



VDA WEEKLY E-MAILING

July 2, 2013

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Arlington AAA Changes

Tim Catherman, Director Aging Operations

With the retirement of Terri Lynch from Arlington Agency on Aging, Glenda Blake, the Division Chief for Aging and Disability Services, will be filling in as Acting Director. Ms. Blake's email address is GBlake@arlingtonva.us. Her phone number is 703-228-1749. If the question involves day-to-day concerns, you may contact Meredith Eisenhart at meisenhart@arlingtonva.us or 703-228-1744. Arlington County is hoping to fill Terri position later this summer.

Terri Lynch will continue to be involved with NVAN and other aging advocacy activities. Her personal email address is Terri_Ray@verizon.net.

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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Walmart Foundation Accepting Applications for State Giving Program

Kathy B. Miller, MS, RN, MSHA, Director of Long-term Care

Grants ranging from \$25,000 to \$250,000 are available to nonprofits in each of the fifty states, Washington, D.C., and Puerto Rico for programs in education, workforce development, environmental sustainability, health, and hunger relief. The deadline is August 9, 2013.

Please click on the following link for more information:

<http://foundation.walmart.com/apply-for-grants/state-giving>

Safety Tips for Storm Recovery

Kathy B. Miller, MS, RN, MSHA

Travel Safety

- Use caution while driving. Where traffic signals are not operating, treat the intersection as a four-way stop.
- Watch for storm debris, downed power lines and tree limbs on the roads.
- Watch for police who may be directing traffic as well as road and power crews who are cleaning debris and fixing power lines.
- Call 511 or go to www.511Virginia.org for 24/7 road condition information.

Electrical Safety

- Portable generators should only be run outside. Keep them at least 10 feet away from your home. Connect appliances directly to the generator. Never connect a portable generator to building wiring systems. Follow manufacturer's directions exactly to avoid carbon monoxide poisoning, electric shock and fire.
- Don't use candles for light. Flashlights are safer when the power is out.
- Avoid loose or dangling electrical wires. All wires should be considered live. Even wires that normally would not hurt you, such as telephone or cable wires, could have come in contact with energized wires or equipment.

Food Safety

- Refrigerators will store food safely for up to four hours without power if the door is unopened.
- Freezers that are half full will hold food safely for up to 24 hours without power; a full freezer will hold food safely for 48 hours.



- Throw away any thawed food that has a temperature of more than 40 degrees Fahrenheit. When in doubt, throw it out.

Personal Safety

- If you have medication that requires refrigeration but you lost power, check with the pharmacy on the label. They can advise if it still can be used.
- Empty outdoor containers, tarps and other items around your house that may be holding water from the storms. These create breeding sites for mosquitoes and other insects. Remember to use repellent when outside.
- During cleanup, avoid overexertion and strain in lifting and moving heavy objects or loads. Check with your locality to learn how to properly dispose of storm debris.

Advance Pharmaceutical Inc. Issues Voluntary Recall of One Lot of Enteric Coated Aspirin Tablets

Kathy B. Miller, MS, RN, MSHA, Director of Long-term Care

Advance Pharmaceutical Inc. announced that it is conducting a voluntary nationwide recall to the over-the-counter drug product, **Rugby label Enteric Coated Aspirin Tablets, 81 mg, Lot 13A026**. Advance Pharmaceutical Inc. first initiated the recall on June 17, 2013, after receiving a complaint about a bottle labeled as Enteric Coated Aspirin Tablets, 81 mg, actually containing Acetaminophen 500 mg tablets.

The product is indicated for the temporary relief of minor aches and pains and is packaged in bottles of 120 tablets with **NDC 0536-3086-41 and UPC 3 0536-3086-41 9**. The affected lot of Enteric Coated Aspirin Tablets is **Lot 13A026 with Expiration Date 01-2015**. The lot was manufactured and packaged by Advance Pharmaceutical Inc. under the label of Rugby Laboratories. Rugby Laboratories (Major Pharmaceuticals) distributed the product nationwide to wholesalers and retailers.

Consumers may be inadvertently taking Acetaminophen 500 mg instead of Enteric Coated Aspirin 81 mg, which may cause severe liver damage to those who take other drugs containing acetaminophen, consumers who take 3 or more alcoholic drinks every day, or those who have liver disease. The label directions instruct patients to take 4-8 tablets every 4 hours, but not more than 48 tablets in 24 hours. Consumers who take 48 tablets daily of the defective product may be ingesting up to 24,000 mg of Acetaminophen, which is about six times the maximum recommended daily dose of acetaminophen (4,000 mg).

Advance Pharmaceutical Inc. notified Rugby Laboratories of the recall by e-mail and overnight mail, and is arranging for return of all recalled bottles. Consumers who have the affected lot should immediately discontinue its use and return it to the pharmacy or store where it was



purchased. Consumers with questions about the recall may contact Advance Pharmaceutical Inc., Monday-Friday, 9 am- 5 pm EST. Consumers should contact their physician or healthcare provider if they have experienced any problems that may be related to taking or using this product.

Any adverse reactions experienced with the use of this product should be reported to the FDA's MedWatch Program either by fax, regular mail, or online:

- by Fax at 1-800-FDA-0178
- by Regular Mail: use postage-paid, pre-addressed Form FDA3500 available at <http://www.fda.gov/MedWatch/getforms.htm>¹
- Online: <http://www.fda.gov/MedWatch/report.htm>².

This recall is being conducted with the knowledge of the U.S. Food and Drug Administration.

Lyme Disease

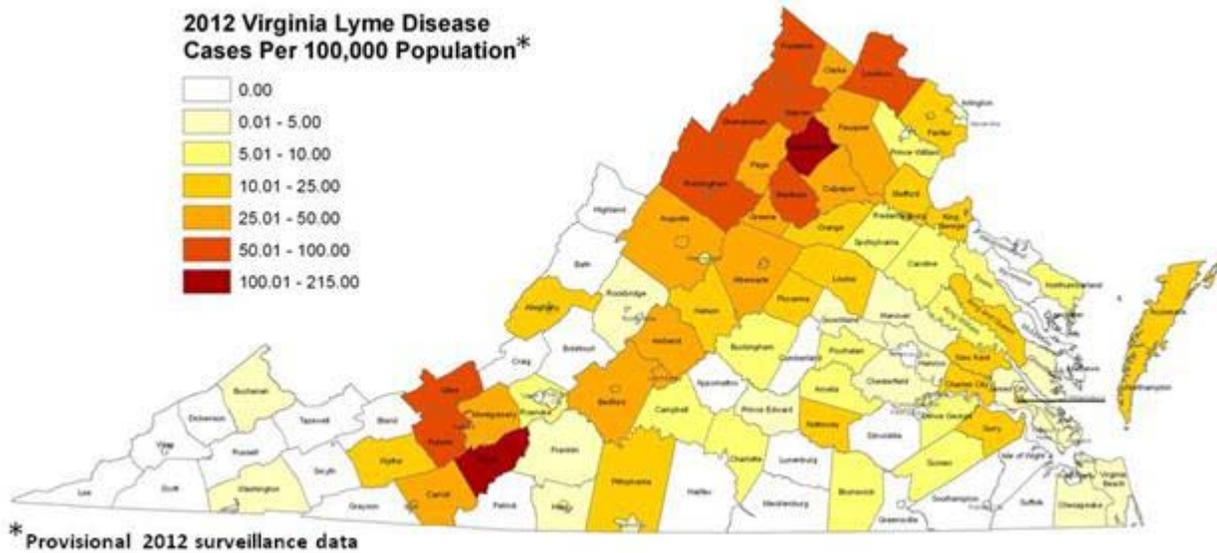
Kathy B. Miller, MS, RN, MSHA, Director of Long-term Care

As the weather gets warmer, Virginians will spend more time outdoors. This may increase their exposure to ticks and tickborne diseases, including Lyme disease. Early treatment for Lyme disease and other tickborne diseases depends on clinical suspicion based on exposure history, symptom history, and findings from the physical examination. Most people, when treated with antibiotics in the early stages of these infections, quickly recover.

Epidemiology

Lyme disease continues to evolve epidemiologically in Virginia. In 2012, there were an estimated 1,110 confirmed or probable cases of Lyme disease (an increase of about 9% from 2011).

Cases were reported in all regions of the state (see map). While Lyme disease continues to be the most commonly reported tickborne illness in Virginia, there were approximately 460 cases of spotted fever group rickettsioses, which may include some cases of Rocky Mountain spotted fever (RMSF), reported in Virginia in 2012.



Diagnosis

Lyme disease and other tickborne diseases should be considered in any person who presents with a febrile illness during warm weather months. In many instances, these individuals may not recall a tick bite. Some may present with a rash, while others may describe symptoms such as fatigue, chills, fever, headaches, myalgias, or arthralgias. If they do present with a history of a tick bite, remember that an infected tick must be attached to the skin for at least 36 hours to transmit the Lyme bacterium *Borrelia burgdorferi* and only 10 to 20 hours to transmit RMSF. Also, remember that the blacklegged tick *Ixodes scapularis* is the only tick that can transmit Lyme disease in Virginia.

Prevention

One of the most important things to remember about Lyme disease is that it is preventable. To assist your clients in preventing tickborne diseases, remind them to reduce their exposure to ticks by encouraging them to use insect repellent, wear protective clothing, and regularly check for and remove ticks.

NASUAD and ACL Weekly Updates

Tim Catherman, Director Aging Operations



FRIDAY UPDATES

NASUAD

June 28, 2013

In This Issue

***NASUAD: 2013 National HCBS Conference**

***CMS Notifies SMD of Phased-down State Contribution Full Dual-eligible Per-Capita Medicaid Drug Payment Rates**

***CBO Releases a Report on LTSS Expenditure for Senior Population**

***HHS: New, consumer-focused HealthCare.gov & 24-Hour Consumer Call Center Reflect HHS' Health Insurance Marketplace Education Effort**

***FEMA Publishes a Report: Alerting the Whole Community: Removing Barriers to Alerting Accessibility**

***AARP Emphasizes Affordable Care Act Education in Hispanic Communities**

***ANVC: Free Volunteer Training at**

From NASUAD

Friday Update on Hiatus for July 4th Independence Day

There will be no NASUAD Friday Update on July 5th in observance of the July 4th holiday.

Don't Miss this year's National HCBS Conference

The nation's long-term care system is in the midst of an historic shift from institutional care to individualized home and community services for older adults and people with disabilities. You are invited to attend one of the year's most important national conferences, the National Home and Community Based Services Conference (HCBS), which showcases innovative national, federal, state and local delivery and policy developments vital for assuring Americans of all ages and abilities receive the highest quality community living supports, care, and services possible.

Due to the overwhelming success of last year's conference, many groups have decided to host special Pre-conference Intensives at this year's conference. NASUAD is working closely with the Administration for Community Living (ACL) and the Centers for



n4a's Conference

***NASHIA: Annual State of the States in Head Injury Meeting**

***NRCPDS: Financial Management Services Conference Call for Presentations**

*June Observances

***Grant from CMS: Planning and Demonstration Grant for Testing Experience and Functional Tools in Community-Based Long Term Services and Supports (TEFT)**

***Grant from HHS: Support for Demonstration Ombudsman Programs Serving Beneficiaries of State Demonstrations to Integrate Care for Medicare-Medicaid**

***Grant from ACL: NWD/ADRC Opportunity**

***Grant from AHRQ: Rapid Secondary Analysis to Optimize Care for Patients with Multiple Chronic Conditions**

***Grant: 2014 RSVP Competition**

***Job: FEMA Seeks Emergency Management Specialists**

Pre-conference Intensives and HCBS conference. The pre-conference intensives and HCBS conference are designed to meet specific federal grant requirements.

Where

The Hyatt Regency Crystal City
2799 Jefferson Davies Hwy.
Arlington, VA 22202

[Click here](#) to make a hotel reservation.

When

NASUAD Meeting: **September 7th - September 8th**

Pre-Conference workshops will: **September 9th**

HCBS Conference: **September 10th - September 12th**

[Click here](#) for a draft agenda of the pre-conference intensives and HCBS conference.

[Registration](#) - Don't miss the early bird rates!

Review [Sponsorship Opportunities](#).

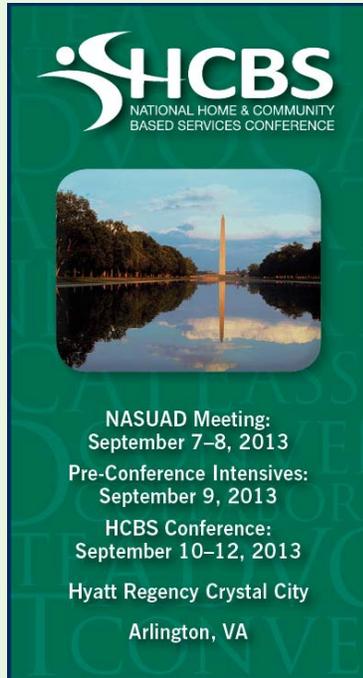
From the Administration

Centers for Medicare & Medicaid Services

CMS Notifies SMD of Phased-down State Contribution Full Dual-eligible Per-Capita Medicaid Drug Payment Rates

On June 28, 2013, CMS sent a letter to State Medicaid directors to notify of the phased down State contribution full dual-eligible per capita Medicaid drug payment amount for October - December 2013, as required by the Medicare Prescription Drug, Improvement, and Modernization Act of 2003. The letter will be available [here](#) soon.

Congressional Budget Office



[Check out NASUAD iQ!](#)

CBO Releases a Report on LTSS Expenditure for Senior Population

Congressional Budget Office recently published a report [Rising Demand for Long-Term Services and Supports for Elderly People](#). This report provides a summary of how Long-Term Services and Supports (LTSS) are financed, and also offers projection of future spending for LTSS for senior population under three possible scenarios.

Department of Health and Human Services

HHS Launches Health Insurance Marketplace Educational Tools

On June 24, 2013, the Obama administration [announced](#) its launch of the Health Insurance Marketplace education effort with a new, consumer-focused [HealthCare.gov](#) website and the 24-hours-a-day consumer call center to help Americans prepare for open enrollment and ultimately sign up for private health insurance. The new tools will help Americans understand their choices and select the coverage that best suits their needs when open enrollment in the new Health Insurance Marketplace begins October 1. Americans may now access new educational information and learn what they can do to begin to get ready for open enrollment this fall. The website will add functionality over the summer so that, by October, consumers will be able to create accounts, complete an online application, and shop for qualified health plans. For Spanish speaking consumers, [CuidadoDeSalud.gov](#) will also be updated to match [HealthCare.gov](#)'s new consumer focus.

Federal Emergency Management Agency



Barriers to Alerting Accessibility

FEMA recently published a paper [Alerting the Whole Community: Removing Barriers to Alerting Accessibility](#). This paper serves to demonstrate how Integrated Public Alert and Warning System (IPAWS) addresses the challenges of reaching the whole community, including the 25% of our population who might need assistance. It offers compelling evidence that, while IPAWS doesn't solve all of the challenges, it can certainly mitigate them - particularly with greater stakeholder engagement and public awareness.

From Other Organizations

AARP

AARP Emphasizes Affordable Care Act Education in Hispanic Communities

AARP recently announced a [new effort](#) focused in Hispanic communities to increase education and knowledge about the Affordable Care Act and to prepare families for the opening of health exchanges in the fall. In collaboration with a number of organizations including the Hispanic Federation, National Council of La Raza, Esperanza and the League of United Latin American Citizens, AARP will focus on training and resources for promotores - members of local communities who receive specialized training to provide basic health education - to assist with the enrollment process for health insurance.

The Aging Network's Volunteer Collaborative

Free Volunteer Training at n4a's Conference

The Aging Network's Volunteer Collaborative and its [PowerUP! Initiative](#) are offering a free training for the Aging Network focused on teaching organization's and their volunteers how they can build self-directed teams of volunteers. Aging Network organizations are invited



to bring one staff person and one volunteer to the PowerUP! Training at n4a's conference for free, even the cost of travel will be reimbursed! This in-person workshop will be held **Sunday, July 28**, from 8 a.m. - 4 p.m. in Louisville, KY.

Learn more and [register](#).

National Association of State Head Injury Administrators (NASHIA)

Annual State of the States in Head Injury Meeting

NASHIA will hold their 24th Annual State of the States in Head Injury Conference in Detroit, MI, **October 7-10, 2013**. The conference will convene program administrators, service providers, clinicians, researchers, and advocates working in the brain injury field.

Click [here](#) to register online.

National Resource Center for Participant-Directed Services

Financial Management Services (FMS) Conference Call for Presentations

The NRCPS will hold [5th Biennial Financial Management Services \(FMS\) Conference](#) on November 4-5, 2013 at the [Hyatt Regency in Baltimore, MD](#). The conference will be a day and a half long and will feature workshops with participant direction tax experts within the Internal Revenue Service as well as with other Financial Management Services specialists and experts.

The NRCPS is now accepting presentation applications for a limited number of speaking opportunities that are available at the conference. Those who are interested in applying should complete the [application](#) online. Applications are due **Friday, July 15, 2013**.



June Observances

June is PTSD Awareness Month

Posttraumatic Stress Disorder (PTSD) is a severe anxiety disorder that can occur when people experience a traumatic event. PTSD can affect anyone - from service men and women returning from the horrors of war to abused children and the survivors of rape, domestic violence, or natural disasters.

Read the [statement](#) from HHS Secretary Sebelius on PTSD Awareness Month.

[More information](#) on PTSD provided by Department of Veterans Affairs.

Funding Opportunities

Planning and Demonstration Grant for Testing Experience and Functional Tools in Community-Based Long Term Services and Supports (TEFT)

On June 27, 2013, CMS released a Funding Opportunity Announcement (FOA)

to solicit applications for participation in the Testing Experience and Functional Tools (TEFT) in Community-Based Long Term Services and Supports (CB-LTSS) planning and demonstration grant. This solicitation is primarily intended to test the collection of adult quality measures for use in Medicaid CB-LTSS.

In addition, it also provides states the opportunity to use web-based personal health record (PHR) systems, subject to beneficiaries' permission, as a vehicle for capturing, testing and reporting on state quality measures and other related quality related information. TEFT will also support the evaluation and testing of standards for the electronic Long Term Services and Supports (e-LTSS) record which



LTSS) delivery information electronically. These standards will also enable e-LTSS information to be shared with individuals through a PHR system.

Information about the [funding announcement](#).
(Funding Opportunity Number: CMS-1H1-13-001; CFDA: 93.627).

Important Dates:

- Applicant's Teleconferences: July 10, 2013 2013, 3:30 PM Eastern Time (Baltimore, MD)
- Call in Phone Number: 877-267-1577 ID - 5254
- Notice of Intent to Apply: July 19, 2013 by 3:00 p.m. Eastern Time (Baltimore, MD)
- Electronic Grant Application Due Date: August 12, 2013 by 3:00 p.m., Eastern Time (Baltimore MD)
- Anticipated Issuance of Notice of Awards: September 13, 2013
Anticipated Grant Period of Performance: September 13, 2013 through September 12, 2017

Support for Demonstration Ombudsman Programs Serving Beneficiaries of State Demonstrations to Integrate Care for Medicare-Medicaid

On June 27, 2013, HHS released a Funding Opportunity Announcement (FOA) designed to support states in providing Medicare-Medicaid enrollees with more person-centered, coordinated care through Demonstration Ombudsman Programs.

Through this new opportunity, states can apply for funding to develop independent Demonstration Ombudsman Programs to support their current demonstrations through the Financial Alignment initiative. These programs will provide beneficiaries with access to new resources and person-centered assistance in resolving issues related to the demonstration. These programs will also monitor beneficiary experience and offer recommendations to CMS, the states, and participating plans on how the beneficiary experience could be improved.

The total amount of federal funds available is anticipated to be about



\$12 million over three years. CMS anticipates issuing the first notice of award in September, 2013, and will accept three rounds of applications:

- July 30, 2013 (first round)
- October 8, 2013 (second round)
- January 14, 2014 (third round)

The FOA is available at the Catalog of Federal Domestic Assistance (CFDA) [website](#). You may also visit www.cfda.gov and search for Funding Number 93.634.

A [Fact Sheet](#) on the announcement is available.

[More Information](#) on the Financial Alignment Demonstration.

NWD/ADRC Opportunity - Sustainability Competitive Continuation

Grant Title: NWD/ADRC Opportunity - Sustainability Competitive Continuation

Agency Issuing Grant: Administration for Community Living

Eligible Applicants: *ADRC grantees who received a Part B - ADRC Sustainability Program Expansion Supplemental in FY 2012.*

Close Date: July 24, 2013

Funding Opportunity Number: HHS-2013-ACL-CDAP-DR-0054

CDFA Number: 93.048

Grant Amount: \$5.7 million for 36 awards

Description: This opportunity provides additional funding and an additional 12 months for ADRC grantees to carry out their current activities under their Part B - ADRC Sustainability Program Expansion Supplemental awarded in FY 2012. It is specifically designed to help support states efforts to continue their sustainability strategies for ADRC/NWD System in conjunction with their health systems transformation and funding from the Center for Medicare and Medicaid (CMS) and Veteran Health Administration (VHA).

[More Info](#) on this funding opportunity.

Applicants must apply through www.grants.gov.

Rapid Secondary Analysis to Optimize



Care for Patients with Multiple Chronic Conditions

Grant Title: Rapid Secondary Analysis to Optimize Care for Patients with Multiple Chronic Conditions

Agency Issuing Grant: Agency for Healthcare Research and Quality

Eligible Applicants: State governments, Native American tribal governments (Federally recognized) and Native American tribal organizations (other than Federally recognized tribal governments)

Close Date: August 28, 2013

Funding Opportunity Number: RFA-HS-14-001

CDFA Number: 93.226

Grant Amount: \$1,600,000 for 4 grants

Description: This opportunity seeks to fund research studies that can be conducted rapidly and will provide evidence to optimize processes, care, treatments and health of MCC patients. The goal is to provide scientific evidence and information for use by patients and the clinical community to best manage care of MCC patients.

[More Info](#) on this funding opportunity.

Applicants must apply through www.grants.gov.

2014 RSVP Competition

Grant Title: 2014 RSVP Competition

Agency Issuing Grant: Corporation for National and Community Service

Eligible Applicants: State governments, Nonprofits and Native American tribal governments (Federally recognized)

Close Date: Notice of Intent to Apply due August 9, 2013.

Application due: September 10, 2013.

Funding Opportunity Number: CNCS-06-10-13-01

CDFA Number: 94.002

Grant Amount: \$14,500,000 total funding

Description: CNCS seeks to increase the impact of national service in 270 specific communities across the country. These RSVP grants will support volunteers 55 years and older serving in a diverse range of activities that meet specific community needs and respond to National Performance Measures.

[More Info](#) on this funding opportunity.

Applicants must apply through www.grants.gov.



Job Opportunities

FEMA Seeks Emergency Management Specialists

FEMA announced an employment opportunity with FEMA's Incident Management CORE Program. Several Emergency Management Specialist (Disability Integration Advisors - AD-0089-11; Job Announcement Number: FEMA-MJ007-IM/COR-13) will be hired throughout the United States. As a part of FEMA's disaster workforce, CORE Reservists serve the nation by assisting all citizens and first responders during disasters or emergency situations. This announcement is open from June 26, 2013 until **July 2, 2013** at 11:59pm EST. [Click here](#) for more information.

Additional Job Opportunities

To see more job postings, please visit nasuad.org.

Friday Updates Archive

Did you miss a previous issue?
Check out [past Friday Updates](#).

Virginia State Police Newsletter for Senior Citizens

Debra M. Loving, Information Systems Specialist

The Virginia State Police provided the attached item titled "Keeping Senior Citizens Safe Online" and asked that we share it with the aging network. Please direct any questions to the VSP contact shown below, and feel free to distribute.

Lee Miller
Lieutenant



Virginia State Police
Virginia Fusion Center
Office: 804-674-2509
Mobile: 804-381-9528
Lehew.Miller@vsp.virginia.gov

DRPT is Announcing a Second Series of Coordinated Human Service Mobility (CHSM) Plan Update Meetings

Kathy B. Miller, MS, RN, MSHA, Director of Long-term Care

The Virginia Department of Rail and Public Transportation (DRPT) conducted a series of Coordinated Human Services Mobility (CHSM) Plan update meetings in September and October 2012. Based on input received at those meetings, and additional research conducted since, KFH Group staff are drafting updated plans.

With the ongoing help of Mobility Managers and other stakeholders, DRPT and KFH have scheduled a second series of meetings to review the draft updated plans and gather additional input. It is anticipated that, following these final in-person input gathering meetings, the plans will be finalized.

A draft agenda and meeting schedule are attached. Stakeholders are invited and encouraged to participate in the meeting scheduled for their area. Stakeholder input will help to ensure that each CHSM Plan incorporates practical and realistic strategies addressing locally identified transportation needs.

DRPT expects to circulate each draft plan for each region in advance of the scheduled meeting date. DRPT and the KFH Group are facilitating these meetings in order to gather input and incorporate it into the final CHSM Plans. Additionally, MAP-21 requires that all CHSM plans are “developed and approved through a process that included participation by seniors, individuals with disabilities, representatives of public, private, and nonprofit transportation

and human services providers, and participation by other members of the public.” Consequently, we encourage you to circulate the draft plans appropriately and to solicit input from these groups.



In preparation for the meetings, KFH Group has and will continue to seek out input from appropriate transit providers and interest groups regarding:

- Available Transportation Services and Resources
- Unmet Transportation Needs and Gaps
- New Strategies and/or Revised Priorities for Implementation and Potential Projects

As noted on the attached draft agenda, each of these items will also be discussed at the scheduled meetings. And, as a result of these data gathering processes and meetings, KFH will draft updated CHSM Plans for each region.

Please see the attached draft agenda and meeting schedule for additional details.



Monthly Security Tips NEWSLETTER

June 2013

Volume 8, Issue 6

Keeping Senior Citizens Safe Online

Senior Citizens are online too

Senior citizens are embracing the digital age in greater numbers every year. Fifty-three percent of adults ages 65 and older now use the Internet and online tools such as email, according to the Pew Internet & American Life Project. Among those Internet users, seventy percent report going online daily.

Not surprisingly, the Internet offers many benefits to older Americans, including the ability to better stay in touch with family members, near and far and across generations. A 2012 study by Microsoft and AARP found that online communication often was credited for improving dialogue among family members.

The Internet helps senior citizens connect with society, bringing vital information and resources to them. For instance, they can bank and shop from the convenience of their homes. There are many sites geared toward the needs and interests of senior citizens, and growth of such sites is expected to continue.

What are the risks?

There are risks associated with being online, and, sadly, many scammers target senior citizens.

Older Americans should be wary of the following types of emails, websites, or social media messages that:

- Offer “free” gifts, prizes or vacations, or exclaim, “You’re a winner!”
- Offer discount prescription medications or other “can’t miss” deals.
- Appear to be from friends or family members, but the message is written in a style not usually used by that person, has numerous misspellings, or otherwise seems unusual. This is an indication your friend or family member’s account may have been hacked.
- Appear to be from official government agencies, such as Social Security Administration, or banks, requesting personal information.
- Set ultimatums such as “your account will be closed,” or “the deal will expire” to create a sense of urgency, and trick the victim into providing personal information.

Cyberbullying of Senior Citizens

Though there is a lot of focus on cyberbullying among children and teens, cyberbullying affects senior citizens as well.

Cyberbullying (mostly through e-mail) of seniors can take several forms, but the most common are:

- Emotional abuse with rage, threats, accusations, and belittling comments, often followed with periods of silence or ignoring the victim.
- Financial abuse aimed at obtaining the victim’s account information, setting up online access to their accounts, and stealing their money.

Speaking out against cyberbullying can be particularly difficult for seniors who may not even know what the term means. As with victims of any age, seniors may feel violated and powerless, be confused and in denial over what’s happening, feel shame and self blame for being a victim, and fear even more bullying or being ignored if they speak out. Additionally, according to the Washington State Office of the Attorney General, in many cases, seniors are the victims of cyberbullying by family members.

What to do: STOP. THINK. CONNECT.

To protect against these online threats, there are several basic precautions all Internet users should take, regardless of age or experience online. The following tips are provided by *STOP. THINK. CONNECT.*, the national online safety awareness campaign.

Keep a Clean Machine

- **Keep security software current and updated:** Have the latest security software, web browser and operating system installed on your computer. Enable the auto-update feature to ensure you have the most up-to-date security, if that's an option.
- **Protect Wireless Network:** Ensure your wireless router requires a secure password.

Protect Your Personal Information

- **Make passwords long, strong and unique.** You should have a different password for each online account, using a combination of upper and lower case letters, numbers and symbols.
- **Think before you act:** Most organizations – banks, charities, universities, companies, etc., – will not ask for personal information via email. Be wary of requests to update or “confirm” your information.
- **Post with caution:** Information you post online, especially on social networking sites, can be collected in an attempt to steal your identity. Keep information such as birthdates and addresses confidential unless you are on a secure and reputable website.
- **Own your online presence.** Understand how privacy settings work on social networks and websites you frequent. Set them to your comfort level of sharing.

Connect with Care

- **Protect Your Money:** When banking or shopping online, enter information only into security-enabled sites that begin with <https://>. The “s” means the data is encrypted in transit. *Never* enter bank or credit card information into a website that begins <http://>

Be Web Wise

- **When in doubt, throw it out:** Links in emails, social media posts, and online ads are often how scammers access your computer. If you are instructed to click a link in a message you don't trust, even if you know the sender, delete the message or mark it as junk mail.
- **Back it up:** Store valuable work, photos, music and other information on a backup hard drive or online “cloud.”

Recognize Cyberbullying

- If you think you, or someone you know, is a victim of cyberbullying, report it to the local law enforcement, or a local senior center for further advice and assistance.

For More Information:

For additional information, please visit:

- **[STOP. THINK. CONNECT. Older American Resources:](http://www.dhs.gov/publication/stopthinkconnect-older-american-resources)**
<http://www.dhs.gov/publication/stopthinkconnect-older-american-resources>
- **[OnGuardOnline.gov: How you can help avoid older Americans avoid fraud :](http://www.onguardonline.gov/blog/how-can-you-help-older-americans-avoid-fraud-talk-about-it)**
<http://www.onguardonline.gov/blog/how-can-you-help-older-americans-avoid-fraud-talk-about-it>
- **["Stay Safer on the Internet," a senior's guide to online safety by Microsoft :](http://go.microsoft.com/?linkid=9677449)**
<http://go.microsoft.com/?linkid=9677449>
- **[Washington State Office of the Attorney General: Internet Safety for Seniors](http://www.atg.wa.gov/internetsafety/seniors.aspx#Top)**
[:http://www.atg.wa.gov/internetsafety/seniors.aspx#Top](http://www.atg.wa.gov/internetsafety/seniors.aspx#Top)

The information provided in the Monthly Security Tips Newsletters is intended to increase the security awareness of an organization's end users and to help them behave in a more secure manner within their work environment. While some of the tips may relate to maintaining a home computer, the increased awareness is intended to help improve the organization's overall cyber security posture. This is especially critical if employees access their work network from their home computer. Organizations have permission and are encouraged to brand and redistribute this newsletter in whole for educational, non-commercial purposes.

Brought to you by:



**Coordinated Human Service Mobility Plan Update
2013 Meeting Schedule
As of 5/17/13**

PDC	Location/Contact	Date/Time
Central Shenandoah Planning District Commission (PDC 6)	112 MacTanly Place Staunton, VA 24401 540-885-5174 www.cspdc.org Tim Root, Mobility Manager 540-460-5019 rbmobility@yahoo.com	Tuesday, June 18, 2013 1:00 p.m.
Thomas Jefferson Planning District Commission (PDC 10)	407 East Water Street Charlottesville, VA 22902 434-979-7310 www.tjpd.org Donna Shaunesey, Executive Director JAUNT. 296-3184x101 Donnas@jauntride.org	Wednesday, June 19, 2013 9:00 a.m.
Rappahannock-Rapidan Regional Commission (PDC 9)	420 Southridge Parkway, Suite 106 Culpeper, VA 22701 540-829-7450 www.rrregion.org Jenny Biche', Mobility Manager 540- 829-7450 jkbiche@rrregion.org	Wednesday, June 19, 2013 2:00 p.m.

PDC	Location/Contact	Date/Time
West Piedmont Planning District Commission (PDC 12)	Southern Area Agency on Aging 204 Cleveland Avenue Martinsville, VA 24112 Teresa Carter Fontaine 800-468-4571 tcfontaine@southernaaa.org	Tuesday, June 25, 2013 1:00 p.m.
Region 2000 Partnership (PDC 11) Southside Planning District Commission (PDC 13) Commonwealth Regional Council (PDC 14) Crater Planning District Commission (PDC19)	Farmville Area Bus 502 Doswell Street Farmville, VA 23901 Julie Adams 434-392-7433 fab@moonstar.com	Wednesday, June 26, 2013 10:00 a.m.
Lenowisco Planning District Commission (PDC1) Cumberland Plateau Planning District Commission (PDC2) Mount Rogers Planning District Commission (PDC3)	District Three Governmental Cooperative 4453 Lee Highway Marion, VA 276-783-8157 Nicky Fleenor MEOC Mobility Manager 276-523-7433 nfleenor@meoc.org	Tuesday, July 9, 2103 1:00 p.m.
New River Valley Planning District Commission (PDC 4) Roanoke Valley - Alleghany Regional Commission (PDC 5)	New River Valley Planning District Commission (PDC 4) 6580 Valley Center Drive, Suite 124 Radford, VA Gary D. Heinline 540-994-2610 gheinline@nrvss.org	Wednesday, July 10, 2013 9:00 a.m.

PDC	Location/Contact	Date/Time
George Washington Regional Commission (PDC16)	<p>Rappahannock Area Agency on Aging 460 Lendall Lane Fredericksburg, VA 22405</p> <p>Denis Paddeu Rappahannock Area Agency on Aging 800- 627-2892 540-621-5323 C dpaddeu@raaa16.org</p>	Wednesday, July 17, 2013 9:00a.m.
Northern Virginia (PDC 8 non-urbanized area - Prince William and Loudoun Counties)	<p>VA Regional Transit (VRT) 109 N Bailey Lane Purcellville, VA 2013</p> <p>Kathy Finniff 540-338-1610 Kathy@vatransit.org</p>	Thursday, July 18, 2013 10:00 a.m.
Northern Shenandoah Valley Regional Commission (PDC 7)	<p>Shenandoah Area Agency on Aging (SAAA) 207 Mosby Lane Front Royal, VA 22630</p> <p>Robert Haas Director of Transportation, SAAA 540- 635-7141 ext. 301 r.haas@shenandoahaaa.com</p>	Tuesday, July 23 2013 10:00 a.m.
Accomack-Northampton Planning District Commission (PDC 22)	<p>23372 Front Street Accomac, VA 23301</p> <p>Susan Simon 757- 787-2936 Ex. 115 ssimon@a-npdc.org</p>	Thursday, July 25 2013 1:00 p.m.
<p>Northern Neck Planning District Commission (PDC 17)</p> <p>Middle Peninsula Planning District Commission (PDC 18)</p>	<p>Bay Transit 111 Commerce Parkway Warsaw, VA 22572</p> <p>Katherine L. Newman, Mobility Manager 804-758-2386 knewman@bayaging.org</p>	Tuesday, July 30, 2013 1:00p.m.