



VDA WEEKLY E-MAILING

April 16, 2013

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Email Regarding Public Guardianship Programs

James A. Rothrock, Commissioner

Some Board members and Area Agencies on Aging may have recently received an anonymous email entitled, "Abuse and neglect of public guardianship program clients." State agencies are aware of the issues and are taking appropriate action.

NASUAD Friday Update

James A. Rothrock

Please see the article on housing below from the NASUAD weekly update.

New NASUADiQ Course Available!

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



A new course is available on NASUAD's free online learning center, NASUADiQ.org. Affordable housing is a basic human need that many older adults and people with disabilities struggle to find and keep. This self-paced course entitled: "Affordable Housing for Older Adults and People with Disabilities," is designed to give an overview of the types of affordable housing that are available to these populations, and was written in association with Leading Age, an organization that focuses on advocacy, education and applied research for various services, supports and housing solutions for seniors, children and people with special needs.

[Click here](#) to register for NASUADiQ and to sign up for this course.

Transforming Retirement

Ellen M. Nau, MA, Program Coordinator

Unable to the March, 2013 ASA Conference? Thanks to funding from Bank of America/Merrill Lynch, you can now access the 45 minute session given by internationally known aging and retirement expert Ken Dychtwald, Ph.D. Go to You Tube at:

<http://www.youtube.com/watch?v=bEDW8hSuJio&feature=share&list=PL258BB9D069764A2E>

Ellen Nau

Department for Aging and Rehabilitative Services – Aging
804-662-9340

The Virginia Caregiver Coalition

Ellen M. Nau, MA, Program Coordinator

The Virginia Caregiver Coalition (VCC), celebrating nine years of helping Virginia's family and professional caregivers, announces their new logo – A Ribbon of Support.



The VCC is dedicated to improving the caregiving experience through education, advocacy and resource accessibility so that caregivers are valued and supported. For further information on the Virginia Caregiver Coalition, please contact either Judy Hutchinson at sw3@paainc.org or Annie Marrs amarrs@alz.org

The Virginia Caregiver Coalition (VCC) is a member of ARCH National Lifespan Network. The ARCH National Respite Network is the only national support and advocacy organization dedicated solely to promoting the development of quality respite programs. Technical support supplied to the VCC by ARCH has been invaluable as the Coalition partners with DARS to implement Virginia's Lifespan Respite Care Program for caregivers of individuals of all ages and disabilities. For further information on ARCH, please go to: <http://archrespite.org>



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



Virginia Lifespan Respite Voucher Program

Ellen M. Nau, MA, Program Coordinator

The temporary Virginia Lifespan Respite Voucher Program has been very popular! Thank you for sharing the information with your colleagues and organizations with which you work.

Due to the high quantity of applications received, the Virginia Lifespan Respite Voucher program is very close to obligating all of the available grant funds. As a result, DARS is no longer giving out applications, and the application has been removed from our website. With the funds almost completely obligated, this is a request that agencies no longer make the Virginia Lifespan Respite Voucher program application available and/or refer caregivers to the program.

We are still accepting applications at this time for anyone who has one that may be planning to submit. If you know someone who has an application, please encourage them to submit it with the required documentation ASAP. Applications are still coming in daily, and we anticipate being fully obligated in the next few weeks. Once we are obligated, we will stop accepting applications, and we will notify you when this happens.

Questions can be directed to **Kristie Chamberlain**, DARS Program Specialist, who has answered numerous inquiries, forwarded hundreds of applications and continues to process reimbursement requests! Kristie can be reached at (804)-662-7154.

Your Virginia Lifespan Respite Voucher Team:

Mary Margaret Cash, Manager, DARS Community Based Services

Ellen Nau, DARS-Aging Program Coordinator

Patti Goodall, CBIST Manager, Brain Injury Services Coordination (BISC) Unit

Theresa Preda, Director, Community Based Living

Marcia DuBois, Livable Community Coordinator

Carolyn Turner, Manager, Community Living (LTRCM & PAS) and OBRA

2012 Hunger Summit News from AARP

James A. Rothrock, Commissioner

Dear 2012 Hunger Summit Participant,



As you know, three workteams (Communications, Policy, and Community Service) formed at the Summit and have continued to work together to raise awareness, supporting policy change and increase community service.

The Community Service Workteam made great progress since September and AARP will be sponsoring their efforts in lieu of a follow up Summit. The AARP National Office has funded a consultant position to work alongside the Community Service Workteam this spring/summer/fall to create a Food Council Organizer's Manual and Resource Tool Kit.

They are seeking input over the next six months from experts like you to give advice and counsel to the consultant as she works through the gathering, interviewing, design, draft, and creation steps of building the Food Council Manual & Tool kit. Let Brian Jacks, Associate State Director of Community Outreach at AARP Virginia bjacks@aarp.org know if you or a referral can speak to the benefits and challenges of Food Council models & organizing methods.

Congratulations to the Community Service Workteam for their initiative and vision! Local Food Councils can play a key role in advocacy, awareness and service efforts.

David DeBiasi, RN

Associate State Director - Advocacy

AARP Virginia

Aging Conference: Beard Center on Aging at
Lynchburg College

James A. Rothrock, Commissioner

Denise Scruggs, Director of the Beard Center on Aging at Lynchburg College, has asked DARS to help promote their upcoming annual conference on aging. This year's conference will be held on June 4, 2013. Last year, DARS helped spread the word to the aging network about the conference. This year organizers are hoping for close to 500 attendees which could once again make this event one of Virginia's largest conferences on aging.

Ms. Scruggs commented recently that, "in addition to a diverse program, we continue to offer one of the most affordable aging conferences in the nation. Our registration fees continue to be under \$100/person and we have arranged with several hotels for \$99/night + tax accommodations."

I encourage you and your staff to attend the conference. If you have any questions, please direct them to Dr. Scruggs using her contact information below:



Denise R. Scruggs, CDP, ADC, Director
Beard Center on Aging at Lynchburg College
1501 Lakeside Drive
Lynchburg, VA 24501
Phone: (434) 544-8456
Fax: (434) 544-8580
scruggs.dr@lynchburg.edu

Area Planning and Services Committee on Aging with Lifelong Disabilities

James A. Rothrock, Commissioner

Good Morning James

*The Area Planning and Services Committee on Aging with Lifelong
Disabilities (APSC) presents its 2013 conference*

Wellness Trends and Resources for Aging with Lifelong Disabilities

June 3, 2013

8:00 a.m. - 4:30 p.m.

Holiday Inn Select, Koger South Conference Center, Richmond

Topics Addressed Include:

- Affordable Care Act
- Spirituality and Spiritual Wellness
- Take Charge: Put Health, Nutrition, and Well-Being in Your Own Hands
- Family Caregivers Supports
- Hands on Art and Yoga
- Chronic Disease Self-Management





Education

- Navigating Available
Resources: Senior-, Virginia-, and
Disability Navigator

Registration includes all materials, refreshment breaks, and luncheon.

Cost: \$35 early registration; \$45 on-site registration. ([Click here for more info](#))

For more information, please e-mail eansello@vcu.edu.

Register online at: <http://apsc2013conf.eventbrite.com/#>

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You received this e-mail because you told us that you were interested in learning more about People who are Aging with Lifelong Disabilities. We are sending you an email so that you can stay on top of important information concerning this matter.

Our mailing address is:

APSC

C/O RRSI

1000 North Thompson Street

Richmond, VA 23230

[Add us to your address book](#)

[unsubscribe from this list](#) [update subscription preferences](#)





Virginia Housing Trust Fund: How-to-Apply Workshops and Webinar

James A. Rothrock

Virginia Housing Trust Fund How-to-Apply Workshops and Webinar

DHCD

www.dhcd.virginia.gov/TrainingResources

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.

Below is information for upcoming workshops for the Competitive Loan Pool and a webinar for the Homeless Reduction Grant Program to assist you in the application process.

Virginia Housing Trust Fund Competitive Loan Pool

The Virginia Housing Trust Fund is a special allocation of state funds intended to help address the commonwealth's housing needs and reduce homelessness. The loan pool provides low-interest loans to meet the financing needs of housing projects directed toward key state housing policies. Repayment rates and terms will be tailored to each project's needs. Projects demonstrating financial sustainability and leveraging will receive priority consideration. Projects will be selected through a competitive application process. The maximum amount for a Housing Trust Fund loan is \$750,000. Below are locations and dates of upcoming workshops to assist you with the applications process.

Wednesday, April 17, 2013
1:30-4:30 p.m.
VHDA Housing Center
Henrico II
4224 Cox Road
Class A100, VA 23060

Register with CAMS



Organizations must be registered with CAMS in order to submit an application. [Click here](#) to access CAMS.

Quick Links

[Training and Workshops](#)

[Virginia Housing Trust Fund](#)

Stay Connected
to DHCD



[Visit DHCD](#)

Virginia Department
of Housing and Community
Development



(804) 371-7000

Thursday, April 18, 2013
1:30-4:30 p.m.
Realtors of Prince William
4545 Daisy Reid Avenue, Suite 150
Woodbridge, VA 22192



Friday, April 19, 2013
1:30-4:30 p.m.
Hampton Roads Planning District Commission
723 Woodlake Drive
Chesapeake, VA 23320

Tuesday, April 23, 2013
1:30-4:30 p.m.
Roanoke Higher Education Center
RHEC 408
108 North Jefferson Street, Suite 208
Roanoke, VA 24016

Virginia Housing Trust Fund Homeless Reduction Grant Program

Up to 20 percent of the trust fund may be used for competitive grants to help reduce homelessness. These grants may be used to provide temporary rental assistance, not to exceed one year; housing stabilization services in supportive housing for homeless persons; and predevelopment assistance to support long-term housing opportunities for the homeless. These activities are to be structured to reduce homelessness. The maximum amount for this type of Housing Trust Fund grant is \$100,000. Below is information for an upcoming webinar to assist you in the application process.

Monday, April 22, 2013
2 p.m.
Click [here](#) to be directed to the webinar.

Meeting number: 599 776 340
Meeting password: (This meeting does not require a password.)

Audio via phone only.

Conference information: Provide your phone number when you join the meeting to receive a call back.
Alternatively you can call: 1-866-842-5779

Conference Code: 804 371 7100

[Forward this email](#)



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[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Virginia Department of Housing and Community Development | Virginia Main Street | 600 East Main Street | Suite 300 |
Richmond | VA | 23219

Fair Housing Accessibility Training from VHDA

Tim Catherman, Director, Aging Operations

Greetings from VHDA!

VHDA and our friends at the HUD Richmond Office of Fair Housing and Equal Opportunity are sponsoring a free Fair Housing Accessibility Training session on Thursday, May 30th from 8:00 AM to 4:30 PM at the Virginia Housing Center on Cox Road in Glen Allen, VA. Attached are a flyer describing the training and a registration form.

Note that registration is limited to the first 100 applicants and so if interested, you should register now.

Upcoming Webinar – Older Adults and Oral Health

Elaine Smith, MS, RD, Program Coordinator

The Cross-Federal Initiative: Expanding Oral Health Access for Older Adults

First webinar in a two-part series:

Older Adults and Oral Health: Inspiring Community-Based Partnerships

for Healthy Mouths

Goal: To describe the oral health status of older adults in the U.S., provide useful resources and highlight two innovative community approaches to improving oral health access for older adults.

Date: Wednesday, May 15, 2013

Time: 3:00 – 4:30 pm EST

Moderator: *Sabrina Matoff-Stepp, Ph.D.*, Director, Office of Women’s Health, Health Resources and Services Administration (HRSA)

Speakers:

- ❖ *RADM William Bailey*, USPHS Chief Dental Officer, and Acting Director, Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention
- ❖ *CAPT Angel Rodriguez-Espada*, Chief Dental Officer, Bureau of Primary Health Care, HRSA



- ❖ *Laura Lawrence*, Director, Office of Nutrition and Health Promotion Programs, Administration on Aging, Administration for Community Living
- ❖ *Omar L. Ghoneim*, DDS, Corporate Dental Director, Harbor Health Services Inc.
- ❖ *Donna Bileto*, MA, CIRS-A, Community Service Specialist, Northwestern Illinois Area Agency on Aging; *Betty Hillier*, LNHA, RCAL, CCNC-C, Assistant Administrator, Presence Saint Anne Center; *Cate Osterholz*, Assistant Administrator, Presence Cor Mariae Center; and *Becky Cook Kendall*, Executive Director, Rockford Health Council

To register for the online event:

1. Go to <https://aoa-events.webex.com/aoa-events/onstage/g.php?d=667862269&t=a>
2. Click "Register".
3. On the registration form, enter your information and then click "Submit".

Space is limited, so please register as early as possible. POC: Danielle.Nelson@AoA.hhs.gov

This webinar will also be recorded and posted on the Administration on Aging and HRSA Oral Health web sites at:

http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Oral_Health/index.aspx and
<http://www.hrsa.gov/publichealth/clinical/oralhealth/> soon after the webinar.



National Resource Center on Nutrition & Aging
413 N Lee Street, Alexandria, VA 22314
(P) [888.998.6325](tel:888.998.6325) | (F) 703.548.8024

Resources for Caregivers!

Ellen M. Nau, MA, Program Coordinator

[Free Event for Central Virginia Family and Unpaid Caregivers](#)

Presented by the Chesterfield Commission on Aging and the Office of the Chesterfield County Senior Advocate on May 21, 2013 from 10AM until 2PM at Southminister Presbyterian Church (7500 Hull Street next to the Manchester YMCA

Coping as a Caregiver: The Journey Ahead

Bob Schaefer, Author of Alzheimer's Disease: The Identity Thief of the 21st Century Mr. Schaefer's presentations are excellent!



A Pizza lunch will be provided.

RSVP: 804-768-7878 or Leidheiserd@chesterfield.gov

Providing a FIRST CHOICE community through excellence in public service – Go Chesterfield County!

Workshop Sessions Include:

“ Legal and Financial Documents

“ Assistive Devices

“ Resources

Registration Form Attached!

[After the Diagnosis](#)

Caregiving.com created a free eBook called "After the Diagnosis." The resource helps individuals with a family member recently diagnosed with a chronic condition or debilitating injury. The booklet, co-authored with two family caregivers, offers tips on coping with a diagnosis, getting organized and navigating the health care system.

You can download the eBook by clicking [HERE](#). Click on the button to buy at the bottom and the ebook will be emailed to you for free

[Caregivers – Get Compensated for Participating in University of Virginia Study](#)

If you are caring for a loved one at home with dementia, urinary incontinence and sleep problems, we invite you to hear more about a research opportunity through the University of Virginia, School of Nursing in collaboration with the University of Virginia Department of Engineering (Principal Investigator, Dr. Karen Rose PhD, IRB-HSR-16104) The study will take place in the care recipient's home over a 5-7 day period and involves the use of body sensors to monitor sleep patterns, restlessness and urinary leakage during the night. Caregivers and subjects will be compensated for their participation. For more information, call Windy Forch, RN, GNP-BC at 434-243-9934.

[Military Caregivers: Cornerstones of Support for Our Nation's Wounded, Ill, and Injured Veterans](#)

Terri Tanielian, Rajeev Ramchand, Michael P. Fisher, Carra S. Sims, Racine S. Harris, Margaret C. Harrell

March 7, 2013



Military caregivers are an essential part of our nation's ability to care for returning wounded warriors. Far too often, their own needs are neglected. The RAND Corporation and the Elizabeth Dole Foundation lay the groundwork to inform policy and program development relative to the needs of military caregivers that often differ from the needs of the general caregiving population.

To access this article and a myriad of other source materials on military caregivers go to:

<http://www.rand.org/search.html#eyJzb3VyY2UiOiJyYW5kLWJvb2tzdG9yZSIsInF1ZXJ5IjoibWlsaXRhcnkrY2FyZWdpdmVycyJ9>

[The Weinberg Caregiver Initiative](#)

March 2013

In 2009, the Weinberg Foundation began “The Caregiver Initiative”, a three-year funding program. The \$8.1 million combined grant effort is shared by 14 nonprofits nationwide to demonstrate innovative and evidence-based community projects which help family and friends care for chronically ill or disabled, low and moderate income older adults. Initial results from these programs, many of which have a respite components, are described in this report. This Project Showcase provides an overview of each of these RFP’s and their specific role within the Harry and Jeanette Weinberg Foundation Caregiver Initiative.

[Read more.](#)

Ellen Nau

Department for Aging and Rehabilitative Services – Aging
804-662-9340

Aging Conference: Beard Center on Aging at

Lynchburg College

James A. Rothrock, Commissioner

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DIVISION FOR THE AGING
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AND REHABILITATIVE SERVICES

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Denise R. Scruggs, CDP, ADC, Director
Beard Center on Aging at Lynchburg College
1501 Lakeside Drive
Lynchburg, VA 24501
Phone: (434) 544-8456
Fax: (434) 544-8580
scruggs.dr@lynchburg.edu

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- ❖ ***Laura Lawrence***, Director, Office of Nutrition and Health Promotion Programs, Administration on Aging, Administration for Community Living
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This webinar will also be recorded and posted on the Administration on Aging and HRSA Oral Health web sites at: http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Oral_Health/index.aspx and <http://www.hrsa.gov/publichealth/clinical/oralhealth/> soon after the webinar.



U.S. Department of Health and Human Services,
Office on Women's Health

Sponsored by
Chesterfield Council
on Aging and
Chesterfield County
Office of the Senior
Advocate

Soup for the Caregiver's Soul

Workshop for family and unpaid caregivers

Registration Form

Date: May 21, 2013

Time: 10 a.m.-2 p.m.

Location: Southminster Presbyterian Church, 7500 Hull Street, North Chesterfield

Please complete a registration form for each registrant. There is no cost for the event.

Name: _____

Who are you caring for: Parent Spouse Child
 Neighbor Other _____

Address: _____

Phone: (office/home) _____ Phone: (cell) _____

Email: _____

A free pizza lunch will be provided.

Please rank your first choice for the break-out group you would like to attend.

Session 1: Legal & Financial Documents
 Assistive Devices

Session 2: Resources for Funding
 Different Options for Care

Registration deadline: May 10, 2013

Please mail your completed registration form to:

Chesterfield County Office of the Senior Advocate, P. O. Box 40, Chesterfield, VA 23832

For questions, please call 804-768-7878 or email Leidheiserd@chesterfield.gov

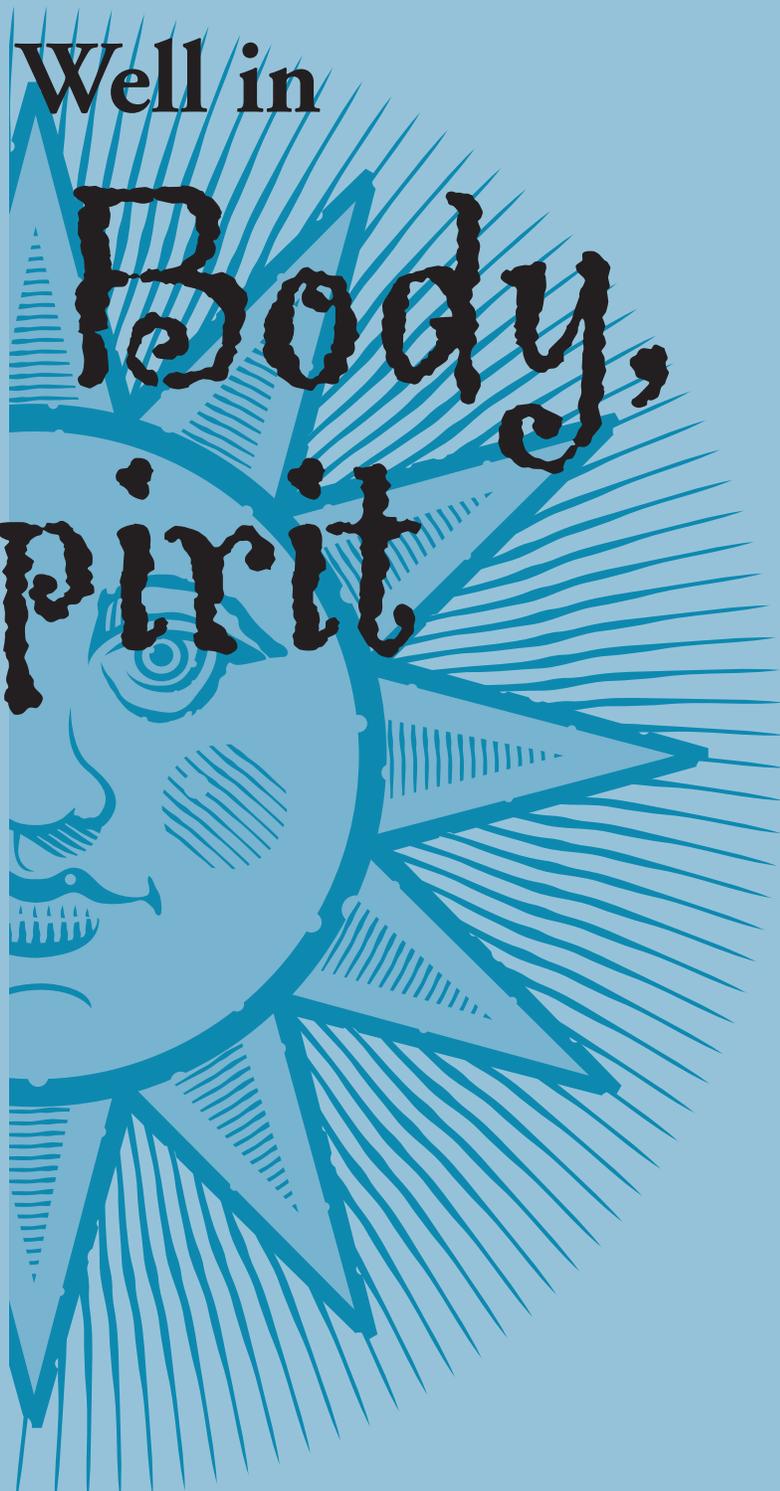
Aging Well in Mind, Body, & Spirit

JUNE 4, 2013

PRESENTED BY THE BEARD
CENTER ON AGING AT
LYNCHBURG COLLEGE
IN PARTNERSHIP WITH THE
CENTRA FOUNDATION, CENTRA
MENTAL HEALTH SERVICES,
AND CENTRA REHABILITATION
AND SENIOR CARE SERVICES



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Lifestyles of the Active 50 Plus
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OF LYNCHBURG
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NO PLACE LIKE HOME... FOR SENIOR CARE**TOWNE BANK**
MORTGAGE
REVERSE MORTGAGE SOLUTIONS**OLDER ADULT MINISTRIES:**
UNITED METHODIST CHURCH-
LYNCHBURG DISTRICT
Home Instead
SENIOR CARE
To us, it's personal.

KEYNOTE SPEAKERS

9-10 a.m.

*The Changing Face of Health Care and Aging Services: Recent Changes and Their Impact on Older Adults and Those Who Support Them***JAMES A. ROTHROCK****COMMISSIONER, VIRGINIA DEPARTMENT OF AGING AND REHABILITATION SERVICES****DAVID ADAMS****SENIOR VICE PRESIDENT AND CHIEF STRATEGY OFFICER, CENTRA**

The past two years have brought substantial changes in health care and aging services at national, state, and local levels. The Affordable Care Act, the creation of the Administration on Community Living, and the restructuring of aging and rehabilitation services in Virginia will impact older adults and those who provide care and services for them. Some of the most significant changes and how they will improve care, affect older adults, and change how we work with aging services and health care will be discussed.

3:45-4:45 p.m.

*Do It Well. Make It Fun: The Key to Success in Life, Death, and Almost Anything in Between***RON CULBERSON, MSW, CSP****SPEAKER, HUMORIST, COLUMNIST, AND AUTHOR**

Success is only two steps away. Based on the idea that excellence is the key to success in most aspects of life, Ron will provide an easy-to-implement two-step process that will lead to greater success in your life: (1) do it well, and (2) make it fun. By applying this formula, you will learn to relax in stressful situations, neutralize conflict, add zest to dull relationships, and liven up your life and work. Ron Culberson, author of *Is Your Glass Laugh Full?*, *My Kneecap Seems too Loose*, and *Do It Well. Make It Fun*, is a contributor to the *Chicken Soup for the Nurse's Soul*, Second Dose Edition. He also writes a blog for "The Huffington Post." Early in his career Ron worked in a large hospice organization.

CONFERENCE INFORMATION

10:45-11:45 a.m.• ***Decluttering Your Life***

Jill Bass, DNP, R.N., G.C.N.S.-B.C., Geriatric Clinical Nurse Specialist, Carilion Center for Healthy Aging

• ***Effective Communication with Residents and Families: The Daily Challenge of the “Long-Term Care” Health Professional***

Verna Sellers, MD, MP, Geriatrician and Medical Director, Centra PACE, a program of all-inclusive care for the elderly

Sara Knox, P.T., DPT, G.C.S., C.E.E.A.A., Assistant Professor, Doctorate of Physical Therapy Program, Lynchburg College

• ***Ethics and Dementia***

Michael Gillette, PhD, President, Bioethical Services of Virginia

• ***Universal Design: A Home for a Lifetime***

Chris Moore, C.A.P.S., President, Solid Rock Enterprises, Inc.

• ***Rolling with the Punches: Purposeful Living as an Antidote for Depression***

Jay White, MSG, Director of Professional Development, Department of Gerontology, Virginia Commonwealth University

• ***Caregiver Survival Tools***

Ed Rosenberg, PhD, Professor of Sociology and Director, Graduate Program in Gerontology and Graduate Certificate Program in Sociology, Appalachian State University

• ***Understanding and Caring for Veterans in Later Life***

Nancy Overstreet, DNP, G.N.P.-B.C., C.W.O.C.N., Assistant Professor, School of Nursing, Lynchburg College

• ***Simplifying Social Media: Developing Effective Online Profiles to Market Your Services***

Jeremy Langett, PhD, Assistant Professor, Communication Studies, Lynchburg College

1-2 p.m.• ***When It's Not Alzheimer's Disease: Lewy Body Dementia and Related Conditions***

Charles Driscoll, MD, Retired Physician and Co-Founder, Central Virginia LBD and Other Dementias Support Group

Patricia Jean Driscoll, MS, Co-Founder, Central Virginia LBD and Other Dementias Support Group

• ***Creating a Safe Home: Minimizing Risks for Falls***

Penny Elam, DPT, C.L.T., G.C.S., Associate Professor, Doctor of Physical Therapy Program, Lynchburg College

Stephan Elam, DPT, Assistant Professor, Doctor of Physical Therapy Program, Lynchburg College

Lee Ann Eagler, DPT, GCS, Assistant Professor, Doctor of Physical Therapy Program, Lynchburg College

College

• ***Understanding and Preparing for the last Hours of Life***

Dean Gianakos, MD, ABIM, Associate Program Director, Lynchburg Family Medicine Residency

• ***A More In-Depth Look at the Affordable Care Act***

Gerald Prante, PhD, Assistant Professor, Economics, Lynchburg College

• ***Emerging Technology Resources for Caregivers***

Christine Jensen, PhD, Director, Health Services Research, Riverside Center for Excellence in Aging and Lifelong Health

(continued next page)

SCHEDULE OF EVENTS *

8-8:45 a.m.

Registration

8:45-9 a.m.

Welcome and Announcements

9-10 a.m.

Keynote Address

10-10:45 a.m.

Poster Sessions, Refreshment Break, Educational Exhibits

10:45-11:45 a.m.

Concurrent Sessions

11:45 a.m.-12:45 p.m.

Conference Luncheon, Burton Dining Room

1-2 p.m.

Concurrent Sessions

2-2:30 p.m.

Poster Sessions, Refreshment Break, Educational Exhibits

2:30-3:30 p.m.

Concurrent Sessions

3:30-3:45 p.m.

Break

3:45-4:45 p.m.

Keynote Address

The exhibit hall will be open throughout the conference. New exhibitors are welcome and encouraged to contact the Beard Center on Aging at Lynchburg College for additional information about exhibiting opportunities.

* The complete schedule, registration form, and directions to the College are available on the College website at www.lynchburg.edu/beard.



CONFERENCE INFORMATION *(continued)*

- ***Aging Well With Diabetes***
Martha Slaughter, F.A.C.H.E., R.D., F.A.D.A., C.D.E., Captain, Medical Service Corps, United States Navy, Retired, and Certified Diabetes Educator, Carilion Clinic Diabetes Management Center
 - ***Five Easy Steps to Perfect Presentations***
Paula Youra, PhD, Department Chair and Professor, Communication Studies, Lynchburg College
 - ***The Future Crisis of Caregiving: Who Copes, Who Cracks, Who Cares***
Marjorie Keymer, MD, Chief Medical Director, Genworth Financial and Board Member, Adult Care Center of Central Virginia
 - ***Marketing from a Person-Centered Point of View***
Neal Massey, MS, Director, Resident Services, The Glebe at Daleville, a Virginia Baptist Homes Community
- 2:30- 3:30 p.m.**
- ***Living With Alzheimer's for Caregivers: Early and Middle Stage***
Annette Clark, MSG, Gerontologist and Family Services Director, Alzheimer's Association-Central and Western Virginia Chapter
 - ***Is It Dementia or Depression?***
Andrew Heck, PsyD, A.B.B.P., Licensed Clinical Psychologist and Clinical Director, Piedmont Geriatric Hospital
Tracey Gendron, MSG, PhD, Assistant Professor, Department of Gerontology, Virginia Commonwealth University
 - ***Driving Safety for the Senior Driver***
Karl Hoffman, O.T.R./L, C.D.R.S., C.D.I., Director of Rehabilitation Services, The Riverside Center for Excellence in Aging and Lifelong Health
 - ***Maintaining Health and Wellness in Our Golden Years***
Ann Noonan, P.T., EdD, Associate Professor, Department of Physical Therapy, Lynchburg College
Allen Moore, P.T., PhD, Assistant Professor, Department of Physical Therapy, Lynchburg College
 - ***Creating and Maintaining a Care Journal: Tips for Effectively Managing Health Care Information for Ourselves and Those We Care For***
Pat Thorne, MA, L.C.S.W., Caregiver Advocate and Counselor, Sojourner Counseling
 - ***Helping Older Adults Effectively Cope with Grief and Loss***
Elizabeth Farnsworth, PhD, L.P.C., L.M.F.T., Private Counselor and Assistant Professor, Counseling Education Program, Lynchburg College
 - ***Alcohol Abuse in Older Adults***
Verna Sellers, MD, MPH, Geriatrician and Medical Director, Centra PACE, a program of all-inclusive care for the elderly, and Chair, Geriatric Services and Programs, a program of all-inclusive care for the elderly, and Chair, Southwest Region Alcohol and Aging Awareness Group (SWAAG)-Virginia Department of Alcohol and Beverage Control
 - ***What ADRC, Options Counseling, Care Transitions, and Money Follows the Person Mean to Virginia's Older Adults and Those Supporting Them***
Julie Stanley, JD, Member, Central Virginia Area Agency on Aging Board of Directors; Self-Direction Program Specialist, Partnership for People with Disabilities, Virginia Commonwealth University; and former Director of Community Integration for People with Disabilities, Virginia Governor's Office

CONFERENCE FEATURES**Poster Sessions**

Join us for poster sessions to learn more about current research conducted in the field of aging. Conference attendees will have the opportunity to meet and talk with the researchers.

CogniCheck Memory Screening Demonstration

Clinical neuropsychologists, W. David Crews Jr., PhD (Founder and President of CogniCheck, Inc.) and David W. Harrison, PhD, Senior Consultant to CogniCheck, Inc.) will demonstrate the recently released CogniCheck Memory screening and discuss the benefits of early intervention. The tool provides individuals with the opportunity to conduct a memory screening in the privacy and comfort of their homes and can be accessed at www.CogniCheck.com. The CD-ROM-based version which requires no Internet connection can be obtained by calling 1.888.547.9341.

Free Health Screenings

How healthy are you? Come to this year's health screenings to have your vital signs checked, find out your fitness level relative to other individuals your age, determine your balance and coordination, and develop a plan for your future health. Local clinicians and students will assist you with the screenings and help you determine your fitness levels!

Silent Auction

To raise funds for conference scholarships, a silent auction will be held throughout the day. The auction features items generously provided by the Consortium on Aging members and local businesses. If you would like to make a donation for the auction call 434.544.8456 or email us at scruggs.dr@lynchburg.edu.

Alzheimer's and Dementia Training Opportunities

The Beard Center on Aging offers the National Council of Certified Dementia Practitioner's one-day Alzheimer's and dementia class required for those interested in becoming a Certified Dementia Practitioner (CDP). Discounts are available for multiple registrations, for hosting a class, and for on-site corporate training. For more information about classes, call 434.544.8456. To learn more about certification requirements go to www.nccdp.org/cdp.htm.



REGISTRATION FORM*Early Registration Deadline: May 10, 2013**Note: Registrants may also apply online at www.lynchburg.edu/beard.***Mail to:**

Beard Center on Aging at Lynchburg College
 1501 Lakeside Drive
 Lynchburg, VA 24501

Last Name _____ First Name _____

Position/Title _____

Company/Organization _____

Phone _____ Fax _____

Street Address _____

City _____ State _____ Zip _____

Email _____

Please check the appropriate box(es) below and submit payment and registration from by **May 10, 2013** for early registration discount. Registration deadline is **May 24, 2013**.

Conference Fee (includes lunch)

- Member, Gerontology Center Consortium —*Early registration discount (before May 10, 2013)* \$65
- Member, Gerontology Center Consortium —*Late registration (after May 10, 2013)* \$90
- Non-Member, Gerontology Center Consortium—*Early registration discount (before May 10, 2013)* \$80
- Non-Member, Gerontology Center Consortium—*Late registration (after May 10, 2013)* \$105
- Full-Time Student or Senior Citizen \$45

Optional Fees

- I would like Lynchburg College CEU's for the conference (June 4 only) \$15
- Lunch only \$20
- Post Session: NCCDP Alzheimer's and Dementia Class -- Consortium Conference Attendees \$100
- Post Session: NCCDP Alzheimer's and Dementia Class -- Conference Attendees \$150
- Post Session: NCCDP Alzheimer's and Dementia Class ONLY-- Non-Conference Attendee \$185

Total Amount Enclosed \$ _____

(Make check or money order payable to the Beard Center on Aging. Credit and debit card payments can be made online at www.lynchburg.edu/beard or by phone. Purchase orders also accepted by phone. Call 434-544-8456.)

CONTINUING EDUCATION CREDITS (CEU's)

Persons attending the entire conference and who meet the requirements for CEU's can earn .5 CEU credits from Lynchburg College. The fee is an additional \$15.

Scholarships

A limited number of conference scholarships are available. Call 434.544.8456 for more information.

Please see back of registration form for consortium members that are working together to promote positive aging and a community for all ages in Virginia's Region 2000.

PLEASE INDICATE YOUR SELECTIONS BY CHECKING ALL THAT APPLY TO YOU.

- Full Conference
- Lunch only

CONCURRENT SESSIONS

If you are registering for the conference, please indicate which concurrent session you wish to attend for each time period by checking the appropriate box(es) below. Please check only one box for each session. For additional information about programs, go to www.lynchburg.edu/beard or contact 434.544.8456 to receive a copy of the program descriptions in the mail.

10:45-11:45 a.m.

- Decluttering Your Life
- Effective Communication with Residents and Families
- Ethics and Dementia
- Universal Design: A Home for a Lifetime
- Rolling with the Punches: Purposeful Living
- Caregiver Survival Tools
- Caring for Veterans in Later Life
- Simplifying Social Media

1-2 p.m.

- When It's Not Alzheimer's Disease
- Creating a Safe Home
- Understanding and Preparing for the Last Hours of Life
- The Affordable Care Act
- Technology Resources for Caregivers
- Aging Well with Diabetes
- Five Easy Steps for Perfect Presentations
- The Future Crisis of Caregiving
- Marketing from a Person-Centered Point of View

2:30-3:30 p.m.

- Living with Alzheimer's for Caregivers
- Is it Dementia or Depression?
- Driving Safety for the Senior Driver
- Maintaining Health and Wellness in Our Golden Years
- Taking Charge of Our Health Through Use of a Care Journal
- Helping Older Adults Effectively Cope with Grief and Loss
- Alcohol Abuse in Older Adults
- What ADRC, Options Counseling, Care Transitions, and Money Follows the Person Mean

2012-2013 CONSORTIUM MEMBER LIST

AARP Virginia	Glebe	United Way of Central Virginia
Acupuncture Wellness Center, LLC	Golden Years Guide of Central Virginia	Universal American
Adaptive Solutions	G. S. Medical Supply	Valley Compounding Pharmacy
Adult Care Center of Central Virginia	Guggenheimer Health and Rehabilitation Center	Valley View Retirement Community
Alzheimer's Association of Central and Western Virginia	Heritage Green Assisted Living	Virginia Relay Captel
Avanté of Lynchburg	Home Instead Senior Care	Westminster Canterbury of Lynchburg
Beard Center on Aging at Lynchburg College	Hospice of Virginia	Woodhaven Nursing Home
Bedford Community Health Foundation	Independent Lifestyles	
Bedford County Department of Social Services-A.P.S.	Infinity Care Management of Virginia	INDIVIDUAL MEMBERS:
Bedford Hospice Care	Lake Christian Ministries	Sandy Lovelace-Becton
Bedford Memorial Hospital	Lewy Body Dementia Support Group	Yvonne Behrens
Bedford Parish Nurse Ministry, Inc.	Life Skills for Excellence	Gretchen Bryant
Bentley Commons of Lynchburg	Lynchburg Area Center for Independent Living	Ron Coleman
BlueCrane Acupuncture	Lynchburg Area Villages	Jessica Crews
Brain Injury Association of Virginia	Lynchburg City Department of Social Services	Kimberly Smith Ferguson
Campbell County Department of Social Services	Lynchburg City Parks and Recreation	Kay Fielder
Campbell County Parks and Recreation	Lynchburg College	Lynn MacBeth, P.T.
Care OPTIONS Plus, LLC	Lynchburg Family Medicine Residency	Ms. Bruce Quick
Carilion Clinic Center for Healthy Aging	Meals on Wheels	Joyce Morrison
Caring Transitions	Medical Care Center	Martha Norman, RN
Center for Community Development and Social Justice at Lynchburg College	Mental Health America of Central Virginia	Susan Oliver, Esq.
Centra Home Health	McGurk House	Cathy Ray
Centra Hospice	Oaks of Lynchburg	Fumiko Radile
Centra Mental Health Services	Oakwood Health and Rehabilitation Center	LaVerne Reid
Centra PACE	Older Adults Ministries-Lynchburg District United Methodist Church	Phillip Rosser
Centra Rehabilitation Service	Personal Home Care, Inc.	Kris Shabestar
Centra Specialty Hospital	Piedmont Health Care	Laura Stalling
Central Virginia Area Agency on Aging	Retired Senior Volunteer Program	Mike Steryous
City of Danville-Department of Parks, Recreation, and Tourism	Runk and Pratt	Don Thorne
CogniCheck, Inc.	Senior Independence	
Commonwealth Council on Aging	SeniorNavigator.com	
Commonwealth Construction and Restoration	Senior News	
Deaf and Hard of Hearing Service Center	Senior Guide	
Elks National Home	Servus Capital Management	
Fairmont Crossing Health and Rehabilitation Center	Seven Hills Home Health	
First Care Home Health	Seven Hills Hospice	
First Dominion Home Health	Senior Lifestyle Concierge	
Full House Health Management	Sojourner Counseling	
Generation Home Medical Equipment	Solid Rock Enterprises	
Generation Solutions, Inc.	Style Pros	
Gentiva	Summerset Senior Services, LLC	
Genworth Financial	Team Nurse	
Gentle Shepherd Hospice	The Orthopedic Center of Central Virginia	
	The Summit Assisted Living	
	The Summit Independent Living	
	The Summit Health and Rehabilitation Center	
	Timberlake Christian Church	
	Towne Bank Mortgage	

Join the Consortium on Aging

The Consortium on Aging is comprised of individuals, organizations, faith communities, non-profit businesses, and corporations interested in promoting healthy aging, advocating for older adults, and addressing the needs of our aging community. Members receive up-to-date information about issues related to aging, resources, community events, training, and networking opportunities. Members also receive discounts on Beard Center programs and services from a limited number of local businesses. For more information, call 434.544.8456 or go to www.lynchburg.edu/beard.

LODGING INFORMATION



Wingate by Wyndham
3777 Candler's Mt. Road, Lynchburg
888.494.6428
www.wingatehotels.com

Register before **May 15, 2013** and identify yourself as an attendee of the Lynchburg College Conference on Aging to receive a special conference rate of \$99.99/night plus tax. Price includes a 40-item breakfast.

Acorn Hill Lodge
2134 Old Forest Road, Lynchburg
www.acornhilllodge.com
434.528.0983

A limited number of rooms are available at a rate of \$95/night plus tax. Identify yourself as an attendee of the Conference on Aging.



Craddock Terry Hotel and Event Center
1312 Commerce Street, Lynchburg
434.455.1500
www.craddockterryhotel.com

Special Conference Room Rate: Based on availability, a limited number of rooms are available for \$149/night plus tax. Identify yourself as a Lynchburg College conference attendee.

THE LYNCHBURG COLLEGE BEARD CENTER ON AGING

Named in honor of Lynchburg College alumna and gerontologist Belle Boone Beard, The Center strives to promote positive aging through intergenerational activities, educational programs, information and referral services, and professional training. The Center also hosts one of Virginia's largest annual geriatric conferences and provides leadership for Region 2000's ninety-member Consortium on Aging.

NEW CONFERENCE FEATURE POST-CONFERENCE WORKSHOP:

Alzheimer's and Dementia Class (8 contact hours)

June 5, 2013

8:30 a.m. – 5 p.m. (Registration begins at 8 a.m.)

Hopwood Hall, Hopwood Auditorium, Lynchburg College

The intensive curriculum includes an overview of dementia, diagnosis, prognosis, and treatment options; effective communication techniques, understanding feelings and depression; repetitive and aggressive behaviors, paranoia, hallucinations, wandering, hoarding, and catastrophic reactions; intimacy and sexuality; personal care; nutrition; pain; activities; environmental issues; staff and family support; cultural competence and diversity; spiritual care; and end-of-life issues.

Instructor: Denise Scruggs, Certified Dementia Practitioner and Approved Instructor for the NCCDP Alzheimer's and Dementia class, has more than twenty years personal and professional experience working with persons with dementia.

Cost:

- Consortium Member Conference Attendees \$100
- Non-Consortium Member Conference Attendees \$150
- Dementia Class ONLY-- Non-Conference Attendee \$185

On completion of this course, professionals may apply for CDP certification at a discounted rate of \$25, a savings of \$75. In addition to successful completion of this course, all NCCDP certification requirements must be met and approved by the NCCDP Certification Council in order to receive professional certification. For more information go to www.nccdp.org.

FOR ADDITIONAL INFORMATION

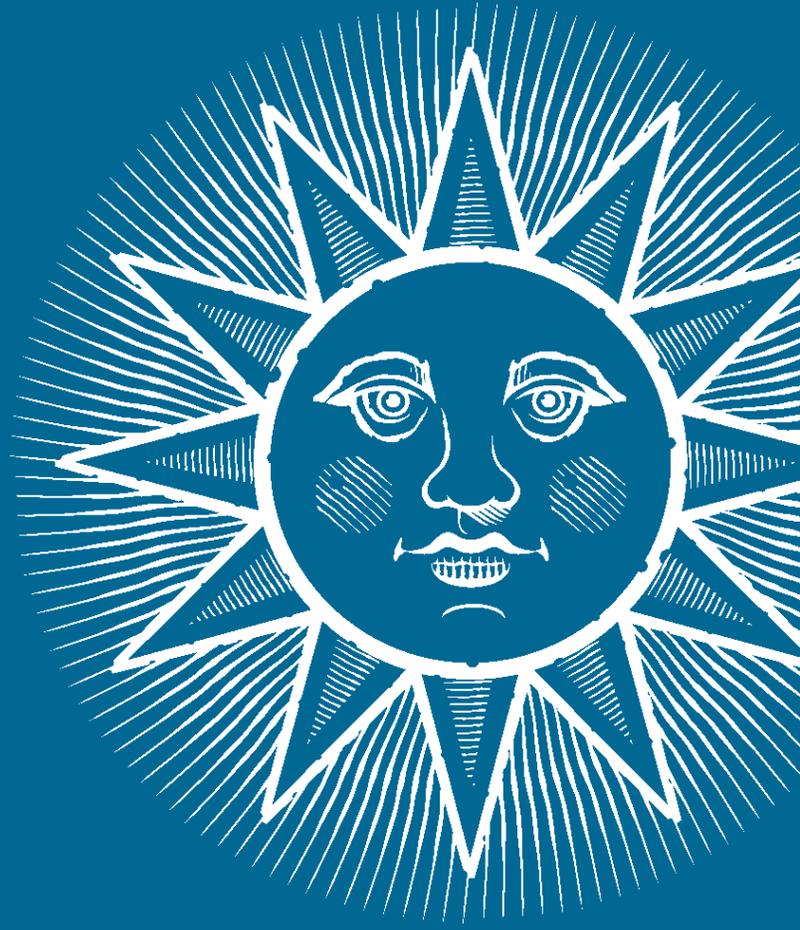
For detailed program descriptions, scholarship information, or to register and pay by credit/debit card, call 434.544.8456 or go to www.lynchburg.edu/beard.



Lynchburg College Beard Center
and Consortium on Aging

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TOWARD A COMMUNITY
FOR ALL AGES

*Through community service, individual support
and referral, leadership, and education*



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