



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
November 1, 2011

SUBJECT	VDA ID NUMBER
<u>Intergenerational Programs</u> (Ellen Nau)	12-31
<u>Relative Caregivers</u> (Ellen Nau)	12-32
<u>Director and Board Notes – Advisory Council</u> (Tim Catherman)	12-33
<u>Position Announcement</u> (Elaine Smith)	12-34
<u>Suicide Survivor Broadcasts</u> (Elaine Smith)	12-35
<u>National Family Caregivers Month</u> (Ellen Nau)	12-36

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.



12-31

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: November 1, 2011

SUBJECT: Intergenerational Programs

Generations United

The organization's annual webinar series for professionals in generational work will begin November 7, 2011 at 1:00 P.M., Funded by the MetLife Foundation, Generations United will partner with contributors from their 2011 Conference to present this series. The first webinar is entitled *Designing Intergenerational Environments to Promote a Sense of Well-Being*. To register, go to:
<https://www1.gotomeeting.com/register/904232560>.

Intergenerational Center at Temple University wins first Eisner Prize for Intergenerational Excellence

Read about the University's outstanding program that garnered them the \$100,000 prize at:
<http://yourlife.usatoday.com/health/story/2011-10-24/Temple-University-achieves-Intergenerational-Excellence/50896330/1>



12-32

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: November 1, 2010

SUBJECT: Relative Caregivers

Strong Extended Families (SEF)

Colorado State University Extension's DARE to be You program announces a new curriculum (Strong Extended Families) to support youth living with extended family because of methamphetamine (meth) and other substance addictions of their parents. A two-volume set of curriculum is available for purchase for \$35 plus shipping and handling. ([Order Form](#)). Contact CSU Extension at 970-491-2666 or susan.sidinger@colostate.edu. For costs and types of training on this program go to: <http://www.colostate.edu/Depts/CoopExt/DTBY/Trainings/Training.shtml>

The Virginia Commission on Youth - Public Comment for Draft 2011 Study Findings and Recommendations

The Virginia Commission on Youth will be accepting public comments on the 2011 Draft Findings and Recommendations for the **Study of School Enrollment Practices for Virginia's Kinship Caregivers** and the Update and Dissemination of the Collection of Evidence-based Practices for Children and Adolescents with Mental Health Treatment Needs. Please visit the Commission's webpage at <http://coy.state.va.us/> to review the draft findings and recommendations.

Public comments must be received by 5:00 p.m. Friday, November 4th. Public comments received by the deadline will be provided to the Commission for consideration at the Commission's November 9th meeting. The Commission will vote on the 2011 study recommendations at this meeting.



12-33

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman, Director of Administrative Services

DATE: November 1, 2011

SUBJECT: Director and Board Notes – Advisory Council

Section 1321.57(a) *Code of Federal Regulations* requires each Area Agency on Aging to establish an Advisory Council. It says the Advisory Council shall carry out advisory functions that further the Area Agency on Aging's mission of developing and coordinating community-based systems of services for all older persons in the planning and service area. The following is from guidance VDA has provided in the past on the Advisory Councils.

The Advisory Council shall include individuals and representatives of community organizations who will help to enhance the leadership role of the Area Agency on Aging in developing community-based systems of services. Section 306.(a)(6)(D)) of the Older Americans Act requires the the Advisory Council to consist of:

- older individuals (including minority individuals and older individuals residing in rural areas) who are participants or who are eligible to participate in programs assisted under this Act;
- family caregivers of such individuals;
- representatives of older individuals;
- service providers;
- representatives of the business community;
- local elected officials;
- providers of veterans' health care (if appropriate), and;
- the general public.

Section 1321.57(b) *Code of Federal Regulations* further requires that the advisory council shall be made up of more than 50 percent older persons. Additional representatives include:

- health care provider organizations, including providers of veterans' health care (if appropriate);

- supportive services providers organizations, and;
- persons with leadership experience in the private and voluntary sectors.

Purpose

The Advisory Council shall advise continuously the Area Agency on Aging on all matters relating to the development of the area plan, the administration of the plan and operations conducted under the plan. Specifically, Section 1321.57(a) *Code of Federal Regulations*, the Advisory Council shall advise the Area Agency on Aging relative to:

- (1) developing and administering the area plan;
- (2) conducting public hearings;
- (3) representing the interest of older persons; and
- (4) reviewing and commenting on all community policies, programs and actions which affect older persons with the intent of assuring maximum coordination and responsiveness to older persons.

In addition the Advisory Council should assist the Area Agency on Aging with its mandate to advocate for all older individuals.

ByLaws

The Advisory Council shall meet at least quarterly. All meetings and public hearings are to be held in compliance with the Virginia Freedom of Information Act (FOIA). In addition, minutes of all meetings are to be kept in accordance with FOIA.

All Advisory Councils established for the purpose of complying with the requirements of the Older Americans Act must function according to written bylaws. At a minimum, these bylaws must set-forth:

- (1) The function and responsibilities of the Advisory Council;
- (2) The election of officers and establishment of standing committees with a clear statement of the authority and responsibilities of each officer and committee;
- (3) The process of appointment and removal of members;
- (4) The relationship of the Advisory Council to the Governing Board and the procedures to be followed to express the views of Council to the Board;
- (5) Procedures for amending bylaws by more than a simple majority;
- (6) Regular, at least quarterly, meeting requirements; and
- (7) Procedures for conducting a meeting to public participation in accordance with the Virginia Freedom of Information Act.

Minutes of the Advisory Council are to be kept in accordance with the agency's Document Retention and Destruction Policy / Records Management Policy.



12-34

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: November 1, 2011

SUBJECT: Position Announcement

Following is a position announcement for the Arlington area.

**VOLUNTEERS OF AMERICA NATIONAL HEADQUARTERS – ALEXANDRIA, VA
RESIDENT SERVICES COORDINATOR/CONCIERGE**

Volunteers of America is one the nation's largest and most comprehensive human services organizations. Since 1896, our ministry of service has supported and empowered America's most vulnerable groups, including at-risk youth, the frail elderly, men and women returning from prison, homeless individuals and families, people with disabilities, and those recovering from addictions. We are one of the nation's largest nonprofit providers of quality, affordable housing for low and moderate-income households.

Volunteers of America has an immediate opening for a temporary part-time Resident Services Coordinator/Concierge in a high-rise apartment community in Arlington, VA. In this role, the incumbent will educate and link residents to community services and activities and will coordinate recreational programs. Seeking an individual with demonstrated ability to advocate organize, problem solve, group work and great communication skills with older people. This is a grant funded position.

Responsibilities

- Develop the program in a manner that empowers the residents.
- Coordinate activities with the Wisdom Works volunteers who are developing the recreation and leisure programs that will be offered on site.
- Become knowledgeable about the public and private sector programs that are available to older Arlington residents. Rely on a variety of existing directories.

Position Announcement

November 1, 2011

Page 2 of 2

- Recruit and utilize volunteers for all appropriate aspects of this program.
- Communicate information about services and programs to Wildwood residents, their families and caregivers, volunteers and other appropriate persons.
- Establish links with service agencies on behalf of residents and negotiate for services as feasible.
- Refer and link residents to services; and, as possible, train a coterie of volunteers, from inside and outside the building to make such referrals.
- As a “mandated reporter,” report all suspected abuse, neglect and exploitation to Arlington Adult Protective Services.
- Educate other staff on the management team on issues related to aging in place and service coordination to help them to better work with and assist the residents.
- Facilitate the development of educational sessions or training for residents about community programs and services.
- Provide initiative in developing a sustainability plan for this program.

Requirements

- A self-starter who is comfortable working with multiple organizations and agencies simultaneously.
- Bachelor’s Degree with a concentration in Social Work, Gerontology, Recreational Therapy or relevant fields preferred.
- Working knowledge of services available in the community for older adults.
- One or more years of experience working with older adults in a services setting.
- Knowledge of lifecycle issues of older persons and families as well as physical and mental impairments common to the aging process.
- Ability to establish trust, listen and assist residents in defining their problems, identifying possible solutions and resources, and helping residents decide the best course of action.
- Ability to seek input from residents, research possible service vendors, negotiate special arrangements, assist the resident to evaluate services and make adjustments, when needed.
- Demonstrated ability to advocate, organize, problem-solve, group work and communicate with older adults.
- Good communication, writing, problem solving and organization skills.
- Experience with Excel or Access databases and ability to design worksheets and /or databases to track activities.

To apply please visit our website,

http://www.voa.org/Careers/National_Office_Careers/default.aspx

EOE



12-35

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors, Health Promotion and Disease Prevention
Coordinators, and Care Coordinators

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: November 1, 2011

SUBJECT: Suicide Survivor Broadcasts

On November 19, 2011, the **American Foundation for Suicide Prevention (AFSP)** will sponsor an event to provide an opportunity for the survivor community to come together for support, healing, and information. Simultaneous conferences for survivors of suicide loss will take place throughout the U.S. and internationally.

Each conference site is organized locally, but they're all connected in spirit as participants across the globe watch a special 90-minute AFSP broadcast together. In the U.S., conference sites will show the broadcast together from 1-2:30 p.m. Eastern Standard Time. In Virginia, there are several local conference sites taking part in this event. These events are taking place in Fishersville, Richmond, Salem, Woodbridge, Alexandria as well as the Metro Washington DC area. For information about each event please see the contact information included at the bottom of this email.

For those survivors of suicide loss who don't live near a conference site or who find it difficult to attend in person, the 90-minute broadcast will also be available live on the AFSP website from 1-2:30 pm, Eastern Standard Time, with a live online chat immediately following the program. It will then be saved on the website so that survivors can watch it again throughout the year at anytime.

To register to watch from your home computer or to learn more about the event, please use the following link,
http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=FEE7D778-CF08-CB44-DA1285B6BBCF366E

Information on Local Virginia Conference Sites (all will take place on Saturday, November 19, 2011)

FISHERSVILLE

Augusta Health Community Care Building, 64 Sports Medicine Drive, Fishersville, VA 22939

Conference Starts: 12:30 p.m. EST

Contact: Nancy Koplin, nkoplin@augustahealth.com, 540-332-4012

RICHMOND

Richmond Public Library, 101 East Franklin Street, Richmond, VA 23219

Conference Starts: 12:30 pm EST

Contact: Ashlee Witt, richmond.afsp@gmail.com, 804-894-7158

SALEM

Education Center Auditorium/Lewis-Gale Medical Center, 1900 Electric Road, Salem, VA 24153

Conference Starts: 12:30 pm EST

Website: www.mharv.com

Contact: Diane Kelly (MHA of Roanoke Valley), mharv@infionline.net, 540-344-0931

WOODBIDGE

Sentara (Potomac) Hospital 2300 Optiz Blvd. Woodbridge, VA 22191

Conference Starts: 12:30 pm EST

Contact: Victoria Graham, vickyilynngraham@hotmail.com, 703-221-1144

ALEXANDRIA

Residence Inn Alexandria Old Town, 1456 Duke Street, Alexandria, VA 22314

Conference Starts: 12:00 p.m. EST

Website: www.afsp.org/ncac

Contact: Dennis Tackett, isos.afspncac@gmail.com, 703-644-2112

WASHINGTON, DC

Howard University, 2455 6th Street NW, Washington, DC 20001

Conference Starts: 12:00 p.m. EST

Website: www.zphibalpha.org

Contact: Zikia Jones-Martin, 678-437-7727, zikiajones@yahoo.com



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: November 1, 2011

SUBJECT: National Family Caregivers Month

Proclamation from Governor McDonnell

The Commonwealth of Virginia will mark November, 2011 by noting the countless hours and monies expended by the state's caregivers on behalf of their loved ones. The contributions of caregivers of individuals of all ages and disabilities are recognized in the attached proclamation signed by Governor Robert F. McDonnell. The Virginia Department for the Aging serves as the administrator of the Older Americans Act Title III E National Family Caregiver Support Program and the Lifespan Respite Care Grant in partnership with the Virginia Caregiver Coalition. VDA is the state representative for the Brookdale Foundation's Relatives as Parents Program. The Department is proud to be an active supporter of Virginia's caregivers!

Mental Health Needs of Family Caregivers: Identifying, Engaging and Assisting was offered by the American Psychological Association Office on Aging, in partnership with the U.S. Administration on Aging on September 14th. The webinar includes information about: (1) the range of mental health issues that may occur in family caregivers; (2) strategies to identify and engage family caregivers experiencing strain (3) effective interventions effective in addressing caregiver stress and burden, and (4) the availability of resources for those who work with family caregivers including the American Psychological Association's *Family Caregiver Briefcase*. The webinar is available at: <http://www.apa.org/pi/about/publications/caregivers/index.aspx>

Creating a Care Plan for Your Parents Web Conference

The National Private Duty Association will present this webinar on November 3, 2011 at **8 P.M.** to aid family caregivers. Attendance is free, but you must register at:

<https://cc.readytalk.com/cc/s/showReg?udc=evsgenu5ae63>

Carefamily.com

This newly launched website provides families with information and tools to make it easier for them to manage in-home care for their aging or sick relatives. Carefamily.com is based in Virginia Beach, Virginia. For further information, go to:

<http://www.prweb.com/releases/2011/10/prweb8897251.htm>

CareMore Medical Group

VDA Title V Program Coordinator, Patricia Cummins, brought this interesting article in the Atlantic Monthly to my attention. CareMore was founded by Dr. Sheldon Zinberg as a coordinated care system to improve patient outcomes. In 1997, CareMore began to focus on the health issues of the elderly. In August, 2011, it was purchased by WellPoint who want to replicate this successful model of patient care. Read the complete article *The Quiet Healthcare Revolution* at:

<http://www.theatlantic.com/magazine/archive/2011/11/the-quiet-health-care-revolution/8667/1/>

Important Documents for Family Caregiver Programs

Three documents published lately are very helpful to family caregiver programs.

1. **Participant-Directed Respite Guidebook** - available for download at:
<http://www.archrespite.org/images/RespiteGuidebookFinal.pdf>
2. **National Respite Guidelines (Co-authored by VCU's Monica Uhl)** – available for download at:
http://www.lifespanrespite.memberlodge.org/Resources/Documents/NationalRespite_Guidelines%20Final%20October%202011%201MB.pdf
3. **Fact Sheet 57: Respite for Caregivers of Adults with Mental Health Disorders** – available for download at
http://www.archrespite.org/images/docs/Factsheets/FinalRespite_for_Caregivers_of_Adults_with_Mental_Disorders_Final_Oct_2911.pdf

Virginia Caregiver Coalition

The November 17, 2011 Meeting of the Virginia Caregiver Coalition will begin at 9:30 A.M.

Featured presentations at the meeting include:

The Connections Program: Helping Family Caregivers Answer the Question “What Can We Do at Home All Day?”

By Ellen Phipps, Alzheimer's Association Central and Western Chapter, and Rappahannock Rapidan Community Services Connections Staff and

Veterans In-Home Care Programs: A Review of

Eligibility *by Robyn Kemish, McGuire VA Hospital*

A VCC Business Meeting will follow the presentations.

Attendance for the meeting is available at the Virginia Department for the Aging Conference Room Contact: Ellen Nau 804-662-9340
Or at the following video conference sites. Please contact the program site coordinator as space is sometimes limited at these locations:

Hampton Health Department	Sharon Brandau swdirector@paainc.org
Mountain Empire Older Citizens, Inc.	Julia Trivett Dillon jtrivett@meoc.org
Southwest Community College	Carol Raines craines@aasc.org
Blue Ridge Independent Living Center (Roanoke)	Anita Lancaster al@loaa.org
Charlottesville Health Department	Ellen Phipps ellen.phipps@alz.org
Fairfax County DFS – AAA	Lucy Gerland Lucy.Gerland@fairfaxcounty.gov
Madison Health Department	Lynnette Scott lscott@rrcsb.org
Fauquier Health Department	Jane Dalton jdalton@rrcsb.org

Three more days if anyone else would like to join in Video Conferencing!



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia there is hereby officially recognized:

FAMILY CAREGIVERS MONTH

WHEREAS, the health and safety of all Virginians is important to the happiness, well-being, and prosperity of our Commonwealth's families and communities; and

WHEREAS, approximately 900,000 Virginians currently assist family and friends in need of care, supporting their independence and enabling them to continue living in their homes and communities; and

WHEREAS, the most valuable support to the health and well-being of older Virginians and those with disabilities is the network of informal caregiving provided by family and friends, performing support equivalent to nearly \$10 billion in services; and

WHEREAS, in addition to caring for older relatives, thousands of older Virginians also serve as caregivers for over 112,000 grandchildren, many of whom have no parents present in the home, and some of whom are children of military personnel who are deployed abroad; and

WHEREAS, a caregiver's average annual out-of-pocket expense of providing support is approximately \$5,500, with an additional \$304,000 in lost wages, lost pension, and negative impact on Social Security realized across a caregiver's lifespan; and

WHEREAS, caregivers often experience a toll on their own physical and emotional health; and

WHEREAS, the volunteer efforts of the Virginia Caregiver Coalition have provided education and supported public policies to address the needs of family caregivers for more than seven years while also working with the Virginia Department for the Aging, public, private, state and local partners through the Lifespan Respite Care Program to identify and expand respite resources and services, as well as advocate for families providing support to Virginians of all ages;

NOW, THEREFORE, I, Robert F. McDonnell, do hereby recognize November 2011 as **FAMILY CAREGIVERS MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.




Governor


Secretary of the Commonwealth