



## VDA WEEKLY E-MAILING

April 22, 2014

### Table of Contents

[NASUAD Weekly Update](#)  
[DARS New Senior Grant Accountant](#)  
[Online APS Training for Mandated Reporters](#)  
[Virginia Elder Rights Coalition Annual Award](#)  
[Review Computer Operating System – Discontinue Use of Microsoft XP](#)  
[Whistle Blower or Fraud, Waste and Abuse Policy Update](#)  
[New Volunteer Tools from NASUAD and N4A](#)  
[Institute for Strategic Funding Development Workshop](#)  
[National Center on Caregiving Policy Digest Newsletter](#)

### 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-update>

### DARS New Senior Grant Accountant

*Marica B. Monroe, CPA, VCA, Financial Statement Reporting and Accounting Manager*

Greetings everyone. We have a new Senior Grant Accountant. Her name is Samantha Childress. Samantha comes to us with many years of grant accounting experience after having served several years at the Department of Education and Department of Transportation.

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



Samantha will be taking over Charlotte Peterson's duties which include serving the Aging Division by monitoring and tracking contractor balances, obligations and payments. Please join me in welcoming Samantha. She can be reached at [Samantha.Childress@dars.virginia.gov](mailto:Samantha.Childress@dars.virginia.gov).

## Online Training for Mandated Reporters

*Tim Catherman, Director Aging Operations*

Employees of AAAs are mandated reporters to matters giving reason to suspect the abuse, neglect or exploitation of adults under the adult protective services, Section 63.2-1603 et seq. of the *Code of Virginia*. As an employer of mandated reporters, the AAA shall not prohibit an employee from reporting directly to the local Department of Social Services or to the adult protective services hotline. The AAA should notify employees upon hiring of the requirement to report.

The DSS website is an excellent introduction to APS and mandated reporter responsibilities. The site provides Adult Protective Services mandated reporter information and training. The information can be access using the link below to access the DSS' public website.

[http://www.dss.virginia.gov/family/as/mandated\\_reporters/ads5055/index.htm](http://www.dss.virginia.gov/family/as/mandated_reporters/ads5055/index.htm)

## Virginia Elder Rights Coalition (VERC) Annual Award

*Cecily Slasor, Administrative Support VDA for Kathy Pryor, Virginia Poverty Law Center*

It's time to nominate a great advocate for the Virginia Elder Rights Award!! The annual Elder Rights Award recognizes individuals who have significantly advanced the fundamental civil and legal rights of elders in the Commonwealth, and the empowerment of older persons to exercise their rights. Here is your opportunity to recognize someone who is a strong advocate on behalf of elders – perhaps someone working at the grassroots level who previously has not been honored! See <http://www.vplc.org/verc-award> for more information and a nomination form. Please complete the VERC Award Nomination Form and send it to Kathy Pryor ([kathy@vplc.org](mailto:kathy@vplc.org)) by June 15. (Members of the VERC Board are not eligible for nomination.)

## Review Computer Operating System – Discontinue Use of Microsoft XP

*Tim Catherman, Director Aging Operations*

The following is from the [Microsoft Webpage on XP Support](#). After 12 years, support for Windows XP ended April 8, 2014. Microsoft no longer provides security updates or technical support for the Windows XP operating system. Running Windows XP SP3 in your environment after April 8, 2014 will expose you to potential risks, such as:



**Security:** *Without critical Windows XP security updates, your PC can become vulnerable to harmful viruses, spyware, and other malicious software which can steal or damage your business data and information. Anti-virus software will also not be able to fully protect you once Windows XP itself is unsupported.*

**Compliance:** *Businesses that are governed by regulatory obligations such as HIPAA will find that they are no longer able to satisfy compliance requirements. More information on HHS's view on the security requirements for information systems that contain electronic protected health information (e-PHI) can be found here ([HHS HIPAA FAQ - Security Rule](#)).*

**Lack of Independent Software Vendor (ISV) Support:** *Many software vendors will no longer support their products running on Windows XP as they are unable to receive Windows XP updates. For example, the new Office takes advantage of the modern Windows and will not run on Windows XP.*

**Hardware Manufacturer Support:** *Most PC hardware manufacturers will stop supporting Windows XP on existing and new hardware. This will also mean that drivers required to run Windows XP on new hardware may not be available.*

It is very important that customers and partners migrate to a modern operating system. AAAs should review their IT inventory and **immediately** discontinue the use of all computers with out-of-date operating systems such as Microsoft XP. In addition, it is important to review the following:

- Review administrative rights to access shared drives and limit where possible
- That all information stored locally and on shared drives is backed up on a nightly basis.

If you have any questions, please let me know. Tim

## Whistle Blower or Fraud, Waste and Abuse Policy Update

*Tim Catherman, Director Aging Operations*

Last year Congress passed the National Defense Authorization Act for FY'13 (Public Law 112-239 enacted January 2, 2013) 48 CFR section 3.908. The law implemented a "Pilot Program for Enhancement of Contractor Whistleblower Protections" for all grants and contracts issued on or after July 1, 2013 through January 1, 2017. Additional information is available at <http://www.gpo.gov/fdsys/pkg/PLAW-112publ239/pdf/PLAW-112publ239.pdf>.



In general an employee of a contractor, subcontractor, or grantee *may not be discharged, demoted, or otherwise discriminated against as a reprisal* for disclosing to a person or contractor, subcontractor, or grantee information that the employee reasonably believes is evidence of gross mismanagement of a Federal contract or grant, a gross waste of Federal funds, an abuse of authority relating to a Federal contract or grant, a substantial and specific danger to public health or safety, or a violation of law, rule, or regulation related to a Federal contract (including the competition for or negotiation of a contract) or grant.

A person who believes that the person has been subjected to a reprisal may submit a complaint to the Inspector General of the executive agency involved. More information is available at <http://oig.hhs.gov/fraud/whistleblower>.

By contract, AAAs are required to develop and implement a Whistleblower Policy, sometimes referred to as a Fraud, Waste and Abuse Policy in accordance with IRS guidance. A sample Whistleblower and Non-Retaliation Policy is posted on the VDA website at <http://www.vda.virginia.gov/aaaleaderguidance.asp>.

Tim

## New Volunteer Tools from NASUAD and N4A

*Tim Catherman, Director Aging Operations, for Martha Roherty, Exec. Director NASUAD*

NASUAD and n4a, as partners of the Aging Network Volunteer Collaborative, are excited to announce the “Got an Hour? Give it Back” Campaign to encourage community members to volunteer within the aging network.

The Campaign’s website: [GiveitBacktoSeniors.org](http://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](http://VolunteerMatch.org). To launch the campaign we are encouraging all local programs to post their volunteer opportunities on [VolunteerMatch.org](http://VolunteerMatch.org), so when the public learns about the Campaign and is interested they can be connected with programs in their backyards. These opportunities can be one-time special events, such as Meal Delivery or on-going projects – any way your agency can use some assistance.

In addition, the site offers materials ([giveitbacktoseniors.org/materials](http://giveitbacktoseniors.org/materials)) your agency can use to advertise the campaign. Among these materials include a series of customizable postcards, which you can use to fill in your programs and include your organization’s logo. These are available to download or to **order hard copies for free**.



We are also excited to announce the addition of a **radio slot** that can be downloaded and shared with your networks, local radio stations, and included on your own site. The radio ad hopes to bring new prospective volunteers to the **giveitbacktoseniors.org** website to search for volunteer opportunities.

Also, there is a sample press release and letter to an elected official that you can use to get the word out about the campaign to the drive new volunteers to your site.

We hope you find these items useful in bringing new people to volunteer with seniors in their community.

## Institute for Strategic Funding Development Workshop

*Tim Catherman, Director Aging Operations*

The Institute for Strategic Funding Development (ISFD) is holding a Two Day Strategic Grant Workshop at VCU in Richmond, VA The object of the course is to teach individual and groups a comprehensive overview of effective grant development techniques, including: finding best fit funding sources, creating innovative programs, & planning for funding sustainability.

May 12 - 13, 2014    8:30 AM ~ 5:00 PM

Tuition for our Two-Day Grant Writing Workshop is \$498 per person, with a \$25 off discount for early sign-ups (10 business days or more before the workshop). Each participant will receive the following items:

- \* ISFD Certificate of Completion accredited by CFRE with 15 Continuation Education Units (CEU)
- \* Strategic Grant Writing Development Proposal Workbook and Bonus Materials, Fundraising & Research CD
- \* On-Going Consulting Services with ISFD Instructors & Staff

Registration:

- 1) Online <http://www.isfdonline.com>
- 2) Phone - Call us at (877) 414-8991. An ISFD consultant will assist you with your registration and answer any questions.
- 3) Email - Send an email to [info@isfdonline.com](mailto:info@isfdonline.com) with your basic contact information and a seat will be reserved.

## Family Caregiver Alliance/National Center on Caregiving Policy Digest Newsletter

*Ellen M. Nau, MA, Program Coordinator*



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

**FCA** FAMILY CAREGIVER ALLIANCE®  
National Center on Caregiving

Lead Articles for  
Caregivers

Caregiving  
Information

FCA Presentations and  
Workshops

Events in the  
Community

Special  
Announcements



**Connections**  
Focusing on Issues & Information Important to Caregivers

Family Caregiver Alliance | National Center on Caregiving | [www.caregiver.org](http://www.caregiver.org)



### Latest Buzz

April 2014  
Vol. 5, No. 4

“It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It’s neither good for you nor your loved one.” – Dana Reeve

Family Caregiver Alliance hopes that you are enjoying the warm weather and the beautiful Spring flowers. We understand how difficult it can be to be mindful of your individual needs when your mind is constantly thinking about your loved one and their needs. This edition of Connections includes FCA retreats for Family Caregiver's coming soon that are designed for you to take time to relax and rejuvenate while connecting with other caregivers. Additionally, below, you will find several other helpful resources for caregivers as well as events in the community that can increase your knowledge and strengthen your confidence to care for your loved one to the best of your ability.

Sincerely,

AJ Dugay  
(Education Coordinator)





## Lead Articles for Caregivers

### [Younger Men As Caregivers](#)

The Intelligencer / Wheeling News-Register - 04/14/2014

...so due to a variety of social demographic factors," states the **Family Caregiver Alliance**. Ron Woods Jr. of Belmont is among this growing class...

### [How to Mentally & Financially Survive Taking Care of an Aging Parent](#)

Moneying - 03/27/2014

How to Mentally & Financially Survive **Taking Care of an Aging Parent**  
Elizabeth picks up the paper and tries to read it. Elizabeth picks up the...

### [Tax Rules of Hiring a Caregiver](#)

Fox Business - 03/24/2014

The tax rules surrounding the employment of a caregiver can be confusing--not to mention costly if a mistake is made...

### [New generation of tech innovations aims to help elders stay healthy and connected](#)

PBS - 03/24/2014



A new wave of tech startups have begun developing products for seniors and their caregivers...

[Taking charge: Children bear the burden when elderly parents resist hired help](#)

The Providence Journal (AP) - 03/23/2014

...uncompensated care given each year across the nation. The National **Family Caregiver Alliance** (NFCA) points out that the family caregiver devotes...

## Caregiving Information

[April is National Parkinson's Awareness Month](#)

Family Caregiver Alliance - 04/14/2014

Read and pass along FCA's fact sheet on Parkinson's Disease and Caregiving...

[The Brain & the Caregiver: Families at Risk](#)

Eldercare Services - 04/14/2014

A few exercises that will assist you with keeping a healthy brain and body while caregiving...



### FreeDem Films

**FreeDem - 04/14/2014**

Quirky animated films to allay fears around memory loss, promote brain health and address stigma associated with dementia.

### **FCA Presentations and Workshops**

#### Harvesting the Spiritual Fruits of Caregiving as a Way to Cultivate Wellness Webinar on May 8

**Family Caregiver Alliance - 04/14/2014**

Family Caregiver Alliance is partnering with Seasons of Care™ to bring you a webinar designed to provide tools on caring for the caregiver.

#### Spanish Caregiver Retreat in San Francisco on June 5

**Family Caregiver Alliance - 04/14/2014**

Dése un respiro: Retiro para el Cuidador en Español en Stern Grove

¡Tómese el tiempo para oler las rosas,y tener tiempo para usted!



### [2014 Ardenwood Caregiver Respite Retreat in Fremont on June 9](#)

Family Caregiver Alliance - 04/14/2014

"Take Time to Smell the Roses, and Take Time for You!"

### [VA Caregiver Program Webinar on June 18](#)

Family Caregiver Alliance - 04/14/2014

Family Caregiver Alliance presents a webinar on the benefits that are available to those taking care of a veteran.

## Events in the Community

### [Disaster Preparedness Planning for Family Caregivers Webinar on April 16](#)

US Department of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response and Administration for Community Living - 04/14/2014

This webinar will provide information to assist family caregivers in planning for emergencies and disasters.

### [Tiptoeing Through the Twilight Zone on April 17th](#)



**Access Services of the SF Public Library in association with Moonstone Geriatrics - 04/14/2014**

An Explorer's Guide to Understanding Dementia

**[Caregivers: It's Time for YOU!! on April 22](#)**

**Support for Families of Children with Disabilities - 04/14/2014**

YOSAIF AUGUST, presents easy-to-use tools and techniques from his new book that will show you immediate steps you can take to reach for love and support.

**[8th Annual Senior Health and Wellness Resource Fair on May 1](#)**

**The Hayward Area Recreation and Park District - 04/14/2014**

Over 60 vendors from healthcare, transportation, estate planning, home care and other fields, all in one location!

**[FREE Cantonese Workshop: Quality of Life in Golden Years on May 3](#)**

**Chinese American Coalition for Compassionate Care and Dignity Health - 04/14/2014**

How to make health care decisions with your loved ones.



### **[5th Annual Caregivers Count Conference on May 3](#)**

**Aging Services Collaborative of Santa Clara County - 04/14/2014**

Presented by the Aging Services Collaborative of Santa Clara County, the Caregivers Count! Conference will offer workshops and sessions on Self Care, Legal Issues, Advance Care Planning, Caregiver Fitness and Long-Term Care Resources.

### **[16th Annual Updates on Dementia Conference: Translating Research Into Practice on May 6th](#)**

**Alzheimer's Association - 04/14/2014**

This annual education conference examines the latest research in the biological, social, and psychological aspects of aging and dementia with particular emphasis on work that will have practical applications to clinical practice.

### **[Golf Fitness and Training for Stroke Survivors on May 20](#)**

**American Stroke Association - 04/14/2014**

You're invited to participate in a FREE program of the American Stroke Association for stroke survivors and their caregivers.



### [9th Annual Conference on Elder Abuse on May 20](#)

#### **Legal Assistance for Seniors - 04/14/2014**

Presented by Legal Assistance for Seniors at UC Hastings College of the Law

### **Special Announcements**

#### [Thank you to our donors!](#)

#### **Family Caregiver Alliance - 04/14/2014**

Charitable contributions are a vital part of the community support for Family Caregiver Alliance. We are pleased to list the following donors whose gifts were received from October 1, 2013 through February 28, 2014, many towards our 2013 Fall Appeal. We thank our donors for their generosity and community spirit.

#### [AmazonSmile](#)

#### **AmazonSmile Foundation - 04/14/2014**

Click the link to enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when you shop, the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to Family Caregiver Alliance!



### [Exercise and Memory Training Study](#)

VA Palo Alto - 04/14/2014

Study participants needed for exercise and memory training in older veterans with memory problems.

### [FASTSTUDY](#)

UCSF - 04/14/2014

UCSF is conducting a 6-month exercise study for caregivers of Alzheimer's or dementia patients.

### [USF Volunteer Opportunity!](#)

USF - 04/14/2014

For people over the age of 60 in San Francisco.