



VDA WEEKLY E-MAILING

June 10, 2014

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ACL Weekly Update

Here is a link to news & information from the Administration for Community Living (ACL):

<http://www.acl.gov/NewsRoom/NewsInfo/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.nasud.org/newsroom/friday-update>

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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Elaine Smith Resigning as Nutrition Program Coordinator

Kathy B. Miller, MS, RN, MSHA, Director of Long-Term Care

It is with mixed feelings that I announce the resignation of Elaine Smith as the Nutrition Program Coordinator, effective June 28. Elaine came to VDA nine years ago from Senior Connections where she served as the Nutrition Services Director for five years. In her tenure at DARS-VDA, Elaine has provided technical assistance and training for AAA nutrition staff and overseen the development of the menu planning guidelines, updating of the nutrition service standards, and expansion of the Senior Farmers' Market Nutrition Program. In addition, she has been responsible for two Chronic Disease Self-Management grants and the Fan Care program. She has also served as DARS' representative on various workgroups, including the Alcohol and Aging Awareness group and the Injury Prevention task force. Elaine's tireless efforts have resulted in invaluable contributions to DARS and our partners. Her steadfast commitment to improving the quality of the nutrition services provided by our AAA network is exemplary.

Elaine will be assuming a position as a clinical dietitian at Riverside PACE in Petersburg. She is looking forward to returning to her roots, providing direct nutrition counseling services to clients. However, we are extremely pleased that she has agreed to continue with DARS on a part-time consulting basis during a transition period to continue her work on various projects.

Three AAA's Receive N4A 2014 Awards

Tim Catherman, Director Aging Operations

Congratulations to JABA and MEOC. Both agencies will receive the **2014 N4A Innovation Award** for their programs 'Wills for Seniors' and 'Saturday Transportation' program. PWAAA will receive a **2014 N4A Aging Achievement Award** for its 'V.E.T.S.' Program. The awards will be presented at the N4A Annual Conference in Dallas, Texas, July 12-16, 2014.

Jefferson Area Board for Aging (JABA) Receives an N4A Innovation Award for its Wills for Seniors Program.

The Wills for Seniors program is an emotionally moving, empowering event--provides seniors with a will, a power of attorney, and an advanced 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 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 seniors meet confidentially with their assigned legal team.



Since its inauguration in July 2010, the Central Virginia Wills for Seniors Program has hosted nine estate planning clinics in the Thomas Jefferson Planning District. The partnership between The Williams Mullen Law Firm and the Jefferson Area Board for Aging has served over 200 residents of Charlottesville and the surrounding counties. In addition to the free estate planning documents, the legal staffs educate participants on the importance of pre-planning property distribution, burial desires, legal and moral obligations of heirs, guardianship for children and a caregiver for beloved pets. Clinics are held twice a year, one in the spring and a second in the fall. The fall event sometimes coincides with National Pro Bono Week in October.

The legal teams graciously donate 100% of their time and expertise, making this event reachable for those who might otherwise not be able to afford legalizing end of life planning wishes. The monetary value of this program to the community since its inception has been almost \$300,000!

Mountain Empire Older Citizens (MEOC) *Receives an N4A Innovation Award for its Saturday Transportation Program*

Saturday Transportation began in 2012 by responding to an unmet need within the planning district identified by the Transportation Development Plan. MEOC was able to implement this service by utilizing a variety of partners, including the local community services board, behavioral health providers, center for independent living and Department of Veteran Affairs. The service is being provided by MEOC's Transit department which offers a coordinated system of public and human service transportation with additional support services including passenger attendants, shopping assistance and mobility management. Multiple funding sources are being utilized to support the service [including] funding through the Virginia Board for People with Disabilities and the Virginia Department for Aging and Rehabilitative Services to provide Saturday transportation to individuals with disabilities and seniors. Additional support is being provided by the Virginia Department of Rail and Public Transportation.

Prince William Area Agency on Aging (PWAA) *Receives N4A Aging Achievement Award - V.E.T.S. Program Recognition*

The Prince William Area Agency on Aging began offering a Veterans Enhanced Transportation Services (V.E.T.S.). The agency has partnered with a local non-profit that finds a volunteer to provide medical transportation to a Veteran or Veteran's spouse. So far, volunteers have provided without using any Agency or other funding, over 225 trips to over 25 Veterans/spouses!



Title III-D Funds

Elaine S. Smith, MS, RD, Program Coordinator

If you participated in the *MOVING ON UP! OAA Title IIID Funds - Disease Prevention and Health Promotion Webinar on the Evidence-Based Requirement* on June 4, you know that at some point in the future, only the highest-level criteria evidence-based interventions will be permitted for use of Title IIID funds.

AAAs and state units on aging were asked to contact our regional liaison, Carmen Sanchez, by July 31 with 1) a reasonable date for this transition and 2) a description of what support is needed. DARS-VDA will collect and compile responses from the AAAs and forward them to Carmen Sanchez, or you may contact her directly, if you wish.

As you plan to implement only highest criteria programs, you are referred to the ACL/AoA website for the listing of more than 40 approved highest tier programs: [Title IIID Highest-Tier Criteria Evidence-Based Disease Prevention and Health Promotion Programs Cost Chart](#)  The webinar highlighted ACL's Aging and Disability Evidence-Based Program and Practices (ADEPP) review process with several additional approved highest tier programs: <http://www.acl.gov/Programs/CDAP/OPE/ADEPP.aspx>

Following the transition period, you may continue to offer lower tier activities through the use of community volunteers and in-kind contributions of local health organizations, **as long as no Title III-D funding** is used to support them. Lower tiered activities might be, for example, nutrition education provided in-kind by Cooperative Extension program assistants, or health screenings provided by volunteer nurses, physicians, and other credentialed and trained health professionals, or yoga, exercise, and tai chi classes taught by volunteer instructors. Although the highest criteria programs contain such activities as yoga, exercise, tai chi, etc. these must be structured programs that have undergone research study and have been published in peer-reviewed literature.

Ready Virginia App Presented to President Obama during Hurricane Season Briefing

Kathy B. Miller, Director of Long Term Care, for Chip Stratton, WWRC/DARS

App users will now receive instant notification of weather hazards.

Contacts: Office of the Governor: Brian Coy, 804-225-4260 Brian.Coy@Governor.Virginia.Gov | VDEM: Dawn Eischen, (804) 897-9730 or (804) 897-6510, dawn.eischen@vdem.virginia.gov

2 Jun 2014



WASHINGTON – The free Ready Virginia mobile application that helps people prepare for emergencies and stay informed during disasters was demonstrated to President Barack Obama May 30 in preparation for hurricane season, which started yesterday and extends through Nov. 30. The president’s annual briefing was held at FEMA headquarters and included three presentations on innovative apps that reach people with critical emergency information. Virginia was the only state invited to present.

“I am proud of the work the Virginia Department of Emergency Management has done on this innovative app that will help Virginians stay informed and prepared in the event of a hurricane or other disaster,” said Governor McAuliffe.

“We were very proud to showcase the Ready Virginia app,” said Brian Moran, Virginia secretary of public safety and homeland security. “We know it’s important to meet people where they are, particularly during emergencies, and many of them are on mobile devices.”

“The invitation to present during this high-level, pre-hurricane season briefing was very timely,” said State Coordinator of Emergency Management Jeff Stern, who described the app’s features to President Obama following an introduction by Secretary Moran. “In fact, that day we had added push notifications to the app that allow users to receive instant weather warning alerts for their area from the National Weather Service. This is a critical safety feature to have, especially when you’re not tuned in to local radio or television.”

The Ready Virginia app for iPhone® and Android™ devices was developed by the Virginia Department of Emergency Management (VDEM) as an interactive tool that makes it easier to be prepared for emergencies. Users can make a customized emergency plan, identify and collect needed emergency supplies, and get the latest disaster news when there are widespread or high profile disaster events in the commonwealth.

Among the app’s features are:

- Alerts: real-time weather and hazard alerts for your location
- Plan: make your emergency plan and share it with family and friends
- Local: GPS-enabled evacuation routes, flood risk updates, emergency manager contacts
- Checklist: essential emergency supplies to have in your kit
- Threats: learn what to do to prepare for the most likely disaster events in Virginia
- Disaster news: stay informed on current emergency events or browse through previous disaster blogs

When Hurricane Sandy impacted the commonwealth in 2012, 40% more people used mobile browsers to access VDEM’s website than during Hurricane Irene the previous year.



The hurricane preparation briefing was moderated by Lisa Monaco, assistant to the president for homeland security and counterterrorism. NOAA Administrator Kathy Sullivan briefed the president on hurricane season. FEMA Administrator Craig Fugate and Homeland Security Secretary Jeh Johnson discussed progress on the federal government's efforts to prepare for and capacity to respond to severe storms.

Read President Obama's pre-hurricane briefing remarks: www.whitehouse.gov/the-press-office/2014/05/30/readout-president-s-briefing-ahead-2014-hurricane-season

Learn more about the Ready Virginia app:

<http://www.vaemergency.gov/readyvirginia/additional-resources/mobileapp>

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Information from the US Department of Transportation-Federal Transit Administration

Tim Catherman, Director Aging Operations for Bruce DeSimone, VHDA

Greetings from VHDA!

FYI - new FTA guidance incorporating MAP-21 for those of you involved in 5310 transportation. May help you understand DRPT.

Bruce V. DeSimone, AICP

Senior Community Housing Officer

Virginia Housing Development Authority (VHDA)



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Circular 9070 “Enhanced Mobility of Seniors and Individuals with Disabilities Program Guidance and Application Instructions” Outreach

06/06/2014

On June 6, 2014, the Federal Transit Administration (FTA) published [Circular 9070.1G](#). This circular provides recipients of FTA financial assistance with instructions and guidance on program administration and the grant application process for formula grants under the Enhanced Mobility of Seniors and Individuals with Disabilities program (49 U.S.C. 5310), established by MAP-21, the most recent transportation authorizing legislation.

The revised circular provides guidance on key changes under MAP-21, including the eligibility of large urbanized areas as designated recipients, operating expenses as eligible activities, transfer provisions, coordination planning requirements, and the consolidation of the New Freedom program projects with the Section 5310 program.

We are pleased to provide you with this valuable guidance tool. If you have any questions or require technical assistance regarding this program, or any other FTA grant program, please contact your regional FTA office.



U.S. Department of Transportation
Federal Transit Administration

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Exploring the Impact of Elder Abuse on Family, Friends and Neighbors

Gail S. Nardi, Director APS Division, for NYC Elder Abuse Center

Dear Colleagues -

We recently posted a blog featuring our recent eNewsletter that focuses on the impact that elder abuse has on family, friends and neighbors. This blog features three compelling narratives detailing the experiences of friends and loved ones who try to help those being abused.

Three compelling narratives detail the experiences of friends and loved ones who try to help those being abused - See more at: <http://nyceac.com/elder-justice-dispatch-ill-stand-by-you-summer-newsletter/#sthash.Yj4eIvr0.dpuf>

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You can view the blog by visiting the following link: <http://nyceac.com/elder-justice-dispatch-ill-stand-by-you-summer-eneewsletter/>

Have a great weekend, everyone!

Best -

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