



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

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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.



11-136

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

**MEMORANDUM**

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

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** May 17, 2011

**SUBJECT:** Caregiving

**The Administration on Aging (AoA), the Alzheimer's Association and the Eldercare Locator Conference Call Series**

Time is still available to attend one of these conference calls on Wednesday May 18, Thursday May 19 and Tuesday May 24. The call will be the same on all the dates. Information will be given to participants about the tools available at the Eldercare Locator and the National Alzheimer's Association Contact Center. Contact David Parris ([David.Parris@alz.org](mailto:David.Parris@alz.org)) with your name and the date of the session you wish to join. You will need to be at a computer with internet access for the session.

**New Resources - Two New Guides on Options for Post-Hospital Care**

A new *Next Step in Care* guide, entitled "Leaving the Hospital and Going Where?" provides information to help family caregivers make informed and realistic choices. Like all the other *Next Step in Care* family caregiver guides, it is available in English, Spanish, Chinese, and Russian. To help providers work with family caregivers in reviewing post-hospital care options, *Next Step in Care*, has published "For Providers: Hospital Discharge Planning—First Steps with Family Caregivers." Both publications are available at: <http://www.nextstepincare.org>



11-137

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

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

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

**DATE:** May 17, 2011

**SUBJECT:** 2011 Area Plan Training—**Date and Time Change**

Due to a conflict with CRIA training being presented by VDA, the Area Plan training for AAA's will be held on **May 25, 2011 from 2:00 to 4:00 pm**. The training will be available by videoconference. If your agency would like to participate via videoconferencing, you must notify VDA immediately so that we can provide the information to the Department of Health. Your agency will be responsible for contacting the local health department to use their meeting room and videoconference equipment. If you would prefer to attend the training onsite, it will be held in the VDA conference room. Please respond to let us know if you plan to attend in person. Please send all responses or questions to Cecily Slasor at (804) 662-9312 or [cecily.slasor@vda.virginia.gov](mailto:cecily.slasor@vda.virginia.gov).

The major changes that will be discussed during this training will be for AAAs that plan to provide Options Counseling and for those that receive CCEVP funding.



11-138

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

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

**FROM:** Tim M. Catherman  
Director Administrative Services

**DATE:** May 17, 2011

**SUBJECT:** Welcoming Kathy Vesley-Massey as President and Chief Executive Officer of Bay Aging

On April 30, former Bay Aging Operations Officer Kathy Vesley-Massey became the organization's president and chief executive officer. She succeeded Allyn Gemerek, who recently announced his retirement.

In his announcement, Jimmie Carter, chairman of the Bay Aging Board of Directors said, "Kathy is well qualified to lead Bay Aging, having been with our agency for 12 years as the chief operating officer. Prior to joining Bay Aging, she served as deputy commissioner of the Virginia Department for the Aging; director of the Virginia Office on Volunteerism; and deputy director of the Virginia Department for the Deaf and Hard of Hearing. She holds two degrees from The College of William and Mary.



11-139

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

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

**FROM:** Tim M. Catherman  
Director Administrative Services

**DATE:** May 17, 2011

**SUBJECT:** N4A 2011 Innovations and Achievement Award Winners

The National Association of Area Agencies on Aging (N4A) has announced the 2011 Innovations and Achievement Award Winners. This year Virginia has a record five AAAs receiving awards in this prestigious national competition! A special presentation will be held during the N4A National Conference in Washington in July.

Innovation Award Winners:

**Rappahannock Rapidan Community Services Board/AAA** for *Protective Money Management*. This program helps older people with limited income who are having difficulty paying their bills or managing their money. The program is sponsored by the AARP, which insures funds in the client's bank account up to \$35,000.

**Mountain Empire Older Citizens, Inc.** for *Faith Works*. In Southwest Virginia places of worship are steeped in providing valuable assistance to the citizens of the community. Faith Works is MEOC's effort to partner and help, coordinate, and assist the faith community with programs they want to champion.

- Emergency Fuel Fund for the Elderly - local churches participate in "Hearthwarming Sunday," the Sunday nearest Valentine's Day each year. Special offerings are taken up, or Sunday School classes and ministry groups make Hearthwarming Sunday their special project.
- Sharing Our Daily Bread - In this initiative, people of faith sponsor one or more persons in need of home delivered meals with a financial commitment of \$600 per person per year or any portion of a year thereof.

## AAA Executive Directors

### N4A 2011 Innovations and Achievement Award Winners

May 17, 2011

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- Mountain Laurel Cancer Support and Resource Center - Churches provide financial assistance for transportation for treatment and diagnosis as well as for the cost of liquid nutrition, important in maintaining adequate nutrition for cancer patients.
- Home Repair Program - Faith-based organizations are the number one resource for home repairs and modifications. This includes mission groups affiliated with a local congregations. Mission groups report they are spiritually enriched and young people from outside Appalachia gain an appreciation for the Appalachian culture and the people they meet.
- Everyday Beneficence - Assistance takes many forms, including a friendly visitor, a home cooked meal on the weekend, someone to accompany the older person to a doctor's appointment, or someone to carry in wood or coal. Several churches accommodate space for respite services and senior centers.

**Peninsula Agency on Aging** for *SOS (Senior Outreach to Services)*. This program provides mobile, brief intervention, and service linking form of care coordination. The objective of SOS is to link as many eligible seniors as possible with existing services by promoting independent living, assisting seniors with paperwork, making calls on their behalf, following up with the senior and the service provider, and bringing resource/education programming to congregate housing.

#### Achievement Award:

**Shenandoah Area Agency on Aging, Inc.** for the *You & Me Program*. "You & Me" is an early intervention program for couples where one has recently been diagnosed with memory loss. The program provides activities and parallel support groups to equip couples to deal with the diagnosis together.

**Jefferson Area Board for Aging (JABA)** for the *Local Currency Initiative*. The currency is for anyone - not just people with food stamp benefits. Local currency is distributed by Children Youth and Family Services and JABA's nurses to be used at area farmers markets. It is given to families and individuals of all ages, including many seniors, in exchange for participation in parenting classes and/or attending the clinic.



11-140

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

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

**FROM:** Edward Ansello, Ph.D., Director  
Virginia Center on Aging

**DATE:** May 17, 2011

**SUBJECT: REMINDER:** Livable Communities: Growing Older with Lifelong  
Disabilities Conference on June 6, 2011

Dear Friends,

This information was previously sent by April Holmes in the Tuesday E-Mailing dated May 3, 2011 (#11-128).

The Area Planning and Services Committee (APSC) on aging with lifelong disabilities is hosting a high quality-low cost conference on June 6th in Richmond. The conference is on elements that make life more livable with or without disabilities, and features a number of our friends, including Gordon Walker, Jim Rothrock, and Thelma Watson. Best yet, a small subsidy keeps registration at \$35. Hardly anyone can claim poverty with such a fee. Both the conference agenda and registration form are in this attachment.

Please join us on June 6th and kindly help in promoting this conference. Thanks and best wishes,

# **Livable Communities: Growing Older with Lifelong Disabilities**

**June 6, 2011**

**Holiday Inn Select, Koger Conference Center, Richmond, VA**

**Sponsored by the Area Planning and Services Committee on Aging with  
Lifelong Developmental Disabilities (APSC)**

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**This conference is made possible through the generous assistance of the  
Region IV Consortium of Community Service Boards**

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8:00-9:00 James River Foyer  
Registration and Coffee

9:00-10:30 Parlor H

Welcome

Ed Ansello, Ph.D., Virginia Center on Aging, Virginia Commonwealth University,  
Chairman, APSC and Thelma Bland Watson, Ph.D., Executive Director, Senior  
Connections, The Capital Area Agency on Aging

Keynote Address

**A Viable Future: Livable Communities for All Ages**

*Gordon Walker, Chief Executive Officer, Jefferson Area Board for Aging  
(JABA) in Charlottesville*

Applying an intergenerational lens to planning for an aging society can  
achieve sustainable solutions across the lifespan. Livable communities  
benefit all ages and people of all abilities, encouraging fuller engagement.

10:30-10:45 Networking Break

10:45-12:15 Breakout Sessions, Part 1:

A. Parlor E

**Models of Inclusive Community Living**

This session considers Innisfree in Crozet, a lifesharing community *with*  
adults with intellectual disabilities, since 1971, where more than half of the  
“staff” are 24 hour a day, live-in volunteers who make their homes on this  
550 acre farm; and L’Arche, an international movement to establish  
communities where individuals with and without disabilities share life.

*Presenters: Carolyn Ohle, Executive Director of Innisfree, and Marybeth Meacham, Founding Member, Central Virginia Friends of L'Arche.*

B. Parlor F

**Universal Design and Accessible Community Living (Panel Presentation)**

Representatives of various programs provide information and resources related to Universal Design, EasyLiving Homes, and Visitability.

*Presenters: William E. Fuller, PhD, MBA, Senior Community Housing Officer, Virginia Housing Developmental Authority; Patrick B. Johnson, AARP Associate State Director, Multicultural Outreach; and Stephen Thomas, President of Stephen Thomas Homes*

C. Parlor G

**Money Follows the Person**

This session will provide an overview and update to Virginia's Money Follows the Person (MFP) Project, including eligibility criteria, the transition planning process, and a description of available services and supports to return successfully to integrated community living.

*Presenter: Jason Rachel, Ph.D., MFP Rebalancing Project Director, Division of Policy and Research, Virginia Department of Medical Assistance Services*

12:15-1:30 Networking Luncheon in Parlor H

1:30-3:00 Breakout Sessions, Part II:

D. Parlor E

**Assistive Technology for Cognition after Brain Injury: Practical Applications**

Smartphones, PDAs, and tablet computers can serve as task reminders, behavioral coaches, way-finding aids, and activity management tools for people with cognitive-behavioral challenges following brain injury. This session will examine devices, apps, and strategies that help.

*Presenter: Tony Gentry, Ph.D., Assistant Professor and Director, Assistive Technology for Cognition Laboratory, Department of Occupational Therapy, Virginia Commonwealth University*

E. Parlor F

**Blue Prints for Livable Communities and the Age Wave**

This session shares the plans and progress of two large-scale initiatives, the *Blue Print for Livable Communities*, led by Virginia's Department for the Aging and Department of Rehabilitative Services, and the *Greater Richmond Age Wave Initiative: Building Ready Communities*, led by United Way of Greater Richmond & Petersburg and Senior Connections, The Capital Area Agency on Aging.

*Presenters: James A. Rothrock, Commissioner, Virginia Department of Rehabilitative Services, and Acting Commissioner, Virginia Department for the Aging; and Mary Creasy, Senior Connections, and Sara Link, United Way*

F. Parlor G

**Work Opportunities for Adults with Lifelong Disabilities**

Meaningful work experiences can help complete one's sense of community engagement. Representatives of Daylight Donuts, Positive Vibe Cafe, and Breadworks discuss both their philosophies and operations.

*Presenters: Joanne Ellis, Partner, and Lance Elwood, Partner, Daylight Donuts/Career Support Services; Amy Wells, Training Program Director, Positive Vibe Café; and Chuck McElroy, Director, WorkSource Enterprises/Breadworks*

3:00-3:15     Networking Break

3:15-4:30     Parlor H

Closing Plenary

**Disabled vs. Disability: A Role for Self-Management**

Developing skills to cope with the limitations imposed by disabilities has long been the goal of interventions. The field of Self-Management has blossomed over the past 20 years to assist people in acquiring not only the skills but also, more importantly, the confidence to create a quality life. This presentation describes both the research and practice of one of the most widely disseminated evidence-based self-management programs, the Chronic Disease Self-Management Program from Stanford University.

*Presenter: Richard W. Seidel, Ph.D., LCP, Director of Research, Department of Psychiatry and Behavioral Medicine, Carilion Clinic*

**Livable Communities:  
Aging with Lifelong Disabilities**

**June 6, 2011**

8:00 am-4:30 pm

Holiday Inn Koger Center, 10800 Midlothian Turnpike

**Costs:** Conference fee is **\$35 a person**, including materials, luncheon and breaks. Scholarships are available, when needed, for family members who are caregivers. Advance registration ends on **June 1, 2011**. After June 1<sup>st</sup> and on-site the registration is \$45 a person, if space allows. **Seating is limited.**

**Registration:** Please make checks payable to *Virginia Center on Aging* and mail to APSC Conference, Virginia Center on Aging, Virginia Commonwealth University, Box 980229, Richmond, VA 23298-0229. You may also register on-line at: [www.apsc2011.eventbrite.com](http://www.apsc2011.eventbrite.com)

**Information:** For more information about this conference, call (804) 828-1525 or e-mail to [eansello@vcu.edu](mailto:eansello@vcu.edu)

**Registration Form (One Form per Person)**

**Name:** \_\_\_\_\_

**Title:** \_\_\_\_\_

**Agency or Home Address:**  
\_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**Do you need special accommodations? Please specify**  
\_\_\_\_\_

**If you need special accommodations, please tell us before May 30<sup>th</sup>**

**Please check one:** \_\_\_ Professional \_\_\_ Family member/caregiver \_\_\_ Other

**Total amount enclosed:** \$ \_\_\_\_\_

*Qualifying participants may receive a **Certificate of Attendance** documenting 5.75 contact hours of education.*

Sponsored By  
**AREA PLANNING AND SERVICES COMMITTEE (APSC)**