



COMMONWEALTH of VIRGINIA
Department for the Aging

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AAA TUESDAY E-MAILING
March 22, 2011

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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.



11-90

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director Administrative Services

DATE: March 22, 2011

SUBJECT: May 2011 Older Americans Month

The Administration on Aging has designated Older Americans Month, May 2011 as “Older Americans: Connecting the Community”. The theme pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. It also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

More information can be found on the AoA website:

- [May is Older Americans Month](#)
- [Logos & Posters](#)
- [Sample Proclamation \(PDF\)](#)
- [Sample Article \(PDF\)](#)
- [History of Older Americans Month](#)



11-91

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Katie Roeper, Assistant Commissioner

DATE: March 22, 2011

SUBJECT: Award Opportunities

5th Annual Excellence in Building Healthy Communities for Active Aging Award

This award recognizes communities for their outstanding comprehensive approaches to implementing principles of smart growth, as well as strategies that support active aging. This award will be presented to communities with the best and most inclusive overall approach to implementing smart growth and active aging on a variety of fronts, at the neighborhood, tribe, city, county, and/or regional level. Two types of awards will be made—the Commitment Award and the Achievement Award. The Commitment Award recognizes communities that have developed and begun to initiate a specific plan to implement smart growth and active aging principles. The Achievement Award will be given for overall excellence in building healthy communities for active aging. Applicants must be public-sector entities in the United States and coordinate with their local Area Agency on Aging. Public-sector entities include all levels of elected governments, from city councils to state legislatures and their subdivisions such as planning departments and other executive branch divisions.

Deadline: July 11, 2011

<http://www.epa.gov/aging/bhc/awards/index.htm>

REMINDER: Call for Nominations for Annual Older Volunteers Enrich America Awards

The National Association of Area Agencies on Aging (n4a) recently announced a call for nominations for the annual Older Volunteers Enrich America Awards (OVEA) Program sponsored by Metlife Foundation. Now in its ninth year, OVEA builds on the Foundation's and n4a's shared commitment to and support for healthy aging and volunteer initiatives. An awards ceremony in Washington, DC, on June 17, 2011, will

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honor 25 volunteers. The goal of the awards program is twofold: (1) to honor and build awareness of the exemplary contributions of older volunteers and (2) to encourage other older adults to contribute their knowledge, skills and time to enrich society through volunteerism.

Deadline: March 24, 2011

<http://www.n4a.org/programs/metlife-older-volunteers/>

2011 Rachel Carson Poetry, Essay, Photography and Dance Contest

The 5th Annual Rachel Carson Intergenerational Sense of Wonder Contest is underway. Teams may submit a poem, an essay, photograph or a dance video that captures the sense of wonder you see, hear, and feel in nature. Entries must be developed by a multi-generational team of two or more individuals-with at least one each representing the younger and older generations. The contest seeks to spur and instill that same sense of wonder among all generations. Teams will share through one of these distinct mediums their own interactions and reflections on the wonders of nature. Mixed media entries are also welcome, such as a photo accompanied with a poem or essay. Dance video entries can be of performers or capture movements and visible changes in nature from dawn to dusk.

Deadline: June 10, 2011

<http://www.epa.gov/aging/resources/thesenseofwonder/index.htm>



11-92

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: March 22, 2011

SUBJECT: Go4Life Initiative to Promote Exercise and Physical Activity

The National Institute on Aging (NIA) at the National Institutes of Health (NIH) is sponsoring the national Go4Life campaign, an initiative to promote exercise and physical activity. The goal of this campaign is to help people 50 and older to fit exercise and physical activity into their daily life.

The Go4Life campaign includes a very useful website (<http://go4life.niapublications.org/>) that includes an evidence-based exercise guide in both English and Spanish, resources for seniors to set their goals, make exercise and physical activity plans, and track their exercise activities. Interested seniors can visit the website to utilize an interactive tool to help them get started with establishing their short and long-term goals. The weekly exercise and physical activity plan template is a downloadable form that seniors can use to record their activities for the week. Other useful resources on the Go4Life website include: tip sheets on healthy eating, exercising in a safe environment, fitting exercise and physical activity into one's daily life, and family activities for fun and good health.

Go4Life Initiative to Promote Exercise and Physical Activity

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Aging service providers who are interested in ordering free materials for their outreach efforts can do so by visiting this part of the website:

<http://go4life.niapublications.org/about/orgs/materials-to-share/>. On this web page, you can order Go4Life posters, bookmarks, exercise guides, and videos to help a group of seniors prepare and begin exercising. The site also includes articles on exercise and physical activity and printable Go4Life flyers.

The National Aging I&R Support Center encourages you to take advantage of this valuable resource. If you have program related questions, you can contact the National Institute on Aging at 1-800-222-2225 or Go4Life@nia.nih.gov.



11-93

COMMONWEALTH of VIRGINIA
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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: March 22, 2011

SUBJECT: SAMHSA's 10x10 Wellness Campaign

Please see below for information and free materials related to SAMHSA's 10x10 Wellness Campaign. The Wellness Campaign is for clinicians, community organizations, consumers/survivors and peers who want to take action to improve the life expectancy of people with behavioral health challenges by 10 years in the next 10 years.

NOW AVAILABLE: FREE 10x10 Wellness Campaign Brochures and Posters

The new resources include:

1. Top Three Ways to Promote Wellness poster (SMA10-4569)
2. Eight Dimensions of Wellness poster (SMA10-4568)
3. Informational brochure for primary care providers that provides strategies for talking about wellness and connecting with patients' behavioral health care providers (SMA10-4566)

SAMHSA's 10x10 Wellness Campaign

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4. Motivational brochure for consumers/survivors/peers that describes how to incorporate the Eight Dimensions of Wellness into everyday life (SMA10-4567)

5. Informational brochure to raise awareness about the disparity in early mortality for people with behavioral health problems and gain "champions" for the 10x10 Wellness Campaign (SMA10-4565)

These consumer-centered tools establish a shared language for talking about how wellness can support recovery for individuals with behavioral health challenges.

To order or download these free materials, visit

<http://store.samhsa.gov/product/SMA10-4566> or call toll free 1-877-SAMHSA-7 (877-726-4727). To learn about the other resources available through the 10x10 Wellness Campaign, SAMHSA and the FDA's Office of Women's Health, visit:

<http://www.promoteacceptance.samhsa.gov/10by10/resources.aspx> and www.fda.gov/womens .



11-94

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Nancy Lo, GrandDriver Coordinator

DATE: March 22, 2011

SUBJECT: Call for papers

Not Your Mother's Old Age: Baby Boomers at 65
Call for Papers: *The Gerontologist* (Special Issue)

Although the popular press has been fascinated with the aging of the Boomers, scholarly attention has been more limited. In an effort to further a multidisciplinary dialogue about the nature of aging, we invite authors to contribute original research papers as well as review papers focused on the aging of the baby boom generation. We particularly welcome papers that are conceptually based, methodologically sophisticated, and oriented toward policy and practice. Both papers focused exclusively on Baby Boomers and those contrasting Boomers with earlier cohorts are encouraged. Quantitative, qualitative, and mixed methods approaches are welcome, from humanities and arts perspectives, as well as those of science, practice, and policy.

Please see flyer for details

Not Your Mother's Old Age: Baby Boomers at 65
Call for Papers: *The Gerontologist* (Special Issue)

Nearly 79 million people now living in the United States were born between 1946 and 1964 (Haaga, 2002). This year the first of the Baby Boom cohort reached age 65 and for the next 19 years, close to 10,000 people a day will celebrate their 65th birthday. The generation whose motto once was 'trust no one over 30' now find themselves at Medicare's doorstep. Baby Boomers redefined each stage of life as they experienced it, modifying fashion design and hair length as well as key societal institutions. They questioned the underlying values and attitudes of society. They influenced education, music, race relations, sex roles, and child rearing. They are about to change what we know about old age.

The aging of the baby boom generation is significant for its size as well as its distinct social and demographic characteristics. Baby boomers are more highly educated, more likely to occupy professional and managerial positions, and more racially and ethnically diverse than their predecessors (Frey, 2010). They have higher rates of separation and divorce, lower rates of marriage, and gave birth to fewer children (Hughes & O'Rand 2004). On average, they are healthier and have longer life expectancies at age 65 (Freedman, Martin, & Schoeni, 2002; Manton, 2008). They have had more varied work histories, longer transitions out of the labor force, and work for more of their adult years (Quinn, 2010) than previous generations.

Although the popular press has been fascinated with the aging of the Boomers, scholarly attention has been more limited. In an effort to further a multidisciplinary dialogue about the nature of aging, we invite authors to contribute original research papers as well as review papers focused on the aging of the baby boom generation. We particularly welcome papers that are conceptually based, methodologically sophisticated, and oriented toward policy and practice. Both papers focused exclusively on Baby Boomers and those contrasting Boomers with earlier cohorts are encouraged. Quantitative, qualitative, and mixed methods approaches are welcome, from humanities and arts perspectives, as well as those of science, practice, and policy.

Topics of interest include, but are not limited to, those that address:

- The extent to which Boomers are a homogeneous group and the implications that this has for policy.
- How the Boomers' experiences with economic upheavals has influenced their aging process.
- How shifts in work and retirement will influence the old age experienced by Boomers.
- The family relationships of Boomers, including examination of patterns of care and assistance to older as well as younger family members.
- Patterns of and experiences with healthcare usage.
- The role of neighborhoods and communities as Boomers age.
- The cross-cultural validity of the construct of "Baby Boomer"

Before submission authors should carefully read *The Gerontologist's* Author Guidelines located at http://www.oxfordjournals.org/our_journals/geront/for_authors/general.html. Manuscript formats include research articles, brief reports, forums, and practice concepts and policy analysis. Manuscripts should be submitted electronically at <http://mc.manuscriptcentral.com/tg> according to the following timetable:

Manuscript submission deadline: August 1, 2011

Print Publication Date: Early 2012

References

Freedman, V.A., Martin, L.G. & Schoeni, R.F. (2002). Recent trends in disability and functioning among older adults in the United States: A systematic review. *The Journal of the American Medical Association*, 288 (24), 3137-3146.

Frey, W.H. (2010). Baby boomers and the new demographics of America's seniors. *Generations*, 34 (3), 28-37.

Haaga, J. (2002). Just how many baby boomers are there? <http://www.prb.org/Articles/2002/JustHowManyBabyBoomersAreThere.aspx>. Referenced February 15, 2011.

Hughes, M.E. & O'Rand, A.M. (2004). *The lives and times of the baby boomers*. Washington, D.C.: Population Reference Bureau.

Manton, K.G. (2008). Recent declines in chronic disability in the elderly U.S. population. *Annual Review of Public Health*, 29, 91-113.

Quinn, J.F. (2010). Work, retirement, and the encore career: Elders and the future of the American workforce. *Generations*, 34 (3), 45-55.



11-95

COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: March 22, 2011

SUBJECT: Caregiving

Chesterfield Council on Aging

"The Other Dementias"

Presented by Andrew Heck, Psy.D.
Thursday, March 24, 2011
9:00—10:00 A.M.
Lucy Corr Village, Multi Purpose Room
6800 Lucy Corr Boulevard, Chesterfield

For more information, please contact Debbie Leidheiser, Chesterfield Senior Advocate
at: LeidheiserD@chesterfield.gov

Denise Brown Caregiving.com

Webinar for Family Caregivers: "Surviving Caregiving: Letting Go"

Time: Wednesday, March 23rd at 11:00 A.M. Central (Noon ET, 9 A.M. PT)

How do you survive caregiving? A key component is letting go. Often, we hold on so tight that we strangle opportunities to get help, to improve our days and to manage the tough moments.

To attend, visit <http://InstantTeleseminar.com/?eventID=17803515> on Wednesday, March 23rd at 11:00 A.M. Central (Noon ET, 9 A.M. PT).

National Alliance for Caregiving

Briefing on Alzheimer's Caregivers: Who They are and Why They Care

Thursday, March 31, 2011 From: 11:00 A.M. – 12:30 P.M.
Gold Room, Rayburn 2168 Refreshments will be provided

While family caregivers often assume these responsibilities willingly, they can't do it alone. This year, Congress will have the opportunity to support family caregivers and Alzheimer's research through reauthorization of the Older Americans Act and other legislation.

The briefing is hosted by the National Alliance for Caregiving and the Alzheimer's Association, in conjunction with the Congressional Task Force on Alzheimer's, chaired by Representatives Chris Smith and Ed Markey. For more information, please contact us at 301-718-8444. To RSVP, email Jordan Green: Jordan@caregiving.org

The Caregiver Resource Network (CRN)

A collaboration of nearly 100 West Michigan organizations, the CRN is dedicated to providing for the needs and welfare of family and professional caregivers within the community that will improve the quality of life for caregivers and their care recipients. The award winning CRN website offers a wide variety of educational resources for family and professional caregivers including articles, fact sheets, and the free downloadable "Caregivers Corner" radio program.

This popular website receives up to 30,000+ hits per month from individuals across the country. The CRN website is at <http://www.caregiverresource.net/>

For more information, contact: Mike Faber: mfaber@grcc.edu

The Interfaith Service Bureau

A new program out of Sacramento CA can now be viewed online: www.rcctv.net This program "Older, Fitter, Wiser. The Art of Aging Well" is an educational TV program that is available on the web. These programs are hosted by Dr. Moira Fordyce, a member of the National Alliance for Caregiving Advocacy Task Force. Some of the topics include: Healthy Lifestyle; Healthy Aging, Dementia Updates, and Elder Abuse + Financial Scams.

The Interfaith Service Bureau exists to encourage and celebrate understanding, acceptance, and cooperation among all people of faith and to serve human need. To this end, we sponsor, promote, and coordinate programs of communications, dialogue, spirituality, and community service. For more information, comments or questions please contact: olderfitterwiser@yahoo.com .

Cancer Support Community

Frankly Speaking About Cancer: When a Woman You Care About has Breast Cancer
Part of Cancer Support Community's C.A.R.E. (Cancer Advocate Resources & Education) Campaign, this book provides resources, tips and support for those caring for a loved one with breast cancer. To order your free copy today please go to <http://www.cancersupportcommunity.org/fm/FSAC-Orders.aspx> .

Description:

Frankly Speaking About Cancer: De Cuidador a Cuidador
Developed in partnership with Nueva Vida, Inc., this Spanish language booklet, De Cuidador a Cuidador (From Caregiver to Caregiver), provides much-needed information for caregivers of women with breast cancer. <http://www.cancersupportcommunity.org/fm/FSAC-Orders.aspx>

For more information, please contact Jackie Wieber: jackie@cancersupportcommunity.org

Save the Date!

Prince William County Area Agency on Aging - 18th Annual Spring Caregivers' Conference – April 30, 2011 from 8:30 A.M. until 4:00 P.M. Hosted by Westminster at Lake Ridge, the conference is titled "The Keys to Caregiving: Unlocking the Mystery" Contact Lorraine Eckhardt at 703-792-6400 for further information.

Congratulations!

Brian Duke, one of the trainers to develop the Virginia Caregivers Coalition, and a member of the National Alliance for Caregiving Advocacy Coalition has been nominated by Pennsylvania Governor Tom Corbett to be Pennsylvania's Secretary of Aging. Mr. Duke was Director of the Bucks County (Pennsylvania) Area Agency on Aging. Pennsylvania has 2.5 million residents over the age of 60.