



COMMONWEALTH of VIRGINIA

Department for the Aging

Julie Christopher, Commissioner

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Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Faye D. Cates, MSSW, Human Services Program Coordinator

DATE: March 13, 2007

SUBJECT: END OF LIFE COMPANION PROGRAM

The State University of New York's (SUNY) Upstate Medical Center issued the following news release:

A new program at University Hospital hopes to ensure that no one dies alone. End of Life Companions puts a specially trained volunteer at the bedside of a dying patient when family or other loved ones cannot be present for the final goodbye. "When no one else can be there, we will," said Pat Knox, University Hospital's palliative care coordinator, who directs the program.

University Hospital in Syracuse, New York, wants to ensure that no one dies alone. The hospital's End of Life Companions Program uses specially trained volunteers to be present at a person's bedside if he or she is expected to pass away in 24 to 48 hours and there is no friend or relative nearby. Modeled after a similar program in Oregon, volunteers meet with the patient's nurse once they arrive at the hospital and are briefed on any ethnic, spiritual, and religious needs or requests. University Hospital believes that about 5% to 10% of its patients who die at the hospital die alone.

[<http://www.innovations.harvard.edu/news/17107.html>]
End of life companion program unveiled

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: March 13, 2007

SUBJECT: Reminder - March 22 Deadline for Registration for the **7th Annual Spring AAA Nutrition Staff Workshop**

Don't forget to sign up for the training workshops for AAA congregate meal site and senior center staff, home delivered meals drivers and others in cooperation with Piedmont Geriatric Institute (PGI) in Burkeville. This year **Unwinding from Stress** will be the topic. A meeting and time to share with other AAA staff will follow the workshop.

The same program will be repeated on each of two days: Thursday April 19, and Tuesday, May 8, 2006. Participants should attend **one** session.

Following is the information sheet/registration form/flyer.

*The deadline to register for both sessions is March 22, 2007. The cost is \$20.00 per person and includes instruction, lunch, refreshments, and certificate. Plus \$20.00 per registered AAA for one video titled: *Laughing at Stress*. PGI handles registration and payment.*

For more information about registration or workshop content, please contact PGI at 434-767-4521 or Christy.Ballou@pgh.dmhmrzas.virginia.gov.

For other information, please feel free to contact me at 804-662-9319 or Elaine.Smith@vda.virginia.gov.

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E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov



Unwinding From **Stress**

Attend One:

DATES: Thursday, April 19, 2007 or Tuesday, May 8, 2007
TIME: Workshop from 10 AM – 2:15 PM with 30 minutes for lunch
 AAA meeting from 2:30 PM – approx. 4 PM

Stress management is like dieting or child rearing: Most of us do it, many of us run into problems with it, and there is much advice about it in magazines, seminars, on the Internet, or from well-meaning people in our circle. So why should you attend this workshop? Here are the four main reasons:



- This day will be respite from your stress. We'll try to have a good time.
- We will explore the value of various stress relief strategies, and discover why some work better for YOU than others.
- We'll focus mainly on putting stress into perspective by approaching it from the "lite" side.
- Each AAA will receive a video to take home so you can maintain what you have learned in this workshop and have lasting effects from sharing your day with us.

Come dressed for a relaxing day. Leave your cell phone or beeper at home, or at least turn it off, and tell everyone that you are going on a day retreat.

PRESENTER

Brigitte E. Pennington, MS, Director of Piedmont Geriatric Institute. She has over 20 years work experience at Piedmont Geriatric Hospital, and has taught at Longwood University and Southside Virginia Community College as an adjunct instructor.

REGISTRATION

Send registration form & check (payable to PGI) to



Piedmont Geriatric Institute
 P. O. Box 427
 Burkeville, VA 23922-0427

For more information about registration or workshop content, please contact PGI at 434-767-4521, Voice TDD 434-767-4454, FAX 434-767-4947, Email: christy.ballou@pgh.dmhmrzas.virginia.gov.

For other information, please contact Elaine Smith, Virginia Department for the Aging 804 662-9319 Email: Elaine.Smith@vda.virginia.gov



REGISTRATION FORM: *Unwinding From **Stress***

Name(s): _____

Position(s): _____

Organization: _____

Address: _____

City, Zip: _____

Telephone: _____ Email: _____

Check or Purchase Order enclosed _____ will follow _____

\$20.00 per person, totalling \$ _____
+ \$20.00 for one video per agency/site \$ _____
TOTAL: \$ _____