



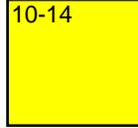
*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

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February 2, 2010

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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:** Executive Directors  
Area Agencies on Aging

**FROM:** Kathy Miller, Director of Programs

**DATE:** February 2, 2010

**SUBJECT:** Welcome New VICAP Director

It is with great pleasure that I announce Elizabeth Pierce has been hired as the VICAP State Director, effective February 1. Liz received her Master of Social Work with a Certificate in Aging Studies in 2008 from Virginia Commonwealth University. While she was a MSW Student Intern, she worked at Senior Connections, The Capital Area Agency on Aging and later at VDA. While at VDA, she worked with the Project 2025: Enhanced Access to Legal Assistance for Older Americans in Virginia grant as well as the Alzheimer's Commission and the Commonwealth Council on Aging. Since completing her graduate degree, Liz has been working at The Hermitage at Cedarfield as a Social Worker and the Admissions Coordinator. She recently donated her time to the Greater Richmond Chapter of the Alzheimer's Association to write a grant for the Respite Scholarship program. Liz developed a passion for older adults when she began visiting nursing homes as a child with her mother who was a nurse's aide. We look forward to her continuing her passion working with the local VICAP Coordinators and Volunteers to serve Virginia's Medicare beneficiaries. Please join me in welcoming her to VDA.

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

December 22, 2009

**MEMORANDUM**

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

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

**DATE:** February 2, 2010

**SUBJECT:** Older Americans Act Reauthorization Forums

The Administration on Aging has posted more information about the 2011 reauthorization of the Older Americans Act. Three listening sessions have been identified and one of them is in Virginia! Information and links are below.

**Date:** February 25th, 2010  
**Location:** [The Westin Alexandria - DC](#)   
400 Courthouse Square  
Alexandria, VA 22314  
(703) 253-8628  
**Time:** 9:00 A.M. to 4:30 P.M.  
**Agenda:** [Agenda](#) (pdf)

[Register to Provide Testimony](#)

23 slots are available in the Washington DC area- First Come First Serve  
Send your name, phone #, topic(s), organization (if representing an organization), and email address.



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

**MEMORANDUM**

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

**FROM:** Ellen M. Nau, Program Coordinator

**DATE:** February 2, 2010

**SUBJECT:** Caregiving

**Virginia State Bar**

The Senior Citizens Handbook, published by the Virginia State Bar Association, is now available online. The guide presents invaluable information on a variety of topics for senior citizens and their caregivers. Go to: <http://www.vsb.org/site/publications/senior-citizens-handbook>. The Virginia State Bar is an agency of the Supreme Court of Virginia.

**University of Virginia Study**

University of Virginia Economics Professor Steve Stern published a study in the *Journal of International Economics* entitled "Formal Home Healthcare, Informal Healthcare and Family Dynamics". Stern's study notes that elders are not necessarily happier with professional formal care than informal family care. The study builds on Stern's fifteen years of research and study on the economics of healthcare and social services. To access the entire article detailing the study and its results, consult: <http://www.virginia.edu/uvatoday/newsRelease.php?id=10375>

**Professional Staff Caregiver Training**

The Alzheimer's Association and the Virginia Caregiver Coalition in cooperation with the Virginia Department for the Aging will present "*Building Your Skills: A Person Center Approach – a 12 Hour Training*" on March 2-3, 2010. Expert trainer Mary Ann Johnson of the Greater Richmond Chapter of the Alzheimer's Association will provide training on various topics such as communication, coping with stress, wandering etc.

Training will be available at the Virginia Department for the Aging Conference Room at 1610 Forest Avenue Richmond, Virginia, and at various video conference sites throughout the Commonwealth, including Mountain Empire Older Citizens, Inc. A fifty dollar fee is required for the two day training. The fee includes lunch. For more information, please see the attached brochure or contact [fran.foster@alz.org](mailto:fran.foster@alz.org). If you would like to video conference for this training, contact Ellen Nau at [Ellen.Nau@vda.virginia.gov](mailto:Ellen.Nau@vda.virginia.gov).

Check out the Greater Richmond Chapter of the Alzheimer's Association on *You Tube*: <http://www.youtube.com/watch?v=v85G1hiKxdY>.

### **Fairfax Area Agency on Aging – Personal Care Training for Family Caregivers**

Partnering with the Fairfax County School System, the Fairfax Area Agency on Aging Family Caregiver Unit offers three hours of personal care training to family caregivers. For further information, contact: [Sharon.Lynn@fairfaxcounty.gov](mailto:Sharon.Lynn@fairfaxcounty.gov) or [Lucy.Gerland@fairfaxcounty.gov](mailto:Lucy.Gerland@fairfaxcounty.gov).

### **Aging in Stride News**

VDA Program Coordinator Elaine Smith notes that this newsletter has many articles of interest to family caregivers. Published in cooperation with the National Organization of Senior Centers, the newsletter can be accessed at: <http://enews.aginqinstride.org/>

“Seniors, computers and social networking” is the topic for several articles in the January 2010 edition.

### **Partners on the Path**

*Partners on the Path* is an organization that works with groups that support the work of family caregivers. The organization offers an array of consultation, education and self-care resources that organizations can present to family caregivers. For further information, go to: <http://www.partnersontheath.org/>.

### **Resources for Caregivers of Medicare Beneficiaries**

Jon Langmead of CMS announces that a new video for the caregivers of Medicare beneficiaries is available at: [http://www.youtube.com/watch?v=lZa5m9kd\\_z4](http://www.youtube.com/watch?v=lZa5m9kd_z4) or at the *Ask Medicare* website. The video tells one family's story of caregiving and notes resources to benefit family caregivers. A resource guide is available for download at: [www.medicare.gov/caregivers/pdfs/Resource and Benefits for Caregivers.pdf](http://www.medicare.gov/caregivers/pdfs/Resource_and_Benefits_for_Caregivers.pdf).

# Professional Staff Training

## Building Your Skills: A Person Centered Approach

The Alzheimer's Association is offering a ***Building Your Skills for Dementia Care: A Person Centered Approach*** training. This training meets the training requirements of the Virginia Department of Social Services – 22 VAC 40-72-1120 of the Standards for Licensed Assisted Living Facilities. The course will be offered as a 12-hour 2-part series and the cost to attend is \$50 per person which includes lunch each day for the series. **Registration is required. (Certificates of Attendance will be issued upon completion of training and receipt of payment.)** To register, please call 804-967-2580 or e-mail: [fran.foster@alz.org](mailto:fran.foster@alz.org)

### Modules to be covered are:

Coping With Stress (1 Hr)  
Dementia: What Is It? (2 Hrs)  
Communication (2 Hrs)  
Understanding Behavior (1 Hr)

Late Stage Care (1 Hr)  
Environment & Safety (1 Hr)  
Understanding Wandering (1 Hr)  
Activities: Why and How? (3 Hrs)

**Dates:** March 2 & March 3

**Time:** Registration: 8:30 am – 9:00 am  
Training: 9:00 am - 4:30 pm

**Location:** Virginia Department for the Aging, 1610 Forest Ave, Ste 100

Presented By:

alzheimer's  association

### Building Your Skills: A Person Centered Approach – 12 Hour Training

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

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

My check for \$50 is enclosed (please make check payable to Alzheimer's Association)

Please charge \$50 to my:     Master Card     Visa     Amex     Discover

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV Number (3 numbers on back of card) \_\_\_\_\_

Name (printed as it appears on card): \_\_\_\_\_

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

**Please detach and return with payment to:  
Alzheimer's Association, 4600 Cox Road, Suite 130, Glen Allen, VA 23060  
Phone: 804-967-2580 ■ Fax: 804-967-2588**