

# AGING TOGETHER ANNUAL REPORT

JULY 1, 2023-JUNE 30, 2024



(MyEyeDr./Culpeper)

**Culpeper, Fauquier, Madison, Orange & Rappahannock Counties, VA**

[info@agingtogether.org](mailto:info@agingtogether.org)  
[www.agingtogether.org](http://www.agingtogether.org)

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**540-829-6405**



# MESSAGE FROM OUR LEADERS



Dear Friends,

Virginia's population, like that of the nation, is becoming older and more diverse. Today, nearly 1.9 million Virginians have reached age 60 or older, a number that will increase to 2.2 million in 2030. Similarly, Virginia's population age 65 and older is expected to grow from 15.9% in 2020 to 18.9% in 2030.

In our 5-county region (Culpeper, Fauquier, Madison, Orange and Rappahannock) there are approximately 32,000 people over the age of 65. With the increasing growth in this population, the work of Aging Together is vital.

This year, we saw an increase in the number of people served across the region. For example, our small staff worked with the Aging Together county teams to host the Art of Aging Expos to reach a growing, diverse constituency across the region. In addition, we hosted the most successful 5 Over 50 celebration events to date with over 200 attendees at 4 watch parties!

Our work with the Piedmont Dementia Education Committee continued. We enjoyed a successful Dementia Education Conference at Peppers Grill in Culpeper featuring (back by popular demand) Dr. Aravich, who is famous for bringing actual brains impacted by disease to the display table.

In response to lessons learned from the pandemic, along with the Surgeon General's report on social isolation, Aging Together (in partnership with Encompass Community Supports, DARS, and the Prince William Area Agency on Aging) hosted a one-day, sold out program and planning event to address social isolation in our region. "Social Connection: The Accelerator for Better Health" has a continuing impact as the participants meet to work through action steps and follow-up plans.

Staff have been working behind the scenes to produce the 3rd edition of the Regional Resource Guide for Older Adults to be published in the new fiscal year. We are grateful to the PATH Foundation for their support. In June, we welcomed another amazing summer intern from the PATH Foundation Summer Internship program, Vivian Vesuna.

Our partnership with the Regional Transportation Collaborative (RTC) remains strong, and Aging Together continues to support transportation initiatives for older adults and persons with disabilities in our region.

The Culpeper Livable and Aging Communities (CLAC) group facilitated the launch of a Home Visitation Program with Encompass Community Supports taking on program coordination.

The Dementia Friendly Initiative has seen an increase in training for businesses and restaurants in our 5-county region with close to 100 businesses and restaurants proudly displaying the Dementia Friendly decal at their entrances.

Again, this year, all 5 counties officially proclaimed MAY as OLDER AMERICANS MONTH thanks to the Boards of Supervisors of Culpeper, Fauquier, Madison, Orange, and Rappahannock.

We welcomed new board member Renee Norden, Executive Director of the Mental Health Association of Fauquier, and Ray Parks replaced Lisa Peacock as Board Chair. We are extremely grateful for Lisa's years of service and continuing ex-officio role.

In May Aging Together was honored to receive The Virginia League of Social Services Executives (VLSSE) Public Service Award – given annually to individuals and organizations whose service to the community have shown exceptional support and dedication to its residents. The award was presented for the AgeWise newsletter, a monthly informal news bulletin with a focus on current topics of interest and related resources specific to older adults.

As we continue to grow and reach more people, we are reminded that it truly takes a village! We are grateful to the County Teams, and our many partners, including the Regional Transportation Collaborative and Encompass Community Supports. We are thankful for support from the Culpeper Wellness Foundation, UVA Health, Geriatric Training and Education at the Center on Aging, VCU, Northern Piedmont Community Foundation, the Lake of the Woods Lions Club, and all of the donors who help to make our work possible. Your continuing dedication and goodwill are the strength of this organization.

Ellen Phipps, Executive Director

Ray Parks, Board Chair

# WHO WE ARE



## Board Of Directors (serving 7/1/23-6/30/24)

### **Ray Parks, Chair**

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

### **Crystal D. Hale, Vice Chair**

Director, Orange County  
Department of Social Services

### **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

### **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

### **Renee Norden**

Executive Director,  
Mental Health Association of  
Fauquier County

### **Lisa Peacock**

Director, Culpeper Human  
Services

### **Jeff Say**

Manager of Community  
Engagement, UVA Health  
Culpeper Medical Center

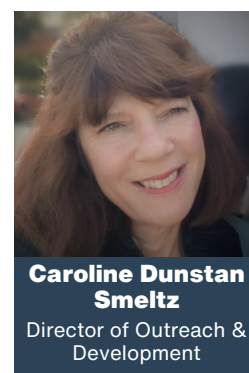
### **Valerie Ward**

Director, Madison County  
Department of Social Services

### **Cathy Zielinski**

Advisor to the Board

## Staff





# ABOUT AGING TOGETHER

- Aging Together is a collaborative effort to help prepare for unprecedented growth in our area's older population
- Aging Together works to ensure older residents of our region have services and supports that are needed
- Aging Together 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

## 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.

*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](mailto:info@agingtogether.org)

## Culpeper, Fauquier & Madison Chambers of Commerce

The Fauquier & Madison Chambers of Commerce joined Culpeper's in partnership with Aging Together to support the Dementia Friendly initiative, which raises awareness about dementia to 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](mailto: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 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](http://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 Center, The Harbor at Renaissance, & Encompass Community Supports.

**Contact Aging Together for more information:**  
[info@agingtogether.org](mailto:info@agingtogether.org)

## Culpeper Liveable Aging Communities (CLAC)

CLAC developed plans for 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](mailto: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](http://www.encompasscommunitysupports.org)



# COUNTY TEAMS

## THE CORE OF AGING TOGETHER



Aging Together 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 an Aging Together staff facilitator. The purpose is to outline disparities in services and resources, and to foster solutions. This model has worked at the local level assuring optimal response.

Team Highlights from FY23-24 are below.

### TRANSPORTATION

With continued representation from the Regional Transportation Collaborative (RTC), Team Members have worked to identify gaps in services, find volunteer drivers, and get existing resources into the hands of older adults. Connecting older adults to new services, like the Rapp Connect in Rappahannock County and the trial micro transit Saturday service in Fauquier County, has been a priority.

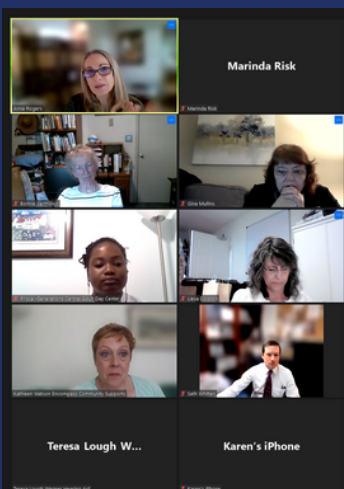
### COMBATING SOCIAL ISOLATION

CLAC (Culpeper Living Aging Communities) group of Culpeper, handed over the model for a Friendly Visitor program to Encompass Community Supports after two years of research and development.

### HOUSING

County Teams heard presentations from the Rappahannock Rapidan Regional Commission to bring updates on the status of housing in our region and inform Teams on current programs addressing needs. Additionally, Teams have learned from each other regarding existing programs that support some of those needs.

For example, the “Virginia Housing Accessibility Grants for Homeowners, Renters, Military Members, and Veterans, awards up to \$8,000 to foster independence and aid with those in need of barrier free housing”. Or support for home repair EHARP (Essential Home and Accessibility Repair Program), administered in our region by Foothills Network Corporation, or in Orange and Madison Counties, the Skyline CAP emergency home repair program, along with charitable funding from some of our faith-based County Team members.



*Each Team meets monthly either virtually (like the Culpeper Team, left) or in person & hybrid (like the Fauquier Team, right).*

## HEALTHCARE

County Team members enjoyed presentations by the Virginia Department of Health (VDH) regarding the recent Community Health Assessment where they were able to engage in conversation with a VDH representative.

In working closely with the Rappahannock County Team members, Rapp at Home, and Rappahannock County Department of Social Services, the Rappahannock County Team was able to collaborate to bring vaccinations and vaccination awareness to the 2023 Art of Aging Lifestyle & Wellness Expo in Rappahannock County.

Madison Emergency Medical Services (EMS), has a new para-medicine program. In sharing information and research with other county teams and community partners, the role of paramedicine as a rural health care essential has been not only introduced but elevated.

Aging Together is one of many organizations supporting the new rural healthcare initiative of Rapp at Home and the Rappahannock Team continues to receive updates on the progress of the project.

## VOLUNTEERISM

County Team members have played vital roles in the planning and implementation of key signature Aging Together events throughout the year. 5 Over 50, in each county, brings recognition to the contributions of older adults, and the annual Art of Aging Lifestyle & Wellness Expos provide a one-stop resource information point to older adults in our region. Members participate as volunteers or as speakers in the annual Dementia Education Conference.

*For more information about  
Aging Together's County Teams  
contact Anna Rogers: [arogers@agingtogether.org](mailto:arogers@agingtogether.org)*

## EDUCATION

Participation with the ongoing activities of the Fauquier County Triad, with monthly educational sessions for seniors in the community is one example of the team focus on education and raising awareness of critical issues for older adults.

## DEMENTIA AWARENESS

The County Teams have been involved in helping to raise awareness of dementia to both individuals and the business community through Aging Together's dementia initiatives throughout the entire region.

"I'm honored to be a member of the (Madison) County Team as it fosters transparency and collaboration in addressing struggles within the community. Not only is it an awesome resource to help our success as an organization, but it also extends the reach of our ability to provide for our patients. The compassion and perspective each individual contributes helps unite us in our mission to meet the needs of our neighbors as much as possible. These beautiful souls illustrate the kindness that reminds us of the goodness in humanity, and it's quite refreshing."

**Tiffany Rannebarger, Community Paramedic  
Madison EMS Community Paramedicine Program**

"Aging Together meetings are engaging and a great source of relevant information. I try never to miss them. Being a member of the County Team has allowed us to connect our members with local resources that we would not otherwise have known about. The meetings also provide an important opportunity for community partners to share challenges and brainstorm creative solutions."

**Jeanne Comeau, Executive Director, LOWLINC  
Orange County**

# 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.

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

- *Mobile 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 identify and 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.
- *Generations Central Adult Day Center* - Continues to offer support for older adults and respite for family caregivers to those living with dementia or other challenges. Their programs include multigenerational interaction with the child care center.



PATH FOUNDATION

## MEMBERS OF THE SENIOR SERVICES COLLABORATIVE:

### **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

### **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**

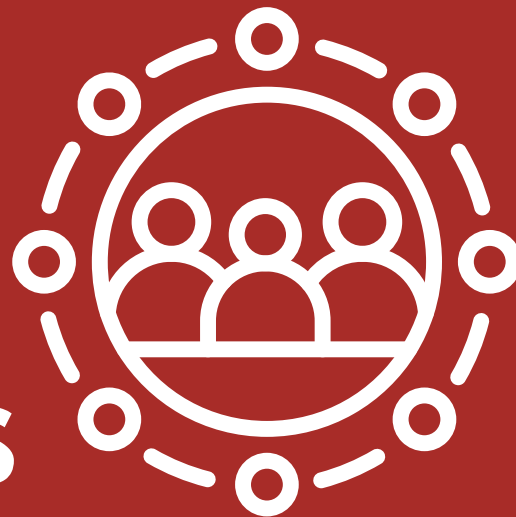
Andrew Hopewell

### **Virginia Department of Health**

Meghan Costello

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

# AGING TOGETHER'S IMPACT BY THE NUMBERS



**180**

NUMBER OF CALLS OR  
EMAILS TO AGING  
TOGETHER TO RECIEVE  
HELP WITH RESOURCES

**527**

NUMBER OF INDIVIDUALS  
& BUSINESSES TO DATE  
WHO COMPLETED  
DEMENTIA AWARENESS  
SESSIONS

**716**

PEOPLE WHO  
ATTENDED FREE  
EDUCATIONAL AND  
SUPPORT PROGRAMS

**1,014**

PEOPLE WHO  
ATTENDED AGING  
TOGETHER'S 3  
SIGNATURE EVENTS

**1,870**

PEOPLE WHO LEARNED  
ABOUT AGING  
TOGETHER'S MISSION  
AT COMMUNITY  
PRESENTATIONS

**53,800**

SAW AGING TOGETHER  
THROUGH  
SOCIAL MEDIA POSTS

**16,884**

NUMBER TO DATE OF  
THE REGIONAL RESOURCE  
GUIDE FOR OLDER ADULTS  
DISTRIBUTED  
(hard copy or electronic)

**2,824**

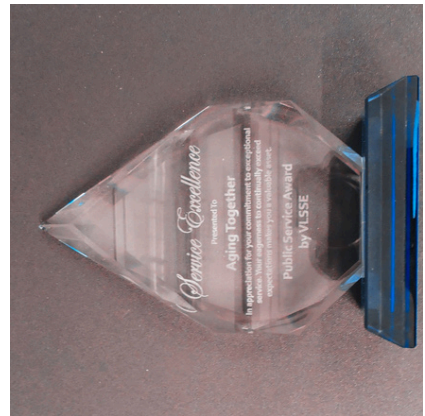
FREE RIDES PROVIDED  
THROUGH THE  
REGIONAL  
TRANSPORTATION  
COLLABORATIVE

# HIGHLIGHTS FY2023-24 ★★★★★

The annual 5 Over 50 Celebration, honoring older adults who make a significant impact in their communities, happened in May. Honorees are nominated by the public. This year's honorees were: Butch Davies (Culpeper County), Carolyn Kirkland (Fauquier County), Donna Waugh-Robinson (Orange County), Karen & Troy Coppage (Madison County), and Steph Ridder (Rappahannock County).



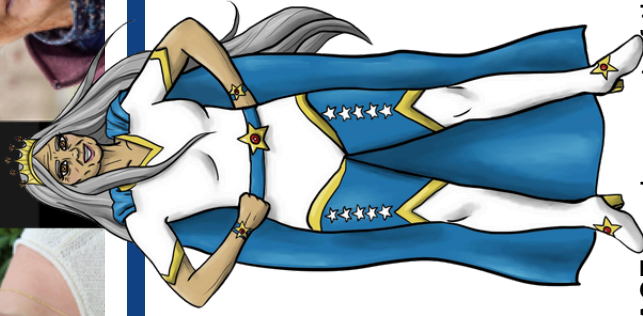
Aging Together was presented with a public service award by the Virginia Department of Social Services Executives for AgeWise, the monthly resource email bulletin.



All 5 county governments in Aging Together's region proclaimed **May as Older Americans Month.**

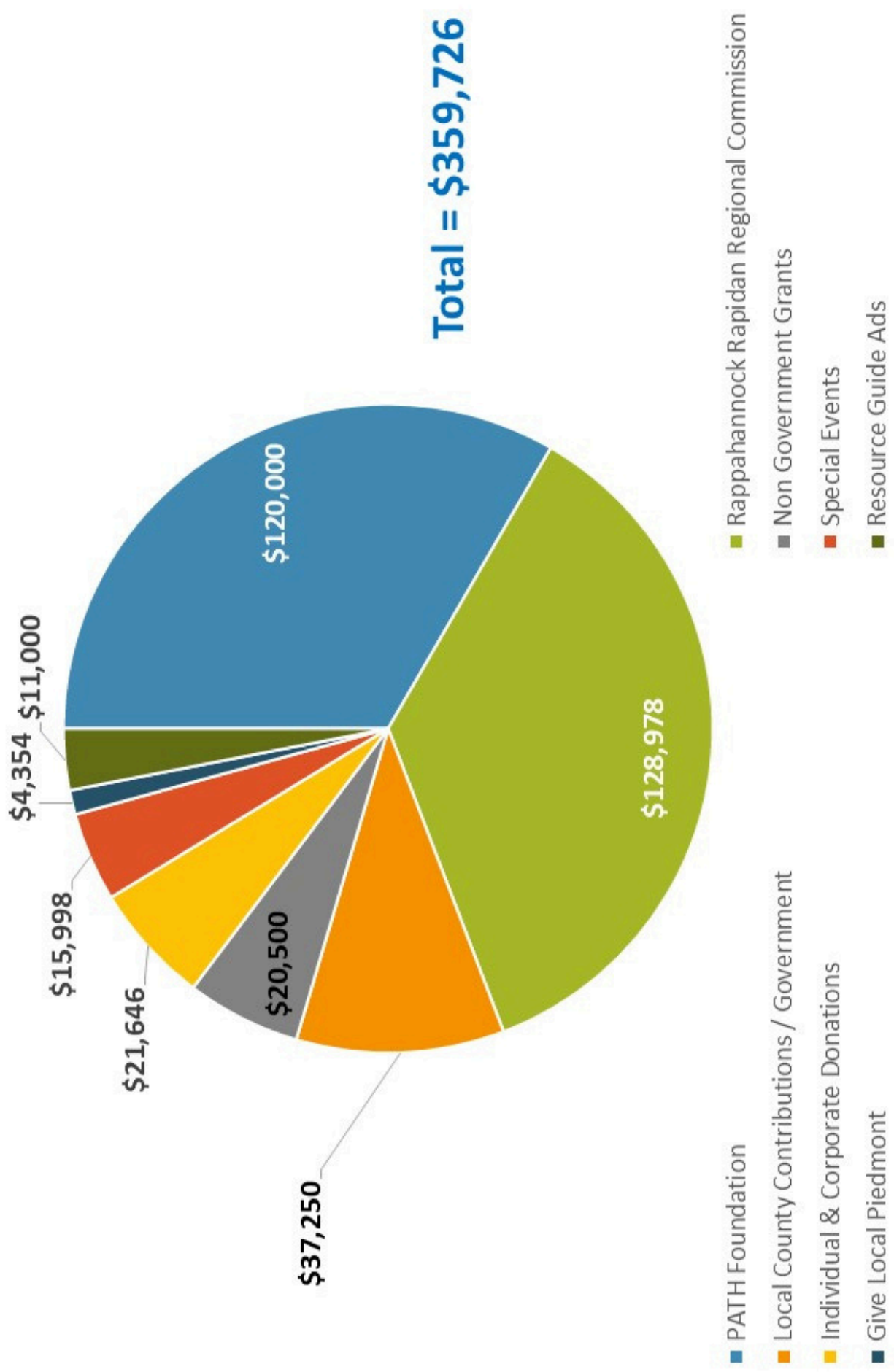


*Paul Bates of the Culpeper County Board of Supervisors, presents Ellen Phipps with the May proclamation.*



**SUPREME SAGE** was born out of the Culpeper Library's Culpeper Con which inspires local nonprofits to create superheroes that embody the spirit of their organization. Sage's superpower is WISDOM, a potent force that only comes with age. Sage loves all generations, but won't tolerate stereotypes of aging, so watch out!

# Aging Together Revenue FY2023-2024



# 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.

## 2023 RESPONSE TO CRITICAL CONCERN

Aging Together and partners respond to Surgeon General's report on social isolation with "The Social Connection: Accelerator for Better Health" conference and subsequent follow up meetings and action steps.