



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

VDA WEEKLY E-MAILING

May 29, 2013

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ACL, NASUAD and ADRC TAE Newsletter Weekly Updates

Tim Catherman, Director, Aging Operations

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

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

Here is a link to the weekly Aging and Disability Resource Center - Technical Assistance Exchange [ADRC TAE Newsletter](#).

Note: The web links in this document may change over time. DARS-VDA does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

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Aging N4A Innovations & Achievement Awards

Tim Catherman, Director, Aging Operations

The National Association of Area Agencies on Aging has begun to announce their awards for the coming year.

Mountain Empire Older Citizens, Inc. and Bay Aging are among the recipients of a 2013 N4A Aging Achievement award!

MEOC won in the Transportation/Mobility Options category for its Veteran Transportation Enhancement Project. Bay Aging won in the Care Transitions category: Eastern Virginia Care Transitions Partnership (EVCTP) Care Transitions Intervention.

The Aging N4A Innovations & Achievement Awards Luncheon will be held Sunday, July 28, during the n4a Annual Conference in Louisville, KY. Congratulations to the two Virginia AAAs who have informed us of their recognition!

Older Adults and Oral Health

Elaine S. Smith, MS, RD, Program Coordinator

The first webinar in a two part series, Older Adults and Oral Health: Inspiring Community-Based Partnerships for Healthy Mouths was held on May 15, 2013. This was part of a Cross-Federal Initiative around Expanding Oral Health Access for Older Adults. The second webinar will take place this Fall and focus on challenges to delivering oral health care to individuals in Long Term Care (LTC) settings and highlight services and financing mechanisms to overcome these. The first webinar has been posted on the Administration on Aging Oral Health webpage. To view the archived webinar visit: <http://go.usa.gov/2Dgd>.

Prepare for Hurricane Season

Elaine S. Smith, MS, RD, Program Coordinator

The deadly tornadoes and massive storms sweeping the Midwest recently is an all-too-familiar reminder that Virginia must be prepared to face calamities of its own. With the 2013 hurricane season knocking on the door, now is the perfect time to assess whether you and your family are prepared to face potential power outages, strong wind and rain, and little access to outside food and water. "I hope people pay attention to this sales tax holiday and take the time to prepare their homes and themselves for whatever may come our way, while saving some money," said Governor Bob McDonnell. "In recent years, we've seen hurricanes, earthquakes, tropical storms and tornadoes in Virginia. Stocking up on water, flashlights, batteries, first aid kits and other essentials can make a big



difference in an emergency." Office of the Governor - [Press Release](#): VDEM - [Sales Tax Holiday May 25-31](#): VA Dept. of Taxation - [Sales Tax Holiday Information](#)

From May 25-31, save money during Virginia's Hurricane Preparedness Sales Tax Holiday. Tax-exempt items include useful commonplace products such as cellphone chargers, all types and sizes of bottled water, batteries and duct tape. Also tax-exempt are traditional emergency preparedness supplies including fire extinguishers, carbon monoxide detectors, generators and first aid kits. For more information for retailers and consumers, go to <http://www.vaemergency.gov/readyvirginia/stay-informed/hurricanes/sales-tax-holiday>.

Resource materials for emergency preparedness for programs serving older adults and people with disabilities may be found on the website for the National Center on Nutrition and Aging at the following link: <http://nutritionandaging.org/provider-operations/general-program-operations/emergency-preparedness?view=docman> and at the website for Meals on Wheels of America <http://www.mowaa.org/emergencypreparedness>.

Webinars on Identifying Actual Meal Costs

Elaine S. Smith, MS, RD, Program Coordinator

Resources are now available on the National Center on Nutrition and Aging website to support the webinar training "Identifying the Actual Cost of a Meal - Parts 1 and 2" provided on May 16 and 23, 2013. Below is a link to the more in-depth presentation handout and the Topic Guide with useful resources.

Handout: http://mowaacenter.org/webinar_handouts/cost_calculation_webinar.pdf

Topic Guide: <http://nutritionandaging.org/professional-development/momentum-51064/topic-guide-identifying-the-actual-cost-of-a-meal-parts-1-and-2>

Recording: the recorded version of the webinar will be available in a few days.

Solomon Girmay - External Aging Services Auditor

Tim Catherman, Director, Aging Operations

Solomon Girmay has accepted a new position with the Department of Housing and Community Development as Grants Accounting Manager. He will begin his new position Monday, June 3, 2013. Solomon has been with the DARS-VDA for five years. His knowledge, expertise, and pleasant personality will be greatly missed. He has traveled the far reaches of the state to conduct monitoring. Through this he spent many long days on the road and staying in hotels.

On a personal note, Solomon has been working on establishing a family. Two years ago Solomon married his longtime friend from Ethiopia. Last December she was able to relocate to the US.



Recently he has announced she is expecting and is due in November. We wish Solomon well in his new position where he will be able to spend more time at home to enjoy his new family.

DARS-VDA has begun the process to begin the search for a new External Aging Services Auditor. We hope to have the position filled within the next couple of months. Until it is filled, monitoring or general operations, governance, and financial management will be suspended through August. This will allow time for recruitment and training of the new auditor. Programmatic monitoring will continue unless notified by the program staff.

Two Reports Issued on Poverty

Tim Catherman, Director, Aging Operations

The Kaiser Family Foundation issued the publication, "*A State-by-State Snapshot of Poverty Among Seniors: Findings From Analysis of the Supplemental Poverty Measure*". The report can be found at <http://kff.org/medicare/issue-brief/a-state-by-state-snapshot-of-poverty-among-seniors/>. The supplemental measure bases poverty thresholds on more recent patterns of expenditures on basic necessities (with a small additional allowance) and adjusts them to reflect homeownership status and regional differences in housing prices.

The UVa Demographics & Workforce Group of the Weldon Cooper Center released the new Virginia Poverty Measure. This measure is designed to more accurately identify the extent of poverty and economic distress in the Commonwealth. The Virginia Poverty Measure improves on standard measures of poverty by including: (1) regional differences in the cost of living; (2) updated thresholds that account for a broader array of goods, and reflect the consumption patterns of contemporary American families; and (3) a revised definition of income and resources that better captures the true financial circumstances of Virginians.

The new measure finds fewer children, more elderly, and more residents of Northern Virginia in economic distress, as well as more Virginians living "near poverty." In contrast, by accounting for the impact of more anti-poverty programs, the new measure finds fewer Virginians in poverty in Southwest, Southside, the Northern Neck, Valley, and Piedmont regions.

For the press release, interactive maps, graphics, the Numbers Count brief with major findings, and the full report including the methodology, data, and results:

<http://www.coopercenter.org/demographics/VPM>.

SeniorNavigator: Virginia Health Navigator Solution Center

Kim Tarantino, SeniorNavigator

Attached please find a news release about SeniorNavigator's online informational resource, the *Virginia Health Navigator Solution Center*. The buzz around the new health care laws is going to increase as we move closer to Medicare Open Enrollment and the new health benefits Marketplace. Folks often have a lot of questions and can be confused by the changes. The *Virginia Health Navigator Solution Center* (www.VirginiaHealthNavigator.org) is designed to help seniors, caregivers and baby boomers better understand the new healthcare landscape and any changes brought on by new laws associated with the Patient Protection and Affordable Care Act.

Please help us spread the word about this resource via your e-communications, newsletters, social media, blogs, etc. If you do disseminate this information please let me know so that I may keep track of where it has been shared for grant reporting purposes.

Thank you!

Contact: Kim Tarantino

kim@SeniorNavigator.org; 804-525-7733

Webinars

Ellen M. Nau, Program Coordinator

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

Residents in long term care facilities are living longer, but dementia and mental health issues are increasing. This webinar will aid staff in dealing with the increasing occurrence of these issues.

Wednesday, May 29, 2013 1:30 PM

To register:

<http://worldeventsforum.blogspot.com/p/l-ive-event-will-be-held-april-2013-130.html>

Scroll to the bottom of the page

- 2. *Using Social Media to Advance Your Mission***. NCOA. Explores how to use Facebook, Twitter, and other tools to communicate with older adults, share ideas with professionals in your network, and more. Wed., May 29 at 3:00 PM ET. [Learn more.](#)
- 3. *Grant Seeking***. Grant Station. Offers multiple webinars to enhance your grant-seeking skills. [Learn more.](#)



4. **CrossRoads - a Community for Aging Professionals** at:
<http://www.ncoacrossroads.org/welcome.htm> Attend a half hour webinar to learn about on how to use NCOA's online community Crossroads. June 11 @ 1 PM ET Register at: [Register](#)

5. The ARCH Webinar, *The Aging Network's Volunteer Collaborative Partnership with LexisNexis: Background Screening for Volunteers and Employees*, held on May 21, 2013 , is now archived and available for downloading or viewing on the ARCH website [here](#) (or cut and paste this URL into your browser search window: <http://archrespice.org/webinars-and-teleconferences/background-screening>). After viewing the webinar, please provide your feedback [here](#). Your guidance helps ARCH to be more responsive to your training and technical assistance needs.

6. This webinar explores new opportunities for Lifespan Respite grantees and their partners to access background screening for discounted rates. In partnership with the National Association of States United for Aging and Disabilities (NASUAD), the Aging Network's Volunteer Collaborative at n4a entered into a partnership with LexisNexis, a national provider of comprehensive background screening services, to leverage Enterprise-level services through web-based tools at a discounted rate – in some cases almost 80 percent off typical rates. All State Units on Aging have automatically been enrolled in the program, allowing them to use this service if they choose and are able.

Conferences

1. Wellness Trends and Resources for Aging with Lifelong Disabilities - features sessions on health and nutrition, spirituality and spiritual wellness, therapeutic art and chair yoga, the Affordable Care Act, caring for caregivers, and much more. The conference is sponsored by the metro Richmond coalition APSC (Area Planning and Services Committee on Aging with Lifelong Disabilities) and is supported in part by the Region IV Consortium of CSBs.

Here is the link to register online through Event Brite: <http://www.eventbrite.com/event/5779916887>

2. You Can! Live Well, Virginia Six Sessions

June 5, 12, 19, 26 July 3, 10 1:00 PM-3:30 PM

Resources for Independent Living [Call Kelly Hickok at 353-6503 Ext.135 to register](#)

3. Leading Change in the New Age of Accountability



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

Wednesday March 29, 2013 at the Jefferson Hotel For more information, go to:

www.partnersva.com

Or call **804-314-1131**

4. *“Seniors and Their Adult Children In Conversation: Issues, Legal Decisions and Future Options.”*

June 5, 2013: 2 – 4 PM

Contact: Joan Bender at joanbender1@cox.net

Agenda attached!

Free and Open to the Public

Colonial Heritage Club
6500 Arthur Hills Drive
Williamsburg VA 23188

NEWS! International Organization of Carers Formed! See the attached press release.



FOR IMMEDIATE RELEASE

Contact: Kim Tarantino
kim@SeniorNavigator.org
804-525-7733

Online Technology Helps Seniors and Caregivers Better Understand New Health Care Laws

VIRGINIA: SeniorNavigator is pleased to announce its *Virginia Health Navigator Solution Center* – designed to help seniors, caregivers and baby boomers better understand the new healthcare landscape and any changes brought on by new laws associated with the Affordable Care Act.

SeniorNavigator is a statewide, non-profit organization that helps seniors, caregivers, and adults with disabilities find vital services and information through its website www.SeniorNavigator.org.

Made possible through a generous grant from the Richmond Memorial Health Foundation, the *Virginia Health Navigator Solution Center* is a virtual informational resource that helps to address the issues faced by seniors, boomers preparing for their senior years, and family caregivers – all of whom have unique but overlapping challenges when it comes to accessing reliable and affordable health care services.

Important information about the Patient Protection and Affordable Care Act is woven into the resource, ensuring that Virginians understand how national health reform impacts them now and in years to come. Regularly updated, special care is taken to include timely information regarding the Affordable Care Act and how it specifically affects seniors and caregivers.

To garner feedback that would help create a comprehensive and useful resource that would be widely utilized for consumers and professionals alike, SeniorNavigator hosted four ‘Community Conversations’ in Central Virginia and convened an Advisory Council of partners, including: AARP Virginia; Senior Connections The Capital Area Agency on Aging; the Virginia Health Care Foundation; and the Virginia Poverty Law Center.

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A unique virtual resource, the *Virginia Health Navigator Solution Center* enables individuals to access a wide variety of educational resources, interactive features, and community-based programs in one place, at their convenience, 24 hours a day, 7 days a week.

“We truly value the Richmond Memorial Health Foundation’s generous support of the *Virginia Health Navigator Solution Center* and the guidance of our project partners,” said Adrienne Johnson, executive director, SeniorNavigator. “We all share a strong commitment and dedication in helping Virginians be empowered health consumers and lead healthier lives.”

Visit the *Virginia Health Navigator Solution Center* at www.VirginiaHealthNavigator.org or call SeniorNavigator at (804) 525-7728; toll-free 866-393-0957.

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SeniorNavigator, a statewide non-profit, provides free health and community support information and guidance to seniors, caregivers and adults with disabilities-supporting independence, dignity and quality of life by providing access to vital services.



Colonial Heritage Community Foundation, Inc.

Presents

**“Seniors and Their Adult Children In Conversation: Issues, Legal
Decisions and Future Options.”**

June 5, 2013: 2 – 4 PM

Colonial Heritage Club Ballroom

Agenda

- **2 P.M. Welcome and Introductions – Richard Boyden, President, CHCF**
- **“Caring Conversations: Parents and Adult Children Plan for the Future” – Jenny Inker, MBA, LALFA - Executive Director of Chambrel at Williamsburg**
- **“Advance Directives and Life Care Planning” – Helena S. Mock, Esq., The Peninsula Center for Estate Planning and Elder Law**
- **Closing Remarks – Joan Bender**

Free and Open to the Public

Colonial Heritage Club

6500 Arthur Hills Drive

Williamsburg VA 23188

PRESS RELEASE

**FROM NORTH TO SOUTH, FROM EAST TO WEST,
INTERNATIONAL CARER ORGANIZATIONS MEET IN DUBLIN**



FOR IMMEDIATE RELEASE



Contact:

Stien Vandierendonck, stien@caregiving.org (301.718.8444)

Gail Hunt, CEO & President, gailhunt@caregiving.org

May 22, 2013 - Washington, DC -

A group of national and multinational, non-governmental organizations, including the National Alliance for Caregiving, have

come together around issues of family caregiving with the intent of increasing public awareness of the needs of the family caregiver on a global scale. The group, representing Australia, United Kingdom, United States, Sweden, Ireland, Canada and New Zealand, as well as the EU's Eurocarers, are the founding members of the **International Alliance of Carer Organizations (IACO)**.

The purpose of **IACO** is to serve as an umbrella organization that will be the conduit of technical assistance and information sharing for caregiving organizations globally, as well as an active advocate for family caregiving at the international level. The organization has just been incorporated as a US non-profit entity.

On Wednesday May 22, 2013 the Inaugural Meeting of the International Alliance of Carer Organizations will take place in Dublin. The participating member organizations will make presentations about the state of family caregiving in their country and the major carer programs of their organization. There will be a discussion about how carer organizations across the globe can work together through research and assistance to countries which are in the beginning stages of forming a national carer group. The meeting will also explore the process in forming relationships with the UN and WHO. Richard Ryan, former Irish Ambassador to the United Nations, will be the dinner speaker. Saul Becker, Head of School and Professor of Social Policy and Social Work, University of Nottingham, will be the keynote lunch speaker.

IACO is funded by its current Associate Member, Eli Lilly and Company

The Lilly logo is written in a red, cursive script font.