



COMMONWEALTH of VIRGINIA
Department for the Aging

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AAA TUESDAY E-MAILING
January 15, 2008

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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

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Long Term Care

DATE: January 15, 2008

SUBJECT: Dominion VA Power Senior Care Program
Third Party Notice

Dominion's Senior Care Program offers Third Party Notice, which allows a customer to designate a caregiver, friend or a social service agency to be notified before service is interrupted for non-payment of electric bills. Enrollment in Third Party Notice can be done by mail, which can take up to 10 days, or online at www.dom.com. The Third Party Notice Request does not have to be submitted by the customer. It can be done by the caregiver or agency with the customer's permission and account number. Account information and billing statements for up to 12 months can also be viewed online. Web access can provide daily updated information and eliminate many phone calls on behalf of clients. Individuals can also be added to Dominion's medical conditions list if they require use of electrically-powered medical equipment.

A PowerPoint presentation is now available on the VDA website for use by care coordinators/case managers to learn how to establish a User ID and Password. It can be accessed at www.vda.virginia.gov on the Topics or Site Index pages under "Energy Assistance / Dominion VA Power Senior Care Program." The direct link is <http://www.vda.virginia.gov/ppt/DominionSeniorCareProgram.ppt>



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

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

DATE: January 15, 2008

SUBJECT: Neighborhood Safety Network Tool kit

The Neighborhood Safety Network is launching a new service called the “NSN Tool Kit.” The information in this electronic tool kit may be a valuable resource to assist in formulating grassroots safety programs.

The Neighborhood Safety Network continues to grow in size and reach and aims to meet the needs of increasingly diverse members. From fire safety to keeping older consumers safe to protecting children from an array of dangers around the home, this Tool Kit will be an easy-to-access, easy-to-use medium for designing your own safety program. To ensure the Tool Kit contains timely information, the content will be frequently changing, as well as the featured partners.

Please provide feedback as to those elements of the Tool Kit that worked well for you, and any new ideas that could be helpful to others.

The NSN Tool Kit can be accessed at: <http://www.cpsc.gov/nsn/nsn.html>



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

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

DATE: January 15, 2008

SUBJECT: Injury Prevention Projects to Benefit Seniors Funded

For a number of years, the Division of Injury and Violence Prevention (DIVP) of the Virginia Department of Health has partnered with local organizations in the Commonwealth to address injury prevention among high-risk populations in their local communities. Using funds from the Preventative Health and Health Services (PHHS) Block Grant, prevention projects are selected each year to address the major causes of unintentional injury.

For 2008, two projects of interest to the aging network were funded:

First, the Prince William Agency on Aging received a \$15,000 grant to implement the project entitled *Stand Tall Don't Fall* to prevent falls among persons 65 and older. The project design uses a certified senior fitness instructor from George Mason University to train local peer volunteer fitness instructors in specific techniques focused on strength and balance improvement proven to prevent falls among older adults. Trained volunteer instructors will give three months of classes, held twice per week, at two local senior centers, five-jurisdictional owned assisted living facilities, and at senior apartment complexes. 10 volunteer instructors will be trained and 60 persons aged 65+ will participate in the project.

Congratulations Prince William!

Also funded was a proposal by the Blue Ridge Poison Center to conduct three regional poison prevention train-the-trainer sessions for care providers of senior citizens. By attending these training sessions, providers will be prepared to teach seniors about poison prevention and awareness. Trainings will occur in **Lynchburg, Martinsville, and Pulaski**. 120 caregivers from senior centers, senior day care and senior residential facilities are targeted for this project. For more information about the project entitled: *Training Care Providers of Senior Citizens to Perform Poison Prevention Education to Their Clients* and to find out how to participate contact:

Blue Ridge Poison Center
UVA Health Systems
PO Box 800774
Charlottesville, VA 22908
Telephone: 434-982-3158



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Program Coordinator

DATE: January 15, 2008

SUBJECT: Money Follows the Person (MFP) Rebalancing Demonstration
Outreach to Institutional and Home and Community-Based Services Provider

National Outreach Teleconference

Thursday, January 24, 2008 3:00-4:30 P.M. EST

1-888-793-1765

Passcode: Providers

CMS recommends that providers of home and community based services in states participating in the MFP Rebalancing Demonstration participate in this Teleconference. Virginia is completing its operational protocol for MFP, and the program will be inaugurated within a few months. The MFP program is the largest demonstration ever offered by Medicaid. It is designed to help States transition people from institutions back into the community. Virginia is planning to transition 1,041 individuals, including 325 elderly persons, under the MFP program.

For further information, please consult the attached pdf. or
<http://www.cms.hhs.gov/NewFreedomInitiative>.

Money Follows the Person (MFP) Rebalancing Demonstration
Outreach to Institutional and Home and Community-Based Services Providers
National Outreach Teleconference
Thursday, January 24, 2008
3:00 – 4:30 p.m. (EST)
1-888-793-1765
Passcode: Providers

The Centers for Medicare & Medicaid Services (CMS) cordially invites you to attend a national teleconference to hear about the core components and the current status of the Money Follows the Person (MFP) Rebalancing Demonstration. *This teleconference is limited to the institutional providers and the home and community-based services providers serving, or intending to serve, MFP Demonstration recipients. If a MFP Demonstration program is operating or is planned for your State, this teleconference will provide you with important information about the program.*

The CMS MFP team will present the hallmarks of the MFP Program, quality initiatives in the demonstration, evaluation of the demonstration and key rebalancing initiatives of the MFP grantees. After this 45 minute presentation, the teleconference will be open for your questions and comments. Please plan to join us for this important teleconference.

As you may know, the MFP Program is the largest demonstration ever offered by Medicaid. The MFP Program is providing States with \$1.75 billion in funding to promote community-based healthcare services as viable alternatives to institutional care and is designed to help States transition people from institutions back into the community, where they can preserve their independence, maintain ties to family and friends, and enjoy a better quality of life. The program has the following objectives:

1. **Rebalancing** — Increase the use of home and community-based, rather than institutional, long-term care services.
2. **Money Follows the Person** — Eliminate barriers or mechanisms, whether in the State law, the State Medicaid plan, the State budget, or otherwise, that prevent or restrict the flexible use of Medicaid funds to enable Medicaid-eligible individuals to receive support for appropriate and necessary long-term services in the settings of their choice.
3. **Continuity of Service** — Increase the ability of the State Medicaid program to assure continued provision of home and community-based long-term care services to eligible individuals who choose to transition from an institutional to a community setting.
4. **Quality Assurance and Quality Improvement** — Ensure that procedures are in place (at least comparable to those required under the qualified HCB program) to provide quality assurance for eligible individuals receiving Medicaid home and community-based long-term care services and to provide for continuous quality improvement in such services.

The demonstration provides for enhanced federal medical assistance percentage (FMAP) for 12 months for each person who meets a minimum duration of institutional living and is transitioned from the institution to the community during the demonstration period. Additionally, the State

must continue to provide community services after the 12-month period for as long as the person needs community services and is Medicaid eligible.

CMS has awarded \$1,435,709,479 in grants to 31 States. With these funds, States propose to transition 37,731 individuals out of institutional settings over the five-year demonstration period.

List of States Awarded MFP Demonstration Grants

State	Transitions	Elderly	MR/DD	PD	MI	Duals	5 Year Commitment
WI	1322	554	337	229	202		\$56,282,998
NY	2800	1190	140	1190	280		\$82,636,864
WA	660	348	80	172	60		\$19,626,869
CT	700	280	70	140	140	70	\$24,207,383
MI	2500	1500		1000			\$67,834,348
OK	2100	1575	225	300	0		\$41,805,358
AR	305	92	60	146	7		\$20,923,775
MD	3091	1617	250	1149	75		\$67,155,856
NE	900	400	200	300			\$27,538,984
NH	370	325		45			\$11,406,499
CA	2000	400	331	899	185	185	\$130,387,500
IN	1039	768	71	200			\$21,047,402
TX	2616	780	1216	420	160	40	\$142,700,353
SC	192	152		40			\$5,768,496
MO	250	50	125	50		25	\$17,692,006
IA	528		528				\$50,965,815
OH	2231	1428	584	158	61		\$100,645,125
DE	100	32	20	28	20	0	\$5,372,007
DC	1110	215	150	645	100	0	\$26,377,620
GA	1,347	375	562	375	35	0	\$34,091,671
HI	415	115	58	242	0	0	\$10,263,736
IL	3,357	1,517	105	1,000	735	0	\$55,703,078
KS	934	242	286	406	0	0	\$36,787,453
KY	431	108	216	107	0	0	\$49,831,580
LA	760	364	320	76	0	0	\$30,963,664
NJ	590	174	329	87	0	0	\$30,300,000
NC	552	22	172	202	42	114	\$16,897,391
ND	110	46	30	34	0	0	\$8,945,209
OR	780	300	179	301	0	0	\$114,727,864
PA	2600	1400	420	600	180	0	\$98,196,439
VA	1041	325	358	358	0	0	\$28,626,136

Additional information can be found at: <http://www.cms.hhs.gov/NewFreedomInitiative>.

If you have any questions, please do not hesitate to contact Cathy Cope (410-786-8287), John Sorensen (410-786-5933) or Carey Appold (410-786-2117).



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Debbie Burcham
Chief Deputy Commissioner

DATE: January 15, 2008

SUBJECT: The 27th Annual Community Forum on Aging

Christopher Newport University and the Peninsula Agency on Aging have announced the **27th Annual Community Forum on Aging** to be held Tuesday, March 11, 2008 at the Ferguson Center for the Arts at Christopher Newport University. Deadline for registration is February 19, 2008.

See attached flyer or visit www.paainc.org for additional forms or information.



The Diversity of Aging

Tuesday, March 11, 2008

The 27th Annual Community Forum on Aging

Presented by
Christopher Newport University &
Peninsula Agency on Aging

Peninsula Agency on Aging
739 Thimble Shoals Blvd, Suite 1006 • Newport News, VA 23606

SPONSORS

Continental Breakfast: Sentara Community Health & Prevention

Program Design: Newport News Parks, Recreation & Tourism's
Mature Adult Program

Registration Folders: Riverside Health System

PLANNING COMMITTEE 2008

AARP: Rhonda Pounds-Lee and Mary E. Wright

Christopher Newport University: Cheryl Mathews

CNU's LifeLong Learning Society:

Cindy Halliday, Jane Sulzberger, Rite Rountree and Carolyn Webb

Newport News Parks, Recreation & Tourism:

Bobbi Hutchko and Catharine Yusuf

Peninsula Agency on Aging:

Sharon Brandau, Dee Klapperich, William S. Massey (Chair),
David Murray and Gerald Patesel

Peninsula Health District: Marsha Wright

Riverside Health System:

Craig Connors, Donna Fitzgerald and Jackie Ward

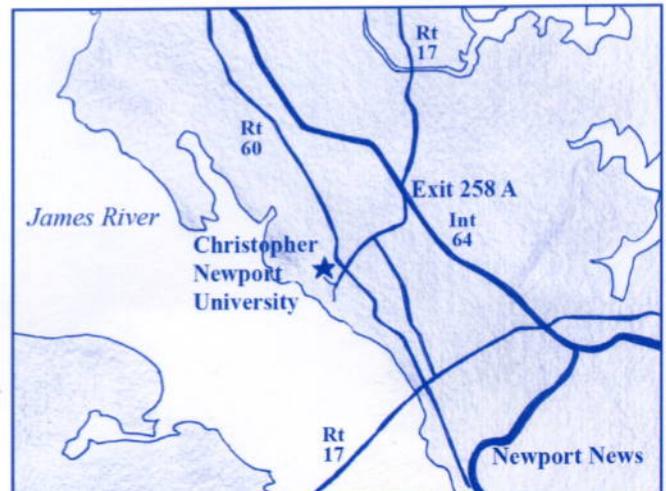
Sentara Community Health & Prevention: Peggy Croke

Volunteers: Jerry Dodson and Angela B. Staul

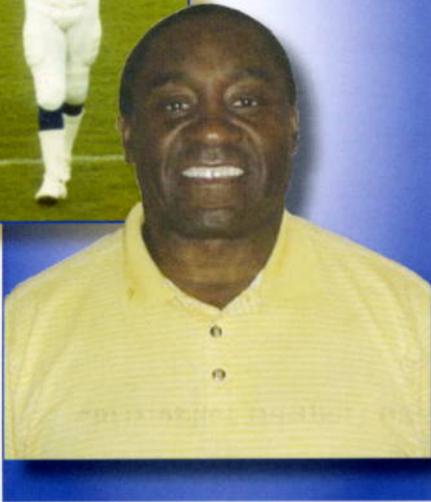
Directions

Christopher Newport University is located
in midtown Newport News.

- From Interstate 64, take Exit 258-A, J. Clyde Morris Blvd., (Rt 17 South).
- Continue straight and cross Jefferson Avenue, and then across Warwick Boulevard.
- J. Clyde Morris Blvd. becomes *Avenue of the Arts* (formerly Museum Drive) after crossing Warwick Blvd.
- Use the right lane on Avenue of the Arts.
- Turn right into Lot A and the Parking Garage.
- Van service will be available from parking areas to front door.



KEYNOTE SPEAKER:
HOWARD M. STEVENS, JR.

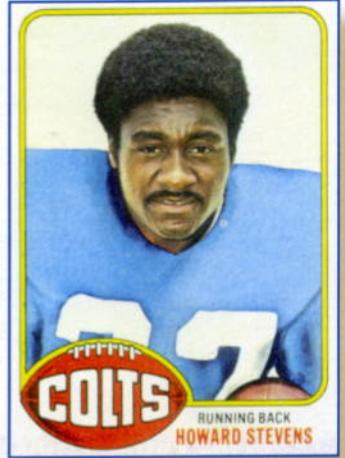


Born on February 9 1950, in Harrisonburg, Virginia, Howard Stevens was the oldest of eight children. As he grew to his 5'5" stature, he determined in the sixth grade to play in the National Football League - without ever having played an organized game of football. Even though many of his peers openly scoffed at his dream to play professional football, Howard would not be denied. When he graduated high school in 1968, he had achieved honorable mention to the High School Football All American Team. Howard went on to play college ball and held six NCAA college football records - and would go on to become one of the smallest running backs to ever play in the NFL. The New Orleans Saints drafted him in 1973 where in his rookie year he was 2nd in the National Football Conference for punt returns. In 1975 he was traded and played three years with the American Football Conference Eastern Conference Champion Baltimore Colts.

Following his success on the football field, Howard channeled his energies and attitude of success into the financial services industry. Today he is an independent financial planner. He was recently included in *Who's Who in Finance and Business*.

Howard resides with his wife of 35 years, Joyce, in Baltimore County, Maryland. They have three children and two grandchildren. When not consulting with clients regarding their retirement planning, fulfilling motivational speaking engagements or being a husband and dad, Howard's next joy is playing golf.

In "*It's Never Too Late to Start and Always Too Soon to Quit*," Mr. Stevens talks about the gift of life that each of us is given, and that at the end of the day it's how we handled our individual circumstances that determines our joy.



MARCH 11, 2008 ~ SCHEDULE OF EVENTS

Welcome to the Ferguson Center for the Arts at Christopher Newport University

7:30 - 8:25 am

Registration • Coffee • Exhibition Area Open

8:30 - 9:30 am

Welcoming Address • Keynote Speaker

9:30 - 10:30 am

Exhibition Area Open
Continental Breakfast

10:30 - 11:20 am

Workshop of Choice

11:35 am - 12:25 pm

Workshop of Choice

12:45-1:30 pm

Lunch
Door Prizes

1:40 - 2:30 pm

Workshop of Choice



**Deadline for Pre-Registration:
Tuesday, February 19, 2008**

A SPECIAL THANKS

...to our dedicated volunteers

Barbara Ailsworth, Ann Berrier,
Maxine Cain, Marion Ceconi,
Richard Chandler, Larry Chenkin,
Sarah Deyong, Martha Dodson,
Martha Field,
Glenda Green, Gary Green,
Sarah Greene,
Bill King, Jackie King,
Wylie Kirkpatrick, Jo-Ann Mahony,
Frank Smith, Peggy Smith,
Jean Smith,
Bobbie Spear, Curt Spear,
Ginny Stallard,
George Ware, Martha Ware,
Carolyn Webb, Edee Williams,
Margie Lee Wygal

"Actions and words are the windows through which the heart is seen."

American Proverb

1. Senior Living Arrangements 101

Trying to decide where to move to? Whether it is independent or assisted living, or nursing care this workshop will address what to look for in those diverse living arrangements.

Presenter: Stephanie Smith
Senior Advocate

Moderator: Jerry Dodson



2. Thumb Pain Related to Arthritis

This presentation will focus on the arthritic changes that occur in the thumb, and how therapy can address pain, joint changes, and adaptive changes to make the activities of living less painful.

Presenter: Steve Hermann, OTR
Riverside Regional Medical Center

Moderator: Jackie Ward, RN, MSN, PACNP
Riverside Regional Medical Center

3. Empowering Diverse Volunteers

This workshop is for professionals as well as the general public.

This workshop will provide participants with the management tools to use when working with a diverse group of volunteers. Topics will include recruitment, retention, motivation, evaluation, and recognition. Learn about and discuss the best strategies for your community of volunteers.

Presenter: Patrick Johnson
AARP

Moderator: Rhonda Pounds-Lee
AARP

4. PACE: All-Inclusive Care in the Community

This workshop is for professionals as well as the general public.

Programs of All-Inclusive Care for the Elderly (PACE) are unique organizations that combine Medicare and Medicaid funds to provide comprehensive medical

and social services. PACE serves frail seniors and coordinates all care in order to keep seniors in their homes and communities. This workshop will provide an overview of PACE and its eligibility requirements.

Presenter: Craig Connors
Riverside PACE



5. You are What You Eat

This workshop is for professionals as well as the general public.

There is a growing awareness in today's society that what you eat can, and does, affect your health. This workshop will help you make better food choices and develop better eating habits that can have a positive impact on the aging process.

Presenter: Cindy Angel,
MS, PA, RD, LDN
Riverside Regional Medical Center

Moderator: Jackie Ward, RN, MSN, PACNP
Riverside Regional Medical Center



**Deadline for Pre-Registration:
Tuesday, February 19, 2008**

6. Writing Your Family Stories

People have wonderful stories to tell, but believe they can't write. How to put those stories on paper is a familiar issue. This workshop will motivate you and help you enjoy the writing process as you organize your ideas, locate information and tap into overlooked sources.

Presenters:
Doris Gwaltney & Heidi Hartwiger
LifeLong Learning Society, CNU

7. Relieving Stress with Humor

This workshop is for professionals as well as the general public.



Learn some new, fun ways to manage our old nemesis - STRESS! Join us as we look at what pushes our buttons and how a bit of humor goes a long way in helping us become emotionally and physically healthier.

Presenter: Peggy Morgan, RN
Eastern State Hospital

Moderator: Sharon Brandau
PAA

8. Food Safety at Home

Food safety begins and continues through all phases of food production including buying, preparing and storing of foods at home. Learn the four basic rules: cleanliness, proper cooking, proper storage temperatures, and prevention of cross contamination. You can then put them into practice at home to help reduce the risk of foodborne illness and keep your family safe.

Presenter: Abigail Villalba, RN
VA Tech Seafood Agricultural
Research and Extension Center

Moderator: Johanna Hahn
VCE, Family & Consumer Svcs

REGISTRATION: ONE PERSON PER FORM - VISIT WWW.PAAINC.ORG FOR ADDITIONAL FORMS

In order for your registration and workshop choices to be processed, Peninsula Agency on Aging must receive your registration form & payment by 4:30 pm, Tuesday, February 19, 2008.

You may register on the day of the conference – however no lunch will be available. One person per registration form (copies accepted). No telephone registrations.

Mail check (payable to PAA) & registration form to:
Peninsula Agency on Aging, Inc.
739 Thimble Shoals Boulevard, Suite 1006
Newport News, VA 23606

FEES:

Registration:

60 years of age and over \$ 2.00 _____
 Under 60 years of age \$15.00 _____

Registration at the Door:

60 years of age and over \$ 5.00 _____
 Under 60 years of age \$20.00 _____

Box Lunch:

\$ 9.50 _____
 Sliced turkey and cheese on a croissant (with lettuce & tomato), fresh fruit cup, pasta salad, fresh-baked cookie and soft drink or bottled water.

Total Enclosed: \$ _____

Name _____

Home Address _____

City _____ State _____ Zip _____

Agency/Organization _____

Position _____

Business Address _____

City _____ State _____ Zip _____

Phone# (Day) _____ Phone# (Evening) _____

E-Mail Address _____

Are you 60 or older? Yes _____ No _____

Need Special Assistance? Yes _____ No _____

Please Specify _____

Times and Workshops Offered

Circle only ONE in each time frame.

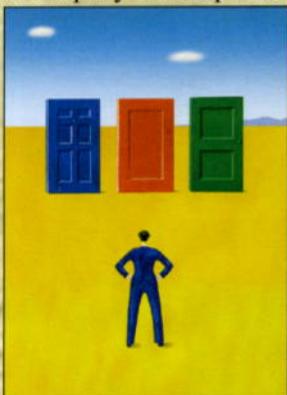
Times	General Public	Professionals
10:30 am - 11:20 am	#2 #3 #7 #8	#3 #7 #11
11:35 am - 12:25 pm	#1 #6 #10	#4
1:40 pm - 2:30 pm	#4 #5 #9 #12	#5 #9

9. No Wrong Door

This workshop is for professionals as well as the general public.

No Wrong Door is a web-based initiative to simplify and improve service delivery to Virginia's older and/or disabled adult population with "one stop" service approach. It ensures that everyone has the same access to information and resources on long-term support services, regardless of their first point of entry into the system. The project is a collaborative effort between multiple state and local agencies, and private partners. *No Wrong Door* will "open" locally in 2008.

Presenter: David Murray
 Peninsula Agency on Aging



10. Ways of Paying for Long-Term Care

Increased life expectancy as well as better survival rates following catastrophic injury means that paying for a family member's long-term care is an issue that more families will face. This session discusses a variety of methods that may be available to pay long-term care expenses.

Presenter: Elizabeth E. Bircher
 Susan I. Jean & Associates, LLC

Moderator: Donna Fitzgerald
 Riverside PACE

11. Developing Cultural Competency

This workshop is for professionals. Participants will explore issues of cultural diversity and will relate information gathered and insights acquired to build positive inter-cultural communication practices with older clients. Participants will gain knowledge that is critical to the development of a culturally competent practice.

Presenter: Jeremiah Williams,
 MSW, Ph. D. LCSW
 Christopher Newport University

12. Creative Play & Lifelong Games



Come have some fun...it's time to play! Medical research is finding that play is the best medicine because it produces laughter, which boosts endorphins and relieves stress hormones. This workshop is sure to uplift your mind, body, and soul as we explore creative ways to play. Discover the simple pleasures in life and find out what sparks your playfulness.

Presenter: Active Lifestyles
 NN Parks, Recreation & Tourism

Moderator: Catharine Yusuf
 NN Parks, Recreation & Tourism