



COMMONWEALTH OF VIRGINIA
DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES

JAMES A. ROTHROCK
Commissioner

VIRGINIA DIVISION FOR THE AGING
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July 17, 2012

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12-215

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MEMORANDUM

To: AAA Executive Directors

From: James A. Rothrock

Date: July 17, 2012

Subject: Virginia Rural Health Survey

Please review the following information on health issues and needs in rural areas of Virginia and give some thoughtful consideration to the survey as well.

“You might be rural if...” sounds like the set-up for a joke. But the public health issues facing rural Virginia are no joke. Help the Virginia Public Health Association and the Virginia Rural Health Association identify and prioritize the most relevant issues by participating in our brief survey. The data will be used to inform the discussions at the October 8 -9 **Virginia Rural Health Action Conference** in Charlottesville. We want to hear from everyone with a stake in the health of rural Virginia: we want to hear from YOU! Your input is highly valued and will help the conference participants identify the priority items for the updated Rural Health Plan. [Click here to participate in the survey.](#)

In addition to taking the survey yourself, please post the link on any web site and share it with any distribution lists that you may be responsible for (or a member of). If you get a chance, let me know the groups you have sent it too.

Thanks for your participation in the development of the new Virginia State Rural Health Plan!

Beth O'Connor, M. Ed.
Executive Director
[VRHA](#) & [VRHRC](#)



540-231-7923



12-216

COMMONWEALTH of VIRGINIA
Department for Aging and Rehabilitative Services

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: July 17, 2012

SUBJECT: Caregiving and Lifespan Respite

Caregiving

Reports:

New Fact Sheet: Assessing Family Caregiver Needs

The AARP Public Policy Institute (PPI) has released a new fact sheet, Assessing Family Caregiver Needs: Policy and Practice Considerations. The fact sheet explains the importance in assessing and responding to the needs of to family caregivers. Go to: <http://www.aarp.org/home-family/caregiving/info-07-2012/assessing-family-caregiver-needs-fact-sheet-AARP-ppi-ltc.html>

The Pew Internet Project and the California HealthCare Foundation released a report: "Family Caregivers Online." The report states that the internet is an integral part of a family caregiver's life. From the 79% caregivers that have access to the internet 88% look online for health information. Caregivers are more likely than other internet users to take advantage of social tools like reading a personal health story online and using sites such as Facebook. The study findings also reveal that caregivers are more likely than other internet users to read online reviews of drugs, clinicians and medical facilities. Go to: <http://pewinternet.org/reports/2012/caregivers-online.aspx>

Webinar:

Managing the Stress of a Family Caregiver

The American Society on Aging is hosting a webinar that will address the topic of stress caused by caring for an older adult and will offer solutions on how to manage that stress. The webinar will be held on Wednesday, July 18th at 1pm EST. For more information and to register, go to:

SUBJECT:Caregiving and Lifespan Respite

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<http://www.asaging.org/july-18-2012>

6th Annual Conference of Caregiver Coalitions

For those who couldn't attend but want to relive the conference please go to:

<http://www.caregiving.org/archives/2064>

The PowerPoint presentations are available online.

Lifespan Respite

Invitation from the Virginia Statewide Independent Living Council (SILC) to participate in a web-based survey to gather comments from Virginians with Disabilities about their service needs. Simply click on the link below, or cut and paste the entire URL into your browser to access the survey:

<https://www.research.net/s/SILC2012SURVEY>

AAHD is accepting applications for the AAHD Scholarship Program (2012-2013) which supports students with disabilities pursuing higher education in a field related to disability and health.

Please visit the AAHD website at <http://www.aahd.us/initiatives/scholarship-program/> to download application.

Grandparents.org: A Great Resource with a New Look

Check out this updated site--particularly if you're a grandparent raising grandchildren or just want practical advice and the latest information on grandparenting. Learn more. At

<http://grandparenting.org/>



12-217

COMMONWEALTH of VIRGINIA
Department for Aging and Rehabilitative Services

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: July 17, 2012

SUBJECT: **Disaster Distress Helpline**

The **Disaster Distress Helpline (DDH)** is the first national hotline dedicated to providing year-round disaster crisis counseling. The toll-free, multilingual, crisis support service is available 24/7 via telephone (1-800-985-5990) and SMS (text 'TalkWithUs' to 66746) to residents in the U.S. and its territories who are experiencing emotional distress related to natural or man-made disasters. Callers and texters are connected to trained and caring professionals from the closest crisis call center. The Disaster Distress Helpline is comprised of crisis call centers located throughout the U.S. and administered for SAMHSA by MHA-NYC/Link2Health Solutions, a private non-profit based in New York City that also administers the National Suicide Prevention Lifeline. Please see the attached flyer.

Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

When disaster strikes, often people react with increased anxiety, worry and anger. With support from community and family, most of us bounce back. However, "Some may need extra assistance to cope with unfolding events and uncertainties," said U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) Administrator Pamela S. Hyde, J.D.

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Callers and texters are connected to trained and caring professionals from the closest crisis counseling center in the network. Helpline staff provides counseling and support, including information on common stress reactions and healthy coping, as well as referrals to local disaster-related resources for follow-up care and support.

Visit <http://disasterdistress.samhsa.gov> for additional information and resources related to disaster behavioral health.

Disaster Distress Helpline: 1-800-985-5990

- Toll-free
- Multilingual
- Available 24 hours a day, 7 days a week, year-round
- TTY for deaf and hearing impaired: 1-800-846-8517

SMS: Text 'TalkWithUs' to 66746

- Standard text messaging / data rates apply (according to each subscriber's mobile provider plan)
- Spanish-speakers can text 'Hablanos' to 66746; Puerto Rico text 'Hablanos' to 1-212-461-4635
- Available 24 hours a day, 7 days a week, year-round
- Palau, Marshall Islands, American Samoa, Guam, Northern Mariana Islands, Federated States of Micronesia text 'TalkWithUs' to 1-206-430-1097
- US Virgin Islands text 'TalkWithUs' to 1-212-461-4635



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COMMONWEALTH of VIRGINIA
Department for Aging and Rehabilitative Services

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: July 17, 2012

SUBJECT: CommonHelp: Availability of Information Sessions

CommonHelp is the new customer portal for applying for benefits through DSS (Medicaid, SNAP, LIHEAP, etc.) The following webinars will be useful to AAA and CIL staff.

Nine webinars or WebEx sessions are scheduled throughout the month of July to provide Community Partners with an introduction and overview of CommonHelp. These sessions will give a community partner perspective on how to assist individuals interested in using CommonHelp to screen or apply for VDSS assistance programs. All sessions will last 90 minutes and include time for questions and answers.

Date and Time	
Monday, July 16	2:00 PM – 3:30 PM
Tuesday, July 17	9:30 AM – 11:00 AM
Wednesday, July 18	9:30 AM – 11:00 AM
Thursday, July 19	2:00 PM – 3:30 PM
Friday, July 20	9:30 AM – 11:00 AM
Tuesday, July 24	2:00 PM – 3:30 PM
Wednesday, July 25	9:30 AM – 11:00 AM
Thursday, July 26	2:00 PM – 3:30 PM
Tuesday, July 31	9:30 AM – 11:00 AM

Registration in advance is required. Please register online at <https://vdss.webex.com>. Click on the “Upcoming” tab to see a list of the available CommonHelp sessions.

If you and other colleagues will join the meeting as a group (in a congregate room with one phone and one computer), please register under one name. There is no need to register each individual in the room when there are multiple participants.

CONTACT: Zandra Relaford at zandra.relaford@dss.virginia.gov 804-726-7619 or
Mary Ellen Roberts at maryellen.roberts@dss.virginis.gov 804 726-7724

If your schedule does not permit you to participate in one of the sessions listed above, please note that these sessions will be recorded and made available in the near future at <http://www.dss.virginia.gov/community/commonhelp/>.





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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman

DATE: July 16, 2012

SUBJECT: National Association of Area Agencies on Aging (N4A) Recognition

Last week the National Association of Area Agencies on Aging (N4A) held its annual meeting in Denver. Two Virginia AAA Executive Directors received special recognition. Marilyn



Maxwell, the Executive Director of the Mountain Empire Older Citizens (MEOC) received the 2012 Excellence in Leadership Award. Gordon Walker, the Executive Director of the Jefferson Area Board on Aging (JABA) received the 2012 President's

Award. Both Executive Directors are retiring this year. In addition, two Virginia programs were recognized. Senior Connections won an Elder Abuse Prevention Award for its "Senior Law Day" and MEOC won a Volunteerism/Civic Engagement Award for "Community in Action" program.

