



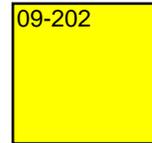
COMMONWEALTH of VIRGINIA
Department for the Aging

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November 3, 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: November 3, 2009

SUBJECT: The Virginia Bar Association's Senior Citizens Handbook

The Virginia Bar Association has published the 2009 *Senior Citizens Handbook: Laws and Programs Affecting Senior Citizens in Virginia*. This is the 12th version of this useful guide.

It is an excellent legal resource for older citizens as well as for the rest of us. This Handbook contains valuable information if you face caregiver responsibilities and/or plan to retire.

You can access this publication on line, and download a copy, by going to the Virginia State Bar webpage: <http://www.vsb.org/site/publications/senior-citizens-handbook>

COMMONWEALTH of VIRGINIA
Department for the Aging

November 3, 2009

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

RE: Bay Family Housing, Division of Bay Aging

Secretary Donovan Announces \$2.4 Million in Housing Counseling Grants to 22 Housing Counseling Organizations in Virginia
Virginia grants part of \$60 million in HUD funding critical to prevent foreclosure

Bay Family Housing, Division of Bay Aging

Urbanna, VA

\$20,000 Comprehensive Counseling

Bay Family Housing has been providing comprehensive housing counseling services to over 150 clients since 2006. Bay Family Housing offers group, individual, and personalized financial literacy counseling, pre-purchase housing counseling, homebuyer's education classes, access to mortgage funds, and help locating down payment and closing cost assistance to assist renters to become homeowners. For homeowners, Bay Family offers foreclosure loss/mitigation assistance and home maintenance counseling. Bay Family Housing also administers a number of state funded programs such as Indoor Plumbing Rehabilitation Program, Emergency Home Repair, Weatherization, and Urgent Need (disaster related programs).

The U.S. Department of Housing and Urban Development press release can be found at: <http://www.hud.gov/local/va/news/pr2009-10-14.cfm>



09-204

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: November 3, 2009

SUBJECT: Webinar on Food Security, Nutrition, Health, and Functionality in Older Americans:

Date: November 9, 2009, 2:00 PM - 3:00 PM EST

The Society for Nutrition Education will be hosting a webinar that will focus on nutrition, health, functionality, and the relationships between these factors and others such as income to food insecurity for older adults. Several available programs for older adults and possible solutions will be addressed. These include participation in federally funded food and nutrition assistance programs such as the Supplemental Nutrition Assistance Program, the Older Americans Nutrition Program, and nutrition education and counseling, as well as community supportive services such as transportation, the National Family Caregivers Support Program, and the Low Income Home Energy Assistance Program. The webinar is free for SNE members and \$25 for non-members.

<https://www2.gotomeeting.com/register/512396074>

COMMONWEALTH of VIRGINIA
Department for the Aging

November 3, 2009

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

RE: Cell Phones for Senior Program

The 911 Cell Phone Bank is a nationwide program designed to maximize community cell phone donations.

Each year over 100 million people upgrade their old cell phones. Most simply toss them in a drawer and forget about them. Our mission is to maximize the benefits of retired cell phones while minimizing their environmental impact.

911 Cell Phone Bank was created to provide an ongoing and readily available source of 911 emergency cell phones and funds to meet the unexpected and urgent needs of participating law enforcement and affiliated victim services agencies.

There are numerous participating AAAs and other agencies in Virginia. For a list and more information go to: <http://www.911cellphonebank.com/drop-off-locations.asp?State=VA>

The following article appeared in the Harrisonburg, VA Newspaper about Shenandoah's AAA experience.

And finally, "[After nearly 15 years of serving senior citizens](#), Bill Crawford has seen - and heard - it all.

Crawford, director of case management for the Shenandoah Area Agency on Aging, loves listening to his clients reminisce about old holiday traditions and historic tales of decades past.

Cell Phones for Senior Program

Page 2 of 2

But then there are the less enjoyable moments on the job.

While delivering meals to homebound seniors over the last several years, Crawford has found numerous clients incapacitated by injury and unable to call for help.

For this reason, Crawford is always on the lookout for ways to equip senior citizens with the technology to help them in the event of an emergency.

Crawford's newest venture is collecting old cell phones and having them refurbished for use by seniors.

The Cell Phones for Seniors program sends old phones to Florida-based RMS Technology Inc., which reprograms them to only dial 911, and gives the Shenandoah Area Agency on Aging a small fee for the parts it collects. The funds collected by the agency go to help supplement the nonprofit organization's budget.

According to Crawford, the phones are then handed out to low-income residents throughout Page and Shenandoah counties and three other localities in northwestern Virginia.

"I have been trying to find cost-effective ways to keep people safe in their homes," Crawford said. "[Senior citizens] deserve support and they're a great population to work for. We run into people that really need the technology but can't afford it."

Crawford also has been key in starting other successful technology programs for seniors, including one that gives auto-dialers and "photo phones" to visually, cognitively and hearing impaired citizens.

The auto-dialers allow senior citizens who have fallen or been hurt to call any of three numbers preprogrammed into the device, Crawford said.

The photo phone is a landline phone that lets the user insert up to nine pictures that correspond with speed-dial buttons. The phone also blinks so hearing-impaired seniors can see when a call is coming in.

"It's obvious that a little technology can go a long way to keeping them safe," Crawford said."



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Human Services Program Coordinator

DATE: November 3, 2009

SUBJECT: National Family Caregivers Month

Virginia Caregiver Coalition

It is estimated that Virginia's caregivers contribute \$9.9 billion annually in care for their loved ones. The Virginia Caregiver Coalition invites you to share in their yearly celebration of Virginia's family caregivers. The Virginia Caregiver Coalition will host national author Hank Dunn on Thursday, November 19, 2009 at 10:00 A.M. Mr. Dunn is the nationally recognized author of ***Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Care, and the Patient with a Life Threatening Illness*** and ***Light in the Shadows: Meditations While Living with Life-Threatening Illness***.

Family caregivers can attend this video-conference meeting at the Virginia Department for the Aging or at various video conference sites throughout the Commonwealth. For further information, please contact Ellen Nau at the Virginia Department for the Aging. Phone: 804-662-9340 or Email: Ellen.Nau@vda.virginia.gov

Please see the attached Certificate of Recognition by Governor Kaine recognizing November, 2009 as Virginia Family Caregivers Month.



CERTIFICATE of RECOGNITION

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

VIRGINIA FAMILY CAREGIVERS MONTH

WHEREAS, during this season of thanksgiving, as we pause to reflect on the many blessings that have been bestowed on us as individuals and as a State, we are especially grateful for the love of our families and friends; one of the most profound ways in which that love is expressed is through the generous support provided by family caregivers to loved ones who are chronically ill, elderly or disabled; caregivers reflect family and community life at its best; they are among Virginia's most important natural resources; and

WHEREAS, National Family Caregivers Month is observed every November and seeks to draw attention to the many challenges facing family caregivers and advocate for stronger public policy to address family care-giving issues; and

WHEREAS, the need for family caregivers is growing and we are living in a time when medicine and technology have helped us live longer, and as a result, persons with disabilities are living longer and people over 85 are the fastest growing segment of our population; family caregivers can be found in every city and town in America; it is likely that we all know at least one family caregiver; and

WHEREAS, it is estimated that family caregivers provide more than \$350 billion worth of free healthcare services each year nationally and \$9.9 billion in Virginia, forming a vital safety net for our country's formal healthcare system; and

WHEREAS, family caregivers deserve our lasting gratitude and respect, and this month, as we honor the many contributions that family caregivers make to the quality of our national life, let us resolve to work through our community, religious, social, business and other organizations to offer programs and services that will provide caregivers the support and encouragement they need to carry out their vital responsibilities; and

NOW, THEREFORE, I, Timothy M. Kaine, do hereby recognize November 2009 as **VIRGINIA FAMILY CAREGIVERS MONTH** in the **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of our citizens.



Handwritten signature of Timothy M. Kaine in black ink.

Governor

Handwritten signature of Katherine K. Hanley in black ink.

Secretary of the Commonwealth



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Janet James, Esq. – State Legal Services Developer, Public Guardian
Program Coordinator

DATE: November 3, 2009

**SUBJECT: REMINDER – 11/5/09 Training Opportunity for Virginia’s Revised
Health Care Decisions Act and Advance Medical Directive Form/Code
of Virginia § 54.1-2984**

As a follow up to my prior email dated September 22, 2009, please find attached training registration information.

- **November 5, 2009** sponsored by the Department of Behavioral Health and Developmental Services (formally DMHMRSAS). This event will be held in Richmond. Please see attached registration information. The registration fee is \$10.00. Pre-registration is required.

Thank you.

Advance Directive Training – Richmond November 5, 2009

Sponsored by the Department of Behavioral Health and Developmental Services(DBHDS) in coordination with the Office of the Attorney General, the Virginia Association of Community Services Boards(VACSB), Virginia National Association of Mental Illness(NAMI) and Virginia Organization of Consumers Asserting Leadership(VOCAL)

Hilton Garden Inn Richmond Airport,
441 International Center Drive,
Sandston (Richmond)

Directions: From I-64, take Exit: 197A towards the Richmond International Airport. Turn right onto Audubon Drive. Take next right onto International Center Drive. The hotel is on the right.

Topics will include:

- Changes to Healthcare Decisions Act/Advance Directives
- Consumer and Provider Utilization of Advance Directives
- Clinical Assessment of Capacity to Consent
- Facilitation of Advance Directives in the Mental Health Context

Registration: begins at 9:00 am. The program begins at 9:30 am and concludes at 4:00 pm. **Lunch** will be provided.

Training Cost: \$10 per person, payable by cash or check at the training.
(bring cash or check with you)

“NO SHOWS” will be billed if cancellation is not received by November 1th.

This training is complimentary (no charge) for consumers and family members, but everyone must pre-register.

Registration: online registration at www.vacsb.org.

Webinars Available: contact Mary Clair O’Hara at mary.ohara@dbhds.virginia.gov to be considered for a webinar site.

DVD of Training: The training and webinar will be taped at a cost of \$10 per DVD. Details on purchasing will be available on the DBHDS website and the VACSB website after November 5.

In-person space is limited, so register early!

COMMONWEALTH of VIRGINIA
Department for the Aging

November 3, 2009

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

RE: AoA's 2010 Strategic Goals and Performance Measures at a Glance

This is a quick overview to AoA's 2010 Strategic Goals and Performance Measures. The complete document with details can be found at:
http://www.aoa.gov/AoAroot/Program_Results/docs/2010/FY2010AoACongressionalJustificationFinal.pdf.

AoA's Strategic Goals

Five strategic goals guide AoA in carrying out its mission under the Older Americans Act and have been instrumental in the formulation of AoA's budget request for FY 2010:

- Goal 1: Empower older people, their families and other consumers to make informed decisions about, and to be able to easily access, existing health and long-term care options.
- Goal 2: Enable seniors to remain in their own homes with high quality of life for as long as possible through the provision of home and community-based services, including supports for family caregivers.
- Goal 3: Empower older people to stay active and healthy through Older Americans Act prevention programs and the new prevention benefits under Medicare.
- Goal 4: Ensure the rights of older people and prevent their abuse, neglect and exploitation.

AoA's 2010 Strategic Goals and Performance Measures at a Glance
Page 2 of 4

- Goal 5: Maintain effective and responsive management.

State and Community-Based Services

- Increase the number of clients served for Title III services by 22% over the number achieved in FY 2005 (from 6,937 in FY 2005 to 8,422 by FY 2010). (*Outcome*)
- Improve well-being and prolong independence for elderly individuals as a result Title III home and community-based services. A composite of nursing home predictors will increase from 56 in FY 2009 to 58 in FY 2010. (*Outcome*)
- Percent of OAA clients served who live in rural areas is at least 10% greater than the percent of all US elders who live in rural areas. (*Outcome*)
- Increase the number of States that serve more elderly living below the poverty level than the prior year. (*Outcome*)
- Maintain funding support for Title III Services from non-federal sources. (*Output*)

Home and Community-Based Supportive Services

- 90% of transportation clients rate services good to excellent. (*Outcome*)
- Increase the percentage of transportation clients who live alone. (*Outcome*)
- Transportation Services units (*Output*)
- Personal Care, Homemaker and Chore Services units (*Output*)
- Adult Day Care/Day Health units (*Output*)
- Case Management Services units (*Output*)

Nutrition

- For Home and Community-based Services including Nutrition Services, and Caregiver services increase the number of clients served per million dollars of AoA funding. (*Outcome*)

AoA's 2010 Strategic Goals and Performance Measures at a Glance

Page 3 of 4

- 90% of home delivered meal clients rate services good to excellent. (*Outcome*)
- Increase the number of older persons with severe disabilities who receive home-delivered meals. (*Outcome*)
- Number of Home-Delivered meals served (*Output*)
- Number of Congregate meals served (*Output*)

Title VI Services

- For Title VI Services, increase the number of units of service provided to Native Americans per thousand dollars of AoA funding. (*Outcome*)
- Increase the number of caregivers served. (*Outcome*)
- Maintain Transportation Services units (*Output*)
- Home-Delivered Nutrition meals (*Output*)
- Congregate Nutrition meals (*Output*)
- Maintain Information, Referral and Outreach units (*Output*)
- Maintain Caregiver Training Groups units (*Output*)

Protection of Vulnerable Older Americans

- For Title VII Services, increase the number of Ombudsman complaints resolved or partially resolved per million dollars of AoA funding. (*Outcome*)
- Improve the Ombudsman complaint resolution rates. (*Outcome*)
- Number of Complaints (*Output*)
- Number of Ombudsman consultations (*Output*)
- Facilities regularly visited not in response to a complaint (*Output*)

AoA's 2010 Strategic Goals and Performance Measures at a Glance
Page 4 of 4

- Number of Ombudsman Investigations (*Output*)
- Elder Abuse prevention non-OAA service expenditures (\$ Thousand) (*Output*)

Aging Network Support Activities

- For Senior Medicare Patrol, increase the number of beneficiaries trained per million dollars of AoA funding. (*Outcome*)
- Total number of ADRC contacts (*Output*)
- Total number of participants completing the CDSMP program (*Output*)
- Number of individuals enrolled in the nursing home diversion program (*Output*)
- Beneficiaries Educated (*Output*)
- Eldercare Locator calls (*Output*)
- Eldercare Locator web contacts (*Output*)



09-209

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Directors
Area Agencies on Aging

FROM: Bill Peterson

DATE: 11/3/09

SUBJECT: Letters to Governor Kaine

Both the *Commonwealth Council on Aging* and the *Virginia Alzheimer's Disease and Related Disorders Commission* have sent letters to Governor Kaine concerning budget cuts. Copies of these letters are attached.

Attachments



COMMONWEALTH of VIRGINIA

Commonwealth Council on Aging

Telephone (804) 662-9333

Toll-Free (800) 552-3402

Fax (804) 662-7035

1610 Forest Avenue, Suite 100

Richmond, Virginia 23229

E-mail: aging@vda.virginia.gov

Web site: www.vda.virginia.gov/council.htm

September 16, 2009

The Honorable Timothy M. Kaine
Governor of Virginia
Patrick Henry Building, 3rd Floor
1111 East Broad Street
Richmond, Virginia 23219

Re: Request for Budget Allocations for Older Virginians

Dear Governor Kaine:

I am writing on behalf of the Commonwealth Council on Aging in accordance with its statutory duty to advise you on aging issues and aging policy for the Commonwealth (see §2.2-2627.A.2 of the Code). The Council is composed of 19 Virginians appointed by you and the General Assembly from throughout the state with wide diversity in our composition and geography. We are united in our role to improve the quality of life for Virginia's seniors.

First we recognize the severely difficult choices you have had to make with respect to the most recent reduction plan to meet the FY 2010 state general fund shortfall of \$1.35 billion. We appreciate and applaud the fact that the Virginia Department for the Aging was spared cuts in three of its more critical programs: nutrition services (both congregate and home delivered), ombudsman services, and public guardianship services.

However we are especially concerned about the \$500,000 reduction slated for individual care services including community based services, transportation, matching for Title III Older Americans Act funding, and care coordination. We strongly believe that these funds need to be restored at the earliest opportunity. As you are aware, there is an interrelationship between individual care services. As an example, transportation is a vital component of the nutrition programs so reductions there can also imperil nutrition services.

The individual care services are really an investment in achieving the main goal of aging policy in Virginia: to allow seniors to remain more independent either living in

their homes or their communities. The intervention of these individual care services can avert having seniors enter long-term care institutions, which cost the state and the nation more.

Our Council is also a strong supporter of the No Wrong Door program and hope its 10 percent reduction can be quickly restored. We must also convey our very strong concern about the double hit directed at respite care in your most recent budget document. In addition to the 10 percent cut in the respite care initiative, funding was also suspended for the respite care grant program. Respite care is another cost effective service and Virginia was one of the first states in the nation to recognize its importance. These cuts will set our respite care efforts back significantly.

We sincerely recommend that your FY 2011 budget do everything possible to restore the cuts contained in this reduction plan. We would especially like to work with you and your staff to achieve this. As we all know, the programs we advocate for in this letter help especially vulnerable older persons who rely on these services every day. Many of these seniors have no alternative to these services and likely did not anticipate they might lose them. We appreciate your consideration of our views.

Sincerely,

A handwritten signature in black ink, appearing to read "Robert B. Blancato". The signature is written in a cursive style with a large initial "R".

Robert B. Blancato
Council Chair

cc: Marilyn Tavenner, Secretary of Health and Human Resources
Linda Nablo, Commissioner, Virginia Department for the Aging



COMMONWEALTH OF VIRGINIA
Alzheimer's Disease and Related Disorders Commission
E. Ayn Welleford, MSG, PhD, Chair

October 28, 2009

The Honorable Timothy M. Kaine
Governor of Virginia
Patrick Henry Building, 3rd Floor
1111 East Broad Street
Richmond, Virginia 23219

Dear Governor Kaine:

The Alzheimer Disease and Related Disorders Commission supports the recommendations made to you by the Commonwealth Council on Aging in its September 16 letter. We further strongly recommend that all possible efforts be made to restore funds as early as possible during FY 10 rather than waiting for FY 11.

We recognize the enormous challenges you face in balancing the budget amid extraordinarily difficult economic circumstances. Simultaneously, we recognize your commitment to meeting the needs of Virginia's most vulnerable residents. That commitment is at least as wise in fiscal and policy terms as it is ethically and morally commendable.

As you know, many of the programs administered by the Virginia Department for the Aging not only improve lives but literally save lives. The facts are clear, stark and fundamental: senior nutrition, transportation and respite programs are a matter of life and death:

- Seniors who do not have adequate nutritional support experience more illness, more severe illness and higher mortality rates.
- Seniors who do not have adequate transportation assistance become more physically and psychologically isolated, receive less medical care, experience higher rates of depression and malnutrition, and are more susceptible to two life-threatening situations: attempting to transport themselves for lack of a safer option and succumbing to despair by attempting to take their own lives.
- Seniors who do not have adequate respite care become an untenable burden on informal caregivers and are more quickly (and we would argue, prematurely) moved to long-term care residential facilities, often at substantially increased cost to the state budget. The increasing and unremitting pressure on informal caregivers contributes toward higher rates of caregiver depression and death and

substantially increases the risks of the vulnerable seniors being subjected to abuse, neglect and exploitation.

Vulnerable seniors and their families understand that the Commonwealth's budget is not an inexhaustible resource. They have never wanted and never sought to have the Commonwealth or its taxpayers ensure them any sort of exorbitant lifestyle. To the contrary, seniors and their families typically are loath to ask for any help whatsoever until (and sometimes beyond) the point when some small amount of assistance is critical, indispensable and all too often a matter of survival. These Virginians are at the end of their rope, out of options, have no resources left untapped. The Commonwealth may have no good options, but it has more viable options than these vulnerable individuals and their families.

You have faced many immensely difficult decisions as Governor and confronted each with wisdom, integrity and a faithful allegiance to the Commonwealth's best interests. Restoring full funding to these most essential VDA programs for the most vulnerable among us would re-affirm all that is best about your sensible and honorable leadership as Governor.

Sincerely,

A handwritten signature in black ink, appearing to read 'E. Ayn Welleford', written in a cursive style.

E. Ayn Welleford, MSG, PhD
Commission Chair

C: Linda Nablo, *Commissioner*
Commonwealth Council on Aging

Robert Blancato, *Chair*
Commonwealth Council on Aging