



COMMONWEALTH of VIRGINIA
Department for the Aging

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October 25, 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.



12-23

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: October 25, 2011

SUBJECT: Social Security Announces First Cost-of-Living Adjustment Since 2009

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 60 million Americans will increase 3.6 percent in 2012.

The 3.6 percent cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2011.

For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$110,100 from \$106,800. Of the estimated 161 million workers who will pay Social Security taxes in 2012, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2012, when announced, will be available at www.Medicare.gov.



12-24

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Joseph D. Hoyle
Policy Analyst

DATE: October 25, 2011

SUBJECT: November 10th Webinars for the Professional Caregiver

Co-sponsored by the Virginia Alzheimer's Commission's AlzPossible Initiative and the Virginia Commonwealth University's Department of Gerontology, a new webinar series has received funding through the Virginia Center on Aging's Geriatric Training and Education Initiative. The funding will support five, live webinars for the professional caregiver through June 2012.

The first, titled "**Improving Short-Term Memory Loss in Patients with Alzheimer's Dementia Using Smartphone Application for Capturing Daily Life Moments**" will be on Thursday, November 10th from noon – 1pm. **Dr. Gianluca De Leo**, an Assistant Professor at the Medical Laboratory and Radiation Sciences department at Old Dominion University, will present on the topic; **Dr. E. Ayn Welleford** (Virginia Commonwealth University Department of Gerontology) will moderate the discussion. For more information, please visit [the AlzPossible webinar page](#).

Reserve your Webinar seat and ask questions at:
<https://www2.gotomeeting.com/register/175345578>

These **free** webinars are made possible through a grant from the Geriatric Training and Education Initiative, through the Virginia Center on Aging. As part of the reporting requirements, all attendees are kindly requested to complete a quick demographics survey following the event.



12-25

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Katie Roeper, Assistant Commissioner

DATE: October 25, 2011

SUBJECT: National Home and Community Based Services Conference

The National Association of States United for Aging and Disabilities (NASUAD) is pleased to present archives from the National Home and Community Based Services Conference, held September 11 – 14, 2011, in Washington, DC. Archives include:

- Videos of speeches from Assistant Secretary of Aging, Kathy Greenlee, and Secretary of Health and Human Services, Kathleen Sebelius; and
- PowerPoint archives from conference sessions.

Please click on the banner to the right to access these archives.

If you have any questions or concerns about conference materials, please contact Leslie Finnan at lfinnan@nasuad.org.

Thank you!





12-26

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Katie Roeper, Assistant Commissioner

DATE: October 25, 2011

SUBJECT: Innovation Advisors Fellowship Program - Deadline to Apply Approaching

CMS recently announced the [Innovation Advisors fellowship program](#). They will select 50 individuals to be Innovation Advisors in the fellowship program. **The Aging Network is encouraged to apply for this program.** Interested individuals must apply by November 15, 2011 to be considered for the program. **To assist interested individuals, the John A. Hartford Foundation, CMS and the Practice Change Fellows program are sponsoring 3 informational webinars on the program.** The dates, times, and dial up information for the three informational webinars are provided below.

We hope you can join us!

Wednesday October 26, 2011 3-4pm ET

<https://ucdenverevents.webex.com/ucdenverevents/onstage/g.php?d=666689975&t=a>

Call-in toll number (US/Canada): +1-408-600-3600

Access code: 666 689 975

Integrated VoIP is available for this webinar

Thursday October 27, 2011 11-12 pm ET

<https://ucdenverevents.webex.com/ucdenverevents/onstage/g.php?d=662182262&t=a>

Call-in toll number (US/Canada): +1-408-600-3600

Access code: 662 182 262

Integrated VoIP is available for this webinar

Monday, October 31, 2011 3-4pm ET

<https://ucdenverevents.webex.com/ucdenverevents/onstage/g.php?d=662942369&t=a>

Call-in toll number (US/Canada): +1-408-600-3600

Access code: 662 942 369

Integrated VoIP is available for this webinar



12-27

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: October 25, 2011

SUBJECT: Kinship Care

Child Welfare League of America: Kinship Training Opportunity

Collaborating with Kinship Caregivers: A Research to Practice, Competency-Based Training Program, a new curriculum from CWLA, has been field tested nationally and offered to more than 2,000 child welfare professionals, advocates, and kinship caregivers across the country. The next *Collaborating with Kinship Caregivers* training will be held **November 2-4** in New York City.

The first two days of the training are designed for public, private, and faith-based child welfare professionals who work directly with kinship caregivers, as well as community advocates and kinship care researchers. The optional third day of this workshop is for agency and university-based trainers who want to teach the curriculum. Kinship caregivers are warmly welcomed to participate in the first two days, and kinship caregivers who are or plan to be co-facilitators or trainers are encouraged to participate in all days.

Up to 17 Continuing Education Units are available for the training, provided through the NASW - Washington State Chapter. For details and to register, [click here](#). For additional information or assistance, contact jbrite@cwla.org

The Alliance for Children and Families

The organization released a new, national report, *Disruptive Forces: Driving a Human Services Revolution*, designed to assist human-service nonprofits and maintain high performance, despite difficult constraints, while also identifying game-changing opportunities. **Information Liberation** is named as one of the disruptive forces. An [executive summary](#) is available, and a [PDF copy of the report](#) can be downloaded after completing a short online form.



12-28

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: October 25, 2011

SUBJECT: Medicare Open Enrollment

The Medicare Open Enrollment period began on October 15 and will run until December 7, 2011. This event is beginning a month earlier than last year and ending prior to the Christmas holidays. The Open Enrollment period is the busiest time of year for the local VICAP programs, which have begun their local outreach and counseling activities. Below is a link to a local TV interview done by Senior Services of Southeastern Virginia on WAVY TV providing Medicare beneficiaries some excellent advice on signing up for Medicare.

[Help with Medicare](#)



12-29

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman, Director of Administrative Services

DATE: October 25, 2011

SUBJECT: Director and Board Notes – New Board Member Orientation

How are your new board members oriented? Some boards prefer to orient their own members, but for most, the training is left to the Executive Director and agency. Regardless of who is orienting, there are basic documents that should be shared.

It is useful to develop a 'New Board Member' packet. The packet should include the following:

- Agency Bylaws
- Articles of Incorporation
- Agency vision, mission statement, objectives, and organizational chart
- History of the agency
- Latest strategic plan
- Agency budget
- Brief bios of key staff
- Brief overview of the Older Americans Act
- Overview of the specific programs your agency provides
- Dates and times of board meetings

Many new board members have full-time jobs and for the first time they are entering the aging acronym world. It is useful to set a time for new member orientation training. This can be done either quarterly or as members change.

Beyond the basic new member orientation, it is a good practice to have advanced board member training. The Chair and the Treasurer should receive a special orientation. Some agencies send the new board chair to a class in non-profit organizations or how to lead an agency in developing a strategic plan. The AAA Finance Director should

meet with the Treasurer to provide an overview of the agency's finances. The Treasurer should understand the major sources of revenue, large expenditure categories such as personnel costs, program costs, and rent/building expenses. One model is to have the Treasurer meet with the CFO prior to the board meeting to review the agency's financial statements. Then during the Board Meeting the Treasurer presents the financial report.

The general membership should receive advanced training on their roles and responsibilities as it pertains to the agency's major contracts. For example there are many requirements in the Title III - Area Plan Contract that require board approval. This can be done every other year during the course of a regularly scheduled meeting.

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12-30

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: October 24, 2011

SUBJECT: Caregiving

Greg Link of the Administration on Aging

The resident caregiving expert and program manager at AoA, Greg Link, shares the following resource from our caregiving colleagues in Minnesota. The 2011 Caregiver Communications The kit is available at [Welcome to Minnesota Board on Aging - Advisor](#) (scroll down to bottom of page). Mr. Link thanks Sue Wenberg Family Caregiver Program Consultant with the MN Department of Human Services, for sharing this wonderful resource.

Lotsa Helping Hands

Lotsa Helping Hands provides a free, web-based service for organizing those well meaning offers of help. The service includes an intuitive group calendar for scheduling meals, rides and other daily activities as well as community sections such as well wishes, blogs, and message boards that provide emotional support to the family in need. During Wednesday, October 26, 2011's [webinar](#), you can learn how to create a community of support, the first steps in setting up the coordination calendar, and tips for inviting members to join your community. [Register today](#) at www.lotsahelpinghands.com/webinar

The National Alliance for Caregiving

NAC is partnering with the Agency for Healthcare Research and Quality (AHRQ), a Federal agency of the U.S. Department of Health and Human Services to increase awareness of patient-centered outcomes research. Patient-centered outcomes research compares drugs, medical devices, tests, surgeries, or ways to deliver health care to help clinicians and patients work together to treat an illness or condition and make informed choices on their treatment options. The research also compares the effectiveness and risks of both common and emerging treatments and medical technologies for common chronic conditions.

NAC will provide resources from the [Effective Health Care Program](#) that summarize patient-centered outcomes research findings in plain language. Free copies of the

summary guides designed specifically for patients and caregivers can be ordered by calling 800-358-9295 and using code C-01. You can also visit the [Explore Your Treatment Options](#) web page to learn more.

CLASS ACT

HHS Secretary Sebelius issued a report on the Community Living Assistance Services and Supports (CLASS) program, stating that “we have not identified a way to make CLASS work at this time” and that implementation of the program would be suspended. CLASS is a voluntary, federally administered, consumer-financed, long-term care insurance program established under the Affordable Care Act. HHS Secretary Kathleen Sebelius detailed the report’s findings in a recent blog post, which is accessible along with the report and other supporting documents, at <http://www.healthcare.gov/blog/2011/10/class10142011.html>

NCOA - Seniors Experience Scams and Fraud

Savvy Savings Seniors: Steps to Avoiding Scams was developed in partnership with the Women’s Institute for a Secure Retirement and Bank of America Charitable Foundation. It includes a presentation, training guide, participant handbook, and more that you can use to hold a workshop for seniors in your community. [Learn more](#) | [Get the scams toolkit](#) |

Assessing Caregiver Needs in Transition

Carol Levine, Director of the United Hospital Fund’s Families and Health Care Project, published an article in the October issues of the *American Journal of Nursing* making the argument that caregivers’ needs assessments should be done routinely, because assessments make the transition smoother for patients. Go to: http://journals.lww.com/ajnonline/Fulltext/2011/10000/Supporting_Family_Caregivers_The_Hospital_Nurse_s.23.aspx

Research Study on the Causes of Alzheimer’s Disease

Jordan Green of the NAC Caregiving Coalition announces that Dr. Michael Weiner, M.D., principle investigator of a clinical trial on Alzheimer’s disease, is working to discover who gets Alzheimer’s disease, the progression of the disease and ways to stop Alzheimer’s disease. This study is sponsored by the National Institute on Aging. Not only is Dr. Weiner a researcher leading the Alzheimer’s Disease Neuroimaging Initiative (ADNI), but the caregiver for his mother who has Alzheimer’s disease. He is looking for volunteers to participate in the ADNI research project. Please go to: www.adni-info.org or call 1-800-423-4380 for further information.

New AARP Report on Healthcare Reform and Support for Family Caregivers

This new report by Lynn Feinberg of AARP’s Public Policy Institute outlines provisions in the new Healthcare Reform that support family caregivers. Go to: <http://www.aarp.org/relationships/caregiving/info-10-2011/Health-Reform-Law-Creates-New-Opportunities-to-Better-Recognize-and-Support-Family-Caregivers.html>

CEAGH Caregiver Training

Christy Jensen, Director, Community & Health Services Research of the Center for Excellence in Aging (CREAGH) and Chair of the Virginia Caregiving Coalition notes that CEAGH is offering "Caring For You" training for caregivers. The training addresses emotional and social support issues and some medical care skills (e.g., wound care, catheter care). However, training gaps in the areas of transferring and physical support need to be addressed. If you know of caregiver trainings that address these issues, please contact Christy Jensen at: cjensen@excellenceinaging.org

Caregiver.com

Please consider subscribing to this free online publication! There are so many good articles that I can refer all of them! This article references how adult day care serves the caregiver and his/her loved one:

http://www.caregiver.com/articles/general/respite_for_two.htm

Today's Caregiver magazine's **Best Practices: Incontinence Care** webinar is now ready to see in its entirety online. Incontinence expert Michele Mongillo RN, MSN had great advice and answered a lot of important questions posed by the family caregivers in attendance.

To view webinar, go to:

http://www.caregiver.com/audio/incontinence_webinar/lib/playback.html

"Modern Aging" Expo

Lift Caregiving, the VCU Department of Gerontology and VCU Division of Geriatric Medicine are collaborating to produce "Modern Aging: Transforming Problems Into Promises." This community event is open to the public and will be hosted at the Glen Allen Cultural Arts Center on Saturday, October 29th from 11:00 am until 4:00 pm.

Over 40 area aging services providers will be available to showcase goods and services designed for older adults and caregivers. Educational seminars on topics ranging from nutrition and aging to dementia and aging will also be featured throughout the day. For more information on "Modern Aging" and how to participate, please call Jay White at 804-828-1565 or whitejt2@vcu.edu.

NYT Times

Some good news for caregivers? Paula Span's October 12, 2011

"The New Old Age" blog today discusses the physical benefits of caregiving. Go to: <http://newoldage.blogs.nytimes.com/2011/10/12/caregivings-hidden-benefits/>