



VDA WEEKLY E-MAILING
October 29, 2013

Table of Contents

[Training Workshop: Creative Options for Staying Active](#)

[Aging Network Volunteer Collaborative](#)

[VCU Department of Gerontology: Fall GeroSTAT Symposium](#)

[NASUAD Friday Update](#)

[Travel Rate Change](#)

[Cognitive Training Study at George Mason University \(Flyer\)](#)

[National Healthcare Decisions Day 2014](#)

Training Workshop: Creative Options for Staying Active

April Holmes, Coordinator of Prevention Programs

The Area Planning Services Committee on Aging with Lifelong Disabilities (APSC) is pleased to sponsor *Creative Options for Staying Active*, a training workshop to be held at the Eastern Henrico Recreation Center, 1440 North Laburnum, Henrico. This is a participatory workshop especially for those who work with or care for individuals with lifelong disabilities. The registration cost is very reasonable and includes lunch.

Click on the link below to register or for more information about the workshop. You can find a detailed description below the ticket order section. We hope to see you there!

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.



http://apsc13-eanrec101.eventbrite.com/?ref=eanrec101&utm_source=eb_email&utm_medium=email&utm_campaign=attnews&utm_term=checkitout

Aging Network Volunteer Collaborative

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

Aging Network Volunteer Collaborative

Got an Hour? Give it Back Campaign

The Aging Network Volunteer Collaborative is excited to announce the launch of the "Got an Hour? Give it Back" Campaign to encourage community members to volunteer within the aging network.

The Campaign's website GiveitBacktoSeniors.org includes a search tool for individuals to find local volunteer opportunities with seniors in their neighborhoods. The search tool works in connection with the website VolunteerMatch.org. To assist with the launch of the campaign, all local programs are encouraged to post their volunteer opportunities on VolunteerMatch.org. This will help ensure that interested volunteers can find a variety of conveniently-located opportunities that can be one-time special events.

The ANVC is hosting a **webinar** on **October 30th** to learn more about the Campaign and receive a tutorial on posting your volunteer opportunities to the VolunteerMatch.org website.

Title: Got An Hour? Informational Webinar

When: October 30, 2013 12:00-1:00 p.m. ET

[Click here](#) to register for the webinar.

For any questions, please contact Rachel Feldman at rfeldman@nasuad.org.

VCU Department of Gerontology: Fall GeroSTAT Symposium

Cecily Slasor, Administrative Support

Fall GeroSTAT Symposium

Are you a healthcare professional searching for more ways to integrate person-centered care in your workplace? Are you searching for new ways to measure and report how "person-centered" your workplace is?



Operationalizing Person-Centered Care in a Healthcare Setting:
Continuous Improvement

SAVE THE DATE!

Date: November 14, 2013

Location: Imperial Plaza
Auditorium

1717 Bellevue Avenue
Richmond, Va. 23227

5 Contact Hours

Cost: \$85

\$115 for Six Sigma White Belt Certification

Instructors:

Jaime Devine, Process Improvement Professional and Certified Lean Six Sigma Black Belt Instructor

Katie Gilstrap, MBA, Principal at Lift Caregiving and Instructor for the VCU School of Business

Jay White, MS (Gerontology) and Director of Professional and Community Development, VCU Department of Gerontology

Learning Objectives:

At the conclusion of this program, participants will have:

- An increased understanding of concepts of Person-Centered Care
- An increased understanding of Lean Six Sigma improvement methods
- An increased understanding of Best Practices for integrating and measuring Person-Centered Care in a healthcare setting
- An increased understanding of the value-add that Person-Centered Care can bring to continuous improvement in a business model

To register for 5 Contact Hours, [please click here.](#)



To register for 5 Contact Hours plus Six Sigma White Belt Certification, [please click here.](#)

For more information, please contact agingstudies@vcu.edu.

NASUAD Friday Update

Cecily Slasor, Administrative Support

In This Issue

[*NASUAD Announces Exciting Developments in Their Work to Expand the National Core Indicators](#)

[*NASUAD: Reauthorize the Workforce Investment Act](#)

[*NASUAD: Register for 2013 Hawaii HCBS Conference!](#)

[*CMS: Guidance Document on Existing External Quality Review Protocols for MLTSS Programs](#)

[*HHS: Join HHS for National Health Security Strategy Stakeholder Meetings](#)

[*HHS: How to Apply for Health Coverage through the Health Insurance Marketplace](#)

[*DOL: Home Care Final Rule Webinars](#)

[*Congress: OAA Reauthorization Bill Scheduled for October 30 Mark Up](#)

[*AARP: Medicaid HCBS Discussion Forum](#)

[*AARP: Blog Post on Elder Abuse](#)

[*AcademyHealth: Webinar Series on Premium Tax Credits](#)

[*ADAP Advocacy Association: Webinar](#)

From NASUAD

NASUAD Announces Exciting Developments in Their Work to Expand the National Core Indicators

NASUAD Executive Director, Martha Roherty, announced on October 21st that the Administration for Community Living (ACL) has awarded funding to support NASUAD's efforts to expand the National Core Indicators (NCI) Project to encompass a focus on aging and disability services. In conjunction with the expansion, Mrs. Roherty announced that Kelsey Walter will assume the role of Director of the National Core Indicators-Aging and Disabilities (NCI-AD).

Since 2012, with support from their Board of Directors and NCI-AD Steering Committee, NASUAD has been working with the Human Research Services Institute (HSRI) and the National Association of Developmental Disabilities Directors (NASDDDS) to expand NCI to include a new focus on services for seniors and adults with physical disabilities. Currently, NASUAD and HSRI are working with the NCI-AD Steering Committee to redesign the adult consumer survey in preparation for its use in three pilot states. NASUAD is pleased to announce that Georgia, Minnesota, and Ohio have agreed to run the pilot in their states.

Martha Roherty explained, "This funding is especially important because it signifies the Administration for Community Living's support of the states' efforts to measure and track their performance." With involvement of the states from the initial design of the instrument through its implementation, the results and benchmarking can lead to greater shifts in services and care provided. States will be able to use data from NCI-AD to gauge their success in meeting national benchmarks, and use the overall feedback to inform state policy and strategic plans.

"I am delighted to announce that Kelsey Walter will fill the critical



**on the Impact of the ACA, Medicaid
Expansion & HIV/AIDS**

***Aging Network Volunteer Collaborative:
Got an Hour? Give it Back Campaign &
Informational Webinar**

***ASA: Register for Aging in America 60th
Anniversary Conference**

***CHCS: New Brief on High-Utilizing
Medicaid Patients**

***New Story Collection Tool from
Families USA**

**IOM: Organizational Change to Improve
Health Literacy**

***NCST: Webinar Series on Senior
Transportation**

***NCOA: Webinar on Affordable Care Act**

***NCOA: New Fact Sheet on SNAP Benefit
Reduction**

***NSCLC: Webinar on the Affordable Care
Act**

***PAF: Managed Care Terminology**

***RWJF: The Dartmouth Atlas of
Medicare Prescription Drug Use**

***SAGE: Storytelling Contest for LGBT
Older Adults**

***October Observance**

***Friday Updates Archive**

role of Director as the NCI-AD project gains momentum," said Mrs. Roherty. Ms. Walter has worked as a Policy Associate at NASUAD since November 2012, and has been closely involved in the work to expand the NCI-AD since the beginning stages. In her new capacity, Ms. Walter will assist the NCI-AD Steering Committee as they finalize the adult consumer survey and support Georgia, Minnesota, and Ohio as they begin to pilot the new tool.

If you would like to learn more about this effort, contact Kelsey Walter at kwalter@nasuad.org.

NASUAD Urges Congress to Reauthorize the Workforce Investment Act

More than a decade overdue for reauthorization, the Workforce Investment Act (WIA) was designed to facilitate increased coordination among federal workforce development and related programs. It is vital that Congress modernize the nation's workforce development system to ensure that individuals at all skill levels are able to obtain the training and education they need to get and keep jobs that lead to economic security, while also ensuring that employers in high-growth and emerging industries are able to find qualified workers to fill current and projected job openings.

Accordingly, NASUAD is pleased to support a bipartisan effort to strengthen the law, the Workforce Investment Act of 2013 (S. 1356), and urges Congress to bring the bill to the floor. Introduced in July by Senator Murray (D-Wash.), and co-sponsored by Senators Harkin (D-Iowa), Alexander (R-Tenn.), and Isakson (R-Ga.), S. 1356 would enhance critical employment opportunities, research, and independent living services.

In particular, NASUAD supports the bill's inclusion of the reauthorization of the Rehabilitation Act, which would move the Independent Living Program from the Department of Education to the Department of Health and Human Services by establishing an Independent Living Administration within the Administration for Community Living (ACL). Such a change would better coordinate and emphasize the importance of independent living and disability-related research in the agency that is best equipped to guide those efforts, ACL.

NASUAD's letter of support for the Workforce Investment Act of 2013 (S.1356) is available [here](#). The text of S. 1356 is available [here](#).



[Check out NASUAD iQ!](#)

Hawaii HCBS Conference: A National Perspective for Local Aging and Disability Professionals

The Hawaii Executive Office on Aging has partnered with the NASUAD to host the **2013 Hawaii HCBS Conference**. Participants will include federal, state, and local policymakers and those who administer, manage and deliver waiver and other HCBS programs. Presentations and workshops will be provided from leaders from the U.S. Health and Human Services Administration; the National Association of States United for Aging and Disabilities; the National Association of Area Agencies on Aging; the National Council of Independent Living and many others on national trends and innovations in aging and disability programs.

When: December 2-5, 2013

Where: Hyatt Regency Waikiki Beach Resort and Spa, Honolulu, HI

[Click here](#) to register.

[Click here](#) to learn more.

From the Administration

Centers for Medicare & Medicaid Services

CMS Releases a Guidance Document on Existing External Quality Review Protocols for MLTSS Programs

On October 22, 2013, CMS posted a road map for states to use in interpreting and applying existing External Quality Review (EQR) protocols when assessing MLTSS program compliance. Federal law requires state Medicaid agencies that contract with managed care organizations (MCOs) to develop a state quality assessment and improvement strategy consistent with U.S. Department of Health and Human Services (HHS) standards. It also requires HHS to develop protocols for use by independent, external quality review organizations (EQRO) to evaluate and report on the quality, timeliness of, and access to, care and services provided by



Medicaid MCOs and prepaid inpatient health plans (PIHPs). These protocols were developed with a focus on acute and preventive medical services; however, states and EQROs have found that they do not easily translate to long-term services and supports. The technical assistance document is intended to provide guidance to states on how to apply the revised protocols for EQR of Medicaid MCOs, released in 2012, to MLTSS programs.

[Click here](#) to access the document.

[Click here](#) to view the October 22 informational bulletin.

Department of Health and Human Services

National Health Security Strategy Stakeholder Meetings

The U.S. Department of Health and Human Services (HHS) [Office of the Assistant Secretary for Preparedness and Response](#) (ASPR) is holding stakeholder meetings about the development and implementation of the 2014 National Health Security Strategy (NHSS). The meeting will be open to the public and available via webinar. For more information, email NHSS@hhs.gov.

When:

November 7, 2013 1:00-2:30 p.m. ET
November 12, 2013 1:00-4:00 p.m. ET

Where: Office of the Assistant Secretary for Preparedness and Response, Thomas P. O'Neill Federal Building, 200 C St. SW, Washington, DC 20024

Applying for Health Coverage through the Health Insurance Marketplace

The Department of Health and Human Services has released the following information for applying for health coverage. There are four basic ways to apply for health coverage through the Marketplace.

- Apply online. Visit HealthCare.gov to get started.
- Apply by phone. Call 1-800-318-2596 to apply for a



health insurance plan and enroll over the phone. (TTY: 1-855-889-4325)

- Apply in person. Visit a trained counselor in your community to get information and apply in person. Find help in your area at [LocalHelp.HealthCare.gov](https://www.localhelp.healthcare.gov).
- Apply by mail. Complete a paper application and mail it in. You can download the paper [application form](#) and [instructions](#) from [HealthCare.gov](https://www.healthcare.gov).

Before you choose a plan, you may want to explore your options. You can [use this calculator](#) to see if you qualify for lower costs on coverage and preview Marketplace plans [here](#).

Department of Labor

Home Care Final Rule Webinars

The Department of Labor has rescheduled their public webinars to help families, other employers, workers, and advocates learn more and ask questions about the Home Care Final Rule, which extended the FLSA's minimum wage and overtime protections to our nation's home care workers. Previously scheduled webinars had to be canceled due to lack of appropriations. Below are new webinar dates:

Northeast Region (ME, NH, VT, MA, RI, CT, NY, PA, NJ, DE, MD, DC, VA, WV, PR):

Previously scheduled for Thursday, October 3

New date: Thursday, October 31, from 1:00-2:30 pm Eastern Time

Western Region (AZ, NV, CA, OR, WA, ID, HI, AK):

Previously scheduled for Tuesday, October 8

New date: Tuesday, November 5, from 10:00-11:30 am Pacific

Midwest Region (OH, MI, IN, IL, WI, MN, IA, MO, NE, KS):

Previously scheduled for Thursday, October 10

New date: Thursday, November 7, from 12:00-1:30 pm Central

Southeast Region (KY, TN, NC, SC, GA, FL, AL, MS):

Previously scheduled for Tuesday, October 15

New date: Tuesday, November 12, from 2:00-3:30 pm Eastern Time, 1:00-2:30 Central

Southwest and Mountain Regions (LA, TX, AR, OK, NM,



CO, WY, UT, MT, ND, SD):

Previously scheduled for Thursday, October 17

New date: Thursday, November 14, from 2:00-3:30 pm

Central Time, 1:00-2:30 Mountain

You'll find more about the Final Rule along with webinar registration instructions at our new Home Care website, www.dol.gov/whd/homecare. **Note, though, that if you had already registered for your Regional webinar and plan on joining on your Region's new date, there is no need for you to re-register.**

[Click here](#) for more information and to register.

National Institutes of Health

Free Conference on Aging and Chronic Disease

The National Institutes of Health (NIH) has issued a reminder about the upcoming conference "Advances in Geroscience: Impact on Healthspan and Chronic Disease," developed by the [Trans-NIH GeroScience Interest Group](#) (GSIG) at the NIH, a recently formed group focused on the relationships between aging and age-related disease and disability. Fifty renowned scientists will discuss the extent to which the physiological effects of aging represent a common major risk factor for most chronic diseases affecting the aging population. Registration is free. The conference will be held on **October 30-31, 2013** at the Natcher Conference Center on the NIH campus.

[Click here](#) for more information and to register.

From Congress

OAA Reauthorization Bill Scheduled for October 30 Mark Up

Earlier this month, Senators Tom Harkin (D-Iowa), and Lamar Alexander (R-Tenn.), Chair and Ranking Member of the Senate Health, Education, Labor and Pensions (HELP) Committee, along with Sen. Bernie Sanders (I-Vt.), Chairman of the HELP Subcommittee on Primary Health and Aging, introduced a bipartisan bill to reauthorize the Older Americans Act (OAA) through 2018. The measure, the Older Americans Act



Reauthorization Act of 2013 (S. 1562), is the result of bipartisan negotiations on the part of the Committee and Subcommittee leadership.

The legislation, though more modest in scope than previous attempts to reauthorize the Act, represents a truly bipartisan effort to modernize the OAA. The bill maintains several NASUAD-member priorities, while addressing the concerns we had with earlier versions of the package.

NASUAD has formally endorsed the bill, and we encourage those who are able weigh in with their Members of Congress or release statements of support to do so, particularly those states or organizations with ties to the Senate HELP Committee.

The full HELP Committee is scheduled to meet on **Wednesday, October 30** to mark up the legislation. It is our understanding that S. 1562 is likely to be the final attempt to reauthorize the OAA in the current Congress, making the HELP Committee's approval extremely critical. NASUAD supports a continuation of the reauthorization process. Therefore, we encourage members of the HELP Committee to support the bill in its current form, which would afford the full Senate the opportunity to consider and debate S. 1562.

The text of the bill, as well as a one-page summary, is available [here](#).

NASUAD's Letter of Support for S. 1562 is available [here](#).

The Senate HELP Committee's Agenda for October 30th is available [here](#).

From Other Organizations

AARP Public Policy Institute

Medicaid HCBS Discussion Forum

Join the AARP Public Policy Institute on **October 30, 2013** for a discussion forum entitled, "Modernizing Medicaid: Putting Home and Community-Based Services on Equal Footing with Nursing Homes." The forum is designed to explore modernizing Medicaid to enable people who need long-term services and supports (LTSS) to live where they choose, including their own homes and communities. Please join AARP Public Policy Institute for a discussion of policy options and lessons learned in the states.



Forum Title: Modernizing Medicaid: Putting Home and Community-Based Services on Equal Footing with Nursing Homes

When: October 30, 2013, 9:30 - 11:30 a.m. ET (Continental breakfast will be available at 9:00 a.m.)

Where: Senate Russell Office Building, Room 325, Washington, DC

[Click here](#) to read more about the forum and to register.

The Growing Problem of Elder Abuse: A Discussion with Assistant Secretary Kathy Greenlee

AARP's recent blog post highlights issues of elder abuse: [The Growing Problem of Elder Abuse: A Discussion with Assistant Secretary Kathy Greenlee.](#)

In the post, ACL Administrator and Assistant Secretary Greenlee highlights the growing caseload with decreasing funding states have been facing in recent years. Currently, Greenlee explained, "It's hard to collect data on elder abuse. Each state has their own data with their own definitions [because] there is no national infrastructure. We have a system for child protective services, but we are not even close with adult protective services," she said. Greenlee supports the Elder Justice Act, and states that if the Act were to be funded, it would enable the Department of Health and Human Services to oversee federal resources to state APS programs.

AcademyHealth

Webinar: Helping Consumers Understand Premium Tax Credits, Avoid Re-payment Obligations, and Select Plans

As health insurance marketplaces open in every state, consumers are seeking to understand their eligibility for tax credits and cost-sharing reductions and how to use them as they shop among



qualified health plans. Manatt Health Solutions, with support from the State Health Reform Assistance Network (State Network), has prepared a series of slide presentations to help states and their "assisters" address some of the issues most confounding consumers.

Webinar #1: Advanced Premium Tax Credit Reconciliation

When: October 29, 2013 1:30 p.m. ET

[Register](#)

Webinar #2: Plan Selection Assistance

When: November 22, 2013 3:00 p.m. ET

[Register](#)

[Click here](#) for more information on the webinar series.

ADAP Advocacy Association

Webinar: Impact of the Affordable Care Act, Medicaid Expansion & Insurance Exchanges on HIV/AIDS and Viral Hepatitis Services

[The AIDS Drug Assistance Program \(ADAP\) Advocacy Association](#), in partnership with the [Community Access National Network](#) (CANN) [Great Lakes ADA Center](#), and [HealthHIV](#) is hosting an educational webinar. The webinar, themed "Impact of the Affordable Care Act, Medicaid Expansion & Insurance Exchanges on HIV/AIDS and Viral Hepatitis Services," will be open to all HIV/AIDS and Viral Hepatitis stakeholders nationwide.

Webinar Title: Impact of the Affordable Care Act, Medicaid Expansion & Insurance Exchanges on HIV/AIDS and Viral Hepatitis Services

When: November 6, 2013 2:00 - 3:00 p.m. ET

[Click here](#) to register for the webinar.

Aging Network Volunteer



Collaborative

Got an Hour? Give it Back Campaign

The Aging Network Volunteer Collaborative is excited to announce the launch of the "Got an Hour? Give it Back" Campaign to encourage community members to volunteer within the aging network.

The Campaign's website GiveitBacktoSeniors.org includes a search tool for individuals to find local volunteer opportunities with seniors in their neighborhoods. The search tool works in connection with the website VolunteerMatch.org. To assist with the launch of the campaign, all local programs are encouraged to post their volunteer opportunities on VolunteerMatch.org. This will help ensure that interested volunteers can find a variety of conveniently-located opportunities that can be one-time special events.

The ANVC is hosting a **webinar** on **October 30th** to learn more about the Campaign and receive a tutorial on posting your volunteer opportunities to the VolunteerMatch.org website.

Title: Got An Hour? Informational Webinar

When: October 30, 2013 12:00-1:00 p.m. ET

[Click here](#) to register for the webinar.

For any questions, please contact Rachel Feldman at rfeldman@nasuad.org.

American Society on Aging

Registration for ASA's Aging in America 60th Anniversary Conference Open

The Aging in America Conference will take place in San Diego on March 11-15, 2014. Attendees who register for the 2014 Aging in America Conference before November 15, 2013 will be entered to win a roundtrip ticket for Southwest Airlines. Learn from the experts and gain new insights from this community of 3,000 engaged professionals at the largest multidisciplinary conference on aging in the nation.



[Click here](#) for more information and to register.

Center for Health Care Strategies

Strategies to Reduce Costs and Improve Care for High-Utilizing Medicaid Patients: Reflections on Pioneering Program

Across the country, Medicaid stakeholders are exploring new ways to address the needs of the program's highest-utilizing patients. Super-utilizers make up only five percent of the Medicaid universe, yet these patients with complex needs account for more than 50 percent of overall program spending. This new Center for Health Care Strategies (CHCS) brief offers important insights for states, health plans, and providers looking to improve care delivery for Medicaid's sickest, costliest patients.

[Click here](#) to read the brief.

Families USA

New Story Collection Tool from Families USA

Families USA recently launched "My Coverage Story," a national project designed to collect and share stories from individuals who have enrolled in health coverage under the Affordable Care Act. If you or someone you know is enrolling in new health coverage, please share the story at www.mycoveragestory.org.

Institute of Medicine

Organizational Change to Improve Health Literacy - Workshop Summary

In early 2012, members of the IOM Roundtable on Health Literacy [published a discussion paper](#) that focused on the attributes of a health literate health care organization or system.



The paper detailed 10 attributes of a health literate health care organization, along with references and suggestions on how to achieve those attributes.

To examine what is known about implementation of the attributes of a health literate health care organization, the Roundtable on Health Literacy held a workshop on April 11, 2013. Workshop participants discussed topics ranging from implementation approaches to the creation of a network of health literacy implementers who can share information about health literacy innovations and problem solving. This document summarizes the workshop.

[Click here](#) to read the report online.

[Click here](#) for more information on the report.

National Center on Senior Transportation

Webinar Series on Senior Transportation

The National Center on Senior Transportation (NCST) is offering a [series of webinars](#) which will provide participants with ideas and practical suggestions on how to secure local match dollars for federal grants. The four webinars entitled, *Don't Gamble on Senior Transportation Funding: Winning Local Match for Federal Grants*, will offer expert presenters, resources, and brief practical homework assignments designed to impact participants' agencies directly. Throughout the webinars, participants will develop a working document that can be used as a planning tool for future local match funding solutions. In addition, participants will have the opportunity to discussions solutions with fellow participants through an online course forum.

The webinar dates are **October 30, November 13, and November 25**, and each one will take place at 2:00 p.m. ET.

[Click here](#) for more information on the webinars.

[Click here](#) to register for individual webinars.

National Council on Aging

Webinar: Keeping Pace with the



Affordable Care Act

The National Council on Aging (NCOA) and IlluminAge are hosting a webinar on **October 29, 2013** that will serve as a refresher on what is happening with the Affordable Care Act, and how it is impacting the aging and disability networks. Discover the latest on the Medicaid expansion, care coordination for individuals dually eligible for Medicare and Medicaid, and how the Health Insurance Marketplace works.

Webinar Title: Keeping Pace with the Affordable Care Act: What You and Your Clients Need to Know

When: October 29, 2013 1:30 - 2:30 p.m. ET

[Click here](#) to register for the webinar.

New Fact Sheet on SNAP Benefit Reduction

The 2009 Recovery Act's temporary boost to Supplemental Nutrition Assistance Program (SNAP) benefits is scheduled to end on November 1, 2013. Check out NCOA's new [fact sheet](#) which explains what this may look like for different households and how to offset the reductions with various income deductions. Also check out their [SNAP guide](#) to learn how to increase benefits for seniors using the medical expense deduction.

National Senior Citizens Law Center

NSCLC Webinar on the Affordable Care Act

The Affordable Care Act brings new opportunities and challenges for seniors, including the expansion of Medicaid in many states and enrollment in health insurance plans through marketplaces or exchanges beginning on January 1, 2014. This presentation will provide a summary of these changes and their impact on seniors. The presentation may be most relevant to people in states that are choosing to expand access to Medicaid, but all may participate.

This webinar will cover:

- What is expansion Medicaid and who is eligible
- What are the healthcare exchanges and who is eligible



- How are seniors impacted (or not impacted) by these programs, including a discussion of the transition from these programs when an individual turns 65 or obtains Medicare
- Other changes under the ACA impacting Medicare

Webinar Title: The Affordable Care Act: What it Means for Seniors

When: November 6, 2013 2:00 - 3:00 p.m. ET

[Click here](#) to register for the webinar.

Patient Advocate Foundation

Managed Care Terminology

The Patient Advocate Foundation has published a Glossary of Managed Care Definitions which provides a valuable resource for understanding managed care terminology. The full glossary can be found [here](#).

Robert Wood Johnson Foundation

The Dartmouth Atlas of Medicare Prescription Drug Use

A new report from the [Dartmouth Atlas Project](#) shows that the use of both effective and risky drug therapies by Medicare patients varies widely across U.S. regions, offering further evidence that location is a key determinant in the quality and cost of the medical care that patients receive.

[Click here](#) to read the press release.

[Click here](#) to read the report.

SAGE

Storytelling Contest for LGBT Older



Adults

With the goal of collecting stories of LGBT older adults who have spent their lives building their own families and communities, [Services & Advocacy for GLBT Elders \(SAGE\)](#) is holding a storytelling contest from **October 10 to November 6, 2013.**

The contest states: What does "community" mean to you? How do you stay connected to the people who matter most to you? By answering these questions, SAGE aims to draw on the unique life experiences of LGBT elders in order to diversify the public narratives on aging, long-term care and LGBT rights.

Visit [SAGE Story](#), an online story booth for digital submissions, and share your story! Submission deadline is **November 6, 2013 5 p.m. ET.**

[Click here](#) for more information about this initiative.

October Observances

October is National Disability Employment Awareness Month

Held each October, National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. The theme for 2013 is "Because We Are EQUAL to the Task."

[Click here](#) to learn more about the campaign.

Friday Updates Archive

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

Travel Rate Change

Tim Catherman, Director, Aging Operations



Effective October 1, 2013, the Commonwealth's Travel Regulations were updated to reflect new rates. Attached is a two page quick reference for in-state travel. The complete Commonwealth Travel Regulations can be found at: [Travel Regulations Effective 10/01/2013](#). Virginia's rates normally mirror the federal rates.

All travel reimbursements for meals, lodging, airfare, etc. are governed by the terms and conditions of the individual grant or contract. If the grant or contract is silent on reimbursement, the limitations in the Virginia Travel Regulations apply.

In other words, agencies or subcontractors that use federal, state, or local funds that are counted as match must not exceed state travel reimbursement limits. Nothing prohibits an agency from setting limits lower or more restrictive rates than those allowed by the state.

More information about this policy can be found at:
<http://www.vda.virginia.gov/policyupdate.asp>. Click on Travel Reimbursement Policy.

If you have any questions, please let me know.

Cognitive Training Study at George Mason University

Charlotte Arbogast, MSG, Dementia Services Coordinator

Recent work shows that cognitive training improves cognitive performance and integrity of brain structure and function. A research study conducted by the **Cognitive Aging Research Group at George Mason University is looking for individuals 60 years of age and older** for a study on the effects of cognitive training on memory, reasoning, and brain integrity.

Participation includes (1) a pre-training MRI scan of the brain (optional) and testing of memory and reasoning, (2) six weeks of cognitive training, and (3) a post-training MRI scan of the brain (optional) and testing of memory and reasoning. Patients with Mild Cognitive Impairment and people with memory problems may qualify for this study. Please call us at 703-993-9491 or send an email to coglab@gmu.edu.

(See attached flyer)

National Healthcare Decisions Day 2014

Kathy B. Miller, MS, RN, MSHA



What has been accomplished in the first 6 years of National Healthcare Decisions Day (NHDD):

- Over 3.0 million facility/organization staff members received NHDD/advance directive information or training
- At least 1.7 million members of the general public participated in NHDD events and/or were known to have received advance directive information
- Over 6.7 million people were exposed to NHDD via various social media outlets: [Facebook](#), [Twitter](#), and [LinkedIn](#)
- Over 29,000 advance directives were completed on the six NHDDs alone

To grow the above figures, now is the time to start ramping up. Here's a sampling of how you can help and what you can do:

- Be sure NHDD is on your calendar. If you have a schedule conflict on April 16, please use that day to promote your NHDD activities on whatever date you hold them. Of course, feel free to engage in week-long or month-long events/activities. Furthermore, feel free to have events earlier in the week and tell participants to use April 16 as their action day--the day to have the talk with loved ones and put wishes in writing.
- Local/state organizations and providers: be sure your peers and referral sources are involved and that any national organizations in which you participate are also involved.
- "Like" us on [Facebook](#). [Facebook](#) is a great way to spread the word, particularly among those who may not have routine exposure to the topic. We're currently at just over 3,000 "likes." Let's see if we can exceed 5,000 by April 16.
- Follow us on [Twitter](#) (@NHDD) and use the tag #NHDD) and join the various discussions at [LinkedIn](#)
- Put a link to www.nhdd.org on your social media/networking outlets and website. Help us reach out to those who haven't heard about NHDD.
- Be creative about who else should be involved. Advance healthcare planning is something that should be discussed in colleges, religious institutions, civic/service organizations, and elsewhere. Tell others about your NHDD experience and encourage participation/activities throughout the community.



- Consider serving as a state liaison. It's a truly rewarding job, and it's a great way to network within your state. If you are interested in serving as a state liaison, please click [here](#) if you are interested.
- Consider a donation. Although participation remains free, NHDD would not be possible without donations. We have provided all of the resources on the website on a shoestring budget and with the invaluable help of the small number of donors. If we received even a small donation from every participating organization, we would have funds to obtain professional media assistance to be sure that we make an even larger public splash this year. To donate easily click here: <http://www.nhdd.org/donate> or send checks payable to: National Hospice and Palliative Care Organization, Attn: NHDD. Note: NHPCO has kindly set up a dedicated account for NHDD funds.

Dollar Limits on Travel *

Area	Lodging	Meals and Incidentals
Standard (Most of Virginia)	\$ 83	\$ 41
Abingdon (Washington County)	95	46
Blacksburg (Montgomery County)	97	46
Charlottesville (Counties of Albemarle & Green)	126	56
Chesapeake & Suffolk – Sept. thru May / June thru August	83 / 85	56
Fredericksburg (City and Counties of Caroline, Spotsylvania & Stafford)	85	56
Loudoun County	105	61
Lynchburg (Campbell County)	85	51
Manassas (City Limits and Prince William County)	88	56
Norfolk & Portsmouth	89	61
Prince William County	88	56
Richmond (City Limits)	114	66
Roanoke (City Limits)	97	51
Virginia Beach – Sept. thru May / June thru August	94 / 166	56
Wallops Island (Accomack County) – Sept. thru June / July & August	88 / 133	56
Warrenton (Fauquier County)	111	46
Washington, D.C. (Cities of Alexandria, Fairfax, Falls Church; Counties of Arlington, Fairfax) – July & August / Sept. & Oct. / Nov. thru Feb. / March thru June	167 / 219 / 184 / 224	71
Williamsburg (Counties of James City & York) Sept. thru Oct. / Nov. thru August	83 / 93	51

* As of October 1, 2013

Meals and Incidentals

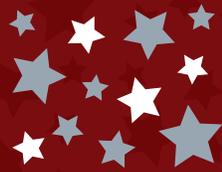
Total	\$41	\$46	\$51	\$56	\$61	\$66	\$71
Breakfast	7	7	8	9	10	11	12
Lunch	11	11	12	13	15	16	18
Dinner	18	23	26	29	31	34	36
Incidentals	5	5	5	5	5	5	5
75% on Departure or Return Days**	\$32	\$36	\$40	\$44	\$47	\$51	\$55
Departure or Return Day w/ Lunch Provided	\$23.75	\$27.50	\$30.50	\$33.50	\$35.75	\$38.75	\$41.00

Mileage Rate

56.5 cents per mile (current IRS rate) when using a personal vehicle is cost justified or a state vehicle is not available

24.6 cents per mile when a personal vehicle is elected for convenience.

* As of October 1, 2013



NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

On April 16, join Americans across the country to talk to others about your future healthcare decisions and complete your advance directive!

Facts

All healthcare institutions are required to:

- Provide information about health care decision-making rights.
- Ask all patients if they have an advance directive.
- Educate their staff and community about advance directives.
- Not discriminate against patients based on an advance directive status.

.....
According to the Pew Research Center's study in 2006:

- 71% of Americans have thought about their end-of-life treatment preferences
- 95% had heard of a living will
- 29% had a living will

Problem to Solve

Despite recent gains in public awareness of the need for advance care planning, studies indicate that most Americans have not exercised their right to make decisions about their healthcare in the event that they cannot speak for themselves.

Solution

The National Healthcare Decisions Day, April 16, will help Americans understand that making future healthcare decisions includes much more than deciding what care they would or would not want; it starts with expressing preferences, clarifying values, identifying care preferences and selecting an agent to express healthcare decisions if patients are unable to speak for themselves.

The National Healthcare Decisions Day (NHDD) initiative is a collaborative effort of national, state and community organizations committed to ensuring that all adults with decision-making capacity in the United States have the information and opportunity to communicate and document their healthcare decisions.

Action

National Healthcare Decisions Day will leverage participating organizations' efforts and commitment to:

- ★ **Increase awareness** of the benefits of advance care planning so that Americans will be familiar with how to obtain and complete a healthcare power of attorney and/or living will, and talk to others about their decisions.
- ★ **Rally** a national media campaign so that Americans will know how to access information and resources to help them make future healthcare decisions.
- ★ **Mobilize** national, state and community organizations, healthcare providers and other key stakeholders to initiate outreach and educational activities for people to learn about advance care planning and complete advance directives and to honor those wishes when they become clinically relevant.

In its first four years (2008-2011), NHDD achieved the following:

- Both houses of Congress as well as several states and local jurisdictions formally recognized NHDD.
- Over 110 national organizations participated.
- Over 1,200 state and local organizations participated.
- The US Army and Navy had bases participating worldwide.
- Over 2.2 million facility/organization staff members received advance directive training.
- Over 1 million members of the general public participated in NHDD events.
- Over 17,500 advance directives were completed on NHDD alone.
- There was a variety of coverage in newspapers, TV, radio, and the internet.
- Over 2 million people were exposed to NHDD via Facebook, Twitter and LinkedIn.

Activities to Address the Problem

Community Engagement

Develop and distribute free outreach materials and engagement strategies for professionals, providers, volunteers and stakeholders to encourage people in their communities to take action such as completing an advance directive and/or talking to their loved ones about their future healthcare decisions.

National Media Campaign

Develop national communication tools including Public Service Announcements, advertisements, flyers and news stories to publicize National Healthcare Decisions Day activities and advance care planning resources.

Resources for the General Public

Provide clear, concise and consistent information about advance directives, how to obtain them, and how individuals and families can easily make important decisions before a serious illness at www.nationalhealthcaredecisionsday.org or www.nhdd.org.

Virtual Resource Library

Collect and create an online directory of model programs, "best practices" and educational resources that participating organizations can use to enhance their advance care planning activities or systems.

For more information, program ideas, and to confirm participation, please visit www.nationalhealthcaredecisionsday.org or www.nhdd.org

National Healthcare Decisions Day is April 16



**NATIONAL HEALTHCARE
DECISIONS DAY**
★ *your decisions matter* ★