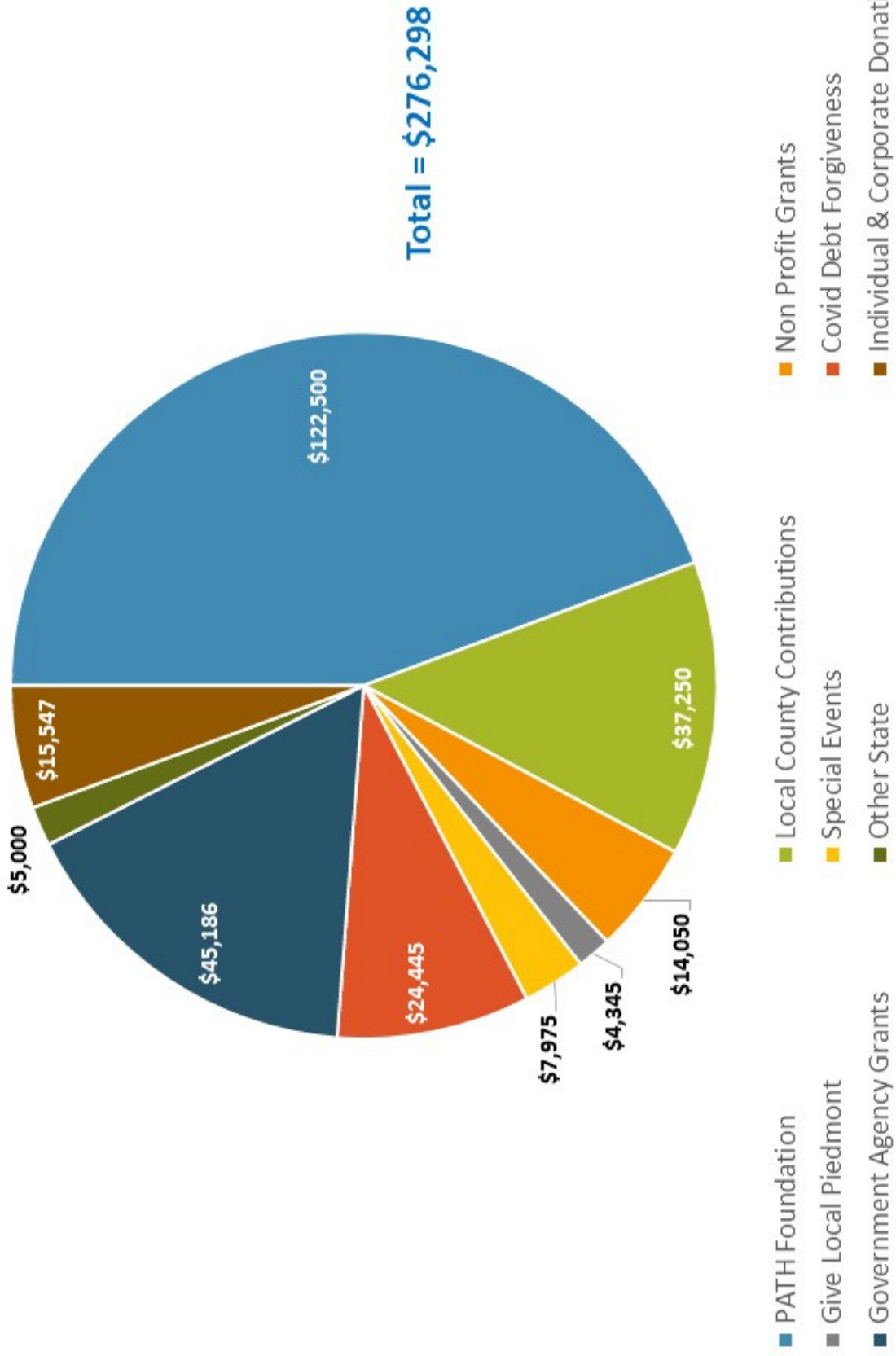
Aging Together continues programs and services for older adults. The Senior Services Collaborative works with community partners. Publication and distribution of the first ever [Regional Resource Guide for Older Adults](#).

2022 ONGOING

Aging Together solidifies and expands the partnership with the Regional Transportation Collaborative (RTC), building on finding resolution to limited transportation resources for older adults who do not drive. Aligning with this collaboration Aging Together hires an additional staff person to assist partnership outreach.



Aging Together Revenue FY2021-2022



Thank You!

Barbara Adolfi
Beverly Atkins
Charlotte Arbogast
Mary Jane Atwater
Deborah Baird
Barry Barr
Ralph Bates
Ginny & Wayne Biggs
Cathy Beaulieu
Harold Beebout
Barb Bikoff
Russ Bikoff
Matthew & Babara Black
Mark Brown
Ruth Brown
Elizabeth Bryant
Cynthia Burbank
Sharon Church
Roger Clatterbuck
Dorothy Cluff
Charlie & Rosemary Cona
Nan Coppedge
Emily Daniel
John "Butch" Davies
Susan Davis
Tanya DeCell
Alan Dranitzke
E. Fleetwood Dunstan, III
Holly Durrer
Victoria Fleming
Susan Friedman
Ursula Garcia-Mayes
Crystal Hale
Wayne Harris
Charlotte Hazelwood
Cindy Hedges
Hal Hunter
Charles Jameson
Julie Johnston
Marsha Komandt
Elizabeth Katt
Carey Lang
Patricia Lattin
Rondel Lipps
Christy Ludlow
Patrick Mauney

Dan McDougall-Treacy
Mary McPhillips
Betty Mitchell
Louis Modliszewski
Sallie Morgan
Eleanor Mower
Linda Murphy
Jane Neubig
Renee Norden
Michelle O'Hearn
Bernard O'Meara
Richard Paape
Maureen Parish
Lawrie & Jeffrey Parker
Ray Parks
Judy Parrott
Robb Pates
Ruth Pavlik
Frances Payne
Lisa Peacock
Nancy Pettit
Ellen Phipps
Joe Raichel
Paul Reisler
Carolyn Rourke
Joe & Phyllis Sakole
John Schwartz
Janis Selbo
Keith Selbo
William Simms
Carol Simpson
Caroline Dunstan Smeltz
Linda Smet
Bonita Stockslager
Patty & Tony Troilo
Lola Walker
Valerie Ward
David & Joy Wiley
Timothy Williams
Gary Wilson
Sharon Wood
Craig Wiltathy Zielinski

And to all who supported
Aging Together through
Peer-to-Peer Fundraisers

211 Virginia
AARP Virginia
Care is There
The Culpeper
Culpeper Baptist Church
Culpeper Human Services
Culpeper Media Network
Davies Barrell Will Lewellyn and Edwards PLC
Dogwood Village
The Harbor at Renaissance
Culpeper Star Exponent
Culpeper Wellness Foundation
disAbility Resource Ctr. of the Rappahannock Area, Inc.
Inova Parkinson's and Movement Disorders Center
George Washington Carver Regional High School
Alumni Association Inc.
Kindred Hospice
Lake of the Woods Lions Club Foundation
Madison United Methodist Charge
Northern Piedmont Community Foundation
Novant Health UVA Health System
Overwhelmed, How Can I Help?
PATH Foundation
People, Inc.
Rapp at Home
Rappahannock Rapidan Community Services
Reformation Lutheran Church
Regional Transportation Collaborative (RTC)
Skyline CAP, Inc.
Trinity Senior Village
Two Tellers Telling
The Villa at Suffield Meadows
Wagner Hearing Aid of Culpeper

*Aging Together is sincerely grateful to ALL donors to our organization.
If we unintentionally left a supporter off this list please let us know.*