



Newsletter

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CFS-TIPS - PO Box 311, Clifton, VA 20124
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TIPS—Help for Seniors Just When Government Programs are being cut

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Clifton/Fairfax Station—Transition In Place Services (CFS-TIPS) has arrived on the scene at a time when it has recently been recognized that it is better and less expensive for seniors to remain in their own homes as long as possible, but, as a result of current budget difficulties, States are rolling back support services for elderly and disabled residents. TIPS' goal is to help bridge the gap.

At least 15 States, including Virginia, are reducing funding for programs that allow low-income shut-ins to receive personal care, such as cleaning, cooking, and basic health services. These cutbacks are exacerbating the already long waiting lists for home-care support services. Low income elderly and disabled must dip into already meager incomes to hire their own help. And for some, this reduced funding means they will be forced into nursing homes prematurely, further reducing their quality of life. Virginia has also cut off annual support payments of \$500 to people caring for the needy free of charge.

Perhaps surprisingly, within our own “affluent” community, we find that there are about 300 persons living on incomes at a level of 25% above the poverty level (a level used to identify those needing help to remain in their homes). The Government support reductions mean that these people will receive less help through existing State and County support programs. In addition, others with even higher incomes will also see other “free” support programs becoming unavailable.

TIPS plans to help fill some of these gaps with a program designed to assist seniors to remain in their homes with help. Programs like the Programs like the new TIPS program will now become even more important than in the past. With Governmental programs being reduced, other means must be found to provide

Merry Christmas, Happy Chanukah and Happy New Year!

Let Us Hear From You - Our ability to provide the TIPS organization and the services we propose is totally dependent upon hearing from you. We need to know, who you are, the kind of services that interest you the most, whether you are willing to help the TIPS organization or as a Volunteer helping your neighbors in the Clifton and Fairfax Station areas. Please print out this page, complete it, and mail it to us. **We Need Your Input !!!**

TIPS Indication of Interest Form

Membership:

I want to become a Member of CFS-TIPS and start receiving Phase I senior services in January 2009. My check for \$100 for couples, \$50 for singles for a year's membership is attached. Yes _____

I want to become a Charter Member of CFS-TIPS by and start receiving Phase I senior services in January 2009. My check for \$200 for couples, \$100 for singles, for two year's membership is attached. *This will help provide the working capital to launch the program and services.* Yes _____

I want to become a member of CFS-TIPS at a later date and desire to keep in touch with CFS-TIPS activities and growth. Yes _____

If you know others who might be interested in the TIPS program, please make copies of this page and share them with your friends or neighbors. If you prefer we contact them, please add their names, addresses and phone numbers of the back of this form.

Supporting CFS-TIPS:

Are you interested in joining the Board of Directors and assisting CFS-TIPS? Yes _____

Are you interested in volunteering to help seniors receive services through CFS-TIPS? Yes _____

Contributions:

Will you be willing to make a tax-deductible donation to CFS-TIPS to help in further developing the senior services?

- Founding Donors: for donations of \$1,500 and more,
- Golden Circle: for donations of \$1,000 and more,
- Patron: for donations of \$500 and more,
- Sponsor: for donations of \$250 and more,
- Friends of TIPS: for donations of less than \$250.

Type and Specific Services you feel are needed most?

Use the back of this form for additional services and/or comments.

Name: _____

Address: _____

Phone: _____ E-mail Address: _____

Please return this form to CFS-TIPS at PO Box 311, Clifton, VA 20124

TIPS—Help for Seniors Just When Government Programs are being cut (Continued from P. 1)

TIPS is looking for both members and volunteers. Members will have access to “vetted” support services through Senior Checked. These vetted services will include access to safe, reliable contractors for hire, rides to the grocery store or doctor's office, and information about local clubs, organizations, or programs. These services may help seniors avoid or defer the need to move into a retirement home prematurely. Volunteers are needed to help TIPS plan for and to provide these and other services.

To either join TIPS as a Member or to offer your services as a Volunteer, please contact any of the officers listed on the last page of this newsletter.

(Adapted from “States Cut Services for Elderly, Disabled,” by Philip Shishkin, *Wall Street Journal*, November 30, 2008.)

A Community Built on a Shared Need

Village Movement Forms Ties To Help Retirees Keep Homes

(Editor's Note: The following article, which highlighted CFS-TIPS, appeared in the October 12, 2008 edition of the Washington Post newspaper. It has been lightly edited for the purposes of brevity).

By [Fredrick Kunkle](#)

Washington Post Staff Writer

Sunday, October 12, 2008; Page B01

Nobody moved to southern Fairfax County 30 years ago for the neighborhood, because there was no neighborhood. People bought houses on the fringes of horse farms to get away from everything.

But those folks are older now, and they're missing something -- neighbors to lend a hand, offer a ride to the grocery store or drop by to say hello. To remain in the homes they have long enjoyed, residents are creating a new kind of village.

Following the lead of nationally known Beacon Hill Village in Boston, residents have formed an organization that would stitch their lives closer together and offer a variety of services that might allow them to hang on to their lifestyle as they age. Known as Clifton-Fairfax Station Transition in Place Services, it is one of a half-dozen of such grass-roots organizations forming in the Washington region and across the country as America's baby boomers age together.

For an annual fee, these organizations use a small professional staff and volunteers to arrange members' transportation to the doctor's office or the grocery store, to find in-home medical care or to compile a list of reliable contractors who do home repairs at a discount. Modeled on the idea of a hotel's concierge service or a village's face-to-face volunteerism, the organization is part of a broader strategy to promote "aging in place" as an alternative to retirement homes.

The village movement is attracting attention as the leading edge of baby boomers reaches 65 in 2011. The idea appeals to people who want to stay in their homes as they grow older; a group that surveys estimate is 90 percent of the elderly. The approach can help the pocketbook, and the faltering economy has given the concept a new urgency.

The Clifton-Fairfax Station village (CFS-TIPS) will begin operating in January. Mount Vernon at Home, a similar organization in Fairfax's inner suburbs, plans to start up in spring. The Clifton-Fairfax Station village organizers hope the secluded homes that long ago had been connected by horse trails and two-lane highways will be linked by a round-the-clock telephone call center.

"This is where I've lived now for 40 years. I don't want to move," said David Smith, who came to Clifton Presbyterian Church for the Clifton launch. "Out here, we live sort of independently. And that's one of the problems we're facing."

Dwight D. Eisenhower was in the White House when Shirley Davis and her husband bought the general store at Wolf Run Shoals and Clifton roads. The store had been at that crossroads, in one form or another, since the late 1800s, and it was a good place for getting to know people.

"When I first got here, you knew almost everybody who went up the road in a car," said Davis, 76. There was no need for an organization to look out for one another. It was something people just did. Now, Davis lives alone in a stone house across from the store that still bears the family name.

Her husband, Leighton, who died in 1990 at 65, purchased the land in a bankruptcy sale for \$1,500, and there was plenty more open land around it.

Her two grown daughters live in the area, and she has some good friends who are often up for a drive in her Lincoln Town Car to shop or see autumn leaves, but it's not like it used to be. She fights depression, something that got easier with medication. It bothered her that she couldn't do what she used to do, such as working in the garden.

All the same, she said, this is her house, and she wants to live in it as long as she can. A relative put it this way: "She said she's not leaving her house till they take her out in a box."

The interest in village communities has grown since Beacon Hill Village opened Feb. 1, 2002. "It is a lot less expensive to stay in your home than to move to a nursing home,"

said Beacon Hill Village's executive director, Judy Willett. She said state governments, foundations and such programs as Medicare and Medicaid are studying the movement as a way to hold down costs associated with aging.

Unlike Beacon Hill Village, which serves about three square miles, Clifton-Fairfax Station would cover 47.5 square miles in an area where land is zoned for homes on five acres or more. The organization will cover an area extending south from Braddock Road, between Union Mill Road and Ox Road/Route 123, to the Occoquan River. Cole said about 30,000 people live in the area, 3,000 of them 65 or older. Dues have been set at \$100 a year.

"That's the challenge for us," said organizer William W. Cole, 77. "If you want to pick up three people to go to the grocery store, they're not going to be neighbors."

To outsiders, the area seems like a wealthy enclave, with a touch of horse country for the middle- and upper-classes. But appearances mask the number of house-rich older people whose wealth is locked into their homes and who get by on modest pensions.

An Invitation to Party!

On January 25, 2009, we will hold our first social gathering and you are invited! This will be an informal get together to meet everyone involved in making CFS-TIPS a success. It will also provide a chance for you to tell us what you would like to see us do in future social events. We will provide light refreshments at the Clifton Town Hall from 3:00 to 5:00 PM. Please join us and feel free to invite your friends or neighbors who might like to learn more about CFS-TIPS.

CFS-TIPS is Growing!

We're excited to report that we have grown to about 15 members and almost 50 volunteers! Much of the growth occurred as a result of our kick-off meeting. We also have contacted over 100 Home Owners Associations and 20 places of worship to make them aware of our mission and invite their participation. We will continue these efforts over the next few months.

The Switch to Digital Television Is Coming Soon

Digital Television (DTV) is an advanced broadcasting technology that will transform your television viewing experience. DTV enables broadcasters to offer television with

better picture and sound quality. It can also offer multiple programming choices, called multicasting and interactive capabilities.

The Transition to Digital TV

After February 17, 2009, full-power TV stations will broadcast in digital only. They will cease broadcasting on their current analog channels, and the spectrum they use for analog broadcasting will be reclaimed and put to other uses such as public and safety services (police and fire departments, emergency rescue), and advanced wireless services.

Do You Need Additional Equipment?

Consumers who rely on antennas (including outside antennas and "rabbit ears") to receive over-the-air broadcast signals on TV sets having only analog tuners will need to obtain separate digital-to-analog set-top converter boxes to watch over-the-air TV. These boxes receive digital signals and convert them into analog format for display on analog TVs. Analog sets connected to such converter boxes will display digital broadcasts, but not necessarily in the full, original digital quality.

Cable and satellite subscribers may not need new DTV equipment to view DTV programming in digital format. You should ask your provider what you will need and when.

Converter Box Coupon Program

Between Jan. 1, 2008, and March 31, 2009, all U.S. households will be eligible to request up to two coupons, worth \$40 each, to be used toward the purchase of up to two, digital-to-analog converter boxes. The National Telecommunications and Information Administration (NTIA) has responsibility for administering the coupon program. (Please note that these coupons will expire 90 days after mailing). More information can be found at www.DTV2009.gov.

If you do not have access to the Internet and need help obtaining a coupon, please contact Nancy Simmons at 703-250-5984 if you need assistance in obtaining a coupon." (Condensed from <http://www.dtv.gov/whatisdtv.html>)

Northern Virginia Aging Network (NVAN) 2009 State Legislative Platform and Budget Priorities

(Editor's note: Since NVAN focuses upon many efforts that are complementary to CFS-TIPS initiatives; I thought our readers might find the

following information useful. You can find additional information about NVAN at <http://www.novaregion.org/indexand> follow the links to NVAN.)

Northern Virginia Aging Network (NVAN) 2009 State Legislative Platform and Budget Priorities

Promote Accessible Housing:

Amend the Livable Homes Tax Credit to at least \$1,000 per residence for making homes more accessible; and promote availability of program.

Improve Training for Direct Care Workers in Long-Term Care:

Strengthen training requirements for direct care workers in long-term care settings (nursing home, assisted living, home/community-based). Focus on enhancing interpersonal communications with individuals needing care. Include culturally and linguistically appropriate services, such as foreign language translation assistance.

Recognize Older Adult Mental Health Needs:

Recognize, through a legislative resolution, the importance of older adult mental health service in a continuum of care that promotes aging in place and values of self-determination and empowerment.

Raise Personal and Skilled Care Medicaid Reimbursement Rate 10%:

To make most effective use of our Medicaid budget by building and sustaining a quality long-term care workforce, raise Medicaid reimbursement rates for personal care services and skilled/private duty nursing by 10%, and establish an annual inflation adjuster.

Support Long-Term Care Ombudsman

Staffing: Appropriate funds for adequate local and State Long-Term Care Ombudsman staffing. This program advocates for Virginians receiving long-term care services.

Fund RAFT (Regional Older Adult Mental Health Support Team) Outreach:

Appropriate \$1.5 million for an intensive specialized geriatric mental health community outreach team.

Fund Home and Community Based Services:

In view of the dramatic rise in food and fuel costs, support communitybased services provided by Area Agencies on Aging -- especially nutrition, transportation and in-home services, which keep people at home rather than more costly (and Medicaid dependent) nursing homes.

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