



COMMONWEALTH of VIRGINIA
Department for the Aging

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AAA TUESDAY E-MAILING
January 4, 2011

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COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: January 4, 2011

SUBJECT: Research Survey on Wireless Technology and People with Disabilities

Dr. John Morris, a research scientist at the Shepherd Center in Atlanta, is working on a research project on the use and usability of wireless technology by people with disabilities.

He is currently conducting a survey about two aspects of the way people with disabilities use emergency communications:

- 1) contacting 911 emergency services like fire, ambulance, police, etc., and
- 2) receiving alerts about public emergencies like weather alerts, Amber alerts, etc.

The survey takes only a few minutes. Individuals can take the survey on-line at: <http://www.wirelessrerc.org/news/take-the-2010-Emergency-Communications-survey.html> or over the phone by calling Dr. Morris toll-free at: 1-800-582-6360.

All participants who complete the survey will be entered into a drawing for a \$250 Amazon gift card. The drawing will take place during the first week of January 2011.

Dr. Morris' contact information is listed below.

John Morris, Ph.D.
Wireless Rehabilitation Engineering Research Center (Wireless RERC)
Shepherd Center
2020 Peachtree Road, NW
Atlanta, GA 30309
Telephone: 404-367-1348
john_morris@shepherd.org



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: December 28, 2010

SUBJECT: Intergenerational Programs

Generations United

Intergenerational Programs: How to Engage and Excite Your Staff on January 6, 2011 from 1:00 to 2:00pm ET. Featured guest speakers for the call include Andrea Taylor, Ph.D., Director of Training at The Intergenerational Center at Temple University and Diane Ross, CEO of The Continuum. Register at <https://www1.gotomeeting.com/register/492304432>

In advance of the webinar, Generations United seeks the following resources:

- sample position or volunteer descriptions that support intergenerational work
- sample staff or volunteer training agendas
- recognition or other incentive ideas

Note: If you can't attend the webinar, your examples are still welcome.

Please send your examples to Leah Bradley at lbradley@gu.org. If you would prefer to have your sample unaffiliated from your organization, we are happy to remove any identifying materials. We look forward to speaking with you on the webinar and generating ideas to inspire your staff and volunteers.

Generations United: Communicating Your Mission webinar on **January 20, 2011**, 1:00 P.M. to 2:00 P.M. EST. Register at <https://www1.gotomeeting.com/register/927437120>



11-51

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Director Administrative Services

DATE: January 4, 2011

SUBJECT: Beard Center on Aging's Annual Conference for Seniors, Caregivers and Professionals

The Beard Center on Aging's annual conference for seniors, caregivers and professionals will feature keynote speakers Paul Hogan, "Stages of Senior Care," Peter Betz, M.D., "Maintaining Emotional Balance" and comedian Brett Leake, "At Least I've Got My Health."

Break-out sessions will address healthy aging, financial planning, resiliency, maintaining a healthy brain, advance directives, avoiding scams, nutrition, communicating with your doctor, finding purpose, caring for the caregiver, substance abuse and many more. The one-day event is co-sponsored by the Centra Foundation. For more information, contact Denise Scruggs at scruggsdr@lynchburg.edu, telephone (434) 544.8456.



11-52

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: January 4, 2011

SUBJECT: Influenza Update

According to the Virginia Department of Health (VDH), influenza like illness (ILI) activity remains relatively low in Virginia, but has increased slightly in recent weeks. This is suggestive of the beginning of increases in ILI in the Commonwealth and across the United States. So far, 2010-11 flu activity closely mirrors the pattern of the 2008-09 influenza season.

Since September 2010, the VDH has received laboratory confirmations of a mixture of circulating influenza viruses that have been identified in Virginia, including:

- **Influenza A/H1**
- **Influenza A/H3**
- **Influenza B**
- **Influenza A - for which no typing was done**

These are the strains targeted by this season's vaccine and anticipated, based on what was circulating in the southern hemisphere during winter. VDH is pleased to have a "good match" for this year's influenza vaccine with the currently circulating strains of flu. This season's vaccine also includes the 2009 H1N1 strain.

Many individuals have some immunity to the 2009 H1N1 strain. However, it is likely that the recognized 2009 H1N1 risk groups - including younger age groups, those with asthma, diabetes, chronic conditions and pregnant women - will continue to be

affected disproportionately by complications of influenza.

As of December 14, 2010, **463,103** doses of seasonal influenza vaccine have been administered. Early vaccination feedback has shown that some consumers have safety concerns about the 2009 H1N1 strain being included in the vaccine, which can be a barrier to seeking vaccination.

This year, adults aged 65 years and older can choose to be vaccinated with the regular seasonal influenza vaccine or a new, high-dose influenza vaccine from Sanofi Pasteur. Available for the first time this season, the high-dose formulation contains four times the amount of antigen compared to a regular flu vaccination, and is intended to create a stronger immune response. Both the regular and high-dose formulations are recommended as adequate for seniors, with no preference indicated by the CDC.

One of the most important steps agencies can take at this time is to ensure that employees are vaccinated. Vaccination will prevent staffing shortages due to illness and help protect your vulnerable client population.



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Director Administrative Services

DATE: January 4, 2011

SUBJECT: Veterans Administration Grant Opportunity for Housing Stability

The Veterans Administration is pleased to announce the publication of the first [Notice of Fund Availability \(NOFA\)](#) for the Supportive Services for Veteran Families Program. The Supportive Services for Veteran Families (SSVF) Program is a new VA program that will award grants to private non-profit organizations and consumer cooperatives who will provide supportive services to very low-income Veterans and their families residing in or transitioning to permanent housing. The grantees will provide a range of supportive services designed to promote housing stability.

Download the Application by clicking here: [PDF File](#) and [Attachment B](#) (Excel File).

Applications for assistance under the SSVF Program must be received by the SSVF Program Office by 4:00 PM Eastern Time on March 11, 2011, in accordance with the requirements set forth in the NOFA and the application.

For more information, please see the [SSVF Program Factsheet](#), the [Final Rule](#), and the list of [Frequently Asked Questions](#)

Regional grant-writing workshops focused on the SSVF Program application will take place throughout the month of January. Each workshop will provide attendees with (i) an overview of the SSVF Program, (ii) an overview of the NOFA, and (iii) advice on completing the application. In addition, workshop attendees will be provided an opportunity to ask questions of VA and the Corporation for Supportive Housing (VA's technical assistance contractor for the SSVF Program).

There is no registration fee for attending these workshops. However, pre-registration is required by clicking [here](#). Attendees are responsible for any travel or other expenses associated with their attendance. Attendance at a workshop is not required to submit an application for the SSVF Program. The PowerPoint slides used during the workshops will be posted to this website in early January 2011.

Thursday, January 20, 2011 – New York City
9:00 a.m. – 5:00 p.m.

New York City Bar Association, 42 West 44th Street, New York, NY (meeting location)
[Club Quarters - Rockefeller Center](#), 25 W. 51st Street, New York, NY (Hotel location)



11-54

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Cecily Slasor

DATE: January 4, 2011

SUBJECT: Ms. Wheelchair Virginia, Inc.

VDA has been asked by staff at Woodrow Wilson Rehabilitation Center to share news about the upcoming Ms. Wheelchair Virginia event. Contestants must be women between the ages of 21-60, a resident of Virginia for the last six months, and must use a wheelchair for 100% of daily community mobility. Titleholder will be a voice for Virginians with disabilities and will travel throughout the state promoting disability education and awareness. Please share the event information with your clients and communities. Deadline for application and registration fee is due by February 4, 2011 and the title event weekend is March 18-20, 2011. A brochure and flyer are attached.

Ms. Wheelchair Virginia 2010 - 2011



Niki Swann is from Heathsville, Virginia. She is 24 and has been using a wheelchair since the age of 16 when she suffered a spinal cord injury due to a motor vehicle accident. Her interests include 19th century British literature, disability studies and antiques. She is earning her Masters in English Literature at Virginia Commonwealth University and teaches composition at Rappahannock Community College. Niki's platform of advocacy is "Breaking Down Stereotypes to Build Opportunities." Her motto of inspiration is "Accept No Boundaries."

Thank You to Our Sponsors:



Woodrow Wilson
Rehabilitation Center



Dominion



INDEPENDENT
Lifestyles

MOBILITY SPECIALIST
SALES • SERVICE • RENTALS
800-657-LIFT www.ilifestyles.net



Ms. Wheelchair Virginia, Inc.

P.O. Box 1500, W-513
Fishersville, VA 22939
800-345-WWRC Ext. 7905
Or 540-332-7905

<http://www.mswheelchairva.com/>

Ms. Wheelchair Virginia, Inc. does not discriminate on the basis of race, color, national origin, sexual orientation, gender, disability, veteran status, age or religion.



Celebrate Life



Mission Statement

Ms. Wheelchair Virginia, Inc.
(MWVA)

educates and advocates for individuals with disabilities in order to influence attitudinal, architectural, and social change for all Virginians.

MWVA is a 501 (C3) organization. All contributions are tax deductible.

It is affiliated with the National Ms. Wheelchair America Program and is an Americorps service organization.



Little Miss Wheelchair Virginia Ambassador, Abby Stanley, & Ms. Wheelchair Virginia 2010, Niki Swann

Candidate Criteria

All applicants are reviewed for compliance with Virginia's qualifying criteria:

- ❖ Must be a woman between the ages of 21 and 60.
- ❖ Use a wheelchair for 100% of her mobility.
- ❖ Be a resident of Virginia for the last 6 months.
- ❖ Demonstrate effective communication skills.
- ❖ Be available to travel throughout the state as a representative for people with disabilities.
- ❖ Have a platform of advocacy.



MWVA 2008 Rose Williams,
MWVA 2004 & Executive Director Pam Cobler
MWVA 2010 Niki Swann
MWVA 2009 Joan Manley, &
MWVA 2005 Angie Wilkerson

How to Apply

Download an application from:

www.mswheelchairva.com

or call the Ms. Wheelchair Virginia office for an application:
800-345-WWRC (Ext. 7905)

Implementation – To carry out this mission, Ms. Wheelchair Virginia, Inc. educates leaders and local communities by promoting awareness, advocacy, and change in public policy including accessibility for individuals with disabilities.

Each year a woman from the Commonwealth is selected to serve as an ambassador to educate and sensitize leaders and communities to disability issues. She will deliver messages of **advocacy, public education, inclusion, and inspiration.**

Advocacy – promote personal experience and authority, the conditions of the disability community and the changes needed to improve their quality of life.

Public Education – understand the contributory value and desires of persons with these challenges and what they can offer society.

Inclusion – educational advancement and employment continue to be obstacles and further work is needed for individuals to reach their full potential.

Inspiration – encounter the determined spirit of these individuals who have been able to persevere against formidable hardships and rise to a level of leadership and example.

**Ms. Wheelchair
VIRGINIA**

Serving Virginians With Disabilities



WE ARE LOOKING FOR THE NEXT MS. WHEELCHAIR VIRGINIA!

Ms. Wheelchair Va. Seeking Contestants & Sponsors

Contestant Requirements: Women between the ages of 21-60. Must use wheelchair for 100% of daily community mobility. Be a resident of Virginia for the last 6 months. Marital status is not considered. Possess good Communications Skills. Be a voice for Virginians with Disabilities!

Titleholder Receives: Crown, sash, and array of gifts. Titleholder and companion may choose to receive a living allowance from AmeriCorps. MWVA will travel throughout VA to promote disability education & awareness and also compete at Ms. Wheelchair America.

~Deadline for application & registration fee is due by February 4, 2011~

We Need YOUR Help!

Please Encourage Potential Contestants to Apply OR Sponsor a Contestant!

Title Event Weekend is March 18-20, 2011

Be a part of a life changing weekend: making friends, advocating, mentoring, educating, & laughing. Weekend will be full of activities, bonding, gala entertainment, and much more. Educational and pampered workshops are given. Scholarship will be awarded to one participant.

Check out our website www.mswheelchairva.com

E-mail: Faith.Patterson@wwrc.virginia.gov

Phone: (540) 332-7905 or (800) 345-9972 ext. 7905



11-55

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Director Administrative Services

DATE: December 21, 2010

SUBJECT: Board Self-Assessment

The Rappahannock-Rapidan Community Services Board and Area Agency on Aging conducted a Board Self-Assessment. Attached is the tool they use to collect your feedback on the performance of the agency. It is divided into three parts: Culture of the Board; Responsibilities of the Board as a Whole; Responsibilities of Individual Board members.

If you have any questions about the Board Self-Assessment, please call Brian Duncan at (540) 825-3100.

Board Self-Evaluation – 2010

This survey is designed to collect your feedback on the performance of the RRCSB-AAA. It is divided into three parts: Culture of the Board; Responsibilities of the Board as a Whole; Responsibilities of Individual Board members. Please circle the number on the rating scale that corresponds to your evaluation of each item. Work quickly and “go with your first response”. Use the Comments box to provide any details about why you selected a particular rating or to record any ideas for improvement in that particular area. **Please complete this survey and hand it in at our _____ meeting.**

<u>Culture of the Board</u>		Comments and Ideas for Improvement
<p>The roles and functions of the Board are clear. We distinguish clearly between policy determination and management functions.</p> <p style="text-align: center;">5 4 3 2 1</p>	<p>The roles and functions are not clear. We are fuzzy about what we are supposed to be doing.</p> <p style="text-align: center;">5 4 3 2 1</p>	
<p>Leadership is shared among members according to abilities and insights. Every member’s resources are used with all individuals encouraged to take on new responsibilities.</p> <p style="text-align: center;">5 4 3 2 1</p>	<p>Leadership is dominated by one or a few persons and other resources within the organization are never used.</p> <p style="text-align: center;">5 4 3 2 1</p>	
<p>Important issues are consistently on the agenda for open consideration, debate, and decision.</p> <p style="text-align: center;">5 4 3 2 1</p>	<p>Important issues are never dealt with but “swept under the rug” or dealt with outside of the Board.</p> <p style="text-align: center;">5 4 3 2 1</p>	
<p>Preparation is outstanding. Committees and staff do excellent preliminary work. Members are well informed and understand the pros and cons of all decisions.</p> <p style="text-align: center;">5 4 3 2 1</p>	<p>Preparation is lacking. We are consistently caught off guard without adequate information, facts, and documentation.</p> <p style="text-align: center;">5 4 3 2 1</p>	
<p>Communication of ideas is good. We listen and try hard to understand one another’s ideas. New ideas are actively considered.</p> <p style="text-align: center;">5 4 3 2 1</p>	<p>Communication of ideas is poor. We do not really listen. New ideas are ignored.</p> <p style="text-align: center;">5 4 3 2 1</p>	
<p>Responsible participation is present. We are sensitive to the need to reflect on what is best for our organization. Everyone is “on the inside” participating.</p> <p style="text-align: center;">5 4 3 2 1</p>	<p>Responsible participation is lacking. We reflect our own biases. We “grind our own axes” and watch from the “outside”.</p> <p style="text-align: center;">5 4 3 2 1</p>	

5. Ensure effective management of resources. <i>everyone receives clear and timely reports</i> 5 4 3 2 1 <i>resources are poorly managed</i>	
6. Enhance the organization's public image. <i>clear plan with roles for Board members</i> 5 4 3 2 1 <i>Board is not active in this area</i>	
7. Annual Self-Evaluation of Board performance. <i>regular self-evaluation with plans for improvement</i> 5 4 3 2 1 <i>only when there are problems</i>	
8. Board Committees contribute to the overall functioning of Board and the accomplishment of Strategic and Annual goals/objectives <i>committees make very significant contributions</i> 5 4 3 2 1 <i>committees make no contributions at all</i>	
9. Ensure adequate resources to accomplish the organization's mission and goals. <i>sufficient resources acquired</i> 5 4 3 2 1 <i>Board not effective</i>	

<u>Responsibilities of Individual Board Members</u> (please rate your own performance)	Comments and Ideas for Improvement
1. Regular attendance at monthly board meetings. <i>I have 100% attendance</i> 5 4 3 2 1 <i>My attendance is spotty.</i>	
2. Regular attendance and service on assigned committee(s). <i>My time spent on committee work is time well spent</i> 5 4 3 2 1 <i>This has been a waste of time</i> .	
3. Make a personal financial contribution to the ministry. <i>I have given every year.</i> 5 4 3 2 1 <i>I have not given every year.</i>	

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