



COMMONWEALTH of VIRGINIA
Department for the Aging

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March 10, 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.

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09-77

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: March 10, 2009

SUBJECT: Johns Hopkins Health Alerts

For reliable health information, sign up for this free public service from Johns Hopkins Medicine to keep you up to date on the latest breakthroughs for the most common medical conditions which prevent healthy aging.

<http://www.johnshopkinshealthalerts.com/alerts/>

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

DATE: March 10, 2009

RE: “Power to the people: the new ‘resident-led’ model” Article

The Blue Ridge Business Journal published an article “Power to the people: the new ‘resident-led’ model” about a Roanoke architecture firm promoting environmental designs for seniors.

[Power to the people: the new ‘resident-led’ model](#)

Blue Ridge Business Journal - Roanoke, VA
March 9, 2009

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

DATE: March 10, 2009

RE: Virginia Department of Treasury to Expand Auto and Liability Coverage to
Volunteer Drivers

The 2009 General Assembly passed a bill expanding the state's risk management plan to include volunteer drivers for any nonprofit organization providing transportation for persons who are elderly, disabled, or indigent to medical treatment and services, and volunteer drivers of the Meals on Wheels Association of America or any area agency on aging providing meal and nutritional services to persons who are elderly, homebound, or disabled, provided that such volunteer drivers have successfully completed training approved by the Risk Management Division.

This law will take effect on July 1, 2009. To learn more about the program, go to <http://www.trsvirginia.gov/Drm/meals.asp>.

If you have any questions, please let me know.



09-80

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors and AIM/PeerPlace Administrators
Area Agencies on Aging

FROM: Deb Loving

DATE: March 10, 2009

SUBJECT: Updated Information System Service Guide

The VDA Information System Service Guide has been modified.

On the first page, footnote 1 has been revised to state that a Quick Form must be completed for Congregation Nutrition volunteers.

The Quick Form was developed and required shortly after the current Service Standards were released. We believe most agencies are already compliant with this requirement, so we are simply bringing the Guide up to date on the issue. The Service Standards are also being revised and will state that a Quick Form is required.

Please download the new document from the VDA web site at the following link:
[InformationSystemServiceGuide](#) (pdf).

If you have questions, please contact me by email (deb.loving@vda.virginia.gov) or phone (804-662-9323).



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD

DATE: March 10, 2009

SUBJECT: Three Virginia AAAs Receive Meals on Wheels Grants

The Shenandoah AAA, the Peninsula AAA, and VPAS each received a grant from the *Meals on Wheels Association of America (MOWAA)* and the *Wal-Mart Foundation*. The "MOWAA/Wal-Mart Foundation Cure Grant" is intended to alleviate the operating constraints brought on by rising food and gas prices and the current economic crisis. Four hundred proposals were submitted to receive grant funds and 75 were actually awarded: three of them to AAAs in Virginia!

According to a groundbreaking national research study entitled "The Causes, Consequences and Future of Senior Hunger in America," which was commissioned by the MOWAA Foundation, 1 in 9 seniors in America is at risk of hunger. The fact that 11.4 percent of seniors in the country are at risk of hunger and the fact that the population is aging at an unprecedented rate put a significant strain on community-based Meals On Wheels programs' ability to provide meals for those in need. The "MOWAA/Wal-Mart Foundation Cure Grant Program" is intended to increase the number of individuals served.

"Unlike cancer or AIDS, we have the cure to end senior hunger in America today," said Enid Borden, President and CEO of MOWAA. "We can't thank the Wal-Mart Foundation enough for supporting us in our mission and remembering the seniors we serve during this desperate time."



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ben Garrett, Outreach and Education Coordinator

DATE: March 10, 2009

SUBJECT: National Center on Senior Transportation

The National Center on Senior Transportation (NCST) will host the first Senior Transportation Institute June 15th – June 18th in Washington, D. C.

The NCST will bring ten (10) four-member teams of community leaders to write and implement a plan to improve transportation options for older citizens. Each four-member team must include one member from the aging network and one from the transit community. If a representative from the local AAA is not included on the team, a letter of support from the AAA is required. Other suggested team members include:

- Older adults who use public transportation and advocate for community change;
- Community or public transportation providers (board members, general managers, division directors, administrators, customer service managers, state D.O.T. personnel);
- Municipal/county personnel and elected officials (administrators, chief traffic/public works engineers, metropolitan or rural planning developers, city council members, county commissioners);
- Private or volunteer transportation providers (board members, directors, managers);
- Aging service providers (executive directors; aging network managers; long-term care providers; travel training, orientation, and mobility program directors).

Members of your institute's team should be individuals who:

- Have established leadership roles within their organization or community;
- Have the authority to implement action plans;
- Have the time and motivation to follow through on action plan activities following the Institute.

While this event is the first for the NCST, it is modeled after the successful Easter Seals Project ACTION (ESPA). The ESPA counterpart event for goals related to transit for individuals with disabilities is called the Accessible Community Transportation Institute, which will be held July 12th - 15th in Washington, D.C. Communities may apply for both institutes, but the same community cannot be selected for participation in both institutes.

A description of the application process for the NCST Institute, including detailed objectives and team membership requirements, is available online at www.seniortransportation.net under [Gather a team now for the Senior Transportation Institute](#). All applications must be completed and submitted online by Friday, **April 3rd**. For questions or to receive a print brochure, call NCST staff member, Lisa Tucker, at 1-866-528-6278.



09-83

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

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

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

DATE: March 10, 2009

SUBJECT: Alcohol and Aging Conference

Following is a flyer for the Hidden Epidemic: Alcohol, Medications, and the Older Adult Best Practices 2009 Conference.

Mary Jane Barney-Butler of the Loudoun County AAA will be one of the panel discussion presenters. Ben Garrett will man VDA's resource table at the exhibit fair.

In addition to the theatrical performances created by the Barksdale Theatre, Frederic C. Blow, Ph.D., a national expert on substance abuse among older adults will be the lunchtime keynote speaker. The conference will provide many other opportunities to gain skill in assessing and working with older adults with alcohol misuse problems.

The "early bird" discount ends today but registration continues through March 24 or until capacity is reached.



**THE HIDDEN EPIDEMIC
ALCOHOL, MEDICATION AND THE OLDER ADULT
BEST PRACTICES 2009**

Virginia Commonwealth University (VCU)
Monroe Park Campus, University Student Commons
907 Floyd Avenue, Richmond, VA 23284

April 7, 2009, 9 a.m.–4:30 p.m.

Two brief theatrical performances will open the conference:

NOW PLAYING

“No Wonder It’s the Hidden Epidemic”

and

“Exposing the Hidden Epidemic”

Featured performers: Jolene Carroll and Jim Bynum



Bruce Miller is the Co-Founder and Artistic Director of Theatre IV and the Artistic Director of Barksdale Theatre. He is the nation’s foremost creator/producer of theatrical productions addressing social/health and human services issues. He is the Producer, Author (or Co-Author), and original Stage Director of: *Hugs and Kisses*, Virginia’s principal child sexual abuse prevention program, *Runners*, a runaway and delinquency prevention program, *Walking the Line*, an alcohol and other drug abuse prevention program, and *Dancing in the Dark*, a program addressing adolescent pregnancy and sexual responsibility.

In consultation with geriatric and substance abuse professionals, Barksdale Theatre has created and will perform two brief theatrical performances giving conference attendees the opportunity to step into real life situations and learn. These dramatic presentations will demonstrate how individuals can react to difficult alcohol-related situations and then provide some examples of how families can best navigate the health care system and support their older relatives and friends in jeopardy. The first performance will portray ineffective practices currently employed by too many professional service providers as they attempt to address this issue. The second performance will portray Best Practices that should be adopted to deal with the needs of older adults at risk of developing alcohol use disorders or those who need to be diagnosed and treated.

Come join us and learn through this innovative style of teaching that will help you better serve your older adult clients and their families.

Hurry: Early Bird Registration Ends March 10, 2009

Cost: \$35 if registered by March 10, \$50 after March 10

Registration Deadline: March 24, 2009

Seats are limited and are going fast!

Do not miss out on the best training in Virginia on this topic!

To register, go to: http://www.abc.virginia.gov/educationapp/course_detail.jsp?schedule_id=631.

For more information, contact Regina Whitsett, 804-213-4445.



The Virginia Center on Aging





09-84

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Health Promotion and Disease Prevention Coordinators

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

DATE: March 10, 2009

SUBJECT: National Senior Health & Fitness Day ® May 27, 2009

Following is a flyer and registration form promoting National Senior Health & Fitness Day ® and offering resources to help you plan events for this day. More information is available by visiting www.fitnessday.com .

Please Join Us for This Year's Senior Day!

Wednesday, May 27, 2009

2009 Theme: "Fitness is a Good Move!"



TO: Linda Nablo, Commissioner

FAX MEMO (2 Pages Total)

ORGANIZATION: Virginia Department for the Aging

FAX: 18046627035

FROM: Tina Godin, Program Manager

Please route to interested staff.

National Senior Health & Fitness Day® — the nation's largest older adult health promotion event — is set for Wednesday, May 27. Show your commitment to keeping older adults healthy and fit! We make it easy and affordable to organize your event.

To get your complete Senior Day registration packet, send us the enclosed form by fax or mail.

Any questions, please call Tina Godin, toll-free, 1-800-828-8225, weekdays, 8-6 Central time. (After hours, please use our voice-mail.) E-mail: info@fitnessday.com
Web: www.fitnessday.com

See Next Page For Registration Form

Visit www.fitnessday.com/register to register online or download the order form.

The registration packet gives you all of the following:

- License to legally use the event name and logo
- Easy-to-use event manual
- CD that includes logos, event forms and more!
- Ready-to-copy health handouts
- Senior Day T-Shirt
- 2 colorful event posters
- Sample incentive items
- Senior health website resources

**Registration
\$39.95 + shipping**

(Note: You must be registered in order to legally host a Senior Day event.)

If you've already sent in your registration, please excuse this reminder.

1850 West Winchester Road, Suite 213 • Libertyville, IL 60048-5355
1-800-828-8225 • Fax: 847-816-8662 • E-Mail: info@fitnessday.com • Web: www.fitnessday.com

SENIOR DAY REGISTRATION / ORDER FORM



SHIP TO: (Please print clearly.)

ORGANIZATION _____

NAME _____

TITLE _____

STREET ADDRESS _____

SUITE / BUILDING #
PO BOX _____

CITY _____

STATE _____

ZIP _____

PHONE _____

FAX (IF AVAILABLE) _____

EMAIL _____

How many people do you expect to attend your event?

- 25-49 50-74 75-99
 100-249 250-499 500+

SEND YOUR ORDER TO:

National Senior Health & Fitness Day
1850 W. Winchester Rd., #213
Libertyville, IL 60048-5355

OR FAX TO:

847-816-8662

QUESTIONS? 1-800-828-8225

DESCRIPTION	QTY	PRICE	TOTAL
2009 Senior Day Registration Packet <i>(REGISTRATION IS REQUIRED)</i>	_____	x \$ 39.95 each	= \$ _____
Event T-Shirts: 100% white cotton T-shirts featuring official two-color event logo and theme. Shirts are sold in packs of 5. (Specify quantity for each size below.) Medium (pack of 5) _____ Large (pack of 5) _____ Extra-Large (pack of 5) _____ (TOTAL PACKS) _____	_____	x \$ 46.75 / pack	= \$ _____
Plastic Event Cups: 16 oz. stadium cups printed with event logo, theme and word "participant." Sold in packs of 25.	_____	x \$ 24.95 / pack	= \$ _____
Easy-Grip Pens: These colorful, easy-to-grip black ink pens include event name and word "participant." Sold in packs of 25.	_____	x \$ 23.95 / pack	= \$ _____
Participation Certificates: Colorful 8½" x 11" event certificates for participants. Sold in packs of 25.	_____	x \$ 18.75 / pack	= \$ _____
Participation Buttons: Unique, square 2" x 2" safety pin buttons with two-color event logo. Sold in packs of 25.	_____	x \$ 15.95 / pack	= \$ _____
Event Bookmarks: Colorful, 2½" x 8" large bookmarks with useful senior health information. Printed with event logo, theme and the word "participant." Sold in packs of 25.	_____	x \$ 15.75 / pack	= \$ _____
Event Handout Bags: Large plastic bags, 12" x 15", with two-color event logo. Ideal for your brochures & handouts. Sold in packs of 25.	_____	x \$ 10.95 / pack	= \$ _____
Event Balloons: 9" balloons with event logo and theme. Sold in packs of 25.	_____	x \$ 6.85 / pack	= \$ _____
Event Posters: Full-color, 11" x 17" posters, printed with event logo, theme and space for your event details. Sold in packs of 5.	_____	x \$ 6.95 / pack	= \$ _____
SUBTOTAL			\$ _____
Illinois organizations only please add 7% sales tax (unless tax-exempt)			+ \$ _____
SHIPPING: Orders under \$75.00 add \$8.95 • Orders over \$75.00 add 12% of subtotal			+ \$ _____
<small>(FOR SHIPPING TO ALASKA/HAWAII — PLEASE CALL FOR SHIPPING COSTS)</small>			
ORDER TOTAL			\$ _____

PAYMENT: (check one) Check (Make payable to: Mature Market Resource Center)

VISA MasterCard Bill me (\$100 minimum order — Please enclose copy of P.O.)

CREDIT CARD NUMBER _____

EXP. DATE _____

CARDHOLDER'S NAME (PLEASE PRINT) _____

SIGNATURE _____

The Mature Mkt. Res. Ctr's. Fed. Tax ID# is 36-3559293. Note: As a host site, you agree to the use of your name/phone number for local and national publicity. Check here if you do not want your name used for event publicity.



09-85

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: March 10, 2009

SUBJECT: Resources for National Nutrition Month®—March 2009

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme this year is *Eat Right*. The following guide contains web resources and several food and nutrition related activities for seniors. These activities could be conducted at any time but no more appropriate time than in March for National Nutrition Month®. By request, I will also provide instructions and helps for several nutrition related games.

NATIONAL NUTRITION MONTH® 2009:

Leader's Guide



Learning Objectives

Nutrition program participants will be able to:

- Understand that healthful eating includes a variety of foods from all the food groups.
- Name the food groups of the MyPyramid food guide.
- Give an example of a menu that includes foods from all of the food groups.
- Share information about unusual or favorite foods with other participants.

Suggested Activities

- Create "Food Bingo" cards and play the game at the meal site, church, or senior center.
- Invite participants to bring their favorite recipes - illustrated with their own photos or food art --and prepare a cookbook. This can be as simple as stapling together or doing a 3-hole punch with rings purchased from an office supply store.
- Encourage seniors to write and illustrate a story with food as a central part. This can be a fantasy (with foods being characters) or a more serious focus - how do people survive who are not getting enough to eat or a historical perspective on preparing favorite, healthy recipes.
- Have a "blind taste test" and review the concepts of sweet, sour, bitter and salt. Take turns blindfolding seniors while they are tasting to see if they correctly recognize the various tastes.
- Play the alphabet game. One participant begins with: "I own a grocery store, and I sell apples." The next participant says, "I own a grocery store, and I sell apples and bananas." The game continues with each senior taking a turn reciting the entire list and adding a new item for the next letter of the alphabet.
- Ask seniors to create a calendar highlighting development of new food products; e.g.: George Washington Carver and the peanut. This site will help: <http://www.foodtimeline.org/>
- Arrange a tour of the kitchen so that participants can see how the food service staff prepares the meals for the site.
- Display pictures of foods and ask participants to name the MyPyramid food group each belongs to.
- Have seniors form teams. Each team will be responsible for selecting a country and researching one or two of their foods and celebrations with food. On presentation day, the seniors arrange the room and decorate as appropriate to that country. They may also dress in native costumes.

- Provide a world map handout with a food list. Have participants match the food with the country. Or use a map of the States and match foods to the region. See Activity 4 for examples.
- Give seniors a week's notice to bring in empty food product boxes. Spend some time reading labels and comparing calories, fat, sugar content and vitamins. The "Shop Smart - Get the Facts on Food Labels" Nutrition Fact Sheet can help. Find it at www.eatright.org/nutritionfactsheets
- Encourage group involvement: Try one new fruit or vegetable each week in March. Everyone in the group should take at least one taste.
- Another group activity: Everyone sets a goal of eating the recommended servings from all five food groups every day for one week. Keep a chart. (See the MyPyramid resources.)
- And one more: Ask seniors to go through the newspaper at home and cut out food ads to plan a nutritious dinner.

Suggested Resources:

MyPyramid: www.mypyramid.gov

[Modified MyPyramid for older adults](#)

USDA Food and Nutrition Information Center Resource Lists:

<http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>

Activity 1

Old Favorites

- Ask the participants to tell the group what their favorite foods are and why.
- Ask them to share a story about eating their favorite food with their family or friends.
- Have the participants share a story about a food or special recipe that is unique to their family's special celebrations.

Activity 2

Plan a menu for a day!

- Split the participants into 5 teams. Each team is responsible for planning breakfast, lunch, afternoon snack, dinner, or bedtime snack. They plan a meal or snack using MyPyramid as a resource. Then, each group tells the leader their meal or snack, and she writes the menu where all may see it.
- Together the participants decide if they are getting enough servings from each group in the MyPyramid food guide. If not, they can think of ways to get what they need. See the following chart, and also go online to www.MyPyramid.gov to compare serving amounts for other age groups. Participants should be encouraged to be physically active as well.

MyPyramid Food Guide

Grains	Vegetables	Fruits	Milk	Meat & Beans
Start smart with breakfast. Look for whole grain cereals. Make sure the first word is "whole" (like "whole wheat").	Color your plate with all kinds of great-tasting veggies: try broccoli, spinach, carrots, and sweet potatoes.	Fruits are nature's treats - sweet and delicious. Go easy on juice and make sure it's 100%.	Move to the milk group to get your calcium. Calcium builds strong bones.	Eat lean or lowfat meat, chicken, turkey, and fish. Remember nuts, seeds, peas, and beans, too.
For a 2,000 calorie diet, you need the amount below.	For a 2,000 calorie diet, you need the amount below.	For a 2,000 calorie diet, you need the amount below.	For a 2,000 calorie diet, you need the amount below.	For a 2,000 calorie diet, you need the amount below.
Eat 6 oz. every day; at least half should be whole.	Eat 2 $\frac{1}{2}$ cups every day.	Eat 2 cups every day.	Get 3 cups every day.	Eat 5 $\frac{1}{2}$ oz. every day.

Activity 3

Working on the Web

If your seniors have computer and Internet access, the MyPyramid website is well worth browsing. Following are some tips to make the most of their time on the site.

- Ask participants to go to www.mypyramid.gov, enter their age, sex, and physical activity level, then print their MyPyramid plan.
- Handout copies of the MyPyramid Worksheet. Ask seniors to fill out the worksheet with the foods they ate and drank for the previous day.
- Ask the participants to compare this with their MyPyramid plan. How well do their food choices match up to the MyPyramid plan recommendations?

Activity 4

Investigating and Researching New and Exotic Foods

- Ask participants to work in groups or individually to select one or more of the following foods (or others you may have in mind).
- Ask seniors to find as much information as they can about the food. For example, the origin or history, where and how it grows, where it fits into the Food Pyramid, and how it is prepared. If possible, bring the foods to the meal site for participants to see, feel, and taste.

Foods from around the World:

Lychee	Couscous	Kiwi	Star Fruit
Kohlrabi	Plantain	Pomegranate	Basmati rice
Bulgar	Jicama	Kumquat	Bok choy

Foods from the Americas:

Chocolate	Hot peppers	Squash	Beans
Tomatoes	Corn	Turkey	

Activity 5

Fearless About Food

- Assemble a variety of unfamiliar fruits and vegetables. Suggestions: blood oranges, bok choy, edamame, papaya, and fresh pineapple.
- Formulate questions about these foods, such as "Where is edamame grown?" "What are some good ways to use bok choy?"
- Choose teams.
- Moderator asks a question, and whoever calls out the answer first gets a point for their team.
- When all questions have been asked, distribute to the participants samples of the foods on small plates. On a given signal, they begin eating. Prizes can be given to everyone who tastes all the foods. (Go to www.eatright.org/nnm and see the catalog for NNM stickers, pencils, etc. which may be used as prizes.)

Activity 6

What is a fad diet?

Ask participants to:

- Make a list of some fads they've heard about and participated in. (poodle skirts, platform shoes, go-go boots, bellbottom pants, tie-dye shirts, pet rocks, bouffant hair)
- Bring in at least one example of a fad item. It can be the real thing or a picture from a magazine or Web page.

Discussion starters; look at the fad items participants have collected.

- When were these items popular? What have you heard people say about them?
- Describe a fad you've participated in. Why did you want to be part of the fad?
- Have you heard people speak about "fad diets"? What would be involved with "fad diets"? (Eating only certain foods, like grapefruit; perhaps avoiding certain food groups.)
- What might be some problems with "fad diets"? (Missing certain foods or even whole food groups, eating the same food or foods every day, etc.) Review MyPyramid food guide emphasizing the important of including foods from every food group and choosing a variety of foods in the appropriate portion sizes.

Activity Guides for other Games - Available by Request

"Jeopardy" Game

This game consists of a layout with food group questions and answers, as well as instructions for play.

"Fill in the Blanks" Game

A take-off on the old "Hangman" and "Wheel of Fortune", the game includes suggested food-related titles as well as instructions for play.

"Test Your Memory" Game

Seniors may remember the television show "Concentration". This game offers participants an opportunity to recognize different foods and see if they remember where the matching picture is placed. The game may be adapted for use by participants of different abilities, depending on the food pictures you provide.

"Food Group Password"

This fun game permits clues of more than one word - it even allows gesturing and movement to help the contestant get the word. A good team game.

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

DATE: March 10, 2009

RE: Prince William Advisory Council Annual Report

Attached is Prince William's Commission on Aging (Advisory Council) Annual Report. The report is straightforward and relatively easy to compile. You may want to consider involving your Advisory Council with the compilation of a similar report.



Prince William
Commission on Aging

Annual Report

January – December 2008

Empower, Enhance and Enjoy Aging!

January 27, 2009

☞ Dedication ☞

The Prince William Commission on Aging (COA) lost two members this year, and we dedicate this report in their memories. On May 22, 2008, Paul Mitchell died. He was appointed by the Manassas City Council to the Prince William Commission on Aging in 1978, and retired from service on his 90th birthday in 2007. On December 19, 2008, Jean Smith was killed. She was appointed by Neabsco Supervisor John Jenkins in June 2008, and served with us for only a few, brief months.

Both brought their talents and skills to the Commission, with each having a keen interest in serving older adults and their caregivers. They were particularly interested in services which focused on those most vulnerable to leaving their homes for nursing homes or other institutions. We celebrate their service and appreciate their dedication.

"We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light." -- Mary Dunbar, Author, and Founder of Make A Difference Michiana

☞ Commission Chair's Message ☞

It is with great pleasure I present to the community we represent this annual report for Calendar Year 2008. This has been a year filled with great joy, and also, sadness, as we strive to advise the Prince William Area Agency on Aging and our local governments on the needs and concerns of our Area older adults, their families and their caregivers, whether they be family or paid professionals.

This year, the Commission is taking a new approach to our report. The activities of the Commission and the individual members are included as in last year's report; however, this year we have included activities of the Agency, as what we do on the Commission complements the work of the Agency.

There have been many successes this year, but also challenges. The first "Baby Boomers" came of age and joined the 60+ cohort, becoming eligible for services under the Older Americans Act. The Prince William Area, comprised of the County and the two Cities, has over 117,700 "Baby Boomers" which ranks us #1 in the Commonwealth and #3 in the Nation – a challenge indeed as we continue to progress onward in our 33 years of history and service.

We have much to be proud of and thankful for as we review the past year and look to our future, especially the support of our older adult population and the many volunteers providing countless hours of service in the Agency's various programs.

Emily Ruebsamen, Chair

❖ Background ❖

The Agency was established on October 1, 1976, under authority of the Federal Older Americans Act (OAA) and Virginia Statutes, to provide programs and services to the older adults (age 60 and over) and their caregivers in the jurisdictions of Prince William County and the cities of Manassas and Manassas Park. Because the OAA requires every Area Agency on Aging to have an advisory council, the Prince William Commission on Aging (COA) was formerly chartered in 1976 by Prince William County; and in 1977, became a tri-jurisdictional Commission with the addition of the cities of Manassas and Manassas Park.

The COA Bylaws state that members “shall identify and promote a better understanding of the problems of older adults, advocate for older adults and serve as the Agency’s advisory council. The COA will also serve in an advisory capacity to the Prince William Board of County Supervisors (BOCS) and the City Councils of Manassas and Manassas Park with respect to matters affecting older adults.”

The members are all volunteers, appointed by the BOCS or City Councils, and qualified by either knowledge of, or participation in, programs that serve the needs of the older population, their families and their caregivers. All serve without compensation, with each contributing an average of 90 hours a year in service.

COA meetings are open to the public and held the fourth Tuesday of every month. For times and locations, visit www.pwcgov.org/aoa, or call 703-792-6400. Additionally, the Executive Committee meets monthly on the second Tuesday of each month at the Agency office, 9:30 a.m., in an open meeting.

❖ Commission Accomplishments in 2008 ❖

◆ Program Activities Highlights ◆

Big Wheels Deliver Meals - March

COA members accompanied their appointing official to deliver Meals on Wheels to local recipients. Meals on Wheels provide home-delivered meals within our area to those older adults who are homebound and cannot prepare meals for themselves.

Annual Caregiver Conference - April

The COA provides volunteers for this annual local conference which had 85 attendees in 2008. Members participated in the planning, advertising of the event, and provided assistance on the day of the conference to the attendees.

Conversations on Aging - May

Conversations on Aging meetings were held in four locations throughout the Prince William Area. The meetings were conducted as part of the Annual Area Plan on Aging to elicit comments from our area older persons and caregivers regarding their concerns, issues and responses to specific supporting services of the Agency. One hundred and thirty five older adults and caregivers attended. The report on the meetings is available from the COA Secretary.

FY 09 Area Plan on Aging – May & June

The COA, as part of their duties under the Older Americans Act, advised the Agency on the developed draft of the Area Plan, which details Federally-funded programs & services. The

Plan was submitted to the Virginia Department for the Aging on July 1, 2008, and accepted for implementation.

COA Legislative Agenda - June

The COA adopted the following legislative initiatives for consideration of the Prince William legislative platform to the Virginia General Assembly:

- **Comprehensive Service Act for At-Risk Adults** – establish a multi-disciplinary approach that includes local collaboration among government Human Services agencies, hospitals, and area for-profit and nonprofit service providers who would be involved with Adult Protective Services.
- **Easy Access/No Wrong Door** – *Easy Access* is Virginia's state-wide webportal to ease service access and information-sharing on programs and services for the older adult. *No Wrong Door* initiative will enable older adults, adults with disabilities, and caregivers (both family and professional), access to various long-term care services without having to navigate multiple agencies. The COA supports increased funding for this initiative, also known as Aging & Disability Resource Center to Area Agencies on Aging, who are the lead agencies to implement *No Wrong Door*.
- **Farm Market Fresh for Seniors** – Older adults with limited resources living in the area are not able to purchase fresh produce and vegetables at local Farmers' Markets at discount programs through this USDA program. The only Northern Virginia jurisdiction in the program is Arlington and should expand to include Prince William Area.
- **Transportation** – The COA supports restoring funding for transportation in general (Public providers and road construction), and then focus on transportation for persons with special needs for assistive transportation.

Establishment of the Information and Assistance Committee - August

Four COA members began to meet regularly with Agency staff to increase public awareness of programs and services through attendance at local health fairs and events promoting services that help older adults and caregivers. Events attended included: Church-sponsored family festivals; Park West Lions Club; City of Manassas Health & Wellness Fair; River Run Senior Apartments First Annual Senior Health & Comfort Fair; City of Manassas Park Fall Festival; City of Manassas 2nd Annual Neighborhood Conference; and City of Manassas Neighborhood Town Hall Meetings.

Attended the Northern Virginia Aging Network Legislative Breakfast – October

Three COA members attended with key Advocates for Aging within the Prince William Area: Mrs. Amy Fredericks, Healthcare Advocate, and wife of Delegate Jeff Fredericks; Supervisor Michael May (Occoquan District); and Laurie Cronin, Aide to the County Board Chairman, Corey Stewart. This Breakfast provides a congenial setting for the five Northern Virginia Area Agencies on Aging to present issues affecting older adults in the region, and present suggested legislation to the Senators and Delegates in attendance.

◆ Area-wide Activities ◆

Manassas - Manassas Park Disability Service Board

The COA has a permanent voting member on the Manassas and Manassas Park Disability Services Board (DSB). The DSB provides information to both City Governments on the needs and priorities of persons living in the two Cities with physical and/or sensory disabilities. This DSB also cooperates with the Prince William Committee for People with

Disabilities. Our member enables a joint effort to support and advocate for older adults with disabilities.

Prince William County Housing Board

The COA has a permanent voting member on the Prince William County Housing Board. The Commission assisted with providing recommendations on actions before this Board which included: the revision of the Housing & Comprehensive Plan; Community Development Block Grants; and Neighborhood Stabilization Program. These recommendations enabled increased awareness in the programs of the needs of older adults, adults with disabilities, accessibility, home adaptability, and support in the area of mobility for independence by individuals who choose to age in place within their communities. These recommendations were considered and the majority accepted when they applied to a specific action before the Board.

Project Mend-A-House (PMAH)

The COA provides an Ex Officio Board member who sits on behalf of the Agency Director at the Project Mend-A-House Board of Directors meetings. PMAH is a non-profit organization that offers residential repair, modification and renovation to persons who desire to remain in their homes, but due to financial or mobility constraints, require assistance.

Independence Empowerment Center – Center for Independent Living

The COA has a representative to their Local Advisory Committee for Housing and Transportation, providing for coordination with this Nonprofit, which directly assists persons with disabilities to establish and maintain lives in their communities. This Committee works to increase awareness for persons with disabilities special needs, and advocates for them with local governments and service providers in the areas of housing and transportation.

Friends of the Senior Centers

The COA has a liaison on the Board of Directors of the Friends of the Senior Center at Woodbridge. In turn, the Friends of the Senior Center at Woodbridge and the Friends of the Senior Center at Manassas have permanent places on the COA Agenda. By doing so, there has been an increase in the sharing of information between the two groups and the Commission.

Bluebird Tour Program Committee

Two members serve on the Bluebird Tour Program Committee and provide updates to the COA. This program provides high quality domestic trips to the "Over-55" population who reside in our area, and has operated for over 25 years.

Northern Virginia Aging Network (NVAN)

The COA provides a liaison to NVAN to further legislative issues that benefit older adults and their caregivers in Northern Virginia and across the Commonwealth. One success this year was the launch of the Regional Older Adult Facilities Mental Health Support Team (RAFT), the new initiative in Geriatric Mental Health Care Services for those who reside in long-term care settings.

✧ Administrative Accomplishments in 2008 ✧

◆ 2008 brought a shift in focus from the previous year's By-laws and organizational structuring to internal education. COA meetings this year had a variety of Guest Speakers and presentations on issues and programs on Local, State and National levels.

• Local included: *No Wrong Door*; Virginia Freedom of Information Act; County Budget Formation & Operation; Strategic Plan Process; Legislative Program Development; Tax Relief for the Elderly; Housing & Community Development; and how to use the local media to inform the public of aging programs & services.

• State & National included: Community Integration; Alzheimer's Disease Advocacy; Olmstead Virginia; Culture Change and The *Green House*® Project; the evolution to an Aging & Disability Center; and *No Wrong Door*.

◆ Elected New Officers

This year brought about a change to the Bylaws, so Alternate Members can also serve as an officer of the Commission. The one-year term began July 2008, and the following members were elected to the offices as shown:

Chair	Emily Ruebsamen	Woodbridge District
Vice Chair	Mary Jo Shuefelt	Prince William County At-Large
Secretary	Raymond Beverage	Manassas
Information Support	Willard W. Bennett	Brentsville District

◆ Redesign of the COA's Webpage on the Agency's Website

The Executive Committee worked with Agency staff to update and expand the on-line presence and information of the Commission. Particularly, the redesign of the roster of the members, allows our area residents ease of contact by being able to immediately identify their individual Commission Representative.

◆ COA Logo

Supervisor Covington, Brentsville District, through the efforts of Willard W. Bennett, funded the baseball caps for the Commission, with the Agency logo and the words, "Commission on Aging" embroidered on it. The Agency logo has also been adapted for the COA for use on correspondence and publications. Both the caps and the COA logo increase our visibility in promoting programs and services, and assisting older adults with their questions and concerns.

✧ Individual Commissioners' Accomplishments ✧

- ◆ Receiving Volunteer of the Year from the Manassas City Council.
- ◆ Being elected to the Manassas City Council.
- ◆ Attending: American Society on Aging-National Council on Aging Annual Convention, AARP meetings, County Board/Commission/Committee Training, Northern Virginia (PDC-8) Human Services Mobility Workshop, Regional Older Adult Facilities Mental Health Support Team (RAFT) Kick-off Celebration, Virginia Health Department Injury

Prevention Symposium, and Virginia Commonwealth University's Conference "Open Road to Culture Change".

- ◆ Speaking at the meetings of the Prince William Board of County Supervisors and the Manassas City Council.
- ◆ Participating in: Older Americans' Month Activities, Woodbridge Senior Center's 25th Anniversary Celebration, and Governor Kaine's visit at the Woodbridge Senior Center.
- ◆ Receiving County Voluntary Action Recognition Certificates.
- ◆ Commended by the Board of County Supervisors for dedicated guidance and leadership to the COA upon leaving, after four years of service; two-and a- half of those as Chair.
- ◆ Commended by the Board of County Supervisors for dedicated service to the COA and the community upon leaving, after twelve years of service. This service included not only participation at the Commission meetings, but also, writing a weekly column for the local newspaper and working with the local Senior Olympics.
- ◆ Receiving a Certificate of Appreciation from the Park West Lions Club for a presentation of Aging Services & Programs.
- ◆ Provided input to their individual District Supervisors' newsletters, and presented COA concerns to the County Supervisors and the two City Councils.
- ◆ Advocated for equity of the Net Financial Worth and Exemption Percentage within the Tax Relief for Elderly and Disabled programs operated by the County and the City of Manassas. This advocacy was for the City to raise its exemption levels to that of the County.

☞ **The Commission's Work- in-Progress as of December 31, 2008** ☜

- ◆ Continue efforts to advocate for equity within the Tax Relief for Elderly and Disabled programs.
- ◆ Continue efforts to advocate for the three local government websites to be in compliance with the Americans with Disabilities (ADA) Act, benefiting both our older adults and those adults with disabilities.
- ◆ Increase participation by the older adults with hearing impairments through the use of a wireless microphone when at large meetings or when the facility's acoustics makes hearing difficult. For such meetings conducted by the COA, the microphone should be available without the individual asking for accommodation.
- ◆ Continue the work of the Information & Assistance Committee started in 2008.
- ◆ Continue the initiative of preparing a one-page Talking Points paper after each regular or special COA meeting. This paper may be used by each Commissioner to brief their appointing authority on the activities of the COA.
- ◆ Continue advocating for legislation which benefits our area older adults directly, or those legislative items which benefit all older Virginians, thereby, indirectly benefitting our older adults, their families or their caregivers.

☞ Prince William Area Agency on Aging Accomplishments in 2008 ☜

The Prince William Area Agency on Aging utilizes the advisory capacity of the COA as they work in conjunction to serve the area's older adults and caregivers. In 2008, the Agency:

- Became a *No Wrong Door* Pilot Site -- the first local government and Northern Virginia site -- preliminary work done in 2008, start will be in early 2009.
- *Stand Tall, Don't Fall*, an exercise program offered at both Senior Centers, funded through a grant from the Virginia Department of Health (VDH), received an award for innovation at the VDH's Injury Prevention Symposium. 189 older adults participated in the program.
- Received a Thornton Trust grant to provide music therapy for Adult Day Care participants.
- Worked with the County Fire & Rescue Department to conduct free inspections at the homes of the Meals on Wheels clients. 66% of the clients had smoke detectors which failed inspection and were replaced free by the department.
- Received an audit from the Virginia Department for the Aging and passed with no recommendations or findings.
- Was noted in the 2008 Employee Organizational Survey as a lead Agency in the County for supporting Equal Opportunity, Affirmative Action and Diversity.
- Agency employees:
 - Two received Employee of the Month from Prince William County.
 - One was accepted to the Washington Regional Council of Governments Regional Institute of Excellence.
 - One was accepted to attend Leadership Prince William.
 - Eleven, 30%, have completed Continuous Quality Improvement curriculum through Prince William County.
 - Had 100% participation in County-wide Slips, Trips and Falls prevention training and reduced vehicle and personal injuries.
 - Raised over \$1,800 for the Alzheimer's Association Memory Walk.
 - One became Vice President of the Virginia Association of Area Agencies on Aging.
 - One was appointed by the Governor to the Olmstead Community Integration Team.

Prince William Agency on Aging Statistics (Jan. 2008 thru Dec. 2008)

Program	Clients	Units
Home Delivered Meals (Meals on Wheels)	152	19,894 meals
Congregate Meals	1,083	26,000 meals
Senior Centers (Manassas/Woodbridge)-daily participation total	3,653	-
Adult Day Care (Senior Day Program-Woodbridge)	41	18,052 hours
Case Management	236	1,048 hours
Medicare Counseling (VICAP)	586	1,845 hours
In-Home Services (Senior Assist program)	35	12,614 hours
Information & Assistance Intensive Service	663	12,594 hours
Volunteer Program	464	21,847 hours
Bluebird Tours July 2007 - June 2008	668	-

Enclosure A

**Prince William Commission on Aging "At a Glance",
as of December 31, 2008**

District or City	Primary Members	Alternate Members
Brentsville District	Willard W. Bennett Information Support Officer	Mary R. Loren
Gainesville District	Vacant	Dave Christiansen
Coles District	Mary K. Portell	Sandy Ahmad
Dumfries District	Mary Joan Cortes	Richard Sienkiewicz
Neabsco District	Edna Garr	Vacant
Occoquan District	Bernard Storeck	David Swavely
Woodbridge District	Susan Moriarty	Emily Ruebsamen Chair
Representative At-Large	Mary Shufelt Vice Chair	Vacant
City of Manassas	Raymond Beverage Secretary	Vacant
City of Manassas	Jonathan Way	Vacant
City of Manassas Park	Maxine Coleman	Theresa Polk (City Staff)

**For Complete Contact Information: View our Commission webpage at
www.pwegov.org/aoa or call 703-792-6400**

☆ Hails & Farewells in 2008 ☆

Hail to: Sandy Ahmad, Coles District Alternate; Susan Moriarty, Woodbridge District Primary; Emily Ruebsamen, Woodbridge District Alternate; Edna Garr, Neabsco District Primary; Richard Sienkiewicz, Dumfries District Alternate; Jean Smith, Neabsco District Alternate; and Theresa Polk from Manassas Park.

Farewell to: Maria Inez Cox, Woodbridge District Alternate; Marion Lee, Dumfries District Alternate; Bert Buscher, Gainesville Primary; Jo Anne Woodruff, Neabsco District Primary; Brenda Kelley-Nelum, Alternate Representative At-Large; and Jean Smith, Neabsco District Alternate.

Enclosure B

**Prince William Area Agency on Aging "At a Glance",
as of December 31, 2008**

**Information & Assistance 703-792-6374
Senior Center Manassas 703-792-6405
Senior Center Woodbridge 703-494-5136
Website: www.pwcgov.org/aaa/**

