



COMMONWEALTH of VIRGINIA
Department for the Aging

[Click here to go to the Virginia Department for the Aging Home Page](#)

TABLE OF CONTENTS
AAA TUESDAY E-MAILING
August 16, 2011

SUBJECT	VDA ID NUMBER
<u>Workshop on Nutrition and Healthy Aging in the Community, October 5-6, 2011</u> (Tim Catherman)	11-190
<u>AARP Article Showcases “You Can! Live Well, Virginia!”</u> (Jim Rothrock)	11-191
<u>Medicare Quality Care Finder</u> (Kathy Miller)	11-192
<u>Northern VA Free Fall Risk Screening; Fall Prevention Summit and Collaboration Announcements</u> (Elaine Smith)	11-193
<u>Letter to Dear Abby</u> (Jim Rothrock)	11-194

-
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: Area Agencies on Aging
Executive Directors and Aging Staff

FROM: Tim Catherman
Director of Administrative Services

DATE: August 16, 2011

SUBJECT: Workshop on Nutrition and Healthy Aging in the Community,
October 5-6, 2011

Recent trends reveal that growing numbers of older adults now seek to live independently in the community setting. This shift creates new challenges for the older people, their caregivers, and social services and nutrition professionals who seek to assure the availability of nutrition and other services for this population. Nutrition needs are not always understood and nutrition services are fragmented and poorly integrated with other services. Coverage and reimbursement for such services also remain serious limitations, thus increasing the possibility that older persons requiring services fall through gaps in this tenuous service net. A better understanding of the issues is needed.

The Institute of Medicine (IOM) will hold a public workshop to explore technical and policy issues related to nutrition interventions and services for older people staying in community settings. An ad hoc committee has been convened to plan and conduct the 1.5-day workshop. Through invited presentations and discussions among social services and nutrition researchers, program administrators and others, this workshop will address the scope of nutrition needs, the importance, strengths, and weaknesses of nutrition services, and future research needs related to nutrition and healthy aging in the community. The workshop will bring focus to under-appreciated and under-studied aspects of community-based healthy aging and will stimulate dialogue about needed actions and research among health, nutrition, physical activity, and social services researchers and policy makers.

The workshop will be held in Washington, DC on October 5-6, 2011. It is open to the public, but registration is required and will open in the near future. A final agenda will be posted when available.

LOCATION: Holiday Inn Central, 1501 Rhode Island, Washington, DC

Registration Link: <http://www.surveygizmo.com/s3/605707/FNB-Nutrition-and-Healthy-Aging-in-the-Community-10-5-6-2011>

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov



11-191

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Jim Rothrock, Interim Commissioner

DATE: August 16, 2011

SUBJECT: AARP Article showcases "You Can! Live Well, Virginia!"

The national AARP Bulletin website, www.aarp.org/bulletin/, has showcased Virginia's "You Can! Live Well, Virginia!" The article (www.aarp.org/health/conditions-treatments/info-08-2011/managing-chronic-illness-va.html) described the self management program available for older Virginians through a partnership between local area agencies on aging, the Virginia Department for the Aging, the Virginia Department of Health and the Virginia Department of Medical Assistance Services. These six-week workshops give people the information and tools they need to deal with chronic conditions and thrive. Older adults who want to live independently for as long as possible need to stave off or manage chronic diseases, which typically increase with age. At least 80 percent of older adults live with at least one chronic condition and 50 percent have at least two, according to a 2006 report on chronic disease. Through such self management programs, people living with chronic diseases can take steps to reduce their effects, improve their overall health and live life to the fullest. With a \$1 million grant, VDA is working with nine AAAs around the Commonwealth to provide this free workshop, which research shows helps participants manage symptoms better and communicate more easily with their doctors, family members and caretakers.



11-192

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: August 16, 2011

SUBJECT: Medicare Quality Care Finder

Medicare now offers an online resource for accessing all of its compare tools to help consumers improve their own health outcomes and costs. Since it can be difficult to find health care providers like doctors, hospitals, or nursing facilities that meet individual needs, beneficiaries can now find all of Medicare's resources to compare providers and plans in one place, Medicare's Quality Care Finder, available at www.medicare.gov/qualitycarefinder.

What is the Quality Care Finder?

The Quality Care Finder on Medicare.gov offers tools such as Hospital Compare, Nursing Home Compare, and Plan Finder in one place that show objective information about the quality of health care providers and plans. These tools help individuals make "apples to apples" comparisons among similar types of providers and plans.

Why should Medicare.gov be the first stop when looking for a new provider?

- The quality of health care providers and facilities can impact health. Providers and facilities may vary in how well they care for patients, and their experience with specific health conditions or procedures.
- Finding the right expertise and care may help speed up recovery time and improve health problems.
- Getting personalized information when choosing a health plan may help save on costs.

What kind of comparison information is available?

- **Compare Hospitals:** Use Hospital Compare to compare Medicare-certified hospitals based on the quality of their care (for example, the rate of readmission

to the hospital within 30 days for certain conditions, like heart attack and pneumonia).

- **Compare Nursing Homes:** Use Nursing Home Compare to find Medicare-certified nursing homes based on services like dementia care, ventilators or rehabilitation. Then compare their star ratings and the quality of care they give (for example, whether residents have gotten their flu shots, are in pain, or are losing weight).
- **Compare Home Health Agencies:** Use Home Health Compare to find Medicare-certified home health agencies based on services like skilled nursing care, physical therapy, speech therapy and home health aides. Then compare each home health agency based on the quality of their care (for example, how well they manage pain, treat wounds, and keep patients safe).
- **Find a Medicare Health or Drug Plan:** Use Plan Finder to get detailed, personalized information about the cost and benefits of available Medicare health and drug plans.
- **Compare Dialysis Facilities:** Use Dialysis Facility Compare to find Medicare-certified dialysis facilities and their services. Then compare each facility based on quality of care (for example, whether patients had enough waste removed from their blood during dialysis treatments, or if their anemia was controlled properly).
- **Compare Doctors:** Use Physician Compare to find doctors based on medical specialty, clinical training, foreign languages spoken, and more (for example, whether a doctor accepts the Medicare-approved amount as full payment).

Data are collected and updated regularly to ensure accurate information to help individuals make the best choices.

To learn more about Medicare and other resources, visit www.medicare.gov, or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.



11-193

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: August 16, 2011

SUBJECT: Northern VA Free Fall Risk Screening, Fall Prevention Summit and
Collaboration Announcements

The Northern Virginia Fall Prevention Coalition (NVFPC) is hosting a Free Community Fall Risk Screening Event on Tuesday, September 20th, 2011 at the Cascades/Sterling Senior Center (21060 Whitfield Place, Sterling, VA 20165)) from 9:30-11:30am.

Participants will receive free screening/consults from an Optometrist, Physical Therapist, Pharmacist, Home Safety Specialist and Geriatric Specialist. Each participant will receive an individualized Fall Risk Profile and Interaction Plan to reduce/prevent their risk for falls.

Space is limited. Contact Brenda Davis to register. 703-430-2397 ext 101 or register at the Senior Center.

The Northern Virginia Fall Prevention Coalition is also holding its 3rd Annual Fall Prevention Summit, September 23rd at the Fair Oaks Hyatt Hotel in Fairfax Virginia. Collaborating with NVFPC this year will be, Loudoun Inova Hospital and the Grado Department of Industrial & Systems Engineering from Virginia Polytechnic Institute and

State University. The NVFPC will be presenting a model for a community based fall prevention plan. This model was developed by the members of the NVFPC and can be readily replicated by other communities across the country.

Loudoun Inova is making a significant step forward to reduce the number of falls experienced by elders. Inova Loudoun hospital is developing a data collection process to monitor these important elements:

- Emergency room fall incidents data, taken from that patient visit
- Evaluation of individuals who are at risk for fall with their fall history; and, follow up programs for those individuals.

An additional milestone development is the collaboration between the NVFPC and the Locomotion Research Laboratory. Dr. Thurman Lockhart, Director of the Locomotion Research Laboratory, Virginia Tech, is a leading researcher of elder fall prevention. Dr. Lockhart initiated discussions with the NVFPC in developing a center for fall prevention. The NVFPC members' community fall risk assessment program will provide Dr. Lockhart and his team of researchers the environment to refine fall risk assessment technology.

As the NVFPC says – Falls are not an inevitable part of aging, FALLS ARE PREVENTABLE!



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Jim Rothrock, VDA Interim Commissioner

DATE: August 16, 2011

SUBJECT: A Letter Submitted to Dear Abby

I'm pleased to share with you a copy of a letter submitted to Dear Abby and published regarding the Ombudsman Program. The letter was submitted by Jill Gallagher, Certified Volunteer Ombudsman Coordinator out of the Area Agency on Aging in Fort Smith,

DEAR ABBY: You often advise readers who have the time to reach out and volunteer. There's a little-known program in every state that was mandated by a 1978 amendment to the "Older Americans Act." It's the Long Term Care Ombudsman Program. Its goal is to help assure that long-term care facility residents live harmoniously and with dignity, feeling free to voice complaints or concerns without reprisal.

There's a need nationwide for volunteers to make this program work. The ultimate goal is to have one volunteer in each nursing home. After training is completed, volunteers spend eight to 16 hours a month visiting their assigned nursing homes. They talk with the residents and observe conditions. If there's a complaint, they take it to their regional ombudsman for resolution.

Once residents get to know and trust you, they will share wonderful life stories. Some of them have no one to talk to, no visitors or family. A volunteer ombudsman is the voice for those who have none, and helps to make each community a better place to live for all its residents.

A Letter Submitted to Dear Abbey
August 16, 2011
Page 2

The nursing homes like to have volunteer ombudsmen visit their facilities because they want to provide the best care possible for their residents. -- JILL IN VAN BUREN, ARK.

DEAR JILL: Forgive me if this seems cynical, but some do and some don't -- which is exactly why it's so important that there are trained observers willing to regularly visit nursing home patients to ensure they are properly cared for. Readers, this is important work. If you are interested in volunteering, contact your local social services agency, Department of Aging or search online for the word "ombudsman" and the state in which you reside.