



VDA WEEKLY E-MAILING

March 19, 2013

Table of Contents

[Administration for Community Living \(ACL\) Launches New Website](#)

[NASUAD Weekly Update](#)

[Housing Virginia](#)

[Supplemental Nutrition Assistance Program \(SNAP\)](#)

[National Resource Center on Nutrition and Aging](#)

[United Hospital Fund Next Step in Care Newsletter](#)

[National Association for Nutrition & Aging Services Programs](#)

[Follow up Information on Webinars series on Mental Health & Aging Training](#)

[Roundtable Discussion with Senator Warner and Community Leaders](#)

[Flood Safety Awareness Week](#)

[Virginia Caregiver Coalition \(VCC\) and Information for Caregivers](#)

Administration for Community Living (ACL) Launches New Website

Tim Catherman, Director, Aging Operations

ACL has launched its new website (www.acl.gov). HHS created the ACL last year by consolidating the Administration on Aging, the Administration on Intellectual and Developmental Disabilities, and the Office of Disability.

NASUAD Weekly Update

Tim Catherman, Director, Aging Operations

Here is a link to the weekly update from NASUAD – the National Association of States United for Aging and Disabilities: [Click here](#).

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.

1610 Forest Avenue • Suite 100 • Henrico, VA 23229
Office 804.662.9333 • Toll free 800.552.3402 • TTY users dial 711 • Fax 804.662.9354



Housing Virginia

Tim Catherman, Director, Aging Operations

Housing Virginia is a statewide partnership of public and private organization committed to individuals. With the support of BB&T, Housing Virginia is sponsoring three regional one-day classes on Succession Planning in April and May. Registration is \$125 for one member of your organization and \$95 for additional registrations. Locations include Richmond, Staunton and Leesburg. To for more information and to register, click on this link, [Succession Planning, Leader Development and Managing Executive Transitions – Register Now!](#).

Supplemental Nutrition Assistance Program (SNAP)

Tim Catherman, Director, Aging Operations

The National Council on Aging has published a brief on maximizing the SNAP medical expense deduction for older adults. Many older adults mistakenly believe that if they qualify for the Supplemental Nutrition Assistance Program (SNAP), they'll only receive \$16 a month in benefits. This brief explains how the medical expense deduction works and who is eligible. Older adults may be missing out on higher benefits because they do not take advantage of this deduction. [Click here](#) to view the brief.

National Resource Center on Nutrition and Aging

Elaine Smith, Program Coordinator

In honor of **National Nutrition Month**, The National Resource Center on Nutrition and Aging (NRC) is hosting a special Momentum series event with Kathy Greenlee, Assistant Secretary for Aging.

“Good Nutrition Is a Key to Health: A Conversation with Kathy Greenlee, Assistant Secretary for Aging” will feature a brief presentation on the important role nutrition plays in healthy aging and the vital role of senior nutrition programs to keep elderly people independent. The Assistant Secretary will also answer questions posed by those organizations.

This National Nutrition Month video will launch at 11 am EST on March 27, 2013, and will be available on the NRC website at <http://www.nutritionandaging.org/nationalnutritionmonth>

United Hospital Fund Next Step in Care Newsletter

Ellen Nau, MA, Program Coordinator

The United Hospital Fund Next Step in Care Newsletter announces the release of a new publication, “*A Family Caregiver’s Guide to Surgery for Older Adults*”. Many older adults have planned surgeries for hip or knee replacements, gall bladder removal, heart bypass or other



procedures. This guide will aid family caregivers in providing them suggestions as to what to ask the surgeon in regard to treatment goals, pain, and physical limitations after surgery as well as the costs and post-discharge options. The Guide also contains a check-list for family caregivers to assess their loved one prior to surgery. Cognitive status, nutrition status, history of falls and other elements may affect the surgery and its outcomes and are addressed in the check-list.

To download the Guide in English, Spanish, Chinese or Russian, go to:

http://www.nextstepincare.org/Caregiver_Home/Elective_Surgery

And what happens after hospitalization? To address transitional care models used with older adults and to discern whether the models are person and family caregiver centered, go to: <http://asaging.org/blog/transitions-care-are-they-person-and-family-centered> The conclusion of the authors, Carol Levine, Director of the United Hospital Fund's Families and Health Care Project, and Lynn Feinberg, Senior Strategic Policy Advisor at the AARP Public Policy Institute is not fully and not yet!

National Association for Nutrition & Aging Services Programs

Elaine Smith, Program Coordinator

The National Association for Nutrition and Aging Services Programs (NANASP) provides information about Training Webinars for Nutrition Directors. There are member and non-member prices. When you click the link below, you will also have the opportunity to register for other webinars in the series and, if you are a member, to view recordings of previously held webinars.

NANASP Directors' Training Webinar

Thursdays: April 4th, 11th, 18th & 25th, 2013

2 PM ET/1 PM CT/12 PM MT/11 AM PT

NANASP Member Rate: \$25 per webinar/\$75 for the series

Non-Member Rate: \$50 per webinar/\$175 for the series

Registration Deadline: Friday, March 29, 2013

Are you a new director and wondering about the requirements for the nutrition program? Are you a current nutrition program director, wondering how the nutrition program can survive with its limited funding? Are you a future oriented director and wondering about program innovations?



Then this webinar series is just for you!! For the first time ever, NANASP is bringing their most popular training for Nutrition Directors directly to you! Learn from four seasoned experts in the field of aging - who combined have nearly 100 years of experience in the field of aging. This training will show the flexibility, the different variations and the diversity of the Older Americans Act (OAA).

This four-part series (60-minutes each) will cover: the history of the OAA and its practical applications • review the Aging Network structure • develop strategies to work with program staff, local AAA's, State Units on Aging and Senior Centers. • highlight the uniqueness of each state and local needs • get back to basics, incorporating the challenges and opportunities your programs are facing in these difficult economic times and help you to create the ideal nutrition program and senior center.

[CLICK HERE for more information or to Register Now!](#)

Webinars on Mental Health and Aging Training

Kathy B. Miller, MS, RN, MSHA, Director of Programs

(The complete description for each webinar was inadvertently left out last week)

The Geriatric Mental Health Planning Partnership, in collaboration with the VCU Department of Gerontology and the Riverside Center for Excellence in Aging and Lifelong Health, is organizing the next in a series of webinars dedicated to "**Mental Health and Aging Training.**"

The first three topics were offered in the spring of 2012. The next three webinars in this series are being offered March, April and May of this year. These webinars are focused on interventions to reduce the use of psychotropic medications, best practices in geriatric psychiatry, and the temporary detention order process. Experts in aging and behavioral health, both within Virginia and outside of Virginia, have been selected to lead these webinars.

Registration is now open. Sessions are available at no charge to participants.

For more details and to register for the free events, please visit
<http://worldeventsforum.blogspot.com>

Behavioral Disturbances of Dementia: Interventions to Reduce the Use of Psychotropic Medications

When: Thursday, March 28, 2013, 1:30-2:30 pm Eastern Time



Panel: **Michele Thomas, RPh, PharmD, BCPP**, *Pharmacy Services Manager; Psychopharmacologist*, Department of Behavioral Health and Developmental Service and **Andrew Heck, PsyD, ABPP**, *Clinical Director*, Piedmont Geriatric Hospital (panelists); **E. Ayn Welleford, MSG, PhD, AGHEF**, *Chair*, Department of Gerontology, Virginia Commonwealth University (moderator)

Objectives: At the end of this one-hour presentation participants will learn:

- To more clearly describe problematic behaviors & possible triggers;
- Strategies for preventing/ reducing problem behaviors; and
- Appropriate use of antipsychotic medications.

Best Practices in Geriatric Psychiatry and Long Term Care

When: **Monday, April 22, 2013, 1:30-2:30 pm Eastern Time**

Panel: **Erin M. Morrison, MD**, *Psychiatrist*, Paradigm Health Services (panelist);
Ayn Welleford, MSG, PhD, AGHEF, *Chair*, Department of Gerontology, Virginia Commonwealth University (moderator)

Objectives: At the end of this one-hour presentation participants will learn:

- A model for how geriatric psychiatry and telemedicine can help facilities to more successfully address the behavioral health needs of their residents, including discussion of cost/ reimbursement issues.

The Temporary Detention Order (TDO) Process: What Staff Need to Know

When: **Wednesday, May 29, 2013, 1:30-2:30 pm Eastern Time**

Panel: **Sarah W. Bisconer, PhD**, *Emergency Services Coordinator*, Colonial Behavioral Health, and **James M. Martinez, Jr.**, *Director*, Office of Mental Health Services, Department of Behavioral Health & Developmental Services (panelists);
Ayn Welleford, MSG, PhD, AGHEF, *Chair*, Department of Gerontology, Virginia Commonwealth University (moderator)

Objectives: At the end of this one-hour presentation participants will learn:



- Current statutes and procedures governing when and how the TDO process may occur
- How to initiate the Preadmission Screening and TDO process
- Practical considerations to keep in mind when initiating the TDO process (e.g., helpful documentation, timing, medical clearance, transportation, readmission to facility after treatment and stabilization).

Roundtable Discussion with Senator Mark Warner and Community Leaders

Ellen Nau, MA, Program Coordinator

Jill Kagan of Arch has requested that interested parties from the Loudoun area attend the following event:

Please join Senator Mark Warner for a roundtable discussion with community leaders on how advanced illness impacts individuals, families, and communities. Senator Warner believes too often, those with advanced illness and their caregivers move through the health care maze without adequate guidance and information.

Senator Warner has introduced the Senior Navigation and Planning Act to address this challenge. You are invited to join the Senator to share your thoughts on these important issues.

Event details:

Date: Wednesday, March 27, 2013

Time: 9:00 AM - 10:30 AM

Location: Loudoun County Public School Administration Building

2100 Education Court

Broadlands, VA 20148

Space is limited, so please RSVP

[RSVP Form](#)



Flood Safety Awareness Week

Kathy B. Miller, MS, RN, MSHA, Director of Programs

This is [Flood Safety Awareness Week](#), and the Red Cross wants people to know how to be prepared if flooding threatens their neighborhood. Floods can occur anywhere, at any time, throughout the United States and cause more damage in this country every year than any other weather-related disaster.

Flooding can be a local disaster affecting a single neighborhood, or very large, impacting entire river basins across many states. Some floods develop slowly, but flash floods can develop in just a few minutes without any rain. Residents should know if their neighborhood is at risk for flooding and be alert to the possibility of a flood. Listen to local radio or TV stations for possible warnings or other critical information from the National Weather Service (NWS).

The Red Cross has more safety steps people should follow if flooding threatens their home. If a flood or flash flood watch is issued, they should be prepared to evacuate at a moment's notice. If a flood or flash flood warning is issued for their area, they should head for higher ground and stay there.

- If a flood **WATCH** is issued, it means a flood is possible in the area and residents should move furniture and valuables to higher floors of the home and make sure to fill their vehicle's gas tank in case they have to evacuate.
- A flood **WARNING** means flooding is already occurring or will occur soon in the area. If a flood warning is issued, listen to local radio and television stations for information. If told to evacuate, do so as soon as possible.
- A flash flood **WATCH** means flash flooding is possible in the area. Be alert to signs of flash flooding and be ready to evacuate quickly.
- A flash flood **WARNING** means a flash flood is occurring or will occur very soon. If a flash flood warning is issued, evacuate immediately. There may only be seconds to escape. Act quickly and move to higher ground away from rivers, streams, creeks and storm drains. Do not drive around barricades. If the car stalls in rapidly rising waters, abandon it immediately and climb to higher ground.

Please visit the following links for additional information:

<http://www.redcross.org/prepare/disaster/flood>

<http://www.nws.noaa.gov/floodsafety/>



Virginia Caregiver Coalition/Information for Caregivers

Ellen Nau, MA, Program Coordinator

On Thursday, March 21, the VCC will host an important meeting on the new **Veterans Family Caregiver Program**. For information about how to attend the meeting, either at the DARS - Division for the Aging Conference Room or at one of the Videoconference sites hosting the meeting, contact Ellen Nau at DARS: Ellen.Nau@dars.virginia.gov or 804-662-9340!

CALL 12

A representative group from the Virginia Caregiver Coalition worked with AJ Hostetler, DARS Public Relations Director to host **Call 12** on Monday, March 18 at Channel 12 the local Central Virginia NBC affiliate. VCC Chair Mary Ann Johnson, Program Director, Alzheimer's Association of Greater Richmond and Central Virginia and VCC DARS Facilitator, Ellen Nau, were joined by Richmond area Coalition members to field caregiver questions on respite. Participants included:

Katie Benghauser, Director of Operation, Gerontologist, VirginiaNavigator

Marian Dolliver, Caregiver Support Manager and Ginny Becker, Respite and In- Home Services Manger at Senior Connections, The Capital Area Agency on Aging

Molly MacBean, Community Liaison, Circle Center ADC

Gale Davis, Geriatric Care Manager, VCU

Cate Newbanks, Executive Director, FACES of Virginia <http://facesofvirginia.org/>(Foster, Adoptive and Kinship Care Families)

Harvey Chambers, Certified Seniors Advisor, Owner, Seniors Helping Seniors, Richmond, VA

Brenda Mitchell, Hospice, CEO, Crater Community Hospice

Phone lines were busy with calls from dedicated family caregivers looking for respite resources and information on the Virginia Respite Voucher Program. Filmed clips from Kathy Miller, Program Director at DARS on respite resources and Mary Ann Johnson on family caregiving were shown during the broadcast.

In addition, Ellen Nau was pleased to be acknowledged as a contributor to the new NAC publication **Planting the Seed: Establishing and Growing Your Family Caregiving Coalition. Volume 1**. Caregiving coalition facilitators across the United States contributed to the revision of the original 12 Steps to Forming a Caregiver Coalition. (Original members of the VCC will



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

remember this document from our AARP training in 2004!) You can access the document at:
http://www.caregiving.org/wp-content/uploads/2013/03/PlantingTheSeed_FINAL.pdf

Thanks to the National Alliance for Caregiving for their leadership on this publication!

Ellen M. Nau, MA

Program Coordinator

Virginia Department for Aging and Rehabilitative Services





DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES
