



VDA WEEKLY E-MAILING

February 20, 2013

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Additional Policy Guidance

Tim Catherman, Director, Aging Operations

The Division for Aging on occasion has issued additional guidance through the Weekly E-mailing. At the request of V4A this additional guidance with clarifying material has been posted together on the VDA website. The information webpage can be found at:

<http://www.vda.virginia.gov/policyupdate.asp>.

VA Center on Aging Announces ARDRAF Award

Tim Catherman, Director, Aging Operations

The Virginia Center on Aging (VCoA) has issued its 2013- 2014 Call for Proposals to be funded through the Alzheimer's and Related Diseases Research Award Fund. More information is available at

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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DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

<http://www.sahp.vcu.edu/vcoa/program/alzheimers.html>. The announcement can be found at this link:
2013- 2014 Call for Proposals.

Rehabilitation Engineering Research Center for Wireless Technologies (Wireless RERC) Survey

Tim Catherman, Director, Aging Operations

The Rehabilitation Engineering Research Center for Wireless Technologies (Wireless RERC) is seeking participants for its emergency communications survey. The survey questions address emergency services, public alerts and warnings, and social media use during emergencies. The target audience is people with disabilities and caregivers. The Wireless RERC is funded by the National Institute on Disability and Rehabilitation Research (NIDRR) of the U.S. Department of Education. Its mission is to research, evaluate and develop innovative wireless technologies and products that meet the needs, enhance independence, and improve quality of life and community participation of people with disabilities.

· [Learn more about the Emergency Communications survey](#)

Virginia Caregiver Coalition Program

Ellen Nau, MS, Program Coordinator

The Virginia Caregiver Coalition is pleased to announce that Cathy A. Wilson, Executive Director, Virginia Wounded Warrior Program, Department of Veteran Services, will present a program on “Caring for Our Virginia Veterans and Their Caregivers.” The **March 21, 2013**, meeting will begin at 9:30 A.M. Interested parties may attend at the Department for Aging and Rehabilitative Services (DARS) Conference Room at 1610 Forest Avenue, Henrico, Virginia or at various video conference locations throughout the Commonwealth. A business meeting will follow Ms. Wilson’s presentation. For further information, please contact, Ellen Nau, DARS Program Coordinator at 804-662-9340 or Ellen.Nau@dars.virginia.gov





National Dairy Council Newsletter

Elaine Smith, MS, RD, Program Coordinator

Following is a link to the February National Dairy Council newsletter which features information about lactose intolerance. Remember that each older adult nutrition program meal must contain at least 400 mg of calcium, and milk is the most calcium-dense, cost-effective way of getting that calcium into the meals.

The newsletter provides information, tools, and recipes for healthy eating with lactose intolerance. These may be helpful as nutrition education for seniors as well as provide tips for menu planners.

http://www.nationaldairycouncil.org/PressandMedia/DairyDownloadNewsletter/Pages/DairyDownload_2013_2.aspx#s4a3

Here is a link to WebMD videos on preparing meals and grocery shopping for healthy living with lactose intolerance. While not specifically targeted to older adults, the videos may be useful in nutrition education for senior participants.

<http://www.webmd.com/digestive-disorders/lactose-intolerance-12/default.htm>

Free Online Diabetes Workshop

Kathy Miller, RN, MSW, Director of Programs

Better Choices, Better Health® - Diabetes is the online version of Stanford University's Chronic Disease Self-Management Program. Over six weeks, from the convenience of their computers, participants learn to:

- Manage their diabetes symptoms
- Eat well and exercise
- Communicate with their doctors
- Live healthier!

Participation in the online workshop is FREE through March. All participants also receive a FREE copy of the workbook, *Living a Healthy Life with Chronic Conditions*.

Click on the link below to learn how to register for the workshop.

[Learn more and see how to sign up!](#)



RFP: Administration on Community Living (ACL) Small Demonstration Grants

Katie Roeper, Assistant Commissioner, Division for Aging

New Program Issues Request for Proposals for Inclusive Planning Projects

The U.S Administration for Community Living's Strengthening Inclusive Coordinated Transportation Partnerships to Promote Community Living program has issued a Request for Proposals for innovative inclusive transportation planning projects. These projects are a key component in the overall program's efforts to improve consumer involvement and ensure greater responsiveness to consumers' needs in the planning, design and operation of coordinated transportation systems.

Successful applicants for the inclusive planning projects will involve participants, as well as other key stakeholders, in their programs. Awards will be made through a competitive process to the most qualified applicants who are able to demonstrate experience with engaging and empowering older adults and people with disabilities, including people with intellectual and developmental disabilities, in coordinated transportation system planning. The application must cover how consumer engagement will be institutionalized in local coordinated transportation planning, program development and service delivery. Recipients will be expected to share their practices at the national level through the program's Knowledge Sharing Network and its website.

The Strengthening Inclusive Coordinated Transportation Partnerships to Promote Community Living project is funded by the U.S. Administration for Community Living and is administered by the Community Transportation Association of America in partnership with Easter Seals, The National Association of Area Agencies on Aging and Westat.

Qualified organizations are encouraged to apply by March 20, 2013 and can find the full Request for Proposals here transitplanning4all.org. For all questions related to the Request for Proposal, please contact Virginia Dize at the National Association of Area Agencies on Aging (202) 719-8889 or by email at transitplanning4all@ctaa.org. A teleconference for interested applicants will be held on March 5, 2013 at 2 p.m. Eastern Time. Call in #: 1-800-245-1683. Pass code: 267438.



Commonwealth Community Trust 2013 Charitable Fund Award

James A. Rothrock, Commissioner

Relevant Links

[About Us](#)

[FAQs](#)

[Testimonials](#)

[Relevant Articles](#)

CCT Announces 2013 Charitable Fund Award

Benefits Virginia Residents Living with a Disability

Do you work for a public agency or nonprofit organization that serves individuals with disabilities? If you have clients who live in Virginia whose quality of life could be improved if they had access to additional funds, please consider applying for a Charitable Fund Award on their behalf.

The Charitable Fund Award, a program of CCT, provides financially needy individuals with disabilities* with funds to be used for equipment, medication, or services.

Examples of past awards include (but are not limited to) funding for eyeglasses, dental work, assistive technology, therapies, medical supplies, bus passes, camp, and recreation center membership.

Applications must be completed and 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.

[Click here: 2013 Charitable Fund Award Application](#)

IMPORTANT: There are a couple big differences with this year's program. First, the maximum request amount per application for 2013 is \$1,000, payable to a single vendor.

Second, the timeframe has shifted, so please pay close attention to the new deadline, which is much earlier than in past years.

Don't wait! Applications are due by March 29, 2013

* The recipient must meet the Social Security Administration definition of disabled and the federal poverty guidelines, or receive SSI and/or Medicaid.



CCT is available to make presentations to families and professionals about [pooled Special Needs Trusts](#) and can provide brochures, enrollment packets, and articles for your organization's newsletter. Contact [Karen Currie](#) for additional information.

Established in 1990, [Commonwealth Community Trust](#) (CCT) is a nonprofit organization that administers pooled Special Needs Trusts for people with disabilities that will not jeopardize government benefits such as Medicaid and Supplemental Security Income (SSI).

www.commonwealthcommunitytrust.org

For additional information, [email Joanne Marcus](#), CCT Executive Director
or call toll free 888-241-6039 or 804-740-6930.

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SPRC Research to Practice Webinar: Promoting Connectedness to Prevent Suicide

Elaine Smith, MS, RD, Program Coordinator

When: Thursday, February 28, 2013
3:00 PM-4:30 PM Eastern Time

Presenters:

Deb Stone, ScD, MSW, MPH, Behavioral Scientist, Division of Violence Prevention, Centers for Disease Control and Prevention

Sean Joe, PhD, LMSW, Associate Professor, School of Social Work and Department of Psychiatry, University of Michigan

Kimberly Van Orden, PhD, Assistant Professor, Department of Psychiatry, University of Rochester Medical Center

Dolores Subia BigFoot, PhD, (Enrolled Member-Caddo Nation of Oklahoma), Assistant Professor, Department of Pediatrics, University of Oklahoma Health Sciences Center

Brief description: Evaluations of interventions directed toward preventing suicidal behavior have shown that promoting connectedness is a promising suicide prevention strategy. Connectedness to others, including family members, teachers, coworkers, community organizations, and social institutions, is an important protective factor. Positive relationships can help increase a person's sense of belonging, foster a sense of personal worth, and provide access to sources of support.

During this webinar, participants will learn why and how the Centers for Disease Control and Prevention made connectedness promotion a central focus of its suicide prevention efforts. In



addition, presenters will describe programs that have promoted connectedness within specific populations including: older adults, American Indians and Alaska Natives, and African American youth.

Objectives:

By the end of the webinar participants will:

1. Recognize the rationale for promoting connectedness as a suicide prevention strategy
2. Define factors that can increase connectedness in various settings
3. Identify ways to implement this suicide prevention strategy within their own communities

Additional resources to be referenced during the webinar:

- Promoting Individual, Family, and Community Connectedness to Prevent Suicidal Behavior
- School Connectedness: Strategies for Increasing Protective Factors Among Youth
- Connectedness & Suicide Prevention in College Settings: Directions and Implications for Practice

- Suicidality Among Gay, Lesbian, and Bisexual Youth: The Role of Protective Factors
- Church-Based Social Support and Suicidality Among African Americans and Black Caribbeans

Suicides in Late Life

To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults

Culture Based Interventions in the Native Aspirations Project

2012 National Strategy for Suicide Prevention: Goals and Objectives for Action (See Goal 3.)

Register online

Space is limited. Please register at:

http://edc.adobeconnect.com/r2pconnectedness/event/event_info.html

After you register, you will receive an e-mail containing information about how to participate in the webinar.

If you have any questions, please contact Dominique Lieu, SPRC Training Specialist at 617-618-2984 or dlieu@edc.org.

Commonwealth Council on Aging 2013 Best Practice Awards

Amy Marschean, JD, Senior Policy Analyst

This is a reminder that the 2013 Best Practice Awards nominations must be received no later than Friday, March 1, 2013, by 5PM.

2013 Best Practices Award Program and Monetary 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 and nomination forms are available on the Virginia Department for Aging and Rehabilitative Services, Division for the Aging's website: www.vda.virginia.gov.

This is the seventh year of the Best Practices Award Program and we are 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.

In 2012, the Council recognized six (6) organizations as examples of best practices. A list of these organizations and a brief overview of their programs can be found on the [Best Practices Awards](#) page.

Please feel free to share the information about the 2013 Best Practices Award and monetary prizes with other organizations in your community and encourage them to share their best practices.

For more information please visit <http://www.vda.virginia.gov/council.asp>
