



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

VDA WEEKLY E-MAILING

April 2, 2013

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New Executive Director for RAAA, Fredericksburg

Tim Catherman, Director, Aging Operations

Leigh Wade has been selected as the new Executive Director for the Rappahannock Area Agency on Aging. Ms. Wade's prior work experience includes being the Executive Director of the Area Agency on Aging for Southwest Florida, Inc. in Fort Myers. Ms. Wade will begin in her new role on April 8, 2013.

NASUAD and ACL Weekly Updates

Tim Catherman, Director, Aging Operations

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



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

Here is a link to the weekly Administration for Community Living (ACL) update: [Click here.](#)

The Robert Wood Johnson Foundation (RWJF) County Health Rankings and Roadmaps

Tim Catherman, Director, Aging Operations

The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. The RWJF and the University of Wisconsin Population Health Institute, measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. Virginia's Rankings are available at: www.countyhealthrankings.org/virginia

National Nutrition Month Video Launch Available

Elaine Smith, MS, RD, Program Coordinator

If you missed the National Nutrition Month video launch on March 27, 2013, it is now posted and available on the NRC website at <http://www.nutritionandaging.org/nationalnutritionmonth>

"Good Nutrition Is a Key to Health" is the title of the hour-long video presentation featuring Kathy Greenlee, Assistant Secretary for Aging with the Department of Health and Human Services, who discusses the importance of good nutrition to keep elderly people living independently in their communities. The Assistant Secretary also answers questions posed by those working in nutrition programs and gives her perspective on the future sustainability of senior nutrition services as part of the larger aging network.

National Prescription Drug Take Back Day

Kathy B. Miller, MS, RN, MSHA

Help older adults and persons with disabilities in your community empty their medicine cabinets of unwanted or expired medications on National Prescription Drug Take-Back Day. The Drug Enforcement Administration (DEA) and its national and community partners are giving the public a chance to prevent accidental overdose, abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

On Saturday, April 27th, 2013 from 10:00 a.m. – 2:00 p.m., DEA and local partners will hold a National Prescription Drug Take-Back Day at sites nationwide. The service is free and anonymous, no questions asked.



In the four previous Take-Back events, DEA in conjunction with state, local and tribal partners collected more than 2 million pounds (1,018 tons) of prescription medications.

If your agency is interested in partnering with a local law enforcement agency to provide a venue for your community to dispose of unwanted or unused medications [click here](#). You will also find helpful resources to promote this event, such as the [Partnership Toolbox](#).

New Report on Elder Suicide

Elaine Smith, RD, Program Coordinator

On behalf of Dr. William T. Gormley, Acting Chief Medical Examiner for the Commonwealth of Virginia, we are pleased to present a new report from the Virginia Violent Death Reporting System called *Elder Suicide in Virginia: 2003-2010*. This report, which is an update to a previous report, examines suicide among Virginia residents 60 years of age and older. Highlights include:

- From 2003-2010 there were 1,595 elder suicide decedents in Virginia.
- Elder males have a higher risk of suicide than non-elder males.
- Elder suicide risk is highest in the southwest area and lowest in the northern area.
- While most elders use a firearm in the fatal suicide, those that used poisons commonly used their own prescription medications.
- Mental health problems and physical health problems were the two most common factors in elder suicide.

This report is available at:

<http://www.vdh.virginia.gov/medExam/documents/2013/pdf/Elder%20Suicide%20in%20Virginia%202003%202010.pdf>

If you have any questions, you may contact:

Marc Leslie

VVDRS Coordinator

Office of the Chief Medical Examiner

Virginia Department of Health

737 N. 5th Street, Suite 301

Richmond, VA 23219

phone: (804) 205-3855

fax: (804) 786-1877

<http://www.vdh.virginia.gov/medExam/NVDRS.htm>



Webinar: How to Series Creating Peer-to-Peer Support Groups

Ellen M. Nau, MA, Program Coordinator

Wednesday, April 10, 2013 3:00 PM to 4:00 PM EDT

[Empowering Families to Lead Peer-to-Peer Support Groups, a webinar hosted by the Family Caregiver Alliance \(FCA\)](#)

National speaker , author and radio show host Kari Berit will present on the elements of what caregivers need to do in order to create and sustain a group for mutual support. Ms. Berit spent the last year working with caregivers to help them start groups in their community. A peer-to-peer starter tool package will be provided free of charge on the FCA website for a limited time. <http://www.caregiver.org/> Additional information can be found at: www.kariberit.com.

The Family Caregiver Alliance is located at 785 Market Street Suite 750 San Francisco, CA 94103. The organization has a wealth of caregiving information available for download on its website. You will note when you sign up for the webinar, that the time given is 12 noon in Pacific Daylight Time, hence 3 PM Eastern Daylight Time.

NCD Issues Policy Recommendations for Medicaid Managed Care for People with Disabilities

James A. Rothrock, Commissioner

The National Council on Disability (NCD) recently released a report entitled *Medicaid Managed Care for People with Disabilities: Policy and Implementation Considerations for State and Federal Policymakers* to assist policymakers in understanding the implications of Medicaid managed care for people with disabilities. Written for the Council by Bob Gettings, Chas Moseley, and Nancy Thaler from NASDDDS, the report is the product of a year-long study of states' efforts to control Medicaid expenditures for people with disabilities through the introduction of managed care strategies in both healthcare and long-term support services. The report outlines 22 principles to guide state and federal officials in their design and implementation of managed care services for Americans with disabilities. The report includes a number of recommendations to policymakers regarding steps that should be taken to ensure people with disabilities are not harmed by the conversion of traditional systems to managed care.

The report is divided into four chapters:

- **Chapter 1** summarizes basic concepts underlying a managed care approach to delivering health care and long term services, including the historical roots of those concepts, and reviews the origins and subsequent growth of managed care within the federal-state Medicaid program.



- **Chapter 2** reviews the Medicaid program's wide-ranging role in serving people with disabilities, including the number and composition of nonelderly people who qualify for Medicaid benefits on the basis of disability, the types of services they receive, and recent national utilization and expenditure trends. In addition, this chapter pinpoints the unique challenges associated with enrolling people with disabilities in Medicaid managed care arrangements and outlines the reasons that states, with an increasing sense of urgency, are choosing to confront these challenges.
- **Chapter 3** details a set of 22 key principles to guide federal and state officials, as well as disability stakeholders, in designing and implementing managed care programs for Medicaid beneficiaries with disabilities. The authors articulate the broad societal outcomes that a managed care program should seek to achieve, and spell out the essential components of a well-designed, effectively administered service system for people with physical, sensory, developmental, and behavioral disabilities.
- **Chapter 4** provides NCD's recommended action strategies to ensure the successful enrollment of people with disabilities in Medicaid managed health care and long-term support systems.

The full report is available from the NASDDDS website at www.nasddds.org/pdf/NCDManagedCareMarch2013.pdf and/or can be accessed in total or by chapter from the National Council on Disability website at www.ncd.gov/publications/2013/20130315/

The National Center for Health and the Aging

Elaine Smith, RD, Program Coordinator

Senior Health Literacy - How Much Do You and Your Senior Community Understand Together

When: April 3, 2013 at 1:00 – 2:00 p.m. ET

Presenters:

Cindy Brach is a Senior Health Policy Researcher at the Agency for Healthcare Research and Quality (AHRQ). She conducts and oversees research on health literacy, cultural and linguistic competence, system design innovations, and Medicaid and SCHIP. Cindy leads AHRQ's health literacy and cultural competence activities, where she developed the AHRQ's Health Literacy Universal Precautions Toolkit. She serves on the Institute of Medicine (IOM) Roundtable on Health Literacy and is a co-author of the IOM publication, "Ten Attributes of Health Literate Health Care Organizations."



Ellen Langhans is the program manager for healthfinder.gov at the Office of Disease Prevention and Health Promotion in the United States Department of Health and Human Services. In this role, she manages the content updates to the site, assists in ongoing outreach efforts, and led the efforts of a website refresh which launched in December 2012. Ms. Langhans received her MA in Health Communication from Emerson College, in collaboration with Tufts University School of Medicine, and her BA in Communication from Simmons College.

Summary: Cindy Brach and Ellen Langhans will focus using simple healthcare terms when discussing prevention and treatment programs to the senior population. Many seniors need basic information to help them make appropriate health decisions. Using simple health terms can reduce the confusion within your senior population. Health literacy is about a combination of skills (reading, listening, analyzing and decision-making) that can assist your clinical staff in their communication process within your health center to your senior population. Good communication skills from the health center clinicians and other staff members will assist your senior population in making well informed healthcare decisions. It is important to be sensitive to everyone when it comes to discussing health issues. Cindy and Ellen will focus on the importance of promoting good strong health literacy within your health center.

Objectives the presenters will focus on are:

- Learning health literacy tools for your senior population
- HRSA's health literacy training
- Using the healthfinder.gov website as a resource for health literacy for your senior population
- Using the healthfinder.gov website as a tool to find preventive services covered under the Affordable Care Act

Invited By: North American Management Administrator (info4health@namgt.com)

Click here to register: <https://attendee.gotowebinar.com/register/823101350778049536>

You will be given instructions on how to enter the meeting room as well as dial-in information after completing the registration process. Due to a limited amount of space available on GoToWebinar we urge participants to log in 5-10 minutes before the start of the webinar.

If you have any questions or issues please feel free to contact tricia.brannan@namgt.com



Virginia Housing Trust Fund

James A. Rothrock, Commissioner

Virginia Housing Trust Fund



Stay Connected



The Virginia Housing Trust Fund is opening competitive applications for two pools of funding: the Competitive Loan Pool and the Homeless Reduction Grant Program. The applications, instructions and Trust Fund plan can be accessed through the Department of Housing and Community Development's online centralized and application management system, CAMS. Organizations must be registered with CAMS in order to submit an application.

[Click here to access CAMS.](#)

Applications for both are **due May 15, 2013.**

For assistance with application-related questions, contact Shea Hollifield at (804) 371-7031 or shea.hollifield@dhcd.virginia.gov. For technical questions related to using CAMS, email camshelp@dhcd.virginia.gov.

Application information for the foreclosure rehabilitation and foreclosure counseling components of the Trust Fund will be announced within the next several weeks.

Virginia Department of Housing and Community Development

Main Street Centre * 600 East Main Street, Suite 300 * Richmond, VA 23219 * (804) 371-7000

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Geriatric Mental Health Planning Partnership/VCU

James A. Rothrock, Commissioner

March 26, 2013

UPCOMING FREE WEBINARS FROM THE GERIATRIC MENTAL HEALTH PLANNING PARTNERSHIP

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.

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 Services, 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

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FEBRUARY/MARCH
H
NEWSLETTER

CONSIDER A GIFT
TO THE
DEPARTMENT OF
GERONTOLOGY'S
ENDOWED
PROFESSORSHIP
CAMPAIGN. [CLICK
HERE FOR MORE
INFORMATION.](#)



- **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.**

These events are made possible through a grant from the Virginia Center on Aging's Geriatric Training and Education Initiative and supported by the Riverside Center for Excellence in Aging and Lifelong Health, the Virginia Geriatric Mental Health Partnership and the VCU Department of Gerontology.



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

Health Education & Behavior Publication Call for Papers

Tim Catherman, Director, Aging Operations

The Health Education & Behavior will issue a special supplement on “Fostering Engagement and Independence: Opportunities and Challenges for an Aging Society”. See announcement attached.

Closeout and Memorandum for VICAP Ending 3/31/13

Marica Monroe, CPA, Financial Statement Reporting & Accounting Manager

Please see two attachments: Memorandum on VICAP Final Closeout report and corresponding worksheet.

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CALL FOR PAPERS**SPECIAL SUPPLEMENT ISSUE****Fostering Engagement and Independence: Opportunities and Challenges for an Aging Society**

Guest Editors: Lynda A. Anderson, PhD and Thomas R. Prohaska, PhD

Older people are growing in number faster than any other age group, both nationally and internationally. In 2010, the number of older adults who were aged 65 years or older numbered 40.4 million in the United States (the most recent year for which data are available (AoA, 2011)). Globally, by 2015, it is expected that there will be more people over age 65 than young adults aged 15 and younger (United Nations Population Fund and HelpAge International, 2012). This transformative demographic shift presents numerous challenges that are well documented as well as many opportunities that are less well examined.

To address the needs of an aging society requires innovative conceptualizations and multidisciplinary approaches to understand the factors associated with healthy aging. Additionally, evidence-based social and behavioral strategies are needed to support and enhance quality of life and independence of community-dwelling older adults. Moreover, approaches that can improve the health, functioning, and engagement of older adults and enhance intergenerational programs and policies that enrich all of society are crucial.

This special supplement of *Health Education & Behavior* will be devoted to examining the factors associated with healthy or optimal aging and evidence-based social and behavioral strategies to support or enhance quality of life and independence of community-dwelling older adults. The Guest Editors invite authors to contribute papers reporting original research as well as comprehensive reviews that are focused on innovative approaches designed to support or enhance quality of life and independence of community-dwelling older adults.

- more-

**A Journal of the Society
for Public Health
Education (SOPHE)**

Society for Public Health Education
10 G Street, NE, Suite 605 • Washington, DC 20002
Phone: (202) 408-9804 • Fax: (202) 408-9815

Health Education & Behavior, in collaboration with the Centers for Disease Control and Prevention (CDC) Healthy Aging Program in the Division of Population Health in the National Center for Chronic Disease Prevention and Health Promotion, the CDC Healthy Aging Research Network, and the Society for Public Health Education, encourages authors from across academic disciplines and professional setting to submit manuscripts. Health and aging topic areas of priority interest include, but are not limited to:

- Health equity and aging
- New ways of conceptualizing healthy aging expanding current theoretical models
- Methodologies and measures for better understanding the complexities of healthy aging
- Global perspectives and initiatives on healthy aging pertaining to fostering engagement and independence
- National, state and local programs and policies with evidence of impact on fostering healthy aging
- Multidisciplinary and cross-sector approaches to healthy aging for advancing intervention effects
- Innovative applications of technology to enhance mobility and engagement and independence among older adults
- Special topics highly relevant to healthy aging, e.g., cognitive and mental health, health literacy, mobility, independence, social engagement, intergenerational studies, and linkages between public health and aging network, community health and primary care.

Categories of Manuscripts

Manuscripts will be considered in the following two categories:

Full Length Original Articles: Full length original articles comprise reports of empirical research and other studies of up to 3,500 words of text (abstract of up to 250 words), plus tables and figures, and references.

Review Articles: Review articles present state-of-the science literature reviews of up to 4,000 words of text (abstract of up to 250 words), plus tables and figures, and references.

-more-

Submission Process, Requirements, and Critical Dates

Authors interested in submitting a manuscript must first submit a 250-word abstract describing the manuscript by **May 20, 2013**, to Debbie Gordon Messer at healthy.aging.heb@gmail.com. In addition to the abstract, please be sure to include all author names, affiliations, and addresses, telephone numbers and email addresses. The Guest Editors, in conjunction with an internationally prominent Guest Editorial Board, will review all submitted abstracts by **July 10, 2013** and notify the corresponding author within one week whether an abstract submission has been selected. Authors of abstracts of manuscripts that have been selected for development and submission will be invited and expected to submit a full manuscript no later than **October 28, 2013**.

All abstract should be submitted via healthy.aging.heb@gmail.com.

All manuscripts will undergo peer review by the editors of *Health Education & Behavior* as well as the guest editors, guest editorial board, and peer reviewers.

References

1. United Nations Population Fund and HelpAge International. (2012). Ageing in the Twenty-First Century: A Celebration and A Challenge, United Nations Population Fund, New York, and HelpAge International, London. Available at: <http://unfpa.org/ageingreport>.
2. Administration on Aging (2011). A Profile of Older Americans: 2011. U.S. Department of Health and Human Services. Available at: www.aoa.gov/AoARoot/Aging_Statistics/Profile/2011/docs/2011profile.pdf.



COMMONWEALTH OF VIRGINIA
DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES

JAMES A. ROTHROCK
Commissioner

DIVISION FOR THE AGING
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

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Marica Monroe

DATE: April 2, 2013

SUBJECT: VICAP Final Close Out Report
Grant Period – 04/01/2012 to 03/31/2013

A close out (settlement) report for the fiscal period April 1, 2012 to March 31, 2013 for VICAP funds is due on or before May 3, 2013. An electronic version of the VICAP closeout report is available on the Division for the Aging website, www.vda.virginia.gov. Please e-mail the completed reports to reports@dars.virginia.gov and name the file, VICAP Closeout Report PSaxx (Insert your PSA number in the integers, xx).

The total available amounts contained in your VICAP contract Summary of Obligations, should agree with the totals in the Basic VICAP Close Out Report, Approved Budget columns. **The total available amounts include unencumbered cash (cash on hand) and unadvanced balances as of 03/31/12 from last year's close out report.** If you have any questions, please contact me at (804) 662-9320 or by e-mail at marica.monroe@dars.virginia.gov.

CC: Kathy Miller, Director of Programs
Liz Havenner, VICAP State Director

DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES
BASIC VICAP and LONG TERM CARE AWARENESS 2013 FINAL CLOSEOUT

Section A

Name and Address of Agency Operating Program

Contract Period: 04/01/2012-03/31/2013
 Report Period: 04/01/2012-03/31/2013

Section B	Cash on Hand or Carryover reported on your 03/31/12 VICAP Closeout report	Approved Budget Includes Performance Award			Y-T-D Expenditures Includes Performance Award		Budget Balance	
	VICAP	VICAP	L. T. Care Awareness	VICAP	L. T. Care Awareness	VICAP	L. T. Care Awareness	
Approve Budget Categories (List)								
						0	0	
						0	0	
						0	0	
						0	0	
						0	0	
						0	0	
						0	0	
						0	0	
						0	0	
Total	0	0	0	0	0	0	0	

Section C

	VICAP	L.T Care
(1) Cash-On-Hand or Carryover reported on your 03/31/2012 VICAP Closeout report	0	0
(2) Funds Received Y-T-D	0	0
(3) Funds Requested but not yet rec'd	0	0
(4) Line 1 plus Line 2 plus Line 3	0	0
(5) Expenditures Y-T-D	0	0
(6) Cash-On-Hand (Line 4 minus Line 5)	0	0

Revised 03/27/2013



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

OLDER VIRGINIANS MONTH

WHEREAS, there are approximately 1.4 million adults in the Commonwealth who are over 60 years old and this population will expand to more than 2 million by 2030 when one in every four Virginians will be over 60 years old; and

WHEREAS, since 1963, the month of May has been designated by the U.S. Administration on Aging as the time for communities across America to honor and recognize its older citizens; and

WHEREAS, this year's 50th anniversary theme for May is appropriately "Unleash the Power of Age," which emphasizes the important role older adults play in our communities by continuing to contribute their experience, knowledge, wisdom, and skills; and

WHEREAS, the Virginia Area Agencies on Aging and Senior Centers, integral parts of Virginia's aging network for wellness and supportive services, have embraced this year's theme with activities that include Tai Chi and Sign Language classes that bring together young and old, a walkathon that funds emergency fuel assistance, Senior Olympics, an Overseas Coupon Program that benefits military families, and educational seminars on adult financial exploitation; and

WHEREAS, older Virginians are active community members involved in volunteering, mentorship, arts and culture, and civic engagement; and

WHEREAS, recognizing the incredible contributions of older Virginians encourages their ongoing participation and further accomplishments; and

WHEREAS, the new state agency, the Virginia Department for Aging and Rehabilitative Services, streamlines services, technologies, and supports that will enable older Virginians to continue to be an asset in strengthening our communities;

NOW, THEREFORE, I, Robert F. McDonnell, do hereby recognize May 2013 as **OLDER VIRGINIANS MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.




Governor


Secretary of the Commonwealth

Older Americans Month (May 2013) Events

Peninsula Agency on Aging

Peninsula Agency on Aging is planning to collaborate with community partners to create a local calendar of May events in celebration of Older Americans Month. Additionally, we are planning to have a special cake and reading of the proclamation at one of our Congregate Dining Centers.

Senior Connections, the Capital Area Agency on Aging

May 9th 2013 Older Americans Luncheon 11:00 am–1:30 pm
- Annual event co-sponsored with the National Caucus and Center on the Black Aged, Richmond Chapter. Second Baptist Church, Broad Rock Road, Richmond.

May 21st Senior Connections Open House & Annual Meeting 2:00 pm – 4:00 pm
- Annual open door public tours to meet staff and learn about programs, activities and events offered by the agency throughout the year. 24 E. Cary Street, Richmond, 23219.

May* Senior Center of Greater Richmond Open House
- Annual open door public tours to meet staff and learn about programs, activities and events offered by the Center throughout the year. 24 E. Cary Street, Richmond, 23219.
(* Day and time to be announced)

Appalachian Agency for Senior Citizens, Inc.

May 4th -participating in a community wide yard sale

May 18th -we will host a Spring Fling at our agency to include free community health screening, live music, vendors, carnival games and much more

During the month, we will host special activities at each of our nutrition sites as well.

Prince William Area Agency on Aging

May 3rd Annual Older Americans Month Picnic, Camp Snyder, Gainesville VA
- featuring line dancing, tap dancing, belly dancing, wellness walk, dj music, horseshoe tournament, cornhole tournament and lunch

May 9th Walking Down Memory Lane: (Karaoke Singing) Woodbridge Senior Center

May 9th Mother's Day Luncheon – Manassas Senior Center

May 10th Mother's Day Luncheon – Woodbridge Senior Center

May 10th WRC-TV Consumer Reporter Liz Crenshaw Manassas Senior Center

May 13th Garden Party – “Planting for Health” Manassas Senior Center

May 24th National Tap Day - Manassas Senior Center
– demonstrations, lessons, and the benefits of tap dancing for health

Audubon Society: Spring and Summer Birding Manassas Senior Center

Healthy Brain Series, Manassas & Woodbridge Senior Centers (4 weeks)

“Unleash the Power of Age” ACTS Helpline presentation with Vicki Graham (director):
Manassas & Woodbridge Senior Centers

New River Valley Agency on Aging

As an outreach of the Elder Abuse Prevention Program with the New River Valley Agency on Aging and in recognition of Older American’s Month, the New River Valley Elder Justice Coalition will be hosting two *“Community Dialogues on Financial Abuse Among Older Adults”* to facilitate community conversations on the detection, intervention, and prevention of financial abuse of older adults. These “community dialogues” to be held at Highland Ridge Rehabilitation Center in Dublin on May 7th and at the Village Center, Warm Hearth Village, in Blacksburg on May 23rd, will host community thought leaders in the discussion of the issues associated with elder financial abuse. Through this community forum, participants will engage in conversation about how to unify efforts to identify the indicators of elder financial abuse, to determine how to prevent further exploitation, and to strengthen collaborative efforts in resolving elder financial abuse in the New River Valley. These events are made possible through a grant provided by the Community Foundation of the New River Valley and will be provided at no cost to the participants.

Mountain Empire Older Citizens has the following plans for our programs to observe Older Virginians Month:

-MEOC’s PACE (Program of All-inclusive Care for the Elderly) Program will have an Older Virginians Month celebration. Issues facing older Americans will be discussed and a special lunch will be provided. Oldest and youngest PACE participants will be honored.

-MEOC’s Dietitian will be visiting each of MEOC’s Congregate Nutrition and Respite sites during the month of May. The presentations will focus on healthy diets and include information about Older Virginians Month. A treat bag with healthy snacks will be provided. This presentation will also be provided to MEOC’s PACE Center. In addition, the local health departments will be providing fall prevention training to all congregate nutrition sites during May.

-On May 5th, MEOC will host its 37th annual Walkathon. The Walkathon is MEOC’s largest fundraiser for our Emergency Fuel Fund which provides heating and emergency assistance during the winter. This is a huge celebration which brings people together from all over MEOC’s service area. There are usually about 350 persons of all ages in attendance. The fundraising goal for this Older Virginians Month event

is \$165,000, all of which will purchase fuel or pay heating bills for older persons in Planning District 1 next winter.

-MEOC's Transit Department will offer free transportation to Older Virginians every Saturday during the month of May.

Senior Services of Southeastern Virginia

-Have formally requested a letter of acknowledgement to be sent to all of the Virginia AAA's from the office of Senator Mark Warner. We've sent a complete list of the agencies and each executive director to the Senator's staff via the Norfolk region office. We've been told that our request has been approved.

-Senior Services will hold a volunteer recognition luncheon in mid-May where we will be honoring our several hundred senior volunteers.

-Will send out a press release notifying the local media in South Hampton Roads and Franklin of the national day of recognition, and will reiterate what we as an AAA contribute in the area of service provision.

-Will recognize Older Americans Month in our May E-newsletter as well as on Facebook and our Website.

-Will be participating in several community aging events during the month of May (Ex: Senior Olympic and other wellness events in Hampton Roads cities) where Senior Services will be both a program participant and exhibitor. We plan to incorporate the theme into our decoration for our booths. The folks who come to our Senior Centers will be encouraged to participate in these community aging events, and we will provide transportation back and forth. We will also have staff on hand to facilitate their participation.

Rappahannock-Rapidan Community Services

- Each senior center/nutrition site will be hosting a "Senior Olympics" event. The staff and volunteers will come up with some creative events to engage participants in fun, physical activities and award prizes.

-May 18 is the date for our annual Bowl for Seniors fund raiser. We usually get a great turnout with teams from the Aging Advisory Council, our Board, senior center participants/staff/volunteers, RRCS programs, and other community organizations. A good number of local businesses provide sponsorship or donate door prizes, and our local Town Police and Sheriff's Department typically emcee the event.

-We will promote an ongoing RSVP service project called the Overseas Coupon Program. Senior volunteers collect and clip coupons that are shipped to an Airforce Base in Incirlik, Turkey. Service men/women and families can use these for discounts to stretch their lean budgets, and they are honored for the face value up to 6 months beyond the expiration date.

Southern Area Agency on Aging Inc

May 9th Health Fair & Craft Show Co-sponsors Henry County Senior Services & Martinsville Senior Center
From 8:00 a.m. - Noon at Laurel Park Plaza, Martinsville
-Free light breakfast & lunch served. Free health screening (and minimal cost blood test screenings), Local craftsmen displays and sales.

May 16th Celebrate May with Music Franklin Co. Senior Center
Beginning at 10:00 a.m. at Franklin Co. Dept. of Aging Services (Senior Center), Rocky Mount VA.
-Music, dancing, fun, games lunch and Health Screenings. Honoring of the Oldest American in attendance, door prizes etc.

May 24th Senior Healthy Fun Day Pittsylvania Co. Community Action Agency
-Topic will be Seniors Staying Healthy while Having Fun. A health day with games, food and entertainment and health screenings is planned. Location and details are not yet finalized.

Beginning May 8th Danville Ballou Recreation Center
From 2 -4 pm. Danville 50+ population are invited to become part of "Friends of Ballou" by participating in the Center's 1st of 3 weekly "Meet & Greet" sessions with the Center's new Program Director. Bring your ideas to improve upon or add new program ideas at the Center. Light refreshments will be served and blood pressure and body mass index checks will be performed on May 8th.

Loudoun County Area Agency on Aging

Loudoun has a Senior Expo on May 9 sponsored by the Loudoun Senior Interest Network, of which AAA is a participant.

We will also be holding our Annual Volunteer Recognition in the month of May – date TBD.

Piedmont Senior Resources Area Agency on Aging Inc

Week of May 6th Special Recognition of all Seniors in Nutrition Program

Week of May 13th Planting of Spring Flowers

Week of May 20th All Seniors to receive a special gift with emphasis being on “pampering yourself”.

Week of May 27th Picnic for Seniors

Jefferson Area Board for Aging

We are excited about Older Americans Month and we are eager to share with you and others our plans for the month of May operating under the theme: Unleash the Power of Your Age! We always encourage our seniors to never lose sight of ways they can always contribute to one another and to their communities.

Mary Williams Community Center

experts. The staff plans to create an instructional video showcasing our members' Tai Chi skills healthy aging across the lifespan.

Nelson Community Center

The Nelson Center members will be collecting food and other needed items to donate to a local elementary school's May Backpack Program. Many students that attend this school are low-income and their families need support. Our seniors will play an active role in securing the donations and assisting in all efforts related to the program.

Greene Community Center

The Greene Center members plan to barter their skills and talents to assist and help one another for OAM. Each senior will list a task they enjoy and are skilled at which may include cooking, cleaning, knitting, sewing, reading, etc. Each member will receive this gift and give of their time

Fluvanna Community Center

who are isolated and lacking needed socialization and support. Many used to attend the JABA Center but are unable to visit as often due to illness or other reasons. Our Fluvanna seniors reach out throughout the year but will be making a concerted effort to reach out to many

Esmont Community Center

The Esmont seniors are hosting and participating in a Hat Fashion show in May! The Esmont folks will create and wear their most favorite hat and walk the runway for all to see! More details to come! No matter your age, you can still make a splash! ;)

Scottsville Community Center

The Scottsville folks will be working with Albemarle Parks and Rec on creating and planting flower gardens around the building with the plan being to create a courtyard between the Community Center and the Scottsville Apartments in coordination with Piedmont Housing Facility.

Louisa Community Center

The Louisa Center members have been taking Sign Language classes for the past several months and are excited as their skills have increased significantly! In May, once they have become even better, weekly visits to the JABA Shining Star Daycare right down the hall will be planned and the seniors will teach the children sign language. At the end of their time together, a demonstration will be planned to showcase their new talents!