



COMMONWEALTH OF VIRGINIA
DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES

JAMES A. ROTHROCK
Commissioner

DIVISION FOR THE AGING
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November 1, 2012

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November is Alzheimer's Disease Awareness Month

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November is National Family Caregivers Month

This memo was posted on November 1, 2012 because Hurricane Sandy forced the closure of state offices on October 29 and 30, 2012.



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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman

DATE: October 30, 2012

SUBJECT: NASUAD Impact of Sequester on FY13 Older Americans Act Programs

The National Association of States United for Aging Disabilities (NASUAD) has released the attached chart showing fiscal impact estimates from both the Congressional Budget Office (CBO) and the Center on Budget and Policy Priorities (CBPP) on Older Americans Act programs. The chart also includes home- and community-based supportive services, home-delivered nutrition, the long-term care ombudsman program, and preventative health services.

IMPACT OF SEQUESTER ON FY13 OLDER AMERICANS ACT PROGRAMS (in millions of dollars)

	FY12 Estimated	FY13 funding after automatic cuts (CBO estimate of 7.8%)	FY13 cuts based on CBO estimate (Difference between FY13 funding after CBO 7.8% cuts and FY12 estimated funding level)	FY13 funding after automatic cuts (CBPP estimate of 9%)	FY13 cuts based on CBPP estimate (Difference between FY13 funding after CBPP 9% cuts and FY12 estimated funding level)
Adult Protective Services	0	0	0	0	0
Aging and Disability Resource Centers	16	14.752	-1.248	14.560	-1.440
Aging Network Support Services	8	7.376	-0.624	7.280	-0.720
Alzheimer's Disease Demonstration Grant	4	3.688	-0.312	3.640	-0.360
Chronic Disease Self-Management Program	10	9.220	-0.780	9.100	-0.900
Congregate Nutrition	439	404.758	-34.242	399.490	-39.510
Elder Rights Support Activities	4	3.688	-0.312	3.640	-0.360
HCBS Supportive Services	367	338.374	-28.626	333.970	-33.030
Home-Delivered Nutrition	217	200.074	-16.926	197.470	-19.530
Lifespan Respite Care Program	2	1.844	-0.156	1.820	-0.180
Long-Term Care Ombudsman Program	17	15.674	-1.326	15.470	-1.530
National Clearinghouse LTC Information	3	2.766	-0.234	2.730	-0.270
National Family Caregiver Support Programs	154	141.988	-12.012	140.140	-13.860
Native American Caregiver Support Program	6	5.532	-0.468	5.460	-0.540
Native American Nutrition and Supportive Services	28	25.816	-2.184	25.480	-2.520
Nutrition Services Incentive Program	160	147.520	-12.480	145.600	-14.400
Prevention of Elder Abuse and Neglect	5	4.610	-0.390	4.550	-0.450
Preventive Health Services	21	19.362	-1.638	19.110	-1.890
Program Administration	23	21.206	-1.794	20.930	-2.070
Program Innovation	0	0	0	0	0
Senior Medicare Patrol Program	9	8.298	-0.702	8.190	-0.810
Total, Program Level	2,005	1848.610	-156.390	1824.550	-180.450



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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman

DATE: October 30, 2012

SUBJECT: Gerontological Society - Effective Connection with Senior Patients

The Gerontological Society of America has issued a new guide provide recommendations on how physicians and other health professionals can best communicate with older patients. The guide lists 29 tips to effective communication with older patients.

- Recognize the tendency to stereotype older patients.
- Avoid speech that might be seen as patronizing.
- Monitor and control nonverbal behavior.
- Minimize background noise.
- Face older adults when speaking with them, with lips at the same level as theirs.
- Pay close attention to sentence structure.
- Use visual aids such as pictures and diagrams for clarity.
- Ask open-ended questions and genuinely listen.
- Express understanding and compassion.
- Ask about the patient's living situation and social contacts.
- Include older patients in the conversation.
- Customize care by seeking information about the patient's cultural beliefs and values.
- Engage in shared decision-making.
- Balance respect for patients' autonomy and stimulating their active participation in their care.
- Avoid ageist assumptions.
- Provide information clearly.
- Use direct, concrete, actionable language.
- Verify listener comprehension during a conversation.
- Set specific goals for listener comprehension.

- Incorporate technical knowledge and emotional appeal when discussing treatment regimens.
- Focus on enhancing patient satisfaction.
- Use humor and a direct communication style with caution with patients of non-Western cultures.
- Help patients with chronic diseases find reputable sources of online support.
- Consider computers that facilitate collaborative use during patient visits.
- Maintain a positive tone in speaking with older patients with dementia.
- Avoid speaking slowly to older adults with dementia.
- Pose different types of questions to dementia patients based on conversational goals.
- Simplify sentences when speaking with dementia patients.
- Use verbatim repetition or paraphrase sentences in speaking with older adults with dementia.

More information about the article is available at: [American Medical News Article](#) and [Gerontological Society of America Guide](#)



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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: November 1, 2012

SUBJECT: Virginia Caregiver Coalition Meeting

Celebrate National Family Caregiver Month with the Virginia Caregiver Coalition!

The Coalition's November 15, 2012, 9:30 AM meeting will feature Sharon Celsor-Hughes presenting on the Alzheimer's Association *Arts Fusion Program*. Miss Celsor-Hughes is employed by the Central and Western Virginia Chapter of the Alzheimer's Association. As a docent coordinator for the University of Virginia Art Museum, she became aware of the power of art as a vehicle for engaging those with a diagnosis of Alzheimer's, as well as, for children diagnosed with autism.

The Virginia Association of Museums *Voice* magazine featured an article on the Arts Fusion Program and Ms. Celsor-Hughes was a presenter at the Virginia Association of Museums 2012 Conference and has been invited to speak at the Association's 2013 Conference. Ms. Celsor-Hughes has a master's degree in Folk Studies, is certified in museum management by the Virginia Association of Museums, and in non-profit management through Duke University. Most her working career has been spent in the museum education field.

This program will be available at the Virginia Department for the Aging Conference Room and a variety of video conference locations throughout the state. Sites include: Mountain Empire Older Citizens, Inc., Appalachian Area Agency on Aging, District Three Senior Services, Blue Ridge Independent Living Center, Charlottesville Health Department, Fairfax County Area Agency on Aging, Peninsula Health Department,

James Madison University, Norfolk Health Department, disAbility Resource Center, Fredericksburg and Madison Health Department.

Participants and caregivers should confirm their attendance by contacting the program coordinator of the various sites:

Annie Marrs Charlottesville HD	amarrs@alz.org	434-973-6122 ext.105
Lynnette Scott Madison HD	lscott@rrcsb.org	540-825-3100, ext. 3464
Lucy Gerland Fairfax County	lucy.gerland@fairfaxcounty.gov	703-324-5425
Kathleen Pantaleo JMU	pantalka@jmu.org	540-568-6682
Sharon Brandau Peninsula Newport News HD	swdirector@paainc.org	757-873-0541
Julia Trivett Dillon MEOC	jtrivett@meoc.org	276-523-4208
Carol Raines AASC	craines@aasc.org	276-964-4915
Sissy Frye District 3 SS	sfrye@smyth.net	276-783-8158
Pat Holland RAAA	pholland@raaa16.org	540-371-3384
Ann Gause SSSEVA	agause@ssseva.org	757-569-8206
Christian Thomas LOA	casemgt@loaa.org	540-345-0451



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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine Smith, Program Coordinator

DATE: October 30, 2012

SUBJECT: Nutrition Director Videoconference

Please save the date and schedule a videoconference site for a meeting/training for AAA nutrition directors.

Date: Thursday, November 29

Time: 1:30 – 3:30 p.m.

Please book your local Health Department or local DARS Field Office videoconferencing site before November 8. You may use the following links to locate a convenient site and schedule the room and equipment.

Local Health Department site map -

<http://www.vdh.virginia.gov/DistanceLearning/VideoConferencing/sitemap.htm>

Local Health Department contact list -

<http://www.vdh.virginia.gov/DistanceLearning/VideoConferencing/contacts.htm>

DARS field offices - <http://dars.virginia.gov/offices.aspx>

When you have scheduled your site, please send me the location, city or town, and number of attendees. I must have this information by close of business on November 8. When the limit on the number of sites we can accommodate is reached, the first agencies to get their scheduling information in will be served. You are encouraged to coordinate videoconference sites with neighboring AAAs.

If you would like to travel to VDA to participate on November 29, we can accommodate up to approximately 15 attendees. This way you don't need to schedule a videoconference site, and please let me know how many plan to attend **at** VDA.

The topic will be Voluntary Contributions for Nutrition Programs – how to ask, how much to ask, and what not to ask. While the agenda is still in the development phase, we do know that Mr. Joseph M. Carlin, MS, RD, LDN, FADA, Regional Nutritionist, Administration for Community Living, Administration on Aging, has agreed to be a guest speaker to provide the federal perspective on this topic.

We also hope to have input and discussion from AAA speakers. You are welcome to invite other appropriate staff, contractors, and case managers who assess clients for nutrition programs to attend.

There will likely be a limit of 10-12 videoconference sites. When we get above that number, you may have to go to “Plan B” of coming to VDA or going in with another AAA. Following are the locations scheduled so far and the AAA contact person in case you would like to “double up” at that site:

Videoconference Location	AAA contact
VDA conference room 1610 Forest Ave, Henrico (Richmond)	Elaine Smith 804-662-9319 elaine.smith@dars.virginia.gov
Central VA HD 1900 Thomson Dr, Lynchburg	RoseAnn Richards 434-385-9070 ext 120 rarichards@cvaaa.com
Mountain Empire Older Citizens Big Stone Gap	Debbie Sanders 276-523-4202 dsanders@meoc.org
Arlington HD 2100 Washington Blvd, Arlington	Terri Lynch 703-228-1733 TLynch@arlingtonva.us
Charlottesville HD 1138 Rosehill Dr, Charlottesville	Emily Daidone 434-817-5249 or 434-964-6536 (cell) EDaidone@jabacares.org
South Hill DOT	Ellen Young 434-447-7661 ext 34 eyoung@lcaaa.org
District Three Senior Services Marion	Libby Davis 276-783-8157 Ldavis@smyth.net
Fairfax Human Services Building Fairfax Government Center	Sharon Lynn 703-324-5411 Sharon.lynn@fairfaxcounty.gov
Madison Health Department 410 N Main St, Madison	Ray Parks 540-825-3100 ext 3331 rparks@rrcsb.org

Please let me know if you have any questions about scheduling your videoconference site or need help in coordinating with another AAA.



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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Disease Prevention/Health Promotion Coordinators

FROM: Elaine Smith, Program Coordinator

DATE: October 30, 2012

SUBJECT: Safety and Health for Older Women Funding Opportunity

Safety and Health for Older Women Request for Proposals (RFP)
From Office on Women's Health (OWH), U.S. Department of Health and Human Services

Funding is available for activities and events that enhance access to information and health care resources that promote the safety and health of older women (i.e., women over 50) in the United States and its affiliated territories.

Community-based partnerships and collaborations are strongly encouraged. Activities that educate health professionals on issues related to older women are also strongly encouraged.

Proposed activities should focus on ONE of the following three general topic areas:

- preventive and behavioral health (such as chronic disease self-management, cardiovascular disease and/or heart attack symptoms in women, and oral health in older women);
- abuse in older adults (including, but not limited to, interpersonal and domestic violence prevention, elder rights protection, and trauma);
- or caregiving (including older women's role as caregivers for spouses or parents, and/or as guardians for children/grandchildren).

Projects will be funded up to a maximum amount of \$2,500.

Due date: November 15, 2012 5:00 PM MT

Request for Proposals: http://www.womenshealth.gov/about-us/funding-opportunities/Safety_Health_Older_Women_2013.pdf



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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Elaine Smith, Program Coordinator

DATE: November 1, 2012

SUBJECT: Piedmont Geriatric Institute Workshop

Following is an announcement of an upcoming PGI workshop on working with older adults with substance abuse and/or addiction. Please share with appropriate staff.

Please contact Christy Ballou to register.

Christy Ballou
Community Training Coordinator
DBHDS Nottoway Campus
Piedmont Geriatric Hospital
Virginia Center for Behavioral Rehabilitation
P. O. Box 427
Burkeville, VA 23922
434-767-4521
Christy.Ballou@dbhds.virginia.gov

TREATING ELDERLY WITH MENTAL HEALTH DISORDER & SUBSTANCE ABUSE HISTORY

This workshop will provide an introduction to the topic of older adults with co-morbid diagnosis with substance abuse and/or addiction. An overview of this issue will be presented using case examples and facilitating discussions on differential diagnoses. It is designed to raise awareness about older adults presenting with substance abuse problems. The risks of substance abuse and addiction that occur within the older adult population will be addressed. Overall, the objectives of the presentation are as follows:

- Raise awareness about older adults and substance abuse
- Understand underlying symptoms of mental illness that relate to substance use / dependence
- Address ageist views that threaten the ability to recognize substance abuse / addiction
- Identify risk factors associated with substance use, abuse, and addiction amongst older adults
- Give examples and tips on educating the older adult, their friends, and their families about the risks
- Highlight strengths of older adults diagnosed with a mental illness who are in recovery
- List resources for this population



PRESENTER: *Millicent McFadden, Psy.D.*, completed her Doctorate at the Chicago School of Professional Psychology in Chicago, IL and her internship at Family Service and Guidance Center in Topeka, Kansas. Dr. McFadden completed her Masters in Counseling and Personnel Services with a concentration in Expressive Therapies at the University of Louisville. Her training includes a 4 year fellowship in multicultural and diversity studies as well as practicum experience in child, family, and art therapy in a variety of settings. Her dissertation studied the transition from independent to assisted living settings for older African-American Adults using an Existential-Phenomenological perspective.

<p>DATE: Tuesday, December 4, 2012 TIME: 10:00 AM–2:30 PM (30 min. for lunch) COST: \$20.00 per person including lunch; or \$37.00 with optional CEUs PLACE: Piedmont Geriatric Hospital Burkeville, Virginia</p>	<p>CEUs 0.4 CEUs from John Tyler Community College are requested. CEUs are optional for a processing fee of \$17.00 per person. PGI will issue a Certificate of Completion for four (4) contact hours if you elect not to receive CEUs.</p>
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ENROLLMENT: Please enroll soon, but not later than the **November 27 deadline**. Refunds can be made only if we receive your cancellation five (5) days before the workshop date. Send registration form and check (payable to PGI) to:


Piedmont Geriatric Institute
P. O. Box 427
Burkeville, VA 23922-0427

Contact us at 434-767-4521, fax 434-767-4947, or by email at christy.ballou@dbhds.virginia.gov
Please visit our website at <http://www.pgh.dbhds.virginia.gov/PGIWeb/pgihome.htm>.



REGISTRATION FORM: Treating Elderly with MH Disorder/SA History

Name(s): _____

Position(s): _____

Facility: _____

Address: _____

City, Zip: _____

Telephone: _____ Email: _____

CEUs Yes No Check Enclosed \$ _____ Payment will follow \$ _____



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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman

DATE: October 31, 2012

SUBJECT: Policy Update – Travel Policy

The Virginia Department of Accounts Travel Regulations Policy Number [20335](#) states, all monetary travel reimbursements for meals, lodging, airfare, etc. funded solely from grants and contracts are governed by the terms and conditions of the individual grant or contract. **If the grant or contract is silent regarding these monetary reimbursements, the limitations in the Virginia Travel Regulations Policy Number [20335](#) and Agency Travel Processing Policy Number [20336](#) apply.**

The [HHS Grants Policy Statement](#) further states, in all cases, travel costs are limited to those allowed by formal organizational policy. In the case of air travel, the lowest reasonable commercial airfares must be used. For-profit recipients' allowable travel costs may not exceed those established by the Federal Travel Regulation, issued by General Services Administration (GSA), including the maximum per diem and subsistence rates prescribed in those regulations. Information about federal rates is available at <http://www.gsa.gov/portal/content/105307>. If a recipient organization has no formal travel policy, those regulations will be used to determine the amount that may be charged for travel costs.

Virginia travel policy is set each October to mirror the federal travel limits. The rates have not changed since October 2011. **To summarize, when an AAA or its subcontractor uses any federal or state funds, or local funds that are counted as match, the state travel limits must be followed. AAAs and subcontractors are permitted to set limits lower or more restrictive rates than those allowed by the state.**

The attached two pages is a handy reference of travel limits within the Commonwealth. For travel outside of the Commonwealth, please refer to Virginia's Travel Regulations Policy Number [20335](#) (pages 24-27) or the GSA website at <http://www.gsa.gov/portal/category/21287>.

The state policy does allow limited flexibility with a few exceptions. For example in state government, the Agency Head or designee is authorized to approve reimbursement in advance, for lodging up to 50% over the guidelines when circumstances warrant.

Approval of the justification must be provided and made in advance of the travel. An explanation of the circumstances justifying the lodging exception must be attached to the voucher. As an example, this exception may be justified for conference hotels where it can be shown that the additional lodging cost will be offset by reduced local travel costs incurred for travel (e.g., taxi or rental car expense avoided) between a non-conference hotel and the conference location. Travel to and from the evening meal (not part of the conference agenda) is not a justifiable exception and the cost of a taxi is not a reimbursable expense.

As mentioned before, through the monitoring process, Solomon will review the agency travel policies and travel reimbursement of key individuals. Through his normal monitoring, he may provide recommendations for improving the integrity of the program.

If you have any questions, please contact Solomon Girmay at Solomon.Girmay@dars.virginia.gov or (804) 662-9347 or myself.

Dollar Limits on Travel *

Area	Lodging	Meals and Incidentals
Standard (Most of Virginia)	\$ 77	\$ 41
Abingdon (Washington County)	88	46
Blacksburg (Montgomery County)	95	46
Charlottesville (Counties of Albemarle & Green)	115	56
Chesapeake & Suffolk – Sept. thru May / June thru August	77 / 86	56
Chesterfield & Henrico Counties	83	51
Fredericksburg (City and Counties of Caroline, Spotsylvania & Stafford)	88	56
Loudoun County	108	61
Lynchburg (Campbell County)	80	51
Manassas (City Limits and Prince William County)	88	56
Norfolk & Portsmouth	89	61
Prince William County	89	56
Richmond (City Limits)	112	66
Roanoke (City Limits)	96	51
Virginia Beach – Sept. thru May / June thru August	89 / 151	56
Wallops Island (Accomack County) – Sept. thru June / July & August	85 / 127	56
Warrenton (Fauquier County)	92	46
Washington, D.C. (Cities of Alexandria, Fairfax, Falls Church; Counties of Arlington, Fairfax) – July & August / Sept. & Oct. / Nov. thru Feb. / March thru June	169 / 226 / 183 / 226	71
Williamsburg (Counties of James City & York) Sept. thru Oct. / Nov. thru August	77 / 96	51

* As of October 1, 2011

Meals and Incidentals

Total	\$41	\$46	\$51	\$56	\$61	\$66
Breakfast	7	7	8	9	10	11
Lunch	11	11	12	13	15	16
Dinner	18	23	26	29	31	34
Incidentals	5	5	5	5	5	5
75% on Departure or Return Days**	\$32	\$36	\$40	\$44	\$47	\$51
Departure or Return Day w/ Lunch Provided	\$23.75	\$27.50	\$30.50	\$33.50	\$35.75	\$38.75

Mileage Rate

55.5 cents per mile (current IRS rate) when using a personal vehicle is cost justified or a state vehicle is not available

24.6 cents per mile when a personal vehicle is elected for convenience.

* As of October 1, 2011