



VDA WEEKLY E-MAILING
November 26, 2013

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NASUAD Friday Update

Cecily Slasor, Administrative Support

Here is a link to the weekly newsletter from NASUAD

<http://archive.constantcontact.com/fs163/1109249143446/archive/1113206599203.html>

ACL Newsletter

Cecily Slasor, Administrative Support

Here is a link to the weekly newsletter from the Administration for Community Living (ACL)

http://www.acl.gov/NewsRoom/eNewsletter/archive/2013/eNews_Nov_W3.pdf

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.



Guidance Document: Take home, Emergency, and Breakfast Meals for Congregate Nutrition Participants

Elaine S. Smith, MS, RD, Program Coordinator

DARS-VDA has reviewed the practice of providing additional take home, emergency, and breakfast meals for congregate nutrition participants and developed guidance for AAAs. The guidance document is posted on the VDA website under the Congregate Nutrition Program at <http://www.vda.virginia.gov/pdfdocs/Guidance%20on%20Additional%20Meals.pdf>

VA Department of Fire Programs Launches New App “FireSafe Family VA”

Tim Catherman, Director Aging Operations



*Commonwealth of Virginia
Office of Governor Bob McDonnell*

November 25, 2013

Dear Fellow State Employees:

As Secretary of Public Safety, it is my job to improve the safety and security of all the citizens of the Commonwealth. As Thanksgiving approaches, with the potential dangers of house and cooking fires that come with it, I would like to introduce you to a new free resource to help reduce the chance of a fire in your home and to prepare your family with a plan in case that unfortunate situation did occur. I am pleased to announce that the Virginia Department of Fire Programs has launched their new app entitled “FireSafe Family VA”. This mobile application can be downloaded for free on iPhones, iPads, and Android devices by searching the App Store or Google Play Store for “FireSafe Family VA” or by going to www.vafire.com. The app allows each family to create their own home escape plan; learn about fire safe activities; and includes an educational and interactive fire extinguisher game. Please take a moment to download and explore all this app has to offer so that we can create a more Fire Safe Virginia. Have a happy and safe holiday season.



Sincerely,

Bryan Rhode

Secretary of Public Safety

On-Demand PTSD Webinar/Behavioral Health Training Forum

James A. Rothrock, Commissioner



**Free Audio Only
On-Demand Webinar:**

**Downloading Treatment for
PTSD: Digitally Delivered,
Evidence-Based Tools for Self-
Administered Healing**



This **complimentary on-demand webinar (audio only)** presented by **Belleruth Naparstek, Founder of Health Journeys** will cover:

- Uploads, Apps and Avatars: Practical, Effective New Approaches
- Benefits of Electronic Self-Help
- Effective, Downloadable Methods for Combat Stress, PTS & MST
- Evidence for the Efficacy of Guided Imagery and Other Immersive Mind-Body Tools
- The latest uses of virtual technology for training and treatment

Please note that this webinar is audio only, but you can download part one presentation slides here

Part two of the presentation is called **Lessons Learned from Treating PTS: Soldiers Teach Therapists about Do's, Don't's & Understanding Military Culture** and will cover:

- Hard Lessons Learned for BH from Soldiers & Veterans over the Past 10 Years
- Warrior Values, Norms & Language
- Tips for Therapists from Soldiers: What to Do, What Not to Do
- Effective Methods for Combat Stress, MST and PTS
- Evidence for the Efficacy of Guided Imagery and Other Immersive Mind-Body Tools

Click part two on the left hand control panel to view. Download part two presentation slides here. This is a must watch for all military healthcare professionals, industry and independent physicians.

>> Watch Webinar Now <<

Last Chance to Save \$400 on:



Military Behavioral Healthcare Training Forum
February 19-21, 2014 | Washington D.C
www.MilitaryBehavioralHealthcare.com | [View](#)
Full Agenda

IDGA is proud to announce it's 2nd Annual **Military Behavioral Healthcare**. There is still much to be learned in the field of military behavioral health and our roster of **high profile speakers** will discuss the major concerns for medical professionals. **Earn 20 CME credits at this Forum!**

This timely event will feature **in-depth sessions on post traumatic stress disorder, depression, suicide, and substance abuse**. It will also cover the implications and preventative measures that may be taken to decrease behavioral health problems. **Earn 20 CME credits** by attending this forum.

For more information or to register, **email us** or contact IDGA at **1-800-882-8684**. **Group booking discounts available**. Please use **promo code 1-6016310913** when **registering**.

IDGA is not affiliated with the U.S. Government or any branch of the Armed Forces

Sent by : **IQPC North America**

535 Fifth Ave, 8th Floor New York, NY 10017, USA

New Memoir About Financial Exploitation and Elder Abuse

Gail S. Nardi, Director Adult Protective Services Division, DARS

You may be interested in a memoir that has just been published about a real-life situation involving financial exploitation and elder abuse. Here is more information:

Deliberate Accident-The Possession of Robert Sturges By Barbara S. Cassidy, RN, BSN, MA



What would you do to protect your father from a cougar intent on stealing dear Dad blind? He is slipping into the recklessness of dementia and the fog of indecision and fear. He is forgetting where he is and whom he married. He gets himself in trouble with the law even though he had been a prominent Cleveland attorney with a superior education and an unblemished career, that is, until he met her. She authored his Pre-Nuptial agreement and gave herself the license to steal and incapacitate. There is a covert team of criminals out there, migrating toward your parent. How would you keep your Dad safe? How would you stop the chaos?

Deliberate Accident: The Possession of Robert Sturges is a memoir about my Dad's last 10 years of life. This is a courtroom and police tale set in both Ohio and Florida about a man victimized by someone he thought he loved and married, until he forgot who she was.

Publisher: BookCrafters (Parker, Colorado); <http://BookCrafters.net>

Also available on amazon.com at:

http://www.amazon.com/Deliberate-Accident-Possession-Robert-Sturges/dp/1493780859/ref=sr_1_2?s=books&ie=UTF8&qid=1385060335&sr=1-2&keywords=Deliberate+Accident

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State Budget Hearings January 3, 2014

Tim Catherman, Director Aging Operations

Please see the attached flyer which details public hearings being held by the House Appropriations and Senate Finance Committees on January 3, 2014. The purpose of the hearings is to receive comments on the Governor's proposed 2014-16 biennial state budget.



COMMONWEALTH OF VIRGINIA
GENERAL ASSEMBLY

PUBLIC HEARINGS NOTICE

GOVERNOR'S PROPOSED 2014-2016 BIENNIAL STATE BUDGET

NOTICE IS HEREBY GIVEN THAT THE HOUSE APPROPRIATIONS AND SENATE FINANCE COMMITTEES OF THE VIRGINIA GENERAL ASSEMBLY WILL HOLD REGIONAL PUBLIC HEARINGS ON THE GOVERNOR'S PROPOSED 2014-2016 BIENNIAL STATE BUDGET, AS FOLLOWS:

FRIDAY, JANUARY 3, 2014

(Hearing begins at 10:00 a.m.)

- **Fairfax County** – Fairfax County Government Center, Board of Supervisors Auditorium

FRIDAY, JANUARY 3, 2014

(Hearings begin at 12:00 noon)

- **Harrisonburg** – James Madison University, Festival Student and Conference Center
- **Hampton** – Thomas Nelson Community College, Auditorium
- **Blacksburg** – Virginia Tech, Graduate Life Center
- **Richmond Area** – General Assembly Building, House Room D

The purpose of the hearings is to receive comments on the Governor's proposed 2014-16 biennial state budget. Those persons wishing to speak may register at each hearing site **no earlier than one hour prior** to the start of the hearing.

Speakers will be taken in the order of registration. Each person may register only one speaker at a time. Speakers are asked to limit their comments to three minutes or less. Speakers representing groups and organizations should consolidate remarks to reduce duplication. Persons unable to attend may comment in writing to either:

Delegate Lacey E. Putney
P.O. Box 406
General Assembly Building
Richmond, Virginia 23218

OR

Senator Walter A. Stosch
P.O. Box 396
General Assembly Building
Richmond, Virginia 23218

Accommodations for individuals with hearing impairment may be made by calling (804) 698-7480 beginning Monday, December 2, 2013. All requests for individuals with hearing impairment must be received by 5:00 p.m., Friday, December 20, 2013.