



VDA WEEKLY E-MAILING

February 11, 2014

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ACL Weekly Update

Here is a link to the weekly Administration for Community Living (ACL) update:

<http://www.acl.gov/NewsRoom/eNewsletter/Index.aspx>

NASUAD Weekly Update

Here is a link to the weekly National Association of States United for Aging and Disabilities (NASUAD) update where you can sign up or view the current and archived editions:

http://www.nasuad.org/newsroom/friday_updates/friday_updates.html

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

1610 Forest Avenue • Suite 100 • Henrico, VA 23229
Office 804.662.9333 • Toll free 800.552.3402 • TTY users dial 711 • Fax 804.662.9354



2014 Poverty Guidelines

Tim Catherman, Director of Aging Operations

On January 24, 2014, the US Department of Health and Human Services announced updated poverty guideline guidelines for 2014.

The 2014 Poverty Guidelines for the 48 Contiguous States and the District of Columbia	
Persons in family	Poverty guideline
1	\$11,670
2	15,730
3	19,790
4	23,850
5	27,910
6	31,970
7	36,030
8	40,090
For families with more than 8 persons, add \$4,060 for each additional person.	

The [Federal Poverty / VDA Sliding Fee Scale - Majority VA](#) and [Federal Poverty / VDA Sliding Fee Scale - Northern VA](#) charts will be updated effective March 2014.

If you have any questions about the reporting requirement, please contact Leonard Eshmont or me.



Older Americans Month Theme 2014 Announced

Tim Catherman, Director Aging Operations

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the theme

Safe Today. Healthy Tomorrow.

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in millions of medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

Information to help your organization celebrate Older Americans Month will be coming soon!

Board & Advisory Council Handbook for Virginia's AAA's

Tim Catherman, Director Aging Operations

The Board & Advisory Council Handbook for Virginia's Area Agencies on Aging has been updated. It includes the information shared through the DARS Better Governance Initiative other communication including information on the Conflict of Interest policy and forms and clearer information on procurement policy requirements, etc. The Handbook is a good learning tool for any new or existing board/advisory council member. The Board & Advisory Council Handbook is available at

<http://www.vda.virginia.gov/aaalderguidance.asp>

Save the Date and Time. The next DARS Better Governance webinar will be on Fundraising, March 19 at noon. Registration information will be available within two weeks.

Section Q Statewide Webinar Training

Katie Roeper, Assistant Commissioner, Division for the Aging

DARS/DMAS will host a **Section Q Statewide Webinar Training** for all LCAs on **Tuesday, February 25, 2:00 – 3:30**. The training will review policies and protocol, update on progress



to date, address challenges, and will demonstrate a small but important change in the technology. There will also be an opportunity for Q&A.

The training is:

Required for all Section Q staff (anyone in your agency who may receive a Section Q referral from a Nursing Facility)

Recommended for Supervisors of Section Q staff, and

Optional for Executive Directors of all Local Contact Agencies (LCAs).

Please register for the webinar training by clicking on the link below.

Section Q Training Event

[Join us for a Webinar on February 25](#)

REGISTER NOW

Reserve your Webinar seat now at:

<https://www1.gotomeeting.com/register/879484736>

Section Q business process and technical training.

Title: *Section Q Training Event*

Date: Tuesday, February 25, 2014

Time: 2:00 PM - 3:30 PM EST

After registering you will receive a confirmation email containing information about joining the Webinar.

Audio participation: 1-866-842-5779 code 8046629321.



System Requirements

PC-based attendees

Required: Windows® 8, 7, Vista, XP or 2003 Server

Mac®-based attendees

Required: Mac OS® X 10.6 or newer

Mobile attendees

Required: iPhone®, iPad®, Android™ phone or Android tablet

2014 MetLife Foundation/Generations United Best Intergenerational Communities Award

Ellen M. Nau, MA, Program Coordinator

Reston, Virginia is one of MetLife Foundation/Generations United 2014 Best Intergenerational Communities Award Winners! **Maricopa County, AZ; City of Parkland, FL;** and **Village of Shorewood, WI** are also winners and will be presented awards on March 25, 2014 in Washington, D.C. 2014 National Finalists included **Miami Gardens, FL** and **Rye, NY**.

An “intergenerational community” consists of individuals of all ages who are an integral part of the community, as “reflected in the families, structures, facilities and services that children, youth and older adults encounter in the community as well as in day-to-day interactions and relationships. Partnerships between local government, older adult-living facilities, schools, after-school programs, businesses, local cultural and community organizations and services, families, older adults, youth and children are essential to be consider intergenerational,” according to Generations United and the Reston Association website.

Reston was founded in the 1960’s, and is Virginia’s first planned community.



Seeking Generational Families for Interviews

A reporter is seeking a multi-generational families to interview for a potential story in an established national magazine. Potential candidate is a non-traditional family that is struggling economically and is willing to speak briefly on-record about the situation. In return, a financial adviser will assist them. If you know of any such family and could pass along their names and contact information to Generations United's Communication Specialist [Alan King](#)

Best Intergenerational Programs

Does your agency have an elite intergeneration program? If you do, Generations United is asking you to apply for their best intergenerational program award. The deadline to apply is May 1, but Generations United is happy to accept your application immediately. Contact [Leah Bradley](#) with any questions. [Learn more](#)

LIVE LONG AND STRONG:

CELEBRATING AGING AND MINORITY WOMEN'S HEALTH

James Rothrock, Commissioner, for Carmen Sanchez, Administration for Community Living

Attached please find the SAVE The DATE for our scheduled "Living Long and Strong Celebrating Aging and Minority Women's Health" webinar on March 14, 2014. I would appreciate it if you can disseminate to your partners. The agenda and Log in information will be forthcoming.

Thank you,
Carmen Sanchez
Aging Program Specialist
Administration for Community Living
Region II,III
212-264-3638
carmen.sanchez@acl.hhs.gov<<mailto:carmen.sanchez@acl.hhs.gov>>



Woodrow Wilson Rehabilitation Center Empowerment through Communication (ETC) Program

James A. Rothrock, Commissioner

“The ETC program is a 2 week program for individuals that own a communication device already, but need to become proficient in use. Clients work all day every day during this program learning to navigate through the device while acquiring communication skills that are specific to the needs of this particular population.” If you are interested in the program, please send me an email to James.rothrock@dars.virginia.gov

Northern VA Mediation Service Seminar

Tim Catherman, Director Aging Operations

The Northern Virginia Mediation Service {NVMS} is sponsoring a free seminar on tips for tackling difficult topics with elders and their families. NVMS has an excellent reputation for providing mediation and conflict resolution services. As you can see below, this session is designed for professionals as well as volunteers and family members themselves. Please ask questions of and RSVP directly to NVMS. We are very lucky that NVMS is providing this program to us at no cost.

Free Seminar: *We Need To Talk, Better Family Conversations About Aging Issues*

Presented by: Northern Virginia Mediation Service

Is your family having trouble discussing sensitive topics related to the transitions of aging? This seminar is for you! Learn tips for improving conversations about care giving, independence, finances, medical decisions and more. Learn what to say and what not to say, so your family can reduce stress and move toward solutions.

Speakers: *Jeannette Twomey, Virginia Certified Mediator and Conflict Resolution Specialist; and Sharon Schroer, Communication Coach and Conflict Resolution Specialist*

Date: Thursday, February 27th, 2014

Time: 9:30am -11:00am

Location: 4041 University Drive, Suite #101

Fairfax, VA 22030



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

Admission: FREE, please RSVP by Monday, February 24th, 2014 to (703) 865-7263 or clientservices@nvms.us

Best regards,

Perrin Scanlon

Alternative Dispute Resolution Programs Manager

Northern Virginia Mediation Service

Direct Line: (703) 865-7263

Fax (703) 246-8992

clientservices@nvms.us

www.nvms.us



PLEASE NOTE: *According to the laws of Virginia, any and all written or verbal communication relating to the mediation process is confidential and excluded from use in any parallel processes such as court proceedings or counseling sessions. Mediators and support personnel will not reveal any content relating to or resulting from inquiries, intakes, or mediation sessions itself unless required to by statutory exceptions.*

If you are not the person this email is addressed to and have received this email in error, please notify us immediately. For a better understanding of the statutes, you may review Virginia Code Sections 8.01-581.21 through 8.01-581.23 and 8.01-576.4 through 576.12.

Tobacco Cessation Webinar and Resource Guide for Persons with Disabilities

April Holmes, Program Coordinator, for B.A. Caro-Justin, VDH Tobacco Use Control Project

I am sending you the following information regarding a webinar that is being held on February 19, at 2:00 pm. It is an issue that I have discussed at our meetings regarding the importance of addressing how tobacco can have an impact in persons who have intellectual and developmental disabilities. The other issue I have spoken about is the effects of second hand smoke and third hand smoke that a health aide who smokes brings back into a room where they may be serving a person with IDD. WE are also interested in addressing smokefree worksites...and can provide resources to assist you.



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

The webinar is a great way to bring this topic to your attention. The webinar is being provided by Michigan's ARC and there is no cost to participate. If you have questions, please contact me or a member of our Tobacco Use Control staff:
Rita.Miller@vdh.virginia.gov gina.roberts@vdh.virginia.gov or
Jayne.flowers@vdh.virginia.gov all of us care and are ready to assist you.

Thank you for your interest and continued support.

*B.A. Caro-Justin
Training and Media Coordinator
Virginia Dept. of Health
Office of Family Health Services
Tobacco Use Control Project
109 Governor Street - 9th Fl Richmond, Virginia 23219
804-864-7876 /864-7877
804-864-7748 FAX
ba.caro-justin@vdh.virginia.gov*



Tobacco Cessation for Individuals with Disabilities, is a webinar hosted by The Arc, to reveal the prevalence and patterns of tobacco use in individuals with Intellectual and Developmental Disabilities, and the impact tobacco use can have on health and finances. The webinar will be held on February 19, 2014 at 2:00pm ET.

Annual Community Forum on Aging

Tim Catherman, Director Aging Operations

The 32nd Annual Community Forum on Aging will be held March 4, 2014 at the Christopher Newport University Ferguson Center. For more information see the attached flyers.

**LIVE LONG AND STRONG:
CELEBRATING AGING AND MINORITY WOMEN'S HEALTH
U.S. Department of Health & Human Services (HHS)
REGIONS I,II,III**

SAVE THE DATE

DATE: FRIDAY, March 14th, 2014

TIME: 9AM-12PM ET

Our goal is to present the benefits of two national policies promoting public health and healthcare services — the Affordable Care Act and the enhanced Culturally and Linguistically Appropriate Services (CLAS) Standards in Health and Health Care. Information on promising practices promoting health, wellness and resiliency among minority women aged 55 and over also will be shared.

Target audience: Federal, State and Local Government partners, State Agency on Aging Directors, community-based health and social services program staff, public health professionals and others working in programs addressing aging women's health and minority health issues.



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

ANNOUNCEMENT: WOODROW WILSON REHABILITATION CENTER

MARK THE DATE!!!! 😊

The next Empowerment Through Communication (ETC) program will be June 16th – 27th 2014

See below for details on this exciting program, with a particular focus upon transition students:



The Empowerment Through Communication (ETC) Program: The ETC program is a 2 week program for individuals that own a communication device already, but need to become proficient in use. Clients work all day every day during this program learning to navigate through the device while acquiring communication skills that are specific to the needs of this particular population. Examples include utilizing AAC during interviews, in employment settings, in college, and in social settings including social media. Students receive an additional benefit of participating in this group treatment program by developing peer relationships wherein all participants have similar needs and subsequently can encourage each other.

Woodrow Wilson Rehabilitation Center offers housing options for individuals who require nursing assistance via Rothrock Hall, and for those with more independence there are residential dorm options.

For additional information please contact Ginger Shifflett, M.S. CCC-SLP at 1-800-345-9972 then dial in 540-332-7091 or email at Ginger.Shifflett@wwrc.virginia.gov



We Need To Talk

Better Family Conversations About Aging Issues

Free Seminar

Presented by: Northern Virginia Mediation Service

Is your family having trouble discussing sensitive topics related to the transitions of aging? This seminar is for you! Learn tips for improving conversations about care giving, independence, finances, medical decisions and more. Learn what to say and what not to say, so your family can reduce stress and move toward solutions.



Speakers: Jeannette Twomey, Virginia Certified Mediator and Conflict Resolution Specialist; and Sharon Schroer, Communication Coach and Conflict Resolution Specialist

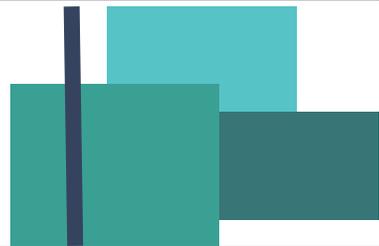
Date: Thursday, February 27th, 2014

Time: 9:30am –11:00am

Admission: FREE, please RSVP by Monday, February 24th, 2014

Location: 4041 University Drive, Suite #101
Fairfax, VA 22030

RSVP for this event at 703.865.7263 or clientservices@nvms.us



Elder Decision Making Services

NVMS offers personal coaching and practical, skills-based training to help families and caregivers have better conversations about aging issues.

Please visit our website for more information about these services and rates at <http://www.nvms.us/elder-decisions/>

TEACH THINK TRANSFORM

Quitline Resource Guide

What is Quit Now Virginia?

Quit Now Virginia provides free information and coaching by telephone or online to residents who want to quit smoking or using tobacco. The counseling offered by the specially trained Quit Coaches, combined with medication prescribed by healthcare providers, give the patient the best chance of quitting successfully.

QUIT NOW VIRGINIA
Tobacco Cessation Services
1-800-QUIT NOW / 1-800-784-8669
QUITNOW.NET/VIRGINIA

Quit Now Virginia Services:

- **Available 24 hours a day/ 7 days a week**
- **Qualified Quit Coaches**
- **One-on-one cessation assistance**
- **Service provided to all Virginian residents, ages 13 +**
- **TTY service available for the hearing impaired**
- **Counseling available in English and Spanish**
- **Tailored services for pregnant women**
- **Information and self-help materials are available**
- **Free and confidential**

Cigarette smoking is the leading cause of preventable disease in the United States.

It accounts for about 443,000 deaths each year, or about 20 percent of all deaths — some 50,000 of them from secondhand smoke.

- **Nicotine dependence is the most common form of chemical dependence in the United States.** Research suggests that nicotine may be as addictive as heroin, cocaine or alcohol.
- **One of the most difficult things to do is quit using tobacco.** It often takes several attempts. Users often relapse because of stress, weight gain and withdrawal symptoms.
- **Help is a click or call away.** Trained Quit Coaches are ready to help set a quit date, make a quit plan and support a tobacco free life!
- **Evidence-based services.** Counseling is targeted for diverse populations.

YOU CAN INTEGRATE QUITLINE FAX REFERRAL INTO YOUR PRACTICE

● What is the Quit Now Virginia Fax Referral?

The Fax Referral is the patient's direct link to the Virginia tobacco user Quitline. With the Fax Referral, tobacco users no longer have to take the first step in calling the Quitline - a Quit Coach will proactively contact the tobacco user to provide assistance after the fax referral form has been completed and signed. The Quitline will also send materials tailored to your patient. All services are **free**.

● How does the Fax Referral work?

The Fax Referral gives tobacco users the option of having a Quit Coach contact them to provide an individualized quitting intervention. A clinician is able to assist the tobacco user by referral to a Quit Coach to help with the quit attempt planning, strategies for coping with urges and stress, and obtaining social support.

After the patient gives informed consent, the signed form is sent to the Quitline. A Quit Coach then contacts the tobacco user within 48 hours of receiving the form to begin the intervention. The Quitline has Spanish speaking Quit Coaches and translation services and materials are available in a variety of languages.

● Is the Fax Referral data confidential?

Yes. By providing consent, tobacco users agree to have the Quitline contact them and share the intervention results with a healthcare provider. The consent does not authorize the release of any personal information to other parties. The Quitline complies with all HIPPA regulations.

● What is the Benefit to the Medical Practice?

It is extremely important that tobacco dependence treatment be systematically integrated into routine medical practice. The Fax Referral protocol is a free service clinicians can offer to a tobacco dependent patient. It can easily be integrated into a medical practice by implementing procedures that are tailored to each practice to ensure completion of the following steps, regardless of the patient's reason for the office visit:

A FAX REFERRAL INTERVENTION IN FIVE EASY STEPS

1. **ASK:** Identify tobacco use.
2. **ADVISE:** Talk with patient about tobacco use.
3. **ASSESS:** Determine if patient is willing to make quit attempt at this time.
4. **ASSIST:** If patient is ready to quit, prescribe medication (if appropriate).
5. **ARRANGE:** Refer patient to Quit Now Virginia by sending fax form or providing Quitline brochure.

The VDH Tobacco Use Control Project's (TUCP) mission is to promote comprehensive tobacco use control and help empower Virginians to become full participants in a healthy lifestyle.

Visit www.vdh.virginia.gov/ofhs/prevention/tucp for additional information, forms, data and statistics and health district profiles.

The Centers for Disease Control and Prevention (CDC) Office on Smoking and Health provides grant funding to support all components of Quit Now Virginia services.



Tobacco User Quitline

1-800- QUIT NOW (1-800-784-8669)

Quitnow.net/Virginia

The 32nd Annual Community Forum on Aging

Health & Well Being Event for Mature Adults
and Senior Care Professionals



Tuesday, March 4, 2014

Deadline for Pre-Registration: Tuesday, February 4, 2014



Keynote Speaker Dr. Joan Vernikos

Dr. Joan Vernikos is a well-known expert in stress management and healthy aging. Since retiring from NASA, she has committed to bringing her knowledge and insights on healthy living to the general public. Her book, *Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness and Early Death - and Exercise Alone Won't* (2011) shows how modern sedentary lifestyles contribute to poor health, obesity, and diabetes; and how health can be dramatically improved with continuous, low-intensity movement that challenges the force of gravity.

Initially recruited by a nascent NASA for her stress expertise, Dr. Joan later pioneered research on how living in a micro-gravity environment adversely affected the health of astronauts. In 1993 she was promoted to Director of Life Sciences for NASA, and was instrumental in the return to space of American hero John Glenn at the age of 77.

Dr. Joan's research and observations led her to conclude that managing stress and effectively using gravity in daily life are the keys, not only to healthy aging, but for all of us in our quest for good health and well-being.



Keynote Speaker sponsored by Virginia
Health Services (VHS)

Schedule of Events

Welcome to the
Ferguson Center for the Arts at
Christopher Newport University

8:00 am - 9:00 am
Registration and
Continental Breakfast

8:00 am - 12:00 pm
Wellness Café

8:00 am - 12:30 pm
Exhibition Area Open

9:00 am - 9:45 am
Keynote Speaker

10:15 am - 11:00 am
Workshop of Choice

11:30 am - 12:15 pm
Workshop of Choice

12:30 pm - Professional Networking
and Workshop



- Keynote Speaker
- Seven informative sessions for the general public & professionals
- Wellness Café
- Numerous vendors

Sponsors



RIVERSIDE

Lifelong Health & Aging Related Services



Newport News Parks,
Recreation and Tourism's
Active Lifestyles Program

The Forum is presented by
Peninsula Agency on Aging
& Christopher Newport
University.

Workshops for Seniors, Caregivers & Professionals

1 Aging With Honor: Understanding Your VA Benefits & Services



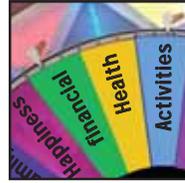
This workshop will highlight the quality healthcare services offered to Veterans at the Hampton VA Medical Center. For both male and female

Veterans, services include primary to specialized care, extended care, low-vision care, mental health treatments, and a prescription drug pharmacy. Experiences unique to wartime Veterans; especially those from the Vietnam War Era, will be discussed during this workshop

Presenter: Jeffrey Pearsons
Department of Veteran's Affairs

2 Expand Your World: The Wheel of Life Game Show

Do you feel like aging has put you in the game of jeopardy? Are you ready to challenge yourself and learn something new in the aging field? Do you want to be responsible for the direction of your life? Join game show hosts, "Jerry Playjak", and "Banana White" as you seek your fortune and make a deal to play the Wheel of Life. The price of life is free - come play



Presenters: Catharine Yusuf
Newport News Parks, Recreation & Tourism

Jerry Dodson
PAA Volunteer

3 Safety Awareness

You don't have to be a crime victim at any age, but especially as a senior citizen. You have the right to fight back if you fear for your life. But what are you going to do? With a little awareness, a few good moves could frighten the assailant and give you the chance to get away.

You just have to learn the 3 B's:

- Be Aware
- Be Prepared
- Be Willing to Take Action

Presenter: Vickie Gaffney, CRO
Newport News Sheriff's Department

4 The Aging Brain



This workshop will help shine a light on how mental activity is affected by normal aging, as well as by diseases such as

Alzheimer's and other dementias. Participants will learn about new discoveries in the area of aging, like minimal cognitive dysfunction; and tricks one can use to maintain and improve memory.

Presenter: Dr. William F. Peach, Jr.
Retired Neurosurgeon

5 The Art of Right - Sized Living



Are you relocating, downsizing, or looking to de-clutter your home? The Art of Right-Sized Living

will help you understand the physical challenges and emotional strains that often come with later life home transitions. We will cover downsizing, organizing, home staging and even the big event - moving day. Discover what to expect and how to focus on the positive and pleasant aspects, while maintaining peace of mind.

Presenter: Phillip Sweat, CRTS
*Caring Transitions - Williamsburg/
Newport News*



Wellness Cafe' 8:00 am - 12:00 pm

Cruise on into the Wellness Café for free goods and services. Select from:

Screenings:

- Blood Pressure:** Sentara Community Health
- Bone Density:** Orthopaedic and Spine Center
- Cholesterol, HDL & Glucose:** Bon Secours Health Systems Virginia
- Hearing:** Ears to You & Maico Audiological Services
- Memory:** Riverside Senior Care Navigation
- Spine:** Spine Center of Tidewater
- Tanita Body Composition Analyzer:** Riverside Wellness Center
- Vision:** Hampton Roads Eye Associates

Educational Opportunities:

- Assistive Devices:** Virginia Assistive Technology System
- Cancer Education with Skin Analyzer:** Cancer Prevention Coalition of the Virginia Peninsula
- Cancer Prevention & Early Detection:** Riverside Cancer Services
- Food Safety:** Food Bank of the Virginia Peninsula
- Glucose Busters for Healthy Living:** Riverside Diabetes Services

Activities:

- Eyeglass Adjustment & Cleaning:** La Vista Mobile Optical
- Healthy Lifestyle Activities:** Newport News Active Lifestyles Program

Health information only - no medical diagnoses will be given.

Registration: One person per form - visit www.paainc.org for additional forms

In order for your registration and workshop choices to be processed, Peninsula Agency on Aging must receive your registration form & payment by 4:30 pm, Tuesday, February 4, 2014.
 You may register on the day of the conference. One person per registration form (copies accepted). No telephone registrations.

Mail check (payable to PAA) & registration form to:

**Peninsula Agency on Aging, Inc.
 739 Thimble Shoals Boulevard, Suite 1006
 Newport News, VA 23606**

FEES:

Registration:

60 years of age and over \$ 2.00 _____
 Under 60 years of age \$15.00 _____

Registration at the Door:

60 years of age and over \$ 5.00 _____
 Under 60 years of age \$20.00 _____

Total Enclosed:

\$ _____

Fee includes a continental breakfast from 8:00 am to 9:00 am

For information only, call 873-0541.

Name _____
 Home Address _____
 City _____ State _____ Zip _____
 Agency/Organization _____
 Position _____
 Business Address _____
 City _____ State _____ Zip _____
 Phone # (Day) _____ Phone # (Evening) _____
 E-Mail Address _____
 Are you 60 or older? Yes _____ No _____
 Need Special Assistance? Yes _____ No _____
 Please Specify _____

Times and Workshops Offered		
Circle only ONE in each time frame.		
Times	Workshops	
9:00 am - 9:45 am	Keynote Speaker	
10:15 am - 11:00 am	#1	#3 #5
11:30 am - 12:15 pm	#2	#4 #6
12:30 pm - 2:30 pm	#7 Professional Track	

Health Screenings at the Wellness Café from 8am - 12pm



Workshops for Seniors, Caregivers & Professionals

6 Affordable Care Act: Consumer Assistance in the Marketplace



Still needing information about the Affordable Care Act and the health insurance marketplace? This workshop, lead by Certified Navigators, will guide participants through the maze of insurance program qualifications. They will highlight the application and enrollment process, offer available resources, and the location of legitimate insurance providers in Virginia.

Presenters: Katherine Taylor, Esq. and Heather Parsons, Esq.
Enroll - Virginia!

7 PROFESSIONAL TRACK Understanding Issues of Elder Abuse, Neglect and Exploitation

12:30 pm - 1:00 pm ~ Professional Networking
 1:00 pm - 2:30 pm ~ Professional Workshop



This workshop will provide training for professionals on how to recognize and respond to elder abuse; understand mandated reporter responsibilities; and learn about efforts to increase public awareness of elder abuse and how to prevent it. A panel discussion on the impact of abuse in Hampton Roads will follow the workshop.

Moderator: Stephanie Smith, *President, Senior Advocate, LLC*

Panel Members:

- Ruth Burdge, *Commonwealth Attorney*
- Vicki Morgan, RN MSN, *Director of Clinical Operations, Riverside Home Health and Hospice*
- Gail Nardi, *Director of Adult Protective Services, VA Department of Social Services*
- Valerie Parker, *Newport News Adult Protective Services*

Living Well:

Discover Your Inner Fountain of Youth



Peninsula Agency on Aging

739 Thimble Shoals Blvd, Suite 1006 • Newport News, VA 23606

Tuesday, March 4, 2014

The 32nd Annual Community Forum on Aging

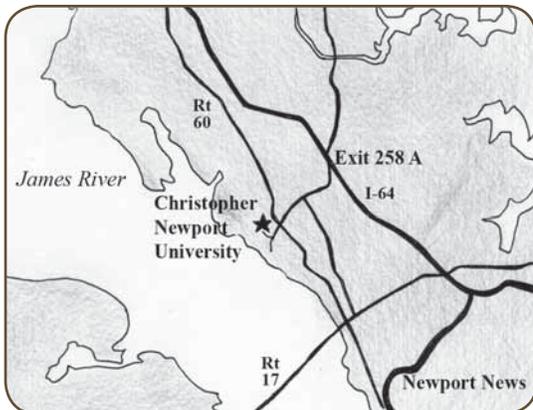
Presented by
Christopher Newport University &
Peninsula Agency on Aging

Directions

Ferguson Center for the Arts at Christopher Newport University

1 Avenue of the Arts • Newport News, VA 23606

- From Interstate 64, take Exit 258-A, J. Clyde Morris Blvd., (Rt 17 South).
- Continue straight and cross Jefferson Avenue, and then across Warwick Boulevard.
- J. Clyde Morris Blvd. becomes Avenue of the Arts (formerly Museum Drive) after crossing Warwick Blvd.
- Use the right lane on Avenue of the Arts.
- Turn right into Lot A and the Parking Garage.
- Van service will be available from parking areas to front door.



Eyeglass & Hearing Aid Recycling Center



An Eyeglass and Hearing Aid Recycling Center will be available at the Forum. Bring eyeglasses and hearing aids you are no longer using to donate to the Lions Club recycling program.

Sponsored by the Oyster Point Mariner Lions Club

Planning Committee 2014

Christopher Newport University, Social Work Program and LifeLong Learning Society: Stephanie Valutis, Penny Taylor, Jane Sulzberger, Lori Jacobs, Carolyn Webb, Nancy Moseley, Heather Larkins and numerous volunteers

Newport News Parks, Recreation & Tourism: Catharine Yusuf, Bobbi Hutchko & Juli Street

Peninsula Agency on Aging: Tiffany Speas, Sharon Brandau, David Murray, William S. Massey (Chair), Jacqueline Schlesinger, Gerald Patesel & Anne Elder.

Riverside Health System: Donna Fitzgerald & Caitlyn Worner

Sentara CarePlex Hospital: Nanette Sandberg

Exhibit Area Coordinators: Jerry Dodson & Martha Dodson

The 32nd Annual Community Forum on Aging March 4, 2014 Christopher Newport University Ferguson Center



Living Well: Discover Your Inner Fountain of Youth

Schedule of Events

8:00 a.m.—9:00 a.m.
Registration and
Continental Breakfast

9:00 a.m.—9:45 a.m.
Dr. Joan Vernikos
Healthy Aging

10:15 a.m.—11:00 a.m.
Workshop of Choice

11:30 a.m.—12:15 p.m.
Workshop of Choice

12:30 p.m.
Professional Session

8:00 a.m.—12:00 p.m.
Wellness Café Open
Exhibition Area Open

Workshops for Seniors, Caregivers, and Professionals

- Aging with Honor: VA Benefits and Services
- Expand Your World: The Wheel of Life Game Show
- Safety Awareness
- The Aging Brain
- The Art of Right Sized Living
- Affordable Care Act: Consumer Assistance in the Marketplace

Professional Session

Understanding Issues of Elder Abuse, Neglect and Exploitation

Professionals working in the field of aging are invited to join us for a workshop and panel discussion on the topic of elder abuse, neglect, and exploitation.



Wellness Café

Free Screenings

Body Composition ~ Blood Pressure ~ Bone Density ~ Cholesterol ~ Glucose ~ Hearing ~ Memory ~ Spine ~ Vision



Event Sponsored by:



For more information on how to register:

Call Peninsula Agency on Aging at
(757) 873-0541 or visit www.paainc.org.

Educational Opportunities

Assistive Devices ~ Cancer Education ~ Skin Analyzer ~ and many more! ~