



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

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**January 22, 2009**

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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*

January 21, 2009

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Tim Catherman  
Director of Administrative Services

**RE:** Weldon Cooper Older Virginians Publication

The Weldon Cooper Center for Public Service has produced an Older Virginians 'Stat Chat' brochure. It can be found at this link:

[http://www.coopercenter.org/demographics/sitefiles/documents/pdfs/statchat/coopercenter\\_aging\\_jan-09.pdf](http://www.coopercenter.org/demographics/sitefiles/documents/pdfs/statchat/coopercenter_aging_jan-09.pdf)



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen M. Nau, Human Services Program Administrator

**DATE:** January 21, 2009

**SUBJECT:** Care Coordination

**Uniform Assessment Instrument Review**

A peer-to-peer review of the Uniform Assessment Instrument will be conducted via video conferencing from the VDA Conference Room at 9 A.M. on Thursday, January 29, 2009. Marjoria Norton and Judy Nelsen of Senior Connections, The Capital Area Agency on Aging, are graciously leading the review session. VDA's Deb Loving is taking care of the video conferencing aspects of the review. Without these dedicated individuals we couldn't do the January 29 session!

The following Area Agencies on Aging have personnel participating in the January 29 event: MEOC, Loudoun, Central Virginia, Fairfax, Prince William, LOA, Peninsula, New River Valley, Southern, Eastern Shore and Bay Aging. *Please let me know if your agency is not listed!* We are looking forward to a morning of sharing and learning!

I will send materials out to the participating agencies for the session. Meanwhile, the UAI manual can be accessed and down-loaded from the VDA website. It will be helpful if you peruse the manual prior to the review session. Bring the manual with you to your video conference site. Remember, if you need more intensive training on the Uniform Assessment Instrument, you can check with VISSTA to see when their UAI training is offered.



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors  
Disease Prevention and Health Promotion Coordinators

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

**DATE:** January 21, 2009

**SUBJECT:** Invitation to Become a Physical Activity Guidelines Supporter

On October 7, 2008, the U.S. Department of Health and Human Services (HHS) released the 2008 Physical Activity Guidelines for Americans, a comprehensive set of recommendations for people of all ages and physical conditions.

To complement the Guidelines, HHS invites organizations to sign up to become a Physical Activity Guidelines Supporter.

By signing up as a Supporter, you receive the following:

- A toolkit with resources to encourage physical activity according to the Guidelines.
- A Physical Activity Guidelines Supporter Network where you'll learn from and connect with professionals representing more than 1,000 organizations.

Coming soon: The Be Active Your Way Online Community will be a tool for the Supporter Network where you can interact and share with other Supporters.

More information about the 2008 Physical Activity Guidelines for Americans materials are available online at <http://www.health.gov/paguidelines/>. To sign up as a Supporter, visit the Web site and go to: <http://www.health.gov/paguidelines/signUpForm.aspx>.



*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 21, 2009

**SUBJECT:** Second Annual Conference on Geriatric Care

The **Second Annual Conference on Geriatric Care** will be held on February 5-6 at the DoubleTree Hotel in Charlottesville, Virginia. The conference is jointly sponsored by the University of Virginia (UVA) Center on Aging, the UVA institute on Aging, the Community Partnership for Improved Long Term Care, the Alzheimer's Association of Central & Western Virginia and the Jefferson Area Board on Aging. The two-day conference is designed for professional caregivers caring for older adults and offers group sessions and practical workshops that emphasize skill building and problem solving. The registration is \$65 per day or \$130 for both days. The conference brochure and registration form are attached.



## **Second Annual Conference on Geriatric Care**

Jointly Sponsored by the University of Virginia, Virginia Center on Aging, UVA Institute on Aging, Community Partnership for Improved Long Term Care, Alzheimer's Association of Central & Western Virginia, & Jefferson Area Board on Aging.

# **Sharing the Challenge: Innovations in Senior Care**

### **How to Register**

Registration and agenda will be available at [www.cmevillage.com](http://www.cmevillage.com)

Click on Live Conferences, Scroll down to Sharing the Challenge

Or Fax Registration Form with payment to Bebe Moore Fax (434) 243-6393

### **When & Where**

Thursday and Friday, February 5-6, 2009 DoubleTree Hotel

990 Hilton Heights Road, Charlottesville, Virginia, 22901

Call (434) 973-2121 by January 11, 2009 for our UVA Department of Geriatrics Block of Rooms \$109.00 per night

### **Registration Fees:**

- \$65 per day
- \$130 for Both Days

### **Credits:**

0.5 CEUs per day/ 5 contact hours per day

### **Who should attend?**

This course is intended for professional caregivers in all disciplines caring for older patients.

The two day program offers a mix of practical workshops on a variety of topics, as well as large group sessions.

Skill building, problem solving, and networking opportunities are emphasized.

- To improve skills in assessment, problem solving and care of older patients with common geriatric conditions.
- To enhance care giving to patients with cognitive impairment.
- To improve interdisciplinary collaboration.
- To improve communication across care settings.

For more information contact Emily Hopkins: [eah9s@virginia.edu](mailto:eah9s@virginia.edu)

**AGENDA**  
**SHARING THE CHALLENGE: INNOVATIONS IN SENIOR CARE**  
Thursday, February 5, 2009

**8:00am - 8:30am**

**Registration & Breakfast**

**8:30am – 8:45am**

**Welcome from Dr. Jonathan Evans MD, Course Director**

Harry T. Peters Jr. Associate Professor of Medicine  
Head of Geriatrics & Palliative Medicine at the University of Virginia

**8:45am- 9:45am**

**Four Secrets of Successful Aging**

*Mark E. Williams MD*

Ward K. Ensminger Distinguished Professor of Geriatric Medicine at UVA

**9:45am-10:00am**

**BREAK**

**10:00am - 11:00am**

**“M.D. Notified”: Communicating Effectively with the On-Call Physician**

*Dr. Aval Green, Assistant Professor of Geriatrics at UVA*

In this workshop participants will:

- \* Interpret pertinent signs and symptoms using information gathered during a general nursing assessment.
- \* Use a general nursing assessment to determine which pieces of data need to be relayed to the on-call physician.
- \* Explore ways to increase the efficiency of communication between nursing staff and the on-call physician.

**Understanding Lab Values; When do I call the doctor, and what information do I need to know?**

*Dr. Lillian Kizer, Fellow Physician of Geriatrics at UVA*

In this workshop participants will:

- \* Understand some of the most commonly ordered labs
- \* Discuss what information is good to have on hand when calling a physician about an abnormal lab.
- \* Discuss various technical errors that can affect lab results.

**Wound Care 101**

*Dr. Anna Hicks, Fellow Physician of Geriatrics at UVA*

In this workshop participants will:

- \* Differentiate common causes of skin ulcers in the nursing home setting
- \* Discuss wound dressings and treatments
- \* Identify strategies to prevent pressure ulcers

**Impact of C. difficile in Long- Term Care Facilities**

*Dr. Laurie Archbald, Assistant Professor of Medicine*

In this workshop participants will:

- \* Understand the impact of C. difficile associated diarrhea on the patient.
- \* Understand the impact of C. difficile associated diarrhea on the faculty/community.
- \* Understand the changing nature of C. difficile associated diarrhea.

**11:10am- 12:10am**

**The Activity Challenge: What Do We Do Now?**

*Ellen Phipps CTRS, Vice President, Programs & Services Alzheimer’s Association*

In this workshop participants will:

- \* Learn the importance of assessment in programming.
- \* Learn what makes an activity meaningful
- \* Learn how to plan a successful activities program
- \* Exchange ideas & learn new creative ideas

**Caring for ESRD patients: Did Mrs. Jones just drink the flower water?**

*Lynn Noland PhD FNP-C, UVA Division of Nephrology, Assistant Professor, UVA School of Nursing*

In this workshop participants will:

- \* Develop a clear knowledge of salt, fluid,& dietary restrictions for ESRD patients as well as ways to accomplish
- \* Understand the what why and how of medications given to ESRD patients

**Sleepless in Charlottesville: Sleep Disturbances in Older Adults**

*Karen M. Rose, PhD, RN, Assistant Professor of Nursing at UVA*

In this workshop participants will:

- \* Describe normal changes in sleep that occur with the aging process.
- \* Describe common sleep disorders in older adults
- \* Discuss pharmacologic and non-pharmacologic treatment options for sleep disturbances

**Taking Credit for Your Work; Utilizing Documentation to Communicate Quality of Care and Services**

*Kelly Porterfield RN, Director of Nursing at The Laurels of Charlottesville*

In this workshop participants will:

- \* Identify the rationale for comprehensive documentation
- \* Learn basic documentation requirements to provide a complete record of the patient’s needs & the care provided
- \* Discover helpful tips for documenting high risk clinical changes for your patients.

12:15-1:30pm

## **LUNCH & Meet the Vendors**

1:30pm-2:30pm

### **Falls Prevention in Older Adults: who, what and how?**

*Seki Balogun MD, Associate Professor of Geriatrics & Physical Medicine & Rehabilitation at UVA*

#### In this workshop participants will:

- \* Identify risk factors for falls in older adults
- \* Demonstrate risk assessment of falls in older adults
- \* Recognize strategies for falls prevention in older adults

### **Improve Your Physical Exam Skills**

*Eugene Corbett Jr. MD, Bernard B. and Anne L. Brodie Professor of Medicine & Professor of Nursing at UVA*

#### In this workshop participants will:

- \* Discuss what is vital about the vital signs
- \* Learn where else can you take a blood pressure
- \* Discover “What else should I look for quickly”

### **Approach to Behavior in Patients with Dementia**

*Judi Cleary LALA, Assisted Living Administrator at Westminster Canterbury, Alzheimer’s Association*

#### In this workshop participants will:

- \* Learn how to recognize commonly perceived “Behavior Problems” as a result of discomforts and challenges.
- \* Practice techniques to help lessen the responses that can be seen as “Problem Behaviors” in persons with Dementia
- \* Learn to understand why these responses occur.

### **Meaningful Work**

*Jonathan Evans MD, MPH, Head of Geriatrics & Palliative Care at UVA*

#### In this workshop participants will:

- \* Reflect on their jobs, careers & their own sense of their “life’s work”
- \* Discuss aspects of work from which individuals find meaning
- \* Identify obstacles in jobs that detract from job satisfaction or interfere with one’s sense of accomplishing ‘life’s work’
- \* Develop strategies for finding greater fulfillment in the workplace and through work

2:40pm- 3:40pm

### **Building Effective Teams**

*Mary P. Evans MD, Blue Ridge Long Term Care Associates*

#### In this workshop participants will:

- \* Identify various teams at work in the long term care setting.
- \* Identify possible barriers to teamwork in LTC
- \* Explore different ways to align the teams in LTC

### **Pain Management at the End of Life**

*Karen Boyle, RN, Palliative Care Nurse Coordinator at UVA*

#### In this workshop participants will:

- \* Recognize signs of pain in a dying patient
- \* Understand pain as total pain
- \* Understand principles of pain management.

### **Challenges for Younger People Living in Long Term Care**

*Cindy Westley RN, Director Patient and Family Education UVa Health System*

#### In this workshop participants will:

- \* Describe the changing demographics of long-term-care
- \* Utilize strategies to address a younger population
- \* Identify resources for more information

### **Nursing Home Residents and Experiences During Hospitalization**

*Kathy Fletcher RN MSN GNP-BC FAAN, Director of Senior Services at UVA*

#### In this workshop participants will:

- \* Identify the predictors of nursing home hospitalization
- \* Describe the vulnerability of the nursing home resident to hospital acquired complications
- \* Discuss strategies to reduce the risk of iatrogenic complications
- \* Articulate the importance of communications as the nursing home resident transitions across sites of care

3:40pm- 3:50pm

## **BREAK**

3:50pm- 4:30pm

### **Geriatric Bingo & Door Prizes (Must be present to win)**

*Jonathan Evans MD, Head of Geriatrics & Palliative Care at UVA*

**AGENDA**  
**SHARING THE CHALLENGE: INNOVATIONS IN SENIOR CARE**  
Friday, February 6, 2009

**8:00am - 8:30am**

**Registration & Breakfast**

**8:30am – 8:45am**

**Welcome from Dr. Jonathan Evans MD, Course Director**

Harry T. Peters Jr. Associate Professor of Medicine  
Head of Geriatrics & Palliative Medicine at the University of Virginia

**8:45am- 9:45am**

**Can Senior Care survive the Silver Tsunami? : Adrift in a Rowboat in the Perfect Storm.**

Richard Lindsay MD, Professor Emeritus of Internal Medicine and Family Medicine at UVA

**9:45am-10:00am**

**BREAK**

**10:00am - 11:00am**

**Sleepless in Charlottesville: Sleep Disturbances in Older Adults**

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**The Joy of Eating: Promoting Good Nutrition in Elders**

*Windy Forch GNP, Senior Services at UVA*

In this workshop participants will:

- \* Define malnutrition and consequences for health and well-being of elders
- \* Identify normal aging changes that may influence nutritional status, risk factors for malnutrition and dehydration
- \* Describe components of a nutritional assessment and identify strategies to promote good nutrition in elders

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**Continuing Education Credit**

The University of Virginia, School of Medicine awards 0.1 CEU per contact hour to each non-physician participant who successfully completes this educational activity. The CEU (Continuing Education Unit) is a nationally recognized unit of measure for continuing education and training activities that meet specific educational planning requirements. The University of Virginia, School of Medicine maintains a permanent record of participants who have been awarded CEUs.

**Disclosure of faculty financial affiliations**

The University of Virginia, School of Medicine, as an ACCME accredited provider, endorses and strives to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of proprietary and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices. The University of Virginia School of Medicine requires that all CME activities accredited through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices. All faculty presenters participating in an accredited CME activity are expected to disclose relevant financial relationships with commercial entities occurring within the past 12 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia, School of Medicine will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education to the reader. Questions about specific strategies can be directed to the Office of Continuing Medical Education, University of Virginia School of Medicine, Charlottesville, Virginia. The faculty and staff of the University of Virginia Office of Continuing Medical Education have no financial affiliations to disclose.

**Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices**

The University of Virginia, School of Medicine requires that all faculty presenters identify and disclose any off-label uses for pharmaceutical and medical device products.

**Attendance and Certificate Distribution**

The University of Virginia Office of Continuing Medical Education requires that all participants at live CE activities sign attendance sheets daily to confirm participation in the CE activity for that day. Certificates of attendance, designating the maximum number of hours of participation, are distributed to each participant at the CE activity. Participants are responsible for accurately tracking their actual participation at live events.

**Special Needs**

The Americans with Disabilities Act of 1990 requires that all individuals, regardless of their disabilities, have equal access. The Office of Continuing Medical Education at the University of Virginia, School of Medicine is pleased to assist participants with special needs. Written requests must be received 30 days prior to the conference date. These should be mailed to UVA Office of Continuing Medical Education, Box 800711, Charlottesville, VA 22908 or to [uvacme@virginia.edu](mailto:uvacme@virginia.edu). Some of the conference venues used by the University of Virginia Office of Continuing Medical Education are registered historic properties and may not be fully ADA accessible. Please feel free to contact the facility if you have specific questions.

**Confirmation & Cancellation Policy**

Upon receipt of registration and payment, you will receive an email confirmation. If payment is not received 14 days prior to this activity, space will not be reserved. We recommend that you secure payment with your own credit card, then seek reimbursement from your employer (where appropriate). Registration fees will be refunded (less a \$50 administrative fee) for written cancellations (emails and faxed requests are acceptable) received a minimum of 14 days prior to the activity date. No refunds will be granted for registration fees of less than \$50 or for cancellations made within 13 days of the activity. The University of Virginia, School of Medicine reserves the right to cancel CE activities if necessary. In this case, the entire registration fee will be refunded. All other expenses incurred in conjunction with this CE activity are the sole responsibility of the participant

**Contact Information**

**PAM MACINTYRE, M. ED., M.S.**

*Program Planner, Office of Continuing Medical Education*

(434) 982-4136 (voice) • (434) 982-1415 (fax) • [pam2n@virginia.edu](mailto:pam2n@virginia.edu)



**REGISTRATION FORM**

Sharing the Challenge: Innovations in Senior Care: Thursday February 5<sup>th</sup> & Friday February 6<sup>th</sup> 2009  
Double Tree Hotel, Charlottesville, VA

**Please PRINT legibly to ensure accuracy.**  
*Please visit our website, [www.cmevillage.com](http://www.cmevillage.com), to see if online registration is available for this conference.*  
**Pre-registration for this conference will close three business days prior to the conference date. Onsite registration will be available.**

Mr. Mrs. Ms. Dr. First Name: \_\_\_\_\_ M.I.: \_\_\_\_ Last Name: \_\_\_\_\_  
Credentials: (MD, PhD, RN, etc.): \_\_\_\_\_ Specialty: \_\_\_\_\_  
Affiliation/Business./Organization: \_\_\_\_\_

Primary Address: This is: home work  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip: \_\_\_\_\_  
Country: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_ **Please print clearly for successful email delivery of your confirmation letter.**

Are you an employee of the University of Virginia? Yes No Are you a resident physician? Yes No

Are you a fellow? Yes No Do you require special assistance because of a disability? \_\_\_\_\_

Requesting a vegetarian box lunch?  YES  NO

Birth date (required for tracking CME credits/CEU): \_\_\_\_/\_\_\_\_/\_\_\_\_  
MM DD YYYY

**REGISTRATION FEES:** \$130 for both days \_\_\_\_\_ \$65.00 per day \_\_\_\_\_ THURS. ONLY  FRI.ONLY

**Please Choose ONE Workshop from Time Slot on the Day(s) you are Attending**

THURSDAY:

**10:00 am – 11:00am**

- “M.D Notified”
- Understanding Lab Values
- Wound Care 101
- Impact of C. difficile in LTC

**11:10am -12:10am**

- The Activity Challenge
- Caring for ESRD patients
- Sleepless in Charlottesville
- Taking Credit for Your Work

**1:30pm – 2:30pm**

- Falls Prevention in Older Adults
- Improve your Physical Exam Skills
- Approach to Behavior in Patients with Dementia
- Meaningful Work

**2:40pm-3:40pm**

- Building Effective Teams
- Pain Management at the End of Life
- Challenges for Younger People Living in LTC
- Nursing Home Residents

FRIDAY:

**10:00 am – 11:00am**

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- Challenges for Younger People Living in LTC

**2:40pm-3:40pm**

- Building Effective Teams
- “M.D Notified”
- Wound Care 101
- Improve your Physical Exam Skills

Payment is required with registration. An exception is made for institutional checks; however, these must be received at least 14 days prior to the scheduled CME activity. *If payment is not received by the deadline, you will **NOT** be registered for the conference. You will receive written confirmation (by email) upon receipt of your payment.*

**PAYMENT OPTIONS**

Check or money order made payable to “UVA-CME.” Please indicate the name of the conference on your check.

Charge payment to:

\_\_\_\_\_  
Signature: \_\_\_\_\_

\_\_\_\_\_  
Your credit card number: \_\_\_\_\_ -- \_\_\_\_\_ -- \_\_\_\_\_ -- \_\_\_\_\_ Expiration date \_\_\_\_\_  
MM/YY

**SEND REGISTRATIONS TO:**

Bebe Moore, Registrar: Sharing the Challenge: Innovation in Senior Care  
Office of Continuing Medical Education, P.O. Box 800711  
University of Virginia School of Medicine, McKim Hall  
Charlottesville, VA 22908

Tel: (434) 924-5310, Fax: (434) 243-6393, MIRS Tel: 1-800-552-3723