



COMMONWEALTH of VIRGINIA
Department for the Aging

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June 19, 2012

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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.



12-192

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: James Rothrock
Interim Commissioner

DATE: June 19, 2012

SUBJECT: ODP Age Wave Planning

Older Dominion Partnership partnered with communications firms to educate the public about the importance of age wave planning.

Many thanks to Moses Foster and Blair Keeley of The West Cary Group for generously donating their time and expertise in producing multiple PSAs, drawing attention to the Age Wave and the impact it is having on Virginians. Shentel, Cox Communications and Comcast provided a total of 15,000 PSA viewings throughout the Commonwealth. Special thanks to Chris Kyle with Shentel, Susan Wahl and Court Burgess with Comcast, and Occasio Gee with Cox Communications for their efforts in airing the information and assisting the ODP in its educational initiative.



Older Dominion Partnership PSA 3

The Richmond Times Dispatch and Pace Riverside sponsored an insert on age wave planning which summarized the findings of the recent comprehensive Age Wave Study, spearheaded by the ODP.

To see the video PSAs and the newspaper insert, [visit the ODP website](http://www.olderdominion.org).



12-193

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: June 19, 2012

SUBJECT: Important Veteran News

Improvements Needed to Ensure Only Qualified Veterans and Survivors Receive Benefits U.S. Government Accountability Office GAO-12-540, May 15, 2012

A recent GAO report notes that certain steps need to be taken to ensure that the neediest eligible veterans obtain receive benefits. Although veterans' benefits are subject to means testing, there is no prohibition on transferring one's assets prior to means testing for benefits. The GAO made several recommendations to the Department of Veterans Affairs and Congress to correct this situation. To review the GAO report and recommendations, go to: http://www.gao.gov/products/GAO-12-540?utm_source=Policy+Digest+6.13.12&utm_campaign=pd6.13&utm_medium=email

U.S. Special Committee on Aging

To listen to the Senate Committee hearing on: *Pension Poachers: Preventing Fraud and Protecting America's Veterans* June 6, 2012 Go to: http://aging.senate.gov/hearing_detail.cfm?id=336945&&utm_source=Policy+Digest+6.13.12&utm_campaign=pd6.13&utm_medium=email



12-194

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: James Rothrock
Interim Commissioner

DATE: June 19, 2012

SUBJECT: 2012 Charitable Fund Award Applications

The Charitable Fund Award, a program of CCT, provides financially needy individuals with disabilities with a maximum award of up to \$250 to be used for equipment, medication, or services. The recipient must meet the Social Security Administration definition of disabled and the federal poverty guidelines, or receive SSI and/or Medicaid.

Applications must be submitted on behalf of the recipient by a public agency or nonprofit organization that serves people with special needs. Up to ten applications will be accepted from each public agency or organization.

The deadline for submission of applications is July 31, 2012

For more information click on [2012 Charitable Fund Award Application](#)



12-195

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

DATE: June 19, 2012

SUBJECT: Booklet: Let's Face it: Older Adults speak about HIV

This booklet was created to allow the concerns of older adults living with or at risk for HIV to be heard in their own voices.

"Let's Face It" includes 12 stories that focus on 12 issues that ACRIA's programs have found to be particularly common in older adults.

In our work with older adults through trainings, technical assistance, prevention and research, we have seen an increased awareness of the challenges older adults face.

We hope this booklet may offer some guideposts on the next steps that need to be taken by policy makers, service providers and their clients.



**To receive 10 FREE copies of Let's Face It: Older Adults Speak about HIV contact Elizabeth Dominguez by phone or email at: 212-924-3934 X134 or edominguez@acria.org **

OR fill out a Brochure Order Form and fax it to 212-924-3936.

[Click Here: For Brochure Order Form](#)

Booklet: Let's Face it: Older Adults speak about HIV
June 19, 2012
Page 2 of 2

If you would like more than 10 copies, you would have to pay for shipping

Get your FREE copies now! Also available in Spanish!

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12-196

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

DATE: June 19, 2012

SUBJECT: Rappahannock Area Agency on Aging Ground Breaking on New Building

Posted on Fredericksburg.com, by LIANA BAYNE

The Rappahannock Area Agency on Aging is breaking ground on a new building Wednesday afternoon.

Jim Schaefer of RAAA said the \$1.04 million, 4,800-square-foot building will be next to its current location on U.S. 17 in Falmouth. The agency's offices became too small and crowded for its personnel.

"We've been working on expansion for the past four years," Schaefer said.

"If the agency is going to grow and meet the needs of retiring baby boomers," he said, it will need more space.

RAAA offers people ages 60 and older help with meals, home repairs and employment.



Rappahannock Area Agency on Aging Ground Breaking on New Building
June 19, 2012
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The current building, at 171 Warrenton Road, will become a transportation hub, while staff members from other departments will move to the new location.

Schaefer said the RAAA has received “fairly large” federal and state transportation grants in the recent past. The organization provides transportation for seniors 60 and older, and also to people with disabilities, regardless of age.



The Rappahannock Area Community Services Board’s transportation program probably will relocate to share the space with RAAA’s transportation staff, Schaefer said. RAAA often partners with the Community Services Board to share transportation funds and needs, so Schaefer said he felt it would be a good step for the two organizations.

“In the long run, that would serve us well,” he said.

Both agencies serve people in the city of Fredericksburg and the counties of King George, Caroline, Spotsylvania and Stafford.

The new building is being funded by a grant from the U.S. Department of Agriculture’s Rural Development program. It should open in about seven months, Schaefer said.

The groundbreaking ceremony will take place Wednesday, at 1 p.m.

Liana Bayne: 540/374-5444
lbayne@freelancestar.com



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

DATE: June 19, 2012

SUBJECT: Change in Issuing SNAP Benefits

Currently SNAP benefits are issued on the first day of the month. Beginning in September this will change. In September SNAP benefits will be issued on the 1st or the 4th of the month. In October and thereafter, benefits will be issued on either the 1st, 4th, 7th, or 9th of the month depending on the case number.

The Department of Social Services is asking our community partners to help get the word out. The attached flyer explains the upcoming changes. DSS is requesting this information to be shared with other organizations and clients in your community to make them aware of the change.

If you have any questions, please contact Claudia Jackson, SNAP Consultant, Virginia Department of Social Services, at (804) 726-7346.

Expanding the Virginia SNAP Benefit Issuance Schedule

Changes are coming soon! Virginia currently issues SNAP benefits on the first day of the month. The SNAP one day issuance will move to a **four day issuance over the first nine days of the month. This transition will occur over a two-month period beginning September 1, 2012.** This is great news as it will allow SNAP recipients better access to healthy and nutritious foods for their families!

The two-month transition will occur as follows:

Case Number	September 2012	October 2012 and after
Case numbers ending in 0, 1, 2, or 3	1 st day of month	1 st day of month
Case numbers ending in 4 or 5	4 th day of month	4 th day of month
Case numbers ending in 6 or 7	4 th day of month	7 th day of month
Case numbers ending in 8 or 9	4 th day of month	9 th day of month

As you can imagine, much preparation is needed for this change to occur and, **as a community organization, you have a great opportunity to assist! During the transition months of September and October, many families will need emergency food as their SNAP benefits will come later than usual. Well stocked food banks and food pantries are essential to the success of this conversion!**

Here are some ways you can help:

- **Organize a food drive to support your local food bank!** Contact the food bank in your area (see below) and commit to holding a food drive.
- **Make sure your food pantry is well stocked.**
- **Display posters with information about this change in highly visible areas in your organization.** Please visit www.dss.virginia.gov and click on *SNAP Changes Coming* for downloadable poster templates.
- **Insert information about this change in any mailings you may send to the community.** Please visit www.dss.virginia.gov and click on *SNAP Changes Coming* for downloadable insert templates.

For more information, please visit www.dss.virginia.gov and click on *SNAP Changes Coming* or email SNAPstaggering@dss.virginia.gov.

Food Bank	Contact Person	Email/Telephone
Blue Ridge Area Food Bank Network	Jeannie Sur	jsur@brafb.org / 540.213.8416
Capital Area Food Bank	Molly McGlinchy	mmcglinchy@capitalareafoodbank.org / 202.526.5344, ext 311
Feeding America Southwest VA	Amy Wilson	alwilson@faswva.org / 540.342.3011, ext 7015
Feedmore (Central VA Food Bank)	Brenda Miller	bmiller@feedmore.org / 804-521-3272
Food Bank of Southeastern VA	Abby Weber	abigailweber@foodbankonline.org / 757.314.4575
Food Bank of the VA Peninsula	Donna Tighe	dtighe@hrfoodbank.org / 757.596.7188, ext 101
Fredericksburg Area Food Bank	Dayna Klein	dklein@feedingamerica.org / 540.371.7666, ext 131



12-198

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: June 19, 2012

SUBJECT: National Safety Month Theme: Falls Prevention

June is National Safety Month. Each week of the month has a theme that brings attention to critical safety issues. This week's theme is *preventing slips, trips and falls*.

Most falls are preventable. Many people attribute falls to being clumsy or not paying attention, but many risk factors exist. Risk factors include physical hazards in the environment, age-related issues, and health conditions. It is important to find fall hazards in the workplace and at home to prevent injuries.



Safety 24/7



Preventing Slips, Trips and Falls

Did you know?

Falls are by far the leading unintentional injury accounting for more than 8.7 million emergency room visits each year in the United States.

(Injury Facts)

One in every three adults age 65 and older falls each year. *(CDC)*

Most falls are preventable. Many people attribute falls to being clumsy or not paying attention, but many risk factors exist. Risk factors include physical hazards in the environment, age-related issues and health conditions. Reduce your risk and find fall hazards in your workplace and home to prevent injuries and keep others safe round the clock.

Remove common fall hazards:

- Keep floors and stairs clean and clear of clutter
- Maintain good lighting both indoors and on outdoor walkways
- Secure electrical and phone cords out of traffic areas
- Use non-skid throw rugs in potentially slippery places, like bathrooms
- Install handrails on stairways, including porches
- Use a sturdy step stool when climbing or reaching for high places
- Clean up all spills immediately
- Wear sensible footwear
- Never stand on a chair, table or surface on wheels
- Arrange furniture to provide open pathways to walk through
- Periodically, check the condition of outdoor walkways and steps and repair as necessary
- Remove fallen leaves or snow from outdoor walkways
- Be aware that alcohol or other drugs, including prescription and over-the-counter medicine, can affect your balance and increase risk of falling

Older adult falls

Older adults are more prone to become the victim of falls and the resulting injuries can diminish the ability to lead active, independent lives. According to the Centers for Disease Control and Prevention, the following tips can greatly help older adults prevent falls, but are beneficial to those of all ages.

- **Stay active:** Chances of falling can be reduced by improving strength and balance. Examples of activities include brisk walking, tai chi and yoga.
- **Fall-proof your home:** This includes taking advantage of the tips above and removing all tripping hazards.
- **Review your medications:** Have your doctor or pharmacist review all the medications you take both prescription and over-the-counter. Some medications or combination of medicines can make you drowsy or light-headed, which can potentially lead to a fall.
- **Check your vision:** It's best to have your vision checked at least once a year to make sure you have the best prescription for your glasses. Poor vision greatly increases your risk of falling.

NATIONAL
SAFETY
MONTH 2012

National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201
(800) 621-7619
NSC.ORG



La seguridad
24 horas/7 días



Los resbalones, los tropezones y las caídas

¿Sabía usted?

Las caídas constituyen, por un gran margen, las principales lesiones involuntarias, y representan más de 8.7 millones de visitas a los departamentos de urgencias de los Estados Unidos.

(Hechos sobre las lesiones – Injury Facts)

Uno de cada tres adultos de 65 años de edad o mayores se cae cada año (CDC).

La mayoría de las caídas pueden prevenirse. Mucha gente atribuye las caídas al ser torpe o no prestar atención, pero hay muchos factores de riesgo. Los factores de riesgo incluyen peligros físicos en el entorno, problemas relacionados con la edad y problemas de la salud. Reduzca sus riesgos y encuentre los peligros de caída en su lugar de trabajo y en el hogar para prevenir las lesiones y mantener a los demás seguros en todo momento.

Quite los peligros comunes de caída:

- Mantenga los pisos y las escaleras limpias y libres de revoltijos
- Mantenga una buena iluminación tanto adentro como en los senderos exteriores
- Mantenga los cordones eléctricos y telefónicos fuera de las áreas de tráfico
- Utilice alfombras o tapetes antideslizantes en lugares posiblemente resbalosos, como los cuartos de baño
- Instale pasamanos en las escaleras, incluyendo los porches
- Utilice un taburete o banqueta fuerte cuando tenga que treparse o trate de alcanzar lugares altos
- Limpie todo lo que derrame de inmediato
- Póngase calzado práctico
- Nunca se pare en una silla, una mesa, o una superficie rodante
- Coloque los muebles para proveer senderos abiertos para que la gente pueda caminar
- De vez en cuando, revise el estado de los senderos exteriores y de los peldaños y repárelos de ser necesario
- Quite las hojas caídas o la nieve de los senderos exteriores
- Tenga en cuenta que el alcohol u otros estupefacientes, incluyendo los medicamentos por receta médica y los que se compran sin receta, pueden afectar su equilibrio y aumentar el riesgo de una caída

Las caídas de las personas mayores

Las personas mayores tienen una mayor probabilidad de convertirse en víctimas de caídas, y las lesiones ocasionadas por las mismas pueden disminuir la capacidad para llevar vidas activas e independientes. De acuerdo con los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention), las sugerencias siguientes pueden ayudar mucho a las personas mayores a prevenir las caídas, pero son beneficiosas para las personas de todas las edades.

- **Manténgase activo/a:** Las probabilidades de caerse pueden disminuirse mejorando la fuerza y el equilibrio. Ejemplos de este tipo de actividad incluyen el andar a paso ligero, el taichí y el yoga.
- **Haga que su hogar esté a prueba de caídas:** Esto incluye el aprovechar las sugerencias más arriba y quitar todos los peligros de tropezones
- **Revise sus medicamentos:** Haga que su médico o su farmacéutico/a le revise todos los medicamentos que usted toma, ya sean por receta médica o sin receta. Algunos medicamentos o combinaciones de medicinas pueden hacer que sienta somnolencia o mareos, lo que puede provocar una caída.
- **Hágase un examen de la vista:** Lo mejor es hacerse examinar la vista por lo menos una vez al año para asegurar que usted tiene la mejor receta para sus lentes. La vista mala aumenta tremendamente el riesgo de una caída.

NATIONAL
SAFETY
MONTH 2012

National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201
(800) 621-7619
NSC.ORG



12-199

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Program Coordinator

DATE: June 19, 2012

SUBJECT: Caregiving and Lifespan Respite: Funding Opportunities, Webinars, Conferences, Publications and FACEBOOK

Funding Opportunities:

"Jumpstart youth-led intergenerational programs"
Generations United and MetLife Foundation
Generations United and MetLife Foundation are awarding \$1,000 jumpstart grants (along with technical assistance) to organizations to develop creative, youth-led intergenerational programs that address challenges in their communities. Priority will be given to programs addressing hunger and nutrition. Initiatives must engage youth and older adults. Submit your application in writing or via a short video or other multi-media presentation. Applications due: June 30. Go to:
<http://gu.org/OURWORK/Programs/YouthJumpstartGrant>

Projects of National Significance: Community of Practice for Supporting Competitive Integrated Employment for Individuals with I/DD
The Administration for Community Living's Administration on Developmental Disabilities (ADD) recently announced the availability of Fiscal Year (FY) 2012 funds for a cooperative agreement authorized under Subtitle E of the Developmental Disabilities Assistance and Bill of Rights Act of 2000, Projects of National Significance. The application due date is July 10, 2012. To read the full announcement and to download an application, go to [Download \(pdf - 331 kb\)](#) [View HTML](#)

Childhood Hunger. Grants of up to \$2,000 to nonprofits engaging youth in addressing childhood hunger. Youth Service America and Sodexo. Deadline: July 15, 2012. To find out about this grant and many others go to: <http://www.ysa.org/grants>

Webinars:

“Caring for Someone with Alzheimers”

Wednesday, June 20 1:00 PM Eastern Free Presented by Home Instead Senior Care
The webinar will discuss the care and dignity of the individual with Alzheimers to help them live a more fulfilling life. Register at: <http://www.asaging.org/june-20-2012>

Shelter Volunteer Caregiving Training

The National Research and Training Center for Personal Assistance Services (PAS Center) is sponsoring a webinar on Monday, June 25, from 2:00-3:00pm (EST). The webinar will focus on a project that recruits and trains shelter volunteer to provide personal assistance services to people who need this type of assistance when they are staying in a shelter after a disaster. There is no pre-registration for the webinar, though the organizers recommend visiting a few minutes beforehand to allow the software to load. For more information visit:

http://www.pascenter.org/webcast/index.php?utm_source=Policy+Digest+6.13.12&utm_campaign=pd6.13&utm_medium=email

The ARCH Webinar *Introduction to a Sustainability Framework for Lifespan Respite Grantees and their Partners*, presented by Laura Martinez, Senior Program Associate with [The Finance Project](#) on May 30, 2012, is now archived and available for downloading or viewing on the ARCH website. After viewing the webinar, please provide your feedback at <http://www.surveymonkey.com/s/VSW5N89> Your guidance helps ARCH to be more responsive to your training and technical assistance needs.

Meetings, Conferences:

GeroSTAT Forum: AGE WAVE Readiness Plan

When: Wednesday, June 20th

Time: 7:00 pm - 8:30 pm

Location: The Windsor Memory Care, 3600 Grove Avenue (at the intersection of Thompson and Grove)

VCU Department of Gerontology monthly GeroSTAT Forum featuring Sara Link with United Way Services of Greater Richmond and Petersburg who will be discussing the region's new Age Wave Plan. For more information, go to:

www.yourunitedway.org/agewave.

Women's Institute for a Secure Retirement

WISER's* July 12 Forum, *Expanding Savings & Retirement Opportunities*, will be held from 3pm to 5pm at the Capitol View Conference Center, 101 Constitution Avenue, NW in Washington, DC.

Caregiving and Lifespan Respite: Funding Opportunities, Webinars, Conferences, Publications and FACEBOOK

June 19, 2012

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A reception following the forum will **honor Virginia Tech students** who won the 2011-2012 iOme award for their essay and video on the nation's retirement crisis. Senator Mark Warner (D-VA) has been invited to speak at the reception, which will be held from 5pm to 7pm.

Please RSVP with your email, name, and contact information to info@wiserwomen.org. For any questions, please call 202-393-5452.

African-American Men's Health Symposium

The Norfolk Public Health Center is hosting an African-American Men's Health Symposium ~ *Illuminating Good Health: Eliminating the Cloak of Invisibility* ~ on Saturday, August 18, 2012, 8am until 5pm Contact Person: Terrance.Afer-Anderson@vdh.virginia.gov Register at: www.eventbrite.com/event/3488087965 Agenda is attached to this email.

Bridging the Gap: Creating a Community of Support for Survivors with Disabilities

Scholarship Deadline for Self-Advocates: June 15, 2012

Conference Dates: October 31-November 1, 2012 – Louisville, KY

<http://library.constantcontact.com/download/get/file/1109117771434-14/Scholarship+Announcement.pdf>

A national conference on sexual assault and domestic violence against people with disabilities.

Facebook Links:

American Society on Aging is on Facebook. ASA shares the latest news, research, and announcements from our members and the field of aging.

<https://www.facebook.com/asaging>

Publications:

Guide to Patient and Family Engagement: Final Environmental Scan Report

Research shows that when patients are engaged in their health care, it can lead to measurable improvements in safety and quality. To promote stronger engagement, Agency for Healthcare Research and Quality (AHRQ) is developing a guide to help patients, families, and health professionals work together as partners to promote improvements in care. To review the research used to develop this report go to:

<http://www.ahrq.gov/qual/ptfamilyscan/>

Health Affairs Special Issue on Aging and Disability

<http://content.healthaffairs.org/content/31/6.toc>

The June 2012 Issue of *Health Affairs*, supported by a grant from The SCAN Foundation, is titled "Focus on the Care Span for the Elderly and Disabled" and includes articles on key health issues import to older Americans and people with disabilities, including dual eligibility, coordinated care, managed care, long-term care, and hospital-

to-home transitions. *Health Affairs* is a peer-reviewed journal that explores international and domestic health policy issues.

Kare L. Fingerman and Frank F. Furstenberg offer a positive spin on multigenerational living in their *NYTimes* op-ed, "[You Can Go Home Again.](#)"

"5 Things Never to Say to Your Sibling the Caregiver"

A recent article on LifeGoesStrong addresses some of the many issues that can arise when one sibling is a caregiver and the other is not. Go to:

http://family.lifegostrong.com/article/5-things-never-say-your-sibling-caregiver?utm_source=Policy+Digest+6.13.12&utm_campaign=pd6.13&utm_medium=email

Report: 53% of Americans Aged 65 And Older Use Internet Or Email

A new survey from the Pew Internet and American Life Project found a new milestone has been reached with more than half of seniors going online. To view the entire report go to:

http://www.pewinternet.org/Reports/2012/Older-adults-and-internet-use.aspx?utm_source=Policy+Digest+6.13.12&utm_campaign=pd6.13&utm_medium=email