



## VDA WEEKLY E-MAILING

May 6, 2014

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### 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>

### Administration for Community Living News & Information

Here is a link to the ACL News & Information webpage.

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

### May 2014 Edition of ARCH Lifespan Respite Update

*Ellen M. Nau, MA, Program Coordinator*

This May, 2014 Edition of the ARCH Lifespan Respite Update is full of information for the aging

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

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and disability networks! Jill Kagan, Director of ARCH, is responsible for preparing this most informative Update.

<http://www.icontact-archive.com/rRNQRindhS4ERmJfyo5jxLHA3VFI6sPR?w=4>

## Caregiving News!

*Ellen M. Nau, MA, Program Coordinator*



### The Virginia Caregiver Coalition May 15 Meeting 9:15 AM

The Virginia Caregiver Coalition Meeting will feature a discussion of PACE in Virginia led by April Jones of Kissito PACE in Roanoke. Ms. Jones will lead the discussion from the New River Valley Area Agency on Aging located in Pulaski, Virginia via videoconferencing. Other videoconferencing participation sites as supported by Deb Loving of DARS and the DARS VTC staff include:

CR - DARS Culpeper	Contact: Lynnette Scott <a href="mailto:lscott@rrcsb.org">lscott@rrcsb.org</a>
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MEOC	Contact: Julia Trivett Dillon <a href="mailto:jtrivett@meoc.org">jtrivett@meoc.org</a>
District Three Senior Services	Contact: Sissy Frye <a href="mailto:sfrye@smyth.net">sfrye@smyth.net</a>
New River Valley Agency on Aging (nrvaooa.org)	Contact: Cassie Mills <a href="mailto:cmills@nrvaooa.org">cmills@nrvaooa.org</a>
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JMU - James Madison University	Contact: Stacy Hansen <a href="mailto:hansenss@jmu.org">hansenss@jmu.org</a>
DARS VDA Conference Room <a href="mailto:Ellen.Nau@DARS.Virginia.gov">Ellen.Nau@DARS.Virginia.gov</a>	Contact: Ellen Nau



**DIVISION FOR THE AGING**  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

Please let the site contact person know if you are attending this event!

**Webinar: Access to VA Caregiving Benefits for Veterans with Disabilities**

Wed, May 7, 2014 | 3:00 PM - 4:00 PM | Eastern Standard Time

[Register For This Webinar](#)

This webinar will discuss trends in caregiving for veterans, VA's caregiver benefits, and policy changes needed to expand coverage of this VA benefit.

Intended Audience: Veterans and their family caregivers

Presenters:

Heather Ansley, Vice President for VetsFirst, a program of United Spinal Association

Christopher Neiweem, Director of Veterans Policy for VetsFirst, a program of United Spinal Association

[Cutting Edge Breakthroughs for Aging with Lifelong Disabilities Conference](#) June 2, 2014 8:30 AM to 4:30 PM

A conference offered by the Area Planning and Services Committee (APSC) for Aging with Lifelong Disabilities. Conference designed for Support Coordinators, Direct Support Professionals, Program managers, Supervisors, Care Providers, Families, and individuals with lifelong disabilities.

**For more details and registration please go to:** [APSC 2014 Conference](#)

National Stroke Association: May is National Stroke Awareness Month

*Cecily Slasor, Administrative Support Staff*

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Stroke is the fourth leading cause of death and a leading cause of



disability in the U.S. However, less than one third of people in the U.S. can recognize more than one stroke warning sign. By 2030, it is estimated that 4 million people will have had a stroke. Teaching more people to recognize the signs and symptoms of a stroke is more urgent than ever. In honor of **National Stroke Awareness Month**, help us reach as many people as possible with this life-saving information.

Join us for an [on-demand educational webinar](#) called Raising Stroke Awareness Year-Round. I, along with **Janine Mazabob RN, BS/BSN, MA, FAHA**, Stroke Coordinator at CHI St. Luke's Health, will discuss how to plan and execute successful stroke awareness campaigns, share examples of collaborative efforts and lessons learned.

[VIEW PROGRAM](#)

Sincerely,

Linda Kuhrt  
Membership Programs Manager



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## 2014 National Alzheimer's Disease Plan Available

*Charlotte Arbogast, MSG, Dementia Services Coordinator*

Updated Plan highlights 2013 achievements, new goals in research, care, and services.

HHS today released the National Plan to Address Alzheimer's Disease: 2014 Update, reflecting the nation's progress toward accomplishing goals set in 2012 and current action steps to achieving them. The 2011 National Alzheimer's Project Act calls for all Plans to be updated annually; the 2014 Plan follows the initial Plan released in May 2012 and an updated Plan released in June 2013.

The 2014 Plan was developed with input from experts in aging and Alzheimer's disease from federal, state, private and non-profit organizations, as well as caregivers and people with the disease. The 2014 Plan includes the following five goals: finding ways to prevent and effectively treat Alzheimer's disease by 2025; enhancing care for Alzheimer's patients; expanding support for people with dementia and their families; improving public awareness; and carefully tracking data to support these efforts.

"Since 2012, we have made strides in our fight against dementia under the framework of the National Plan," HHS Secretary Kathleen Sebelius said. "We continue to strive to reduce the burden of these conditions on people, their families, and our health care system."

Highlights during the past year include:

- Identification of 11 Alzheimer's risk genes, providing new insights about disease pathways and possible drug targets;
- Training and support to more than 23,000 health care providers on dementia;
- Focused and coordinated public-private efforts that reduced the inappropriate use of antipsychotics among long-stay nursing home residents with dementia by nearly 14 percent; and
- Funding to states for development of dementia-capable long-term services and supports systems.

The 2014 Plan also identifies the following action steps led by HHS to better research, treat and prevent Alzheimer's disease:

- Acceleration of efforts to identify the earliest stages of Alzheimer's disease and to develop and test targets for intervention;



- Move research and care forward by increasing collaboration in science, data sharing, and priority setting among Alzheimer's disease experts, health care providers and caregivers;
- Expansion of current work to strengthen dementia-care guidelines and quality measures, including meaningful outcomes for people with dementia and their families;
- Help for health care providers to better address ethical considerations related to caring for people with dementia, including how to balance privacy, autonomy and safety; and
- Enhance support for global collaboration on dementia, including hosting a February 2015 follow-up meeting to the December 2013 G8 Summit on Dementia.

"The scientific opportunities in research on Alzheimer's disease and related dementias have never been greater," said Richard J. Hodes, M.D., director of the National Institute on Aging, National Institutes of Health. "We have made important discoveries about factors influencing development of the disease and in 2014, based on what we have learned, will focus on building and testing interventions that can make a difference."

For more information about Alzheimer's disease, visit [www.alzheimers.gov](http://www.alzheimers.gov).

To read the National Plan to Address Alzheimer's Disease: 2014 Update, visit <http://aspe.hhs.gov/daltcp/napa/NatlPlan2014.shtml>.

Brenda Veazey, Webmaster

National Alzheimer's Project Act

Email: [napa@hhs.gov](mailto:napa@hhs.gov)

URL: <http://aspe.hhs.gov/daltcp/napa/>

## 2014 APSC Conference: Cutting Edge Breakthroughs for Aging with Lifelong Disabilities

*April Holmes, Coordinator of Prevention Programs*

The Area Planning and Services Committee is pleased to host our annual conference on June 2 at the DoubleTree by Hilton off Midlothian Turnpike in Chesterfield. See below for more information and the registration link. There will be several interesting sessions covering a range of innovations. We hope to see you there!



2014 APSC Conference.

[View this email in your browser](#)

**Join us on June 2, 2014 for the:**

[Cutting Edge Breakthroughs for Aging with Lifelong Disabilities Conference](#)

A conference offered by the Area Planning and Services Committee (APSC) for Aging with Lifelong Disabilities. Conference designed for Support Coordinators, Direct Support Professionals, Program managers, Supervisors, Care Providers, Families, and individuals with lifelong disabilities.

**For more details and registration please go to:** [APSC 2014 Conference](#)

**Look forward to seeing you there.**

Eric Drumheller

[www.apsc14.eventbrite.com](http://www.apsc14.eventbrite.com)

## New Online Course Addresses Dynamics of Elder Abuse

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

*Justice Responses to Elder Abuse* shares tools, resources to improve access to justice for victims of elder abuse

**Williamsburg, Va.** (May 1, 2014) – The National Center for State Courts (NCSC), in partnership with the University of California at Irvine School of Medicine’s Center of Excellence on Elder Abuse and Neglect, have collaborated to create *Justice Responses to Elder Abuse*, a self-paced course for court professionals and the general public, offering a wide array of information and resources to address and reduce elder abuse. With incidents of elder abuse reportedly on the rise, this course offers courts and medical professionals the tools they need to identify abuse and develop effective responses.



The comprehensive and complimentary course provides the latest research on aging issues, including physical, cognitive and emotional changes that increase an older person's vulnerability to abuse. Medical, prosecution and judicial experts explore the dynamics of elder abuse and highlight individual and systemic barriers to effective remedies for victims.

Faculty members demonstrate how specific tools can improve access to justice and enhance outcomes for older victims of abuse. The course units include a mix of expert presentations and discussions, video clips, interactive exercises and supplemental resources.

"We are excited to offer this course and hope it will lead to strengthened efforts to improve responses to older victims of crime," said Dr. Brenda Uekert, director of NCSC's [Center for Elders and the Courts](#).

To learn more, we invite you to watch the [Justice Responses to Elder Courts introductory video](#).

Prosecutors, judges or members of the public may [register for the course online](#).

The course is supported by grants from the Retirement Research Foundation of Chicago and the State Justice Institute.

**Brenda K. Uekert, PhD** | Principal Court Research Consultant

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## Capturing Older Virginians Month Activities

A.J. Hostetler, Communications Director, DARS

DARS invites all AAAs to share photos of their activities celebrating May as Older Virginians Month for posting to the agency's Facebook and Twitter pages. DARS' Communications team typically posts information on age-related topics every Thursday and weekends to our social media channels and we would appreciate the opportunity to spotlight your events and efforts. If you'd like to submit a photo, please send it as a jpg (preferably in high resolution) attached to an email to DARS Communications Director A.J. Hostetler at [aj.hostetler@dars.virginia.gov](mailto:aj.hostetler@dars.virginia.gov). Please include in your email a description of the event, when it was held, and the names of those pictured. You may also submit a short description of the event(s) you held even without a photo so that we may give you a "shout out." If you have any questions, please contact A.J. by email or phone at 804-662-7372. Visit our Facebook page at [www.facebook.com/vadars](http://www.facebook.com/vadars) and "like" us or follow us on Twitter at @vadars. You or your organization do not need to be on Facebook or Twitter to participate in this effort.



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## 2014 Older Virginians Month Proclamation (Attachments)

*Amy Marschean, JD, Senior Policy Analyst, Division for the Aging*

Governor McAuliffe has named May 2014 as Older Virginians Month in the Commonwealth of Virginia. I am attaching a listing of May 2014 events in honor of this year's theme of "Safe Today, Healthy Tomorrow." Many of the creative ideas were captured in the Governor's proclamation and these efforts clearly enrich the lives of older citizens in communities across the Commonwealth.

Amy Marschean, Senior Policy Analyst  
Department for Aging and Rehabilitative Services  
(804) 662-9155



## CERTIFICATE of RECOGNITION

*By virtue of the authority vested by the Constitution of Virginia in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:*

### **OLDER VIRGINIANS MONTH**

**WHEREAS**, there are approximately 1.5 million adults in the Commonwealth who are over 60 years old, and this population will expand to more than 2 million by 2030, when one in every four Virginians will be over 60 years old; and

**WHEREAS**, the month of May has been designated by the U.S. Administration for Community Living as the time for communities across America to honor its older citizens by celebrating their contributions and achievements; and

**WHEREAS**, this year's theme for May is "Safe Today, Healthy Tomorrow," which emphasizes the value of injury prevention and safety awareness in helping older adults remain healthy and active; and

**WHEREAS**, Virginia is committed to helping all individuals live longer, healthier lives; and

**WHEREAS**, the Virginia Area Agencies on Aging and Senior Centers, integral parts of Virginia's aging network for wellness and support services, welcome this year's theme and will provide opportunities to enrich the lives of individuals young and old by:

- Providing information on fire, fall, and scam prevention methods in coordination with local fire departments, law enforcement agencies and home health service providers
- Participating in regional TRIAD crime prevention programs for seniors
- Partnering with the business community to inform older adults on how to "safety proof" their homes
- Organizing walkathons and other health-focused events; and

**WHEREAS**, the State Adult Services and Adult Protective Services Program has joined the Virginia Department for Aging and Rehabilitative Services to streamline services that will make communities safer for older Virginians;

**NOW, THEREFORE**, I, Terence R. McAuliffe, do hereby recognize May 2014 as **OLDER VIRGINIANS MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.



Handwritten signature of Governor Terry McAuliffe in black ink.

*Governor*

Handwritten signature of the Secretary of the Commonwealth in black ink.

*Secretary of the Commonwealth*

## Older Americans Month (May 2014) Events

### **May 4<sup>th</sup>, 2014                      38<sup>th</sup> Annual Walkathon**

*By Mountain Empire Older Citizens (MEOC)*

-38<sup>th</sup> annual Walkathon, an Older Virginians Month tradition in Planning District 1. The Walkathon is MEOC's largest fundraiser for the Emergency Fuel Fund which provides heating and emergency assistance during the winter. This huge celebration unites people from all over MEOC's service area. There are usually about 350 persons of all ages in attendance. The fundraising goal for this Older Virginians Month event is \$165,000, all of which will purchase fuel or pay heating bills for older persons in Planning District 1 next winter.

### **May 8<sup>th</sup>, 2014                      Annual Health Fair & Craft Show    8:00 am - 12:00 pm**

*By Henry County Parks & Recreation and Martinsville Senior Center*

Lancer Hall, Rt.58 East

Planned Activities: Cholesterol and Glucose screening (fee charged), Blood pressure screening, Depression screening, Oral cancer screening, Vision screening, Oxygen Saturation screening, local artists and craftsmen will be selling and demonstrating.

Light breakfast and lunch will be served.

### **May 10<sup>th</sup>, 2014                      Loudoun Health for Life Day**

*By Loudoun County Area Agency on Aging*

At Gum Springs Library, Stone Ridge

### **May 13<sup>th</sup>, 2014                      Safe Today. Healthy Tomorrow    10:00 am**

*By New River Valley Agency on Aging and Christiansburg Parks & Recreation Senior Programs*

-Representatives from local law enforcement, local fire departments and home health services will participate on the panel to discuss various topics to help older adults continue being healthy, active and safe. These educational topics will include fire, fall, and scam prevention methods highlighting the overall in-home safety. This event will be held at the Christiansburg Friendship Café. The café meets at Park Street United Methodist Church in Christiansburg, VA. The public and all AOA Friendship Café members are invited to attend.

### **May 15<sup>th</sup>, 2014                      Loudoun County Senior Expo**

*By Loudoun County Area Agency on Aging*

Ashburn

**May 23<sup>rd</sup>, 2014**      **Celebrate You Volunteer Appreciation Event**  
*By Loudoun County Area Agency on Aging*

**May 23<sup>rd</sup>**      **Annual Senior "Fun Day"**  
*By Pittsylvania County Community Action Agency*  
Chatham Senior Center - 514 Main Street, Chatham

Planned Activities: Games, educational information, cookout

## **Other Events During the Month of May**

**Jefferson Area Board for Aging (JABA)** will be bringing more focus to senior health and safety by connecting with local community businesses to present a list of ways seniors can "safety proof" their homes and the costs of doing so and what ways can make it more affordable. Additionally, they plan to "safety proof" their members. The health services department which includes nurses at that location will work with the center staff to go over health and safety issues that could occur in the home and how best to handle the situation and seek assistance immediately to maintain the independence, health and safety of the senior populations and keep them living in their homes. Many members live alone, so JABA plans to present how best to take care of oneself whether it be how best to tie your shoes, clean your home and how best to prevent falls and injury. These presentations will most likely be collaborative amongst multiple center locations as they occur and JABA will invite seniors from the communities to attend as well and may be held at a more central location in the community to accommodate more people and allow for more information and resource sharing.

**Mountain Empire Older Citizens' Dietitian** will be visiting each of MEOC's Congregate Nutrition and Respite sites during the month of May. The presentations will focus on healthy diets and include information about Older Virginians Month. A treat bag with healthy snacks will be provided.

**Mountain Empire Older Citizens' Transit Department** will offer free transportation to Older Virginians every Saturday during the month of May.

**Piedmont Senior Resources Area Agency on Aging** will be participating in the regional TRIAD. Their congregate meal participants will be bused to the TRIAD site in order to participate.

**Rappahannock-Rapidan Community Services** plans to host a series of falls risk assessments at their five county senior centers during Older Virginians Month. They will also highlight the

Older Americans Month theme in an article for the agency's electronic newsletter. Additional programs will be scheduled by coordination with community providers.