



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

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September 1, 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*

**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** September 1, 2009

**SUBJECT: FYI - AAAs Receive Recognition**

On 7/29/09, Governor Tim Kaine and his cabinet visited the home of Katherine Smith in King George County to experience the work done on homes through the **Rappahannock Area Agency on Aging's (RAAA)** Weatherization Program. RAAA, working with Community Housing Partners, makes repairs that help to make homes more energy efficient thereby reducing energy costs for the homeowner and constituting a major source of energy conservation. Over the next two years the RAAA will have nearly two million dollars in Federal stimulus funds available to work on additional homes in the four county Fredericksburg region.

Also in July, the *National Association of Area Agencies on Aging (n4a)* recognized both **LOA** and **Senior Services of Southeastern Virginia (SSSVA)** as recipients of the 2009 Aging Innovations and Achievement Awards. LOA was recognized for their Wellness Day project. Wellness Day is a collaboration between LOA and the Carilion Center for Healthy Aging. The project provides free health screenings to older adults including screenings for memory, balance, oral health, nutrition, eyesight, and other areas. SSSVA was recognized for their Center for Aging Affiliates program. This program is comprised of a network of churches that access services for their older parishioners using SSSVA and SeniorNavigator.

On 8/20/09, the *Beverly Foundation* announced that **Mountain Empire for Older Citizens'** Mountain Empire Transit was selected as a 2009 national recipient of its STAR Search Senior Transportation Service Award. Along with this recognition, MEOC received a cash award. This recognition came on the heels of Virginia's Secretary of

Transportation recognizing MEOC with a *United We Ride Leadership Award* "in recognition of effective public transit human services transportation coordination, planning and implementation."



09-173

*COMMONWEALTH of VIRGINIA*  
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**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** September 1, 2009

**SUBJECT:** Older Virginians Mental Health Month

The 2009 session of the Virginia General Assembly declared September as **Older Virginians Mental Health Month**. A copy of the proclamation is attached. I am working with the Department of Behavioral Health and Developmental Disabilities (the former DMHMRSAS) to see what events they may have planned for this month and will let you know what I have discovered. In the meantime, you may want to contact your local CSBs to see if they have any specific plans to celebrate this proclamation.

Attachment

## 2009 Session – Virginia General Assembly House Joint Resolution 674

WHEREAS, according to the Virginia Department for the Aging, the number of older adults is rising rapidly, particularly Virginians age 85 and older who as a group will increase five times faster than the state's total population between 1990 and 2025; and

WHEREAS, studies show a critical need for additional mental health services for older people with major psychiatric illnesses now and an expectation that the need will more than double over the next 25 years; and

WHEREAS, according to a 2006 estimate of the Joint Legislative Audit and Review Commission, close to 282,000 older Virginians suffered from a mental disorder in 2000, and a significant number of such cases were not treated, resulting in high costs; and

WHEREAS, a combination of geriatric inpatient unit downsizing, the increasing dual diagnoses of psychiatric illness and dementia in older adults, and the difficulties faced by long-term care facilities and community-based programs in serving this population call for immediate attention by policymakers, practitioners and the public; and

WHEREAS, State Mental Health, Mental Retardation and Substance Abuse Services Board policy "recognizing the prevalence of mental illness, [intellectual disabilities] and substance use disorder diagnoses among older adults, the growing numbers of these older adults, and the specialized needs of this population, encourage[s] and support[s] the development of high quality, accessible, responsive and effective services for these older adults;" and

WHEREAS, older adults benefit from a mental health system that promotes recovery, self-determination, empowerment and responsiveness to their unique and complex requirements, including aging in place in the community when possible; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, that the General Assembly hereby declares September **Older Virginians Mental Health Month**, to heighten public awareness of these needs and to promote discussion of strategies to address them.

House Joint Resolution 674 (sponsored by Brink and Watts) passed the House by Block Vote (1/23/09) and the Senate by Voice Vote (2/24/09).



*COMMONWEALTH of VIRGINIA*  
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**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:** September 1, 2009

**SUBJECT: H1N1 Flu Precautions**

I have had a few questions arise on what to do about the H1N1 flu virus especially at congregate sites.

The VDH website has the latest alerts on what is going on in Virginia at <http://www.vdh.state.va.us/news/Alerts/SwineFlu/> and many links are provided to information on the CDC website. There is also much information on [www.flu.gov](http://www.flu.gov)

There are four basic methods to prevent flu:

1. Stay at home: Staff, volunteers, and participants should stay home if they have flu-like illness. They should report flu symptoms when arriving at the doctor's office or emergency room. Those with the flu should remain at home for at least 24 hours after they no longer have a fever.
2. Cover coughs and sneezes.

3. Frequently wash hands and practice good hand washing techniques. Use standard cleaning products to clean and sanitize surfaces such as tables and counters that are touched and used often.
4. Encourage seniors to get the seasonal flu vaccine and H1N1 vaccine when available.

Older adults are not one of the groups recommended to receive the novel H1N1 influenza vaccine because current studies indicate that the risk for H1N1 infection among persons age 65 or older is less than the risk for younger age groups. However, once vaccine demand among younger age groups has been met, programs and providers should offer vaccination to people 65 or older.

Selected links:

**General information and flyers** [http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm) and <http://cdc.gov/h1n1flu/flyers.htm>

**Taking care of a sick person at home**

[http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)

**Vaccination recommendations** <http://www.cdc.gov/h1n1flu/vaccination/acip.htm>

Emergency Planning Seminar:

Also following is a flyer for statewide emergency planning seminars to assist administrators and planners to prepare for dealing with communicable disease in congregate care settings such as assisted living facilities, adult residential facilities, and other group care environments. Included will be discussions of communicable disease threats and methods of prevention. This workshop will be presented in a number of areas across the state and may be of interest to AAA personnel.

## EMERGENCY PLANNING FOR CONGREGATE CARE FACILITIES

VIRGINIA  
DEPARTMENT



of Social  
Services

Please FAX or E-MAIL this form to:

fax (804) 864-8239 or (804) 864-7038

or e-mail as attachment to [eptraining@vdh.virginia.gov](mailto:eptraining@vdh.virginia.gov)

EACH ATTENDEE MUST COMPLETE A REGISTRATION FORM

STATE AGENCY EMPLOYEES MUST REGISTER ONLINE THROUGH [TRAINVirginia](#)

*TRAIN Course ID- 1018941*

Name: \_\_\_\_\_

Company or Organization: \_\_\_\_\_

Position Title: \_\_\_\_\_

Telephone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Site you will attend (see below): \_\_\_\_\_

Do you require any special accommodations? (please specify): \_\_\_\_\_

Lunch will be on your own and adequate time will be provided

9AM-3PM (Sign-in will begin at 8:30-Program will begin at 9:00)

**Abingdon-SW Virginia Higher Education Center-September 30**

**Roanoke-Sheraton Hotel, 2801 Hershberger Rd.-October 1**

**Bridgewater Retirement Community (Shenandoah Valley)-October 8**

**Stafford-Stafford Hospital Center, 101 Hospital Ctr. Blvd.-October 9**

**Norfolk-Airport Hilton,, 1500 North Military H'way-October 13**

**Newport News-Point Plaza Suites, 950 J.Clyde Morris Blvd.-October 14**

**Petersburg-Holiday Inn North Fort Lee, 401 E. Roslyn Rd.- October 20**

**Richmond-Holiday Inn Crossroads, 2000 Staples Mill Rd.- October 21**

Registration deadline is one week prior to the date of the session you wish to attend. If a session fills up, every effort will be made to notify you that seats are no longer available.

Questions?

This is a **FREE** workshop

VDH EP&R

Training&Education

[eptraining@vdh.virginia.gov](mailto:eptraining@vdh.virginia.gov)

804-864-8231

**Target Audience:** Assisted living facilities, adult residential facilities, children's residential facilities, correctional facilities, and other group care environments



A BALANCED APPROACH

