



VDA WEEKLY E-MAILING

June 17, 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.nasuad.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.

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



Elaine Smith Will Continue in a Transitional Role

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

As announced in last week's emailing, Elaine Smith will be resigning as the Nutrition Program Coordinator; however, she will stay on temporarily on a part-time basis to help cover certain program areas. The following outlines her transitional roles:

- Elaine will continue to coordinate the Senior Farmers' Market Nutrition Program, working with the participating AAAs, VDACS, and the banking contractor through the end of the season. You should contact Elaine as you normally have in the past with any questions or concerns related to SFMNP. SFMNP local AAA monitoring may continue via desk review.
- Elaine will continue to coordinate the Fan Care Program through the end of the season. You should continue to send your monthly Fan Care reports to her by the 10th of the month.
- Elaine will also be involved with the Service Standard revision and implementation for congregate and home-delivered nutrition programs.
- During area plan review, Elaine will review the nutrition programs and related sections as in the past.

Nutrition program monitoring will be suspended until further notice. If there are corrective action plans requested for prior monitoring visits, AAAs are still responsible for developing and implementing corrective action plans related to congregate and home delivered meals.

DARS is actively recruiting for a Nutrition Program Coordinator. We appreciate your patience and cooperation during this transitional process.

Virginia Partners for Care Transitions: Free Webinar



When

Thursday June 19, 2014 from 12:00 PM to 1:00 PM EDT

[Add to Calendar](#)

Where



This is an online event.

Speakers

April Holmes

*Coordinator of Prevention Programs
Department for Aging and Rehabilitative Services*

Kyle R. Allen, DO, AGSF

*Vice President of Clinical Integration
Medical Director of Geriatric Medicine and Lifelong Health
Riverside Health System*

Anne Elder, RN, BSN

*Quality Assurance Analyst
CDSME Local Program Coordinator
Peninsula Agency on Aging*

Contact

Rhonda Fletcher

rhonda.fletcher@hcqis.org

804-289-5320

Carla Thomas

carla.thomas@hcqis.org

804-289-5320

Promoting Better Health Outcomes: Stanford's Chronic Disease Self-Management Program

A major contributor to healthcare costs is the high number of hospital readmissions, especially for people with chronic diseases. The Chronic Disease Self-Management Program from the Stanford School of Medicine provides individuals with education and tools to help them cope with chronic diseases such as diabetes, heart disease, lung disease, or arthritis. Research has shown that participants of the program are better able to manage their symptoms, are less limited by their illness, and may spend less time in hospital.

Join us for a free webinar on June 19 at noon to learn more about the program and how you can help individuals with chronic diseases feel better and manage their health.

Objectives for this engaging learning session include:



1. Describing the Stanford Model for Chronic Disease Self-Management as compared to other models.
2. Explaining how such a program supplements current care transitions and health promotion interventions.
3. Identifying locations of self-management programs in Virginia.
4. Discussing outcomes of this program at the local level.

Learn more about the Stanford School of Medicine Chronic Disease Self-Management Program [here](#).

Who should attend: Hospital leaderships, case/care management staff, transitions coaches, nursing homes, assisted living, hospice services, home health agencies, area agencies on aging, physicians, VHQC care transitions community coalition participants, and community providers

This webinar was developed in collaboration with members of the Virginia Partners for Care Transitions and is sponsored by VHQC, DARS, Riverside Health System and the Virginia Association of Area Agencies on Aging.

[Register Now!](#)

Severe Weather Safety

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

Before Thunderstorm and Lightning

To prepare for a thunderstorm, you should do the following:

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Postpone outdoor activities.
- Remember the 30/30 Lightning Safety Rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Secure outdoor objects that could blow away or cause damage.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.



- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.

Lightning Safety When Outdoors

If you are:

Then:

- | | |
|--|---|
| ➤ In a forest | ➤ Seek shelter in a low area under a thick growth of small trees. |
| ➤ In an open area | ➤ Go to a low place such as a ravine or valley. Be alert for flash floods. |
| ➤ On open water | ➤ Get to land and find shelter immediately. |
| ➤ Anywhere you feel your hair stand on end (which indicates that lightning is about to strike) | ➤ Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground. |

During Thunderstorms and Lightning

If thunderstorm and lightning are occurring in your area, you should:

- Use your battery-operated NOAA Weather Radio for updates from local officials.
- Avoid contact with corded phones and devices including those plugged into electric for recharging. Cordless and wireless phones not connected to wall outlets are OK to use.
- Avoid contact with electrical equipment or cords. Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry. Plumbing and bathroom fixtures can conduct electricity.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.



- Avoid natural lightning rods such as a tall, isolated tree in an open area.
- Avoid hilltops, open fields, the beach or a boat on the water.
- Take shelter in a sturdy building. Avoid isolated sheds or other small structures in open areas.
- Avoid contact with anything metal – tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.

After a Thunderstorm

After the storm passes remember to:

- Never drive through a flooded roadway. Turn around, don't drown!
- Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- Help people who may require special assistance, such as infants, children and the elderly or those with access or functional needs.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.

Know the Terms

Familiarize yourself with these terms to help identify a thunderstorm hazard:

- Severe Thunderstorm Watch - Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.
- Severe Thunderstorm Warning - Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.

Contributed by:

Chip Stratton
Safety and Risk Management Director
Emergency Coordination Officer



Woodrow Wilson Rehabilitation Center
Virginia Department for Aging and Rehabilitative Services

Alzheimer's Association: 2014 Statewide Walks to End Alzheimer's Disease

Cecily Slasor, Administrative Support

Please see the attached flyer with information on regional walk events sponsored by the Alzheimer's Association.

Title V Closeout Report – FYE 06/30/2014 Contracts

Marica B. Monroe, Financial Statement Reporting and Accounting Manager

Hello everyone. The Title V grant ending 06/30/2014 is closing. The close out (settlement) reports for this grant must be submitted to the Department for Aging and Rehabilitative Services on or before Monday, August 4, 2014. An electronic version of the report will be available on our website at www.vda.virginia.gov. Please e-mail the completed report to closeoutreports@dars.virginia.gov. Please name the file, Title V Closeout Report PSAxx (Insert your PSA number in the characters, xx). For agencies that have not drawn down all necessary funds related to these grant contracts, please do so on the June AMR-OC due July 12th, so that the closeout report will be accurate and complete.

If you have any questions, please call me at (804) 662-9320 or e-mail me at marica.monroe@dars.virginia.gov. Thank you.

CC: John Thaniel, Chief Financial Officer
Donna Bonessi, Employment Support Specialist
Pat Cummins, Prog Admin Specialist II



Virginia 2014 Walk Dates

Greater Richmond Chapter

804-967-2580; alz.org/grva

Middle Peninsula (Urbanna)
 Fredericksburg
 Richmond (Glen Allen)
 Petersburg

September 20
 September 27
 October 18
 October 18

Central & Western Chapter

434-973-6122; alz.org/cwva

Roanoke
 Greater Augusta (Waynesboro)
 Tri-County (Orange, Madison & Culpeper)
 Danville
 New River Valley (Blacksburg)
 Lynchburg
 Charlottesville
 Harrisonburg

September 6
 September 13
 September 20
 September 27
 October 10
 October 11
 October 18
 October 25

National Capital Area Chapter

703-359-4440; alz.org/nca

Northern Virginia (Reston)
 Winchester-Shenandoah Valley (Winchester)
 Virginia Tri-Counties (Manassas)

September 28
 October 11
 October 18

Southeastern Virginia Chapter

757-459-2405; alz.org/seva

Suffolk
 Nassawadox
 Farmville
 Virginia Beach
 Newport News
 Williamsburg

September 20
 October 4
 October 2
 October 12
 October 18
 October 25

**Title V Financial Report - Final Closeout
FYE 06/30/2012**

Agency: _____

Month Ending: Final

Year: 2014

Funding Source - DOL	Cash Expended YTD	Accrued Costs	Total Federal Costs YTD	Other Non-Federal Cash YTD	Other Non-Federal In-Kind YTD
Salaries and Fringes					
Other					
Sub-Total Admin. Costs					
Enrollee Wages					
Enrollee Fringes					
Enrollee Medicals					
Sub-Total EWF					
Staff Salaries and Fringes					
Enrollee Training					
Enrollee Development					
Enrollee Transportation					
Miscellaneous					
Sub-Total OEC					
Grand Total					

Revised: 06/16/2014

Total Non-Federal _____
% Non-Federal _____ 0%
 Approved Budget _____
 % Spent _____

**Department for Aging and Rehabilitative Services
Title V Financial Report Final Closeout, FYE 06/30/2014**

Agency: _____

PSA # _____

Request for Funds for the month of: FINAL

	DOL
1) Unencumbered Cash-on-Hand as of 7/1/2013	
2) Cash Received Y-T-D for This Contract	
3) Cash Requested Last Report but Not Yet Received	
4) Cash Available Y-T-D for This Contract (Sum of lines 1, 2 and 3)	
5) Cash Disbursed During Previous Months	
6) Cash Disbursed During Report Month	
7) Cash Disbursed Y-T-D (Line 5 + Line 6)	
8) Cash-on-Hand (Balance Due) at End of Grant Period (Line 4-Line 7)	

I hereby certify that I have the designated authority to represent the contractor for whom this information is reported. I further certify that to the best of my knowledge and belief, this information is true, correct, and a complete statement prepared from the books and records of the contractor in accordance with applicable instructions, except as noted. Reported information is in agreement with previously submitted information to the Department for Aging and Rehabilitative Services

Note: If there is unobligated Cash-on-Hand at the end of the grant period, please remit this balance to DARS with the final report. Thank you.