Inside this issue:
Best of the Burg 2021 - Medical Transport 1
Travel Training 2
A Matter of Balance 3
Virginia Rent Relief Program 4-5
Fourth Annual Electric Stride 6-7
Nursing Home Visitation & Quarantine – FAQ 8-11

2021 Holiday Closings
Monday, January 18 - Martin Luther King, Jr.
Monday, February 15 - Washington’s Birthday
Monday, May 31 - Memorial Day
Friday, June 18 - Juneteenth Day
Monday, July 5 - Independence Day (observed)
Monday, September 6 - Labor Day
Monday, October 11 - Columbus Day
Thursday, November 11 - Veterans Day
Wednesday Noon through Friday November 24 - 26 Thanksgiving Day
Friday, December 24 - Christmas Day (observed)

Voted FAN FAVORITE in the Best Medical Transport Company category in the annual “Best of the Burg Contest”, Healthy Generations transportation programs continue to provide safe, reliable, essential transportation services to area seniors and individuals with disabilities. To learn more, call 540-656-2985.

Healthy Generations Mobility Options and Transportation drivers are here for you. We’ve provided almost 300 free rides to and from COVID-19 Vaccination clinics throughout the Fredericksburg Region since February.

Many older Virginians want to get the COVID-19 vaccine but can’t find transportation. That’s why AARP Virginia is helping the Healthy Generations Area Agency on Aging spread the word that they arrange free transportation to COVID-19 vaccine appointments.

Right now, free transportation is available for people 60 and older who live in the City of Fredericksburg and counties of Caroline, King George, Spotsylvania, and Stafford.

Schedule a Free Ride
Date & Time:
Monday through Friday
8:00 a.m. – 4:30 p.m.
Location:
Call 540-371-3375

To enhance the quality of life for all older citizens.
TAKE THE TRAVEL TRAINING CHALLENGE!

WITH FRED TRANSIT AND TAMARA!

Can we reach 100 people by the end of August?? You decide!

Call 540-371-3375 and ask about Travel Training to learn more!

Delegate Josh Cole & Ms. Eunice Haigler, Germanna's Mark Haines, disAbility Resource Center's Kim Lett & family, and even Gus from the Fred Nats have taken the challenge! Are you next?!

#itookthechallenge

Summer Safety Tips

- **Stay Hydrated**
  - Drink 8 or more glasses of water per day to stay healthy & hydrated

- **Know the Side Effects of Medications**
  - Some medications have side effects such as drowsiness or sun sensitivity

- **Stay Cool**
  - Stay in the A/C, indoors, go swimming, etc.

- **Wear Light, Loose Fitting Clothing**
  - Wear breathable clothing and light colors that reflect the sun

- **Have Emergency Contacts**
  - Have a list of people to call in case of emergency

- **Know the Weather Forecast**
  - Plan your days accordingly depending on the weather
Evidence-Based Program: A Matter of Balance

Key Takeaways

- Help older adults reduce their fear of falling by learning to view falls as controllable.
- *A Matter of Balance* will also set goals for increasing activity levels, encourage small changes to reduce fall risks at home, and ways to exercise to increase strength and balance.

*A Matter of Balance* (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely. Class size is between 8-12 participants.

Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts.

- **Target audience:** Adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance, and strength, who may have fallen in the past, and have restricted their activities because of concerns about falling.

- **Health outcomes:**
  - Improved falls efficacy
  - Improved falls management
  - Increased activity/exercise level

- **Length:** 8 two-hour sessions, either once per week for 8 weeks or twice a week for 4 weeks

- **Training:** In-person

- **Topic(s)**
  - Physical Activity
  - Falls Prevention
Struggling to pay your rent due to the COVID-19 pandemic?

The Virginia Rent Relief Program may be able to help

Virginia is administering relief for renters experiencing a negative financial impact due to the COVID-19 pandemic through the Virginia Rent Relief Program (RRP). Through this state program, you can apply (or your landlord may apply on your behalf) to receive funds to pay delinquent rent arrear payments back to April 1, 2020, and up to three months of payments into the future to maintain housing stability. The total payments may not exceed a total of 15 months of rental assistance per household.

Eligibility
The Virginia RRP will provide financial help on behalf of renters who meet the following criteria:

- Have a valid lease agreement in their name or other documents confirming the landlord-tenant relationship, and live in the unit at time of application
- Have a rent amount that is at or below 150% Fair Market Rent
- Have a gross household income at or below 80% of the area median income
- Have experienced a financial hardship directly or indirectly due to the coronavirus pandemic including but not limited to:
  - Being laid off
  - Place of employment has closed
  - Reduction in hours of work
  - Loss of spousal/child support
  - Inability to find work due to COVID-19
  - Having to stay home with children due to distance learning / closure of day care or school
  - Increase in expenses due to COVID-19, such as child care, medical bills, etc.
  - Unwilling or unable to participate in previous employment due to the workplace’s high risk of severe illness from COVID-19

Required documents
You’ll need the following as proof of eligibility:

- Proof of income (for example: pay stubs, bank statements, letter from employer, Social Security documents, pension)
- Valid lease or other documentation of landlord-tenant relationship
- Rent ledger (landlord provides)
- Completed application and agreements
- Virginia W-9

Learn More & Apply:
Contact your landlord today to apply on your behalf. This is the quickest way to access rent relief.

Or apply for yourself. Get started on DHCD’s website: dhcd.virginia.gov/eligibility

The Virginia Rent Relief Program is administered through the Virginia Department of Housing and Community Development. Virginia Housing is the grantee for landlord-initiated applicants. For more information, visit dhcd.virginia.gov/rrp.
Attention Owners, Management Owners and Landlords
Do you have tenants struggling to pay their rent due to the COVID-19 pandemic?

Virginia is administering relief for renters experiencing a negative financial impact due to the COVID-19 pandemic through the Virginia Rent Relief Program (RRP). You can now apply through Virginia Housing on behalf of tenants to receive funds to pay delinquent rent arrear payments back to April 1, 2020, and up to three months of payments into the future to maintain housing stability. The total payments may not exceed a total of 15 months of rental assistance per household.

Eligibility
The Virginia RRP will provide financial help on behalf of renters who meet the following criteria:

- Have a valid lease agreement in their name or other documents confirming the landlord-tenant relationship, and live in the unit at time of application.
- Have a rent amount that is at or below 150% Fair Market Rent.
- Have a gross household income at or below 80% of the area median income.
- Have experienced a financial hardship (directly or indirectly) due to COVID-19, including but not limited to:
  - Being laid off
  - Place of employment has closed
  - Reduction in hours of work
  - Loss of spousal/child support
  - Inability to find work due to COVID-19
  - Having to stay home with children due to distance learning / closure of day care or school
  - Increase in expenses due to COVID-19, such as child care, medical bills, etc.
  - Unwilling or unable to participate in previous employment due to the workplace’s high risk of severe illness from COVID-19

Required documents
You’ll need the following as proof of eligibility:

- Tenant proof of income (for example: pay stubs, bank statements, letter from employer, Social Security documents, pension).
- Valid lease or other documentation of landlord-tenant relationship.
- Rent ledger.
- Completed application and agreements.
- Virginia W-9.

Take Action Today to See how RRP may help tenants pay their rent.

Visit our website: VirginiaHousing.com/RentRelief
Or email us at: RentRelief@VirginiaHousing.com

The Virginia Rent Relief Program is administered through the Virginia Department of Housing and Community Development. Virginia Housing is the grantee for landlord-initiated applicants. For more information, visit dhcd.virginia.gov/rrp.
ABOUT HEALTHY GENERATIONS

Created as a not-for-profit corporation in July of 1976, Healthy Generations serves Planning District Sixteen, comprised of the City of Fredericksburg and the surrounding counties of Caroline, King George, Spotsylvania, and Stafford.

The Older Americans Act, as amended, stipulates that each state establish Area Agencies on Aging to be responsible for the development of services for senior citizens. Area Agencies on Aging have the responsibility for developing such services so that available programs remain responsive to the needs of the elderly.

The mission of Healthy Generations Area Agency on Aging is to enhance the quality of life for all older citizens.

Its vision is: To promote and assure the highest level of service attainable for every older person in Planning District 16, which will provide the opportunity to live a more dignified and meaningful life.

HGAAA CAN HELP WITH
Carenet - Personal Emergency Response System
Emergency Assistance
Employment Training
Home Delivered Meals
Homemaker Services
Legal Assistance (Referral)
Long-Term Care Ombudsman Program
Senior Cafes
Directory and Newsletter
Telephone Reassurance Checking
Transportation
Virginia Insurance Counseling/Advocacy

WALK THROUGH BEAUTIFUL DOWNTOWN FREDERICKSBURG

Starting with a 9:30 am registration in the parking lot of Brock’s Riverside Grill, join other walkers for a leisurely stroll or a morning power walk through downtown Fredericksburg. Walk the same streets as George Washington and his family, Civil War soldiers and everyday residents of then and now.

REGISTRATION:
9:30 am
Brock’s Riverside Grill
503 Sophia St.
Fredericksburg, VA 22401

For more information on sponsoring and walking scan this code.
Electricity can transform people's lives, not just economically but also socially. - Piyush Goyal

**BE A SPONSOR**

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Interested in being a sponsor? Mail your payment and contact information to:
HGAAA 460 Lendall Lane, Fredericksburg, VA 22405;
visit www.healthygenerations.org or call us at 540-371-3375
You'll be contacted for your logo

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**REGISTER TO WALK**

Name

Address

City _____________________________ State ___________ Zip __________

T-Shirt Size _______________________

Registration is $10 per person or $25 per family
Nursing Home Visitation and Quarantine: Frequently Asked Questions (FAQs) & Advocacy Strategies for Families

In March 2021, the Centers for Medicare and Medicaid Services (CMS) revised their visitation guidance based on the high COVID-19 vaccination rates of nursing home residents. The new guidance should make it easier for residents to receive visits from family and friends. The Centers for Disease Control and Prevention (CDC) also updated their guidance in March and again in April regarding when long-term care facility residents are required to quarantine.

Despite these changes, many families still have questions and concerns relating to visitation and quarantine. Below are some of the most frequent questions we are asked by family members. Our responses are based on the CMS and CDC guidance and show how the guidance can be used to help families advocate for their loved ones. While we are addressing family members in this document, it is important to remember that the right to visitation lies with the resident, not the visitor.

We have also included general advocacy strategies and tips if the facility is not following the guidance or denying residents’ rights.

Common Issues Under the Revised CMS and CDC Guidance

1. Can the facility refuse indoor visits?

The facility should be allowing indoor visitation “at all times for all residents,” except for the following very specific situations:

- The resident is not vaccinated, the nursing home’s COVID-19 county positivity rate is higher than 10%, and the resident vaccination rate in the facility is less than 70%;
- The resident has a confirmed case of COVID-19;
- The resident is in quarantine; or
- There is an outbreak in the facility. When this occurs, visitation is temporarily suspended while outbreak testing is conducted. Visitation should then be resumed depending on the testing results.

Other than these situations, a facility should always permit indoor visitation. The guidance does not provide for any other instances when indoor visitation can be denied.

2. Can the facility limit the length and frequency of visits to 15 minutes once a week?

The CMS guidance states that while facilities should allow indoor visitation at all times, they can “consider scheduling visits for a specific length of time to help ensure all residents are able to receive visitors,” and they can consider how the total number of residents in a facility may affect their ability to maintain the core principles of infection prevention.

However, the facility should not be arbitrary in its scheduling. In addition, all visitation must be “person-centered.” If a fifteen-minute visit is not sufficient for your loved one, ask facility staff for a longer visit. If they refuse, ask for the reasons. If the reasons relate to COVID-19 infection prevention, ask about alternatives to enable the person-centered visits the resident needs. If the reasons are not tied to infection prevention, the facility should allow the visit.
3. Can the facility refuse to allow visitation because they do not have enough staff?

No. The facility should not refuse visitation due to lack of staff because the guidance states that:

- Facilities should allow indoor visitation at all times and for all residents “... except for a few circumstances when visitation should be limited due to a high risk of COVID-19 transmission...” The only four situations the guidance lists for when visitation can be limited are identified in FAQ #1.
- A nursing home **must** facilitate in-person visitation and would be subject to potential enforcement action if it failed to do so without adequate reason related to clinical necessity or resident safety. The guidance never mentions staffing as a reason to limit visitation.

If visitation is still denied, point out the federal nursing home regulations about staffing. Nursing homes must have sufficient staff to meet each resident’s needs and to attain or maintain the resident’s physical, mental, and psychosocial well-being.

If the facility indicates that it has sufficient staff, then it has enough staff to safely facilitate visitation. If the facility responds that it does not have sufficient staff, then it would be violating federal regulations and possibly placing residents at risk. You should file a complaint with your State Survey Agency (see General Advocacy Strategies and Tips below).

4. Can the facility restrict me from visiting my loved one in her room? She needs help eating and has lost forty pounds during the pandemic.

**If there is no roommate:** If your loved one does not have a roommate, the facility should allow visitation in your loved one’s room.

**If there is a roommate:** The updated CMS guidance says that residents who share a room should not have visits in their rooms if possible. However, if the health status of the resident prevents them from leaving the room, the guidance states that the facility should try to enable in-room visitation while following all infection prevention guidelines.

In this instance, while your loved one may be able to physically leave the room, you should advocate that their weight loss makes visits in the room necessary so you can provide them with the assistance they need to eat.

Regardless of whether or not there is a roommate, your loved one’s weight loss should make them eligible to receive compassionate care visits. These visits are allowed when residents are not receiving the care required to meet their specific needs and are experiencing a decline or emotional distress. Compassionate care visits are permitted even when other visitation is restricted.

For help making your case for compassionate care, see our fact sheet.

5. Can a facility shut down visitation for fourteen days after a staff member tests positive, even if the facility’s outbreak testing showed no further cases?

No. An outbreak is considered to be one or more new cases of COVID-19. According to the guidance, if there is a new case of COVID-19, a facility should immediately suspend visitation and begin outbreak testing. If the outbreak testing shows no additional cases, then visitation can resume in all areas of the facility where there are no COVID-19 cases.

In this instance, since the outbreak started with a staff member, the staff member should be self-isolating and no longer present, so visitation should fully resume.
6. **Can a facility require a negative COVID test before I visit my loved one? Can they require me to be vaccinated before they let me in for an indoor visit?**

No. While facilities can encourage you to be tested and can offer testing, the CMS guidance clearly states, “visitors should not be required to be tested or vaccinated (or show proof of such) as a condition of visitation.” A facility cannot require you to show a negative test before you visit. In addition, they cannot require you to be vaccinated.

7. **Can a facility deny compassionate care visits because my loved one is not at “end-of-life?” My loved one is really suffering.**

No. The CMS guidance is very clear that compassionate care visits are not just for end-of-life situations. If your loved one has declined physically or emotionally or is experiencing emotional distress, they should be allowed to receive compassionate care visits. The facility should work with you, your loved one, and your long-term care Ombudsman to determine the need for these visits. Both the need for and nature of these visits should be “person-centered,” meaning they should be individualized and customized to promote the resident’s well-being. Refer to our [fact sheet](#) for help making the case for compassionate care.

However, it is important to remember that the March 2021 revised CMS guidance also permits indoor visitation for all residents at all times except in specific situations. This means that most of the time you should be allowed visitation even if your loved one does not qualify for compassionate care.

8. **Can my loved one be forced to quarantine when she enters a new facility? I really want to visit to help her with her adjustment. She’s struggling and confused.**

According to CDC guidance, vaccinated residents who enter a new facility do not have to quarantine unless they have had prolonged close contact (within six feet for fifteen minutes) in the prior fourteen days with someone with COVID-19.

Similarly, if your loved one has had COVID-19 in the past three months, they should not be placed under quarantine when entering a new facility. This applies regardless of any prolonged exposure to COVID-19.

However, your loved one will be subject to quarantine when entering a new facility if they are not vaccinated.

Being in quarantine does not always mean a resident cannot receive visits. The CMS guidance specifically identifies a resident struggling with a change in environment and lack of family support after moving into a nursing home as a reason for compassionate care visits. If you loved one is in this situation, they likely qualify for compassionate care visitation.

For more on the CDC guidance on quarantine and what it means for nursing home residents, see our [fact sheet](#).

9. **Will my loved one be quarantined if they leave the facility for a medical appointment? What if I bring my loved one home to visit family for the evening? Does it matter how long they are gone from the facility?**

If your loved one wants to leave their nursing home, they can leave whenever they like. They are not a prisoner and are always free to leave. Nevertheless, in some situations they may be required to quarantine upon their return. Any resident who has had prolonged exposure to an individual with COVID-19 outside the facility in the prior fourteen days must be quarantined - whether or not the resident is vaccinated. Read more in our [summary on quarantining](#).
Residents who are out of the facility for less than 24 hours should not be quarantined unless they have had prolonged contact with someone with COVID-19. This means that your loved one can go to a medical appointment or visit with family at your home without fear of quarantine upon return.

Residents who leave the facility for 24 hours or longer should not be quarantined if they: (1) are vaccinated and have not had contact in the prior fourteen days with someone with COVID-19; or (2) have had COVID-19 within the past three months. All other residents must be placed in quarantine.

**10. Now that my loved one is vaccinated, does that change what they can do or what our visits look like?**

Yes! The recent CDC guidance makes some important changes:

- Vaccinated residents can take part in group activities with other vaccinated residents without masking or social distancing.
- Vaccinated residents can participate in communal dining with other vaccinated residents without masking or social distancing.

(However, in both situations, if unvaccinated residents or staff are present, then masks should be worn and anyone unvaccinated should continue social distancing.)

- If a resident is vaccinated, their visitor is also vaccinated, and they visit privately in their room or another designated visitation room, their visit can be conducted without masks or social distancing.

**General Advocacy Strategies and Tips**

If you believe your loved one is being denied access to visitors and/or inappropriately quarantined, the first step is to use the guidance to make the points discussed above. Print out the CMS and CDC guidance and highlight the pertinent sections pertaining to your loved one’s situation. Then ask facility staff to explain the reason for their actions. If the reasons are not in line with the CMS and/or CDC guidance, share the guidance with them.

**If the concern about visitation or quarantine continues, here are some additional steps to take:**

- **File a grievance.** Every facility must have a grievance process and a grievance official who oversees the process. Once you file a complaint or concern, the facility must investigate the issue, report its findings, and give you a written response stating what action has been taken or will be taken as a result of the grievance.
- **Raise your concerns at the next care plan conference or request a special care plan conference.** The care plan meeting is an opportunity to share your concerns with staff, talk about what can be done, and develop a solution.
- **Contact your local long-term care Ombudsman program.** Ombudsman representatives advocate on behalf of residents. They may be able to help you resolve the situation. To find the ombudsman program that covers your loved one’s facility, go to: [https://theconservencrime.org/get_help](https://theconservencrime.org/get_help).
- **If your facility has a family council, work with the family council on the issues you are facing.** The family council is a group that works together to address facility-wide concerns. It is often easier to make an impact as a group rather than on your own. For more on family council advocacy, see our [fact sheet on family council advocacy during COVID-19](https://theconservencrime.org/get_help).
- **File a complaint with the State Survey Agency.** This agency is responsible for regulating nursing homes and investigating nursing home complaints. You can find [contact information](https://theconservencrime.org/get_help) for your state under licensure and Certifications.
Interested in volunteering?

Many opportunities are available, contact us for more information:

www.healthygenerations.org

TO:

Visit the Agency’s Facebook Page at https://www.facebook.com/RappahannockAreaAgencyonAging/ and see more pictures from this and other events.