



VDA WEEKLY E-MAILING

May 13, 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/CurrentNewsLetter.pdf>

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.nasud.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.

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Transitions - An Informational Expo on Aging Gracefully

June 17, 2014 3:00pm – 8:00pm

Courtney S. Tierney, MSW, CIRS-A Director, Prince William Area Agency on Aging

[See attachment](#) for more information.

Virginia Adult Day Health Services Association (VADHSA) Training

Ellen M. Nau, M.A. Program Coordinator

The Adult Care Center of the Northern Shenandoah Valley announces that VADHSA will hold a training on May 17, 2014, from 8:30 A.M. until 4:15 P.M. at the Walter Reed Adult Day Health Care Center at 20909 16th Street South Arlington, Virginia 22204. Agenda and registration information are [attached](#).

Cutting Edge Breakthroughs for Aging with Lifelong Disabilities

Ed Ansello, Ph.D., Virginia Center on Aging, Virginia Commonwealth University, Chairman, APSC

Our Area Planning and Services Committee (APSC) on aging with lifelong disabilities is offering an exceptional conference on Monday, June 2nd in Richmond.

[See attachment](#) for more information.

State General Fund Drawdown Reminder

Brett Jackson, Performance and Compliance Analyst

This is a reminder that the remaining balances of state general fund FY'14 monies per the most recent remittance sheet for your agency are to be requested no later than the May AMR that is due on June 12th of each year. The funds must be obligated by June 30th with liquidation of the obligation by your agency occurring by September 30th. If you have any questions, please e-mail or call Mary Castlebury at Mary.Castlebury@dars.virginia.gov, phone 804-662-7517 or Samantha Childress at Samantha.Childress@dars.virginia.gov, phone 804-662-9326.



Please welcome Devin Bowers!

Charlotte Arbogast, MSG Dementia Services Coordinator

I'm pleased to announce that Ms. Devin Bowers joined the Division for the Aging as a part-time Research Assistant last week. Ms. Bowers will work with me to examine dementia care best practices in academic and professional literature as well as best practice programs in Virginia. She will assist with drafting a report and accompanying recommendations, which are due October 1, 2014.

Ms. Bowers comes to DARS with a Master of Public Health specializing in Global and Community Health from George Mason University. She is currently working towards a graduate certificate in aging studies from Virginia Commonwealth University. Prior to joining DARS, Ms. Bowers worked as a Release of Information Specialist with Healthport and as an intern with the Alzheimer's Association National Capital Area Chapter.

Her office cubicle is across the hall from Brett's office. Please give her a warm welcome! If you haven't met her yet, I think she'll be joining us for the staff retreat on Friday as well. Welcome, Devin!

Older Americans Get Prepared

Chip Stratton, Safety and Risk Management Director

[Older Americans](#) play an important role in disaster preparedness in families and communities across the Nation and can take important steps to prepare for all kinds of hazards before they strike. If you are an older American or you have a family member or neighbor who fits this category inside or outside of your home, be sure to develop an emergency preparedness plan that takes into account their requirements before, during and after a disaster.

Part of this emergency plan should include building an [emergency supply kit](#). In addition to the usual emergency kit supplies like water, non-perishable food and a first aid kit, older Americans should consider:

- Medications and medical supplies;
- Eyeglasses, hearing aids and batteries, wheelchair battery, or oxygen; and
- Food and supplies for service animals.

Other [preparedness suggestions](#) for older Americans include:

- Create a network of friends, neighbors and relatives to aid them in case of an emergency and ensure their contact information is current;



- Keep a list of medical devices and equipment, including model numbers and instructions; and
- Have a transportation plan in the event of evacuation.

FEMA and AARP partner to provide disaster resources and services for older adults. For more information check out Ready.gov and AARP. AARP provides an opportunity for older adults with free time after retirement to find volunteer opportunities in the community to share life experience, skills and passions through Create the Good. As it is often the tradition to look to our elders for guidance, this is the perfect time for older Americans to lead future generations in emergency preparedness.

The Institute for Innovations in Caregiving's First Challenge Contest Coming to Virginia in Fall 2014

Charlotte Arbogast, MSG Dementia Services Coordinator

WHAT: **Caring for the Caregiver Hack: Advancing Caregiver Health through Innovations**

WHEN: Friday, November 14th – Sunday, November 16th

WHERE: Richmond, Virginia (exact location TBD)

WHY: Caregiving affects us all. You either are, know, will be, or will need...a caregiver. 900,000 family caregivers in Virginia provide an average of 20-40 hours per week of care. The burden on these caregivers is significant and their own physical and emotional health often deteriorates dramatically as they provide care for their loved one.

HOW: The **Caring for the Caregiver Hack** provides students at Virginia colleges and universities a fun and engaging opportunity to create apps, products or devices to support caregivers, with a special focus on improving their physical or emotional health.

Mark your calendar for the weekend of November 14th and check out this helpful info:

- Stay tuned! Visit www.caregivinginnovations.org in August for details regarding The Challenge, including application information and rules.
- Get your team together (no individual applications will be accepted) with a faculty member serving as a mentor and get ready to hack!



- Multi-disciplinary teams are encouraged (i.e. Technology, Nursing, Psychology, Marketing, Engineering, Geriatrics, Business, etc.)
- Cash prizes will be awarded to 1st, 2nd and 3rd place teams along with assistance to cultivate your idea!!

QUESTIONS?: Contact Adrienne Johnson (804) 525-7735; Adrienne@SeniorNavigator.org

[See attachment](#) for more information

Nutrition Program Standards Input Sessions

Elaine S. Smith, MS, RD Program Coordinator

As was mentioned at the Nutrition Directors' Meeting in Charlottesville on May 1st, we are soliciting volunteers to be part of three sessions to provide input on the nutrition program standards. Nutrition directors and executive directors may volunteer and several people have already given their names.

The goal is for AAA's to provide input on standards and requirements that will improve the quality of the food and nutrition services provided. The outcome will be a document listing recommendations for the Commissioner's review. One activity may be to review best practices for possible implementation and replication. If you have a best practice or you have heard of an idea at a conference or from colleagues in another state, please be sure to share them. Any ideas are welcomed for review. A best practice regarding restaurant meals is [attached](#) as an example of an idea that you might want to bring for discussion.

The session dates and times are listed below. The first meeting will be an organizational conference call and any interested nutrition directors or executive directors in addition to those who have already volunteered are invited to join. After the first call, those wishing to continue will be asked to set-up and attend via a DARS video conference site, or come to the VDA conference room to participate in the 2nd and 3rd sessions.

For the sake of continuity, we ask that you be able to participate in at least 2 of the 3 sessions.

Session 1

Monday, May 19, 2014

2:00 - 4:00 P.M.

Conference Call

Dial in: 866-842-5779

Conference Code: 804-662-9319#



Agenda

Roll Call of AAA's on the call

- Purpose of Sessions
- Process and Expected Outcomes
- Input Regarding Nutrition Programs
- Next Steps

Session 2

Wednesday, June 11, 2014

10:00 A.M. - 12:00

Videoconference Sites

Session 3

Tuesday, July 15, 2014

1:00 - 3:00 P.M.

Videoconference Sites

The Commonwealth Council on Aging (Council) 2014 Best Practices Awards

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

The Commonwealth Council on Aging (Council) 2014 Best Practices Awards were given to the following programs:

First Place (\$5000): F.R.E.E. Foundation Equipment Reuse/Recycling and Gifting Program (Roanoke) F.R.E.E. helps Virginians achieve independence through mobility when they have no other way to attain their independence. Every day, adults across Virginia lose their mobility to injury or illness. Many are uninsured and cannot obtain the equipment they need. In Virginia, the number of uninsured adults remains very high, driven by unemployment and reductions in employer-provided healthcare. F.R.E.E. helps these Virginians in need regain their mobility and with it their independence by giving them needed rehabilitation mobility equipment. The majority of those served by F.R.E.E. are older Virginians.

Second Place (\$3000): Retired and Senior Volunteer Programs (RSVP) of Montgomery and Pulaski Counties and City of Radford's Supplies for Seniors

The goal for **Supplies For Seniors** is to enhance the quality of life by providing basic necessities to homebound seniors during winter months. Homebound seniors are seniors who can't leave their home or rely on others to take them to do errands or bring meals, groceries and medication.



During the past six autumns, the **RSVP of Montgomery and Pulaski Counties and City of Radford** have held a “Supplies for Seniors” drive to collect basic household and personal care items for seniors who receive home delivered meals through the New River Valley Agency on Aging) and Radford/Fairlawn Daily Bread. Each January, RSVP volunteers sort and bag the donated supplies, then deliver them to an average of 250 homebound seniors residing in the five localities of the New River Valley.

Third Place (\$2000): Alzheimer’s Association Central and Western Virginia (CWVA) Chapter’s Arts Fusion

Arts Fusion offers creative and cultural opportunities for those affected by memory loss in the **Alzheimer’s Association CWVA Chapter** area. Arts Fusion’s mission is to employ the arts as a vehicle for promoting creative expression and quality of life experiences for persons with dementia and their caregivers. For those diagnosed with younger onset and early stage dementia, who are living at home with a family caregiver, Arts Fusion offers art museum and gallery visits, nature walks, and opportunities to attend symphony and dramatic arts rehearsals.

The Council also approved the following four programs for **Honorable Mention**:

Wills for Seniors is an emotionally moving, empowering event providing seniors with a will, a power of attorney, and an advance medical directive. Four legal teams, consisting of lawyers, law students, and notary publics meet privately with each senior to prepare legal documents. The **Jefferson Area Board for Aging (JABA)** coordinates the event through promotions, completing applications, determining eligibility, scheduling appointments, and guiding participants in preparing an advance questionnaire packet. The packet is reviewed and finalized on the Wills for Senior Day as each senior meets confidentially with their assigned legal team.

Rural Madison County located in north central Virginia along the foothills of the Blue Ridge Mountains, is home to an innovative program to benefit seniors age sixty or older named **The Nest Egg Thrift Store**. A national catalog company warehoused in Madison has generously donated returned items to the Madison Senior Center for repair and sale at the Nest Egg Thrift Store. Through coordination of 28 local volunteers and limited staff of the senior center, this program has provided substantial amounts of money (\$76,130 in 2013) to expand the existing senior center site through construction of a 600 square foot addition. The program is coordinated by **Rappahanock Rapidan Community Services**.

A collaborative effort formed in 2010, the **Greater Augusta Coalition Against Adult Abuse (GACAAA)** is an all-volunteer organization working to raise awareness of adult abuse in the community and improve reporting procedures and criminal prosecution of adult abuse crimes. GACAAA members include representatives from senior centers, assisted living facilities, healthcare, social service organizations, first responders, law enforcement, local



financial institutions, Legal Aid, Commonwealth attorneys, and APS representatives working in Augusta County, Staunton, Waynesboro, and surrounding areas. GACAAA partners with state and local service providers to improve public understanding of adult abuse with the goal of increased reporting, treatment, and prosecution of adult abuse.

The **Northern Virginia Aging Network (NVAN)** is a collaboration of organizations and individuals that advocate for and serve older residents of the five Northern Virginia Area Agency on Aging (AAA) catchment areas: Alexandria, Arlington, Fairfax, including Fairfax City and Falls Church, Loudoun and Prince William, including Manassas and Manassas Park. Representatives of the AAAs, commissions on aging and non-profit organizations (those providing services to older adults) from these areas meet every other month, to exchange information, share knowledge and stay current with the needs of their constituents and the possibilities for legislative solutions. In October, NVAN presents its platform to the Northern Virginia legislative delegation at its annual legislative breakfast, which attracted over 200 attendees in 2013. NVAN's rigorous analysis of issues and understanding of the legislative process invariably attracts sponsors from the Northern Virginia delegation for its proposals.

Thanks to all who took the time to apply and it is never too early to start thinking about applying in 2015!

Transitions

An Informational Expo On Aging Gracefully

Workshops • Exhibit Hall • Health Screenings

Tuesday, June 17, 2014
3:00p.m. to 8:00p.m.

Free to Attend & Open to the Public

Continental Event Center
9705 Liberia Ave. Manassas
pwchamber.org/transitions
703.368.6600

*Presented by the Prince William
Chamber in Cooperation with the
Prince William Area Agency on Aging*



Community Partner:

Prince William Times



Virginia Adult Day Health Services Association

MAY 17th, 2014 **VADHSA Training**

Please make a separate registration for each person attending

Name: _____
Center: _____
Address: _____
Phone: _____
Email: _____

I wish to attend the following from each concurrent session:
(Choose one lecture within each session)

Session I

- A. The Lesser-Known Dementias – Part I
- B. Art, Alzheimer’s and Achievement
- C. Adaptive Tai Chi and Exercise for People with Arthritis
- D. Body Mechanics

Session II

- E. The Lesser-Known Dementias – Part II
- F. Intergenerational Programming
- G. Body Mechanics (Repeat Session)
- H. Creating Calm

Session III

- I. Discovering Drum Circles
- J. Planning Activities – The 8 Domains to Consider
- K. The Use of Adaptive Equipment
- L. Medication Aides

Session IV

- M. Art, Alzheimer’s and Achievement (Repeat Session)
- N. Adaptive Tai Chi and Exercise for People with Dementia (Repeat Session)
- O. Frontotemporal Dementia

Please Register by May 10th, 2014

\$35.00 per person for VADHSA Members. \$50.00 non-members. (Includes Box Lunch)

Make checks payable to VADHSA and mail to:
The Adult Care Center ATT: VADHSA Training
411 N. Cameron St. Winchester, VA 22602

Cutting Edge Breakthroughs for Aging with Lifelong Disabilities

June 2, 2014

Doubletree by Hilton Richmond-Midlothian, Koger Conference Center,
Richmond, VA

Sponsored by the Area Planning and Services Committee on Aging with
Lifelong Developmental Disabilities (APSC)

This conference is made possible through the generous assistance of the
Region IV Consortium of Community Service Boards

8:00-9:00 James River Foyer
Registration and Coffee

9:00-10:30 Parlor H

Welcome

Ed Ansello, Ph.D., Virginia Center on Aging, Virginia Commonwealth University, Chairman, APSC and Thelma Bland Watson, Ph.D., Executive Director, Senior Connections, The Capital Area Agency on Aging

Keynote Address

Smart Technologies for Everyday Living

The recent emergence of smartphones, tablets, and smart home technologies provides tremendous opportunities for improved everyday function and independence for people with developmental disabilities. Based on a decade of community-based research, this presentation will focus on straightforward and readily-accessible strategies for using these tools to manage everyday life challenges.

Tony Gentry, PhD, OTR/L, Associate Professor, Department of Occupational Therapy, Virginia Commonwealth University

10:30-10:45 Networking Break

10:45-12:15 Breakout Sessions, Part 1: Sessions A-C

A. Parlor E

Housing Opportunities for Individuals with Lifelong Disabilities

Housing opportunities for individuals with lifelong disabilities in Virginia are changing, especially in light of the U.S. Department of Justice Settlement and pending Medicaid Waiver reform. The presenter explores with session attendees both existing opportunities and ‘what may be coming down the pike’.

Presenter: Bruce DeSimone, AICP, HDFP, senior Community Services Officer, Seniors and Housing for Persons with Disabilities, Virginia Housing Development Authority (VHDA).

APSC Host: Lynne Vest

B. Parlor F

The Medical Home

The patient-centered medical home model holds promise as a way to transform health care into “what patients want it to be.” According to the National Committee for Quality Assurance, the medical home model can lead to higher quality and lower costs, and can improve patients’ and providers’ experiences of care. Speakers from Bon Secours Health System and Anthem Blue Cross Blue Shield Virginia describe the medical home model, how it’s implemented in the health system, and how it is experienced by the consumer.

Presenters: Rhonda D. Keith, Community Collaboration Manager, Anthem Blue Cross Blue Shield, Amy Smith, Patient Centered Care Consultant, Anthem Blue Cross Blue Shield, and Angel Daniels, Medical Home Clinical Supervisor, Bon Secours Richmond Health System

APSC Host: April Holmes

C. Parlor G

Freedom and Safety: Life in the Community

Leaving the relative safety of institutional settings brings opportunities and challenges for consumers; sometimes there can be a tension between freedom and safety. This session features the brief film “Place Matters,” and discussions of experiences by consumers and available community resources.

Presenters: Katherine Lawson, Virginia Board for People with Disabilities, Angela Stevens, Hope House, and accompanying consumer; Mary Beth Schutte, Henrico CSB, and accompanying consumer.

APSC Host: Mary Beth Schutte

12:15-1:30 Networking Luncheon in Parlor H

1:30-3:00 Breakout Sessions, Part II: Sessions D-F

D. Parlor E

Smartphones and Tablets as Aids to Healthy Aging

Learn about the use of mobile technologies and apps for memory, task-sequencing, wayfinding, communication, healthy living, and more. We will

discuss best practices in selecting devices and apps to fit your lifestyle and needs.

Presenter: Tony Gentry, PhD, OTR/L

APSC Host: Monica Uhl

E. Parlor F

Update on the Affordable Care Act and Medicaid

The co-presenters discuss how the Affordable Care Act benefits people with disabilities and provide updates on the progress of the Health Insurance Marketplace and Medicaid expansion in Virginia.

Presenters: Ashley Chapman Kenneth, M.S., Senior Manager of Advocacy, National Multiple Sclerosis Society and Jill Hanken, Health Attorney, Virginia Poverty Law Center

APSC Host: Bunny Caro-Justin

F. Parlor G

Promising Practices in Employment Services

Review a variety of employment service practices and interventions that have demonstrated effectiveness in supporting the achievement of employment outcomes by individuals with a cross-section of significant disabilities. The session describes individual employment case studies and invites discussion of challenges and opportunities in providing employment services.

Presenter: W. Grant Revell, Jr., M.S., M.Ed., Research Associate, Virginia Commonwealth University Rehabilitation Research and Training Center

APSC Host: Eric Drumheller

3:00-3:15 Networking Break

3:15-4:30 Parlor H

Closing Plenary

Growing Younger: Using Exercise and Art to Engage Older Adults

Learn about the Growing Younger, an innovative program that revamps the logic model for health in later life, and uses enjoyable exercise, like line dancing, to improve cardiovascular functioning and fitness, with the Senior Fitness Test as benchmark; the Visual Arts Center's recent SAY (senior and youth) project, an intergenerational and multimedia based art project; and Art on Wheels, which notes benchmark improvements (in both quantitative and qualitative measures) through its direct to consumer approach to bringing art to the individuals.

Presenters: Eric Garmon, Growing Younger Program Director; Jordan Roeder, Outreach Coordinator, Visual Arts Center; and Andrea Orlosky, Executive Director, Art on Wheels

Cutting Edge Breakthroughs for Aging with Lifelong Disabilities

June 2, 2014

8:00 am-4:30 pm

Doubletree by Hilton Richmond-Midlothian, 10800 Midlothian Turnpike

Costs: Conference fee is **\$35 a person**, including materials, luncheon and breaks. Scholarships are available, when needed, for family members who are caregivers. Advance registration ends on **May 30, 2014**. After May 30th and on-site the registration is \$45 a person, if space allows. **Seating is limited.**

Registration: www.apsc14.eventbrite.com

Information: For more information about this conference, call (804) 828-1525 or e-mail to eansello@vcu.edu

If you need special accommodations, please tell us before May 16th.

*Qualifying participants may receive a **Certificate of Attendance** documenting 5.75 contact hours of education.*

Sponsored By
Area Planning and Services Committee (APSC)



Spread the Word!

- The Institute for Innovations in Caregiving's First Challenge Contest Coming to Virginia in Fall 2014 -

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QUESTIONS?: Contact Adrienne Johnson (804) 525-7735; Adrienne@SeniorNavigator.org

1. Program Abstract

The CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors) meal program was developed as an alternative dining option to the traditional congregate meal program, where a meal is served to participants in a public social setting. CHAMPSS was designed to help provide nutritious meals to a growing older-adult population while offering flexibility and choice. The Johnson County Area Agency on Aging, or AAA, partnered with select Hy-Vee grocery stores that have dining areas with food courts. An additional bonus to the nutritious meal is the ability to shop for groceries, purchase prescription medications, and access financial services.

2. Problem/Need Addressed by Program

The Older Americans Act mandates that the AAA provide nutritious meals five or more days a week in a congregate site that is a public social setting. Our congregate sites are in eight locations around the county to make the program accessible to the greatest number of older adults. Over the past decade, despite a growing number of older adults, attendance at congregate sites has remained static—primarily because of limited dining hours and menu choices. Longer hours of operation and additional menu choices at congregate centers would be cost-prohibitive. In addition, some older adults have expressed feeling uncomfortable attending a congregate center.

3. Program Description

CHAMPSS is a new way to serve the nutritional and social needs of older adults. It is a voucher program that offers choice and flexibility. Participants may eat one meal per day during the week at the Hy-Vee grocery store food court between the hours of 8:00 a.m. and 7:00 p.m. and, while there, shop for groceries, flowers, movies, medications, and health foods, and conduct financial business. The store is designed with wide aisles, which makes shopping easier for our participants.

The Hy-Vee dietitian-approved menu allows seniors to select an entrée, fruit, and vegetable of their choice, along with bread and low-fat milk, for a suggested donation of \$2.50. The food court offers a great deal of variety. Meat choices include baked tilapia, salmon, Mediterranean chicken, pulled pork, and barbecued brisket. Specialty bars serving pizza, Italian dishes, and Chinese entrees have select meals available. In addition, pre-made salads with grilled chicken are available. **Participants choose their meals from the options in the food court that are identified by the CHAMPSS logo.** The first CHAMPSS meal was served on April 14, 2008.

4. Program Costs

Start-up costs totaled \$1,550 and included a telephone line with answering machine, swipe cards, point-of-sale reader and printer, registration packets, recruitment supplies and other operation supplies.

Monthly operating costs average \$3,440. Costs include the \$5 per meal cost, SeniorDine software, and dedicated agency personnel costs.

5. Program Outcomes

Toward the end of 2008, we asked CHAMPSS participants to complete a survey about their experiences with the program.

Results of survey questions from 78 participants were highly favorable (87-98%). Participants rated the look, taste, temperature, and variety of the food, and whether the program offers the types of food they like to eat.

Average meals served in the congregate program increased 17 percent as of February 2009. The increase is due to new participants in the CHAMPSS program and the additional meals served.

6. Program Replication

In an attempt to revive and build on an existing service, we developed the CHAMPSS program, a partnership with an existing food service. After success at the pilot location, the program was easily replicated in a new site.

The CHAMPSS program allows us to improve on mere compliance by offering a unique dining setting with a variety of other services, along with a choice of healthful foods and extended dining hours.

The National Meals on Wheels featured the CHAMPSS program as a best practice. Interest has been shown by other counties and states in replicating the program.