



COMMONWEALTH OF VIRGINIA
DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES

JAMES A. ROTHROCK
Commissioner

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Note: The web links in this document may change over time. DARS-VDA 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.



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MEMORANDUM

TO: Executive Directors and Nutrition Directors,
Area Agencies on Aging

FROM: Elaine Smith, Program Coordinator

DATE: December 28, 2012

SUBJECT: Nutrition and Hunger Resources

MetLife recently sponsored a webinar entitled **Hunger and Nutrition Across the Generations- December 13, 2012**. Speakers from Generations United and Share Our Strength were presenters. You may access the slides and an archived recording of the presentation at the following links:

[PowerPoint Slides](#) (PDF)

[Archived Recording of Presentation](#) (YouTube)

Also, visit Generations United's website at www.gu.org and download their latest report: ***Hunger and Nutrition in America: What's at Stake for Children, Families and Older Adults***.

Both the webinar and the report will help you learn more about how hunger impacts children, families and older adults. Several innovative intergenerational solutions to address these problems that may be applicable in your community are highlighted.



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MEMORANDUM

TO: Executive Directors and Data Administrators, Area Agencies on Aging

FROM: Deb Loving, Information Systems Specialist

DATE: December 28, 2012

SUBJECT: No More Duplicate AMRs!

In the past, the Area Agencies on Aging have been asked to send their Aging Monthly Report (AMR) to two email addresses at VDA, one for fiscal reporting and one for data verification.

Effective January 2013, you only need to send the fully completed AMR to reports@dars.virginia.gov. You no longer need to send a copy of the AMR to AGING_AIMAMR.

Below is the AMR requirement as stated in VDA Service Standards:

“Aging Monthly Report (AMR) to VDA by the twelfth (12th) of the following month. If the Area Agency on Aging provides this service, this report must be updated and submitted even if no expenditures or units of service occurred.”

If you have any questions, please don't hesitate to contact me.

Thanks! -deb



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MEMORANDUM

TO: Executive Directors and Data Administrators, Area Agencies on Aging

FROM: Amy Marschean, JD, Senior Policy Analyst

DATE: December 28, 2012

SUBJECT: Commonwealth Council on Aging 2013 Best Practices Awards

The Commonwealth Council on Aging is sponsoring the 2013 Best Practices Award Program funded by Dominion Power targeted to organizations serving older Virginians and their families. As we struggle to meet the challenges of serving a rapidly aging population during a time of budget cuts and growing demand, we need to share our best practices and applaud our successes. Instructions, nomination forms, and information on previous Best Practices Award Winners are on the Commonwealth Council on Aging's webpage vda.virginia.gov/council.asp.

Nominations for the 2013 Awards must be received by March 1, 2013.

This is the seventh year of the Best Practices Award Program and the Council is pleased to offer monetary awards to the top winners: The first place program will receive \$5,000; second place, \$3,000; and third place, \$2,000. The Council will also recognize three honorable mention programs.

The awards will echo the message to develop and support programs and services that assist older adults to Age in the Community. This invites an opportunity to recognize creativity in services that foster "Livable Communities" and/or "Home and Community Based Supports" - from transportation to housing, from caregiver support to intergenerational programming. We believe the door is wide open for creative best practices.



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MEMORANDUM

TO: Executive Directors,
Area Agencies on Aging

FROM: Jim Rothrock, Commissioner

DATE: December 27, 2012

SUBJECT: Virginia Population Projections, 2020-2040

Dr. Barbara Burkett, Lead Research Analyst in Policy and Planning, provided the following highlights from a report on Virginia population projections released by the Weldon Cooper Center for Public Service at UVa. Barbara's highlights draw on projection data regarding the age population in Virginia. The disability information that she also has included is from the Census Report.

Population Projections

According to the most recent data from the 2010 Census, Virginia currently has a population of 8 million and is the 12th largest state in the nation. The state is projected to grow by more than 800,000 people in each successive decade, reaching 10.5 million by 2040, but this growth isn't evenly distributed across the state. Northern Virginia is expected to have the highest growth rate between 2010 and 2020 at 15%, followed by Richmond at 13%, Central Virginia at 10%, and the Shenandoah Valley at nine percent. The Southside of Virginia is expected to have the lowest growth rate between 2010 and 2020 with only a 2 percent projected growth.

Aging in Virginia

In 2010, nearly one out of every eight Virginians was 65 years of age or older.

The largest population *proportion* of older adults is in Eastern Virginia where more than one in five residents are 65 or older, reflecting this region's status as a retirement community. Southside Virginia

has the second largest population proportion of individuals 65 and older at eighteen percent. Differences in population age structure contribute to long-term differences in projected population growth. With larger proportions of their population at older ages, regions like Eastern and Southside are more likely to experience population decline due to mortality in the coming years.

- The group of Virginians age 65+ is projected to reach 1.8 million by 2030
- Older Virginians represent 10-20% of the population in most counties
- Eleven counties and cities have 20-30% seniors, most are in the Northern Neck and Eastern Shore.
- The county with the oldest median age is Northumberland with a median age of 52.6 years. This compares to a median age of 36.2 for the state as a whole.
- The number of Virginians age 85 and older has quadrupled from 1960 to 2010
- Most seniors 66% live in family households with people related by birth, adoption or marriage.
- Five percent of seniors live in group quarters such as nursing homes and Alzheimer centers

Disability in Virginia

- 450,000 working-age Virginians report have at least one disability
- 190,000 individuals have two or more disabilities
- 12 percent of Virginia's households have at least one disabled adult
- Persons with disabilities have less education than those who are not disabled. Fifteen percent of persons without disabilities have a college degree compared with 9 percent for the disabled population.
- 80% of the non-disabled population are in the labor force compared to 44% of the disabled population.
- The disabled population in Virginia is expected to grow in the future (no numbers given).
- There will be more diversity in the disabled population in Virginia in the coming years.