



COMMONWEALTH of VIRGINIA
Department for the Aging

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September 15, 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.



09-182

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Director Administrative Services

DATE: September 15, 2009

SUBJECT: Valley Program Op-ed Article

Valley Program had an interesting Op-ed article that appeared this week in the New Dominion Magazine.

[The boomer senior tsunami: Are we prepared for the coming tidal ...](#)

The New Dominion Magazine - Waynesboro, VA

... heading up as executive director the Valley Program for Aging Services, ... of Central and Western Virginia, which provides programs and services for

PS: *Op-ed* means abbreviated from opposite the editorial page (though often believed to be abbreviated from opinion-editorial).



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Director Administrative Services

DATE: September 15, 2009

SUBJECT: ARRA Funds Reporting

We have received additional instructions about the reporting of ARRA funds. Next week Jane will update the spreadsheet to incorporate two changes. Instead of number of FTE hired or retained with ARRA funds, we will ask the number of hours worked. Secondly, a tab will be added to report vendor information if you contract \$25,000 or more of the ARRA funds to a single vendor.

If you have any questions, please call Jane at (804) 662-9329 or me at (804) 662-9309.



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
 Area Agencies on Aging

FROM: Tim M. Catherman
 Director Administrative Services

DATE: September 15, 2009

SUBJECT: 2009-2010 State Holiday Schedule

The Virginia Department of Human Resource Management has issued the holiday schedule for 2010. VDA will be closed in observance of the following holidays for the remainder of 2009 and 2010.

2009

Monday, October 12 – Columbus Day and Yorktown Victory Day
 Wednesday, November 11 – Veterans' Day (observed)
 Wednesday, November 25 (Close at Noon)
 Thursday, November 26 – Thanksgiving Day
 Friday, November 27 – Day after Thanksgiving
 Thursday, December 24
 Friday, December 25 – Christmas Day

2010

Friday, January 1 – New Year's Day
 Friday, January 15 – Lee-Jackson Day
 Monday, January 18 – Martin Luther King, Jr. Day
 Monday, February 15 – George Washington's Birthday
 Friday, May 28 – Unpaid leave day
 Monday, May 31 – Memorial Day
 Monday, July 5 – Independence Day
 Monday, September 6 – Labor Day

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Monday, October 11 – Columbus Day and Yorktown Victory Day
Thursday, November 11 – Veterans' Day (observed)
Wednesday, November 24 (Close at Noon)
Thursday, November 25 – Thanksgiving Day
Friday, November 26 – Day after Thanksgiving
Friday, December 24
Friday, December 31 – New Year's Day (observed)

The calendar can also be found at <http://www.dhrm.virginia.gov>. If you have any questions, please call me at (804) 662-9309.



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Directors
Area Agencies on Aging

FROM: Bill Peterson

DATE: September 15, 2009

SUBJECT: Older Virginians Mental Health Month

On 9/1/09, I sent a Tuesday Emailing (#09-173) alerting you that the Governor had declared September to be Older Virginians Mental Health Month in the Commonwealth. I have finally received a copy of the proclamation which appears to mix language provided by both VDA and the Department of Behavioral Health and Developmental Disabilities. Unfortunately, the actual proclamation with the final language did not become available from the Governor's Office until today.

Attachment



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

OLDER VIRGINIANS MENTAL HEALTH MONTH

WHEREAS, the National Association of State Mental Health Program Directors' Presidential Task Force on Mental Health and Aging notes that older adults remain the most underserved population in mental health services; and

WHEREAS, according to a Surgeon General's report almost 20 percent of those age 55 and older experience specific mental disorders that are not a part of "normal" aging; and

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, the risk of suicide increases along with a person's age and according to a 2006 survey by the Virginia Department of Health the suicide rate for adults 70 and older led all other age groups; and

WHEREAS, close to 282,000 older Virginians suffered from a mental disorder in 2000, and a significant number of such cases were not treated; and

WHEREAS, the State Behavioral Health and Developmental Services Board developed a 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, the 2009 Virginia General Assembly passed HJR 674 calling policymakers, practitioners, and the public to recognize that 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; and

NOW, THEREFORE, I, Timothy M. Kaine, do hereby join with the Virginia Department for the Aging, the Commonwealth Council on Aging, and Virginia's twenty-five local Area Agencies on Aging in recognizing September 2009 as **OLDER VIRGINIANS MENTAL HEALTH MONTH** in the **COMMONWEALTH OF VIRGINIA** and I call this observance to the attention of citizens of all ages.



Handwritten signature of Timothy M. Kaine in blue ink.

Governor

Handwritten signature of Katherine F. Hanley in blue ink.

Secretary of the Commonwealth



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: September 15, 2009

SUBJECT: Loudoun County AAA Supports Fall Prevention Activities

The Loudoun County Area Agency on Aging has been privileged to support the efforts of the newly formed non-profit, *The Northern Virginia Fall Prevention Coalition*- since its inception. We have a unique partnership with this highly innovative group made up primarily of local businesses who serve elders and their caregivers in the community. The Loudoun AAA provides the meeting space and a staff person to act as liaison and facilitator for the monthly *NVFPC* meetings. On Tuesday September 22, 2009, our Agency will be sponsoring the *NVFPC* Fall Prevention Day Celebration and Kick-Off for the October 10th *NVFPC* Fall Prevention Summit and will be providing light refreshments.

The current economic climate challenges all to do things differently. The NOVA Fall Prevention Coalition is an excellent example of what can be done when a caring community of service providers accepts the challenge of making the wellbeing of our elders a priority!

For years, the Loudoun AAA has sponsored *L-SIN*, The Loudoun Senior Interest Network, via the greater Loudoun Human Services Network. In fact, the founders of the new *Northern Virginia Fall Prevention Coalition* have been consistent attendees at the L-SIN meetings as well as having received much advice and support from Loudoun AAA I & A staff member, Mary Jane Barney-Butler. Another I & A staff member, Liz Huibretsge, is the co-chair of L-SIN; these meetings and activities enable all local aging service providers including non-profits, for-profits and government, to work together to meet the needs of elders in Loudoun.

In little more than 6 months the *NVFPC* has gone from philosophy, to concept, to shouldering the responsibility of following CDC and NCOA guidelines to become a full fledged, non-profit Fall Prevention Coalition. To quote Tony Schaffer, founder and director of the *NVFPC* Board, "local participation will highlight how Loudoun is leading the way for Virginia to become the next state to join the National Fall Prevention Coalition." Lenny Recuperero from the Virginia Department of Health and Lynn Beattie from NCOA are showing their support for the *NVFPC* by presenting at the *Fall Prevention Summit* in Leesburg on October 10, 2009.

Fall Prevention seminars have also been presented by members of *NVFPC* at Loudoun County Area Agency on Aging senior centers, with AAA staff participating there and at other facilities throughout the community. Our staff have eagerly encouraged and promoted this work and are committed to keeping the public informed about how to prevent falls and upcoming *NVFPC* fall prevention events.

Our Director, Dr. Lynn Reid, and other Loudoun County Area Agency on Aging staff will participate in the *NVFPC* Summit on October 10th as members of the *NVFPC*, assisting as needed. (See the attached flyer). We are providing a staffed table display with information materials, presentation of our Adult Day Centers' video, and our agency power point will be running on the big screen along with those of the other *NVFPC* members. We are excited about these fall prevention education opportunities and invite you to join us!



Virginia, Be Injury Free!

September 22 is National Fall Prevention day.

Come celebrate with us, the Northern Virginia Fall Prevention Coalition, as we share with you the vital basics in preventing injury from falls.

**Falls are not an inevitable part of aging.
Falls are preventable!**

- ***Local experts from the NVFPC will present the key components of a comprehensive Fall Prevention Program developed by the CDC and prevention.***
- ***Questions will be answered from our local Leesburg experts.***

Free to the public September 22, 2009 at the Area Agency on Aging, 215 Depot Court, Leesburg, VA 4pm - 6pm.

Thanks to the Area Aging Agency for Hosting this Event!

(Light refreshments served)

For more information on this event contact Bradley Ann Morgan at 703-999-1691



October Fall Prevention 'Summit'

Reaching New Heights in Preventing Injury

Join us, the Northern VA Fall Prevention Coalition, to learn the **top** elements in preventing injury from falls, modeled from the Centers for Disease Control & Prevention (CDC) program. Hear presentations by Lenny Recupero from the VA Dept. of Health on:

“Who’s Falling in Virginia? A Snapshot of Fall Related Injuries Among Older Adults”

& by Lynn Beattie from the National Council on Aging:

“Staying on Your Feet – Strategies to Reduce the Risk of Falling!”

You will:

- Learn how to reduce risks for you, your parents, & reducing medical costs for your family
- Have individual time for questions & answers from our local experts
- Use the latest in exercise & strength enhancement products
- Learn vision improvement & techniques to safe proof your home

Free to the Public, October 10, 2009 at Ida Lee Park, lower level recreation center, 10am - 2pm.

Don't miss this major event!

Information or questions on this event, contact Bradley Ann Morgan at 703-999-1691 or Angela Domer at 703-728-5076.