



VDA WEEKLY E-MAILING

June 24, 2014

Table of Contents

[ACL Weekly Update](#)

[NASUAD Weekly Update](#)

[Promotion of the VICAP Program](#)

[Newspaper Article on Shenandoah Area Agency on Aging](#)

[Appalachian Agency for Senior Citizens, Inc. Recognition](#)

[Virginia Caregiver Coalition News](#)

[ACL Updates: U.S. Department of Transportation Funding](#)

[Mosquito-borne Chikungunya Virus Comes to Virginia](#)

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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Promotion of the VICAP program

A. J. Hostetler, Communications Director

DARS asks for your help in spreading the word about VICAP, the Virginia Insurance Counseling and Assistance Program, and its free and confidential counseling to see whether older Virginians receiving Medicare might qualify for assistance in paying for prescription medication. We have two videos posted to the DARS YouTube channel, where they are available for sharing on your websites and/or Facebook pages, or in emails to clients. They are posted at <http://youtu.be/FRRx8jpl3iQ> and <http://youtu.be/1Md6Sj7tOEo>.

Thank you,

A.J. Hostetler

Communications Director

Newspaper Article on Shenandoah Area Agency on Aging

James A. Rothrock, Commissioner

Please see the article below from the Winchester Star that highlights the improvements SAAA is making . I have spoken with Executive Director Cathie Galvin and asked her if I could share the positive results with our network.

SAAA making progress on debt

Posted: June 23, 2014

By Vic Bradshaw

The Winchester Star

FRONT ROYAL – With the exception of the diversion of most of its fundraising dollars to debt payments, Shenandoah Area Agency on Aging (SAAA) leaders say the nonprofit that assists senior citizens in the region has returned to relatively normal operations.

Services provided to clients are increasing, Executive Director Cathie Galvin said, as are donations to the organization. That's great news for the agency, which suffered financially for months after a financial scandal was uncovered in 2011.

"Our donors are coming back," said Galvin, the agency's top official from 1992 to 2002 who was rehired as its director last October. "This year we sent out our annual appeal letter in the winter, and we received more than the previous year.

"I think donations are up 15 to 20 percent this year. We are seeing that the faith of the community is being restored."



The SAAA's board of directors learned in August 2011 that the agency was in financial trouble when 81 unmailed checks to vendors, totaling nearly \$265,000, were discovered. The agency didn't have enough money in the bank to cover those checks.

The agency's debt was pinned at \$668,000 following the departure of Helen Cockrell, its former president and CEO.

On April 1, 2013, Cockrell was indicted for four counts of felony embezzlement. In a plea deal, she pleaded guilty to one charge, entered Alford pleas (not admitting guilt but accepting that there may be enough evidence to convict her) to two others, and agreed to repay \$10,674 to the agency.

In exchange, prosecutors agreed to drop the fourth charge against her. However, the deal included no sentencing parameters.

Cockrell is due to be sentenced in Warren County Circuit Court at 1:30 p.m. on Aug. 8.

When Galvin rejoined the agency, she said it faced four types of debt:

Money owed to various local vendors or businesses, an obligation that has been reduced to \$88,277 from \$133,817. Four vendors are owed amounts ranging from \$7,965 to \$36,774.

A \$100,000 line of credit that has been reduced to \$95,831.

A mortgage taken out on its headquarters building, which has been paid down to \$193,577 from \$197,799.

A vehicle loan of \$3,981, which has been paid off.

That means \$57,912 of the back debt has been paid in nine months, reducing the total owed to \$377,912.

That money, Galvin said, has come from fundraising activities and donations that are not earmarked for specific purposes. No money provided by the governments of the six jurisdictions the SAAA serves – Winchester and Frederick, Clarke, Warren, Shenandoah and Page counties – has been used on those debt payments.

"We're trying to satisfy the debt we owe to the local businesses first," Galvin said.

The SAAA has what it hopes will be three big fundraisers coming up over the next six months – a bowlathon at the Royal Family Bowling Center in Front Royal on Aug. 2, the Generations Walkathon at Shenandoah Valley Westminster-Canterbury on Sept. 13, and their Boots & BBQ fundraiser at the Clarke County Ruritan Fairgrounds on Nov. 7.



The agency, Galvin added, has not received any restitution payments from Cockrell.

Travis Clark, chairman of the SAAA's board, said board members are pleased with the financial progress the agency is making.

"We do continue to pay down that old debt," he said. "We're chipping away at that and making great progress."

"We've been really, really pleased with how the community has rallied around the SAAA. They really believe in our purpose."

This year, Galvin said, the demand for the home-delivered meals the SAAA provides has spiked significantly.

At the current rate, the agency is on track to provide about 15,000 more meals in 2014 than in 2013.

"We've seen a huge expansion and need," she said, "as people age in place and become more frail."

The need for transportation to medical appointments through the SAAA's WellTran program also is up considerably, she said. Those efforts soon will increase in Page County, where local government officials are providing more support to help the agency meet residents' needs.

Galvin has rearranged staffing at the agency, adding two case managers to the one already on staff. Each one is responsible for two jurisdictions.

"That's enhanced our ability to get out into the homes and respond more quickly when we get calls about someone in need," she said. "Now we have the opportunity to really do the kind of planning with families that they need, look to put a package of services together to make sure we meet those needs and follow up with them to make sure they're OK."

The SAAA also has hired Rosemary Hennessy as chief financial officer. Galvin said she has experience with nonprofits and government-fund accounting and "has done a remarkable job of getting things squared away."

Clark also touted a strategic planning session held for board and key staff members. That exercise included projecting the organization's goals, allowing the agency's leadership team to look forward rather than back.

"We felt at the time that we'd made great progress," he said, "but we had to look out over the horizon and see what positive impacts we can have in the community. A big



part of that was what collaborations we can have with other community groups to advance the SAAA in our region.”

– Contact the City Desk at citydesk@winchesterstar.com

Appalachian Agency for Senior Citizens, Inc. Recognition

Tim Catherman, Director Aging Operations

Congratulations to Appalachian Agency for Senior Citizens, Inc. (AASC) for begin recognized by N4A for an Achievement Award for their ACTion program. Regina Sayers has informed us AASC will receive the award at the national N4A meeting in July. ACTion is a Community Based Care Transitions collaborative that serves rural southwest Virginia. The program lead by AASC includes four local acute care hospitals: Clinch Valley Medical Center, Buchanan General Hospital, Carilion Tazewell Community Hospital, and Russell County Medical Center. Trained professional staff coach patients and caregivers on how to manage medications more effectively, recognize and respond to red flags that indicate their condition is worsening, ensure timely follow up with primary care physician, and fill out and maintain a Personal Health Record. The initiative's goal is to improve the health of our community by improving transitions of beneficiaries from the inpatient hospital setting to other care settings.

Virginia Caregiver Coalition Meeting

Ellen M. Nau, MA, Program Coordinator

The Virginia Caregiver Coalition will meet on Thursday, July 17, 2014 at 9:15 A.M. The program will feature author Rosemary Rawlins speaking at 9:30 AM.

Rosemary Rawlins is the author of *Learning by Accident*, an inspirational memoir about learning and growing from adversity through the experience of caring for her husband after a near-fatal bike crash. Rosemary has eight years experience as a full-time caregiver for loved ones with brain injury, dementia, and COPD. She is a project consultant and advisory board member for the TBI Model System of Care at Virginia Commonwealth University Health Systems, and was appointed to the Governor's Commonwealth Neurotrauma Initiative(CNI) Advisory Board in Virginia in July, 2013.

Rosemary blogs weekly for BrainLine.org, an award winning WETA multimedia site. She and her husband Hugh were featured in the 2013 Bronze Telly Award-winning video about [Relationships after TBI](#). Rosemary and Hugh were also featured on the front page of the [New York Times](#) Science Section in January 2012.

[Think Piece Publishing](#) released a condensed, excerpted version of *Learning by Accident* under a new title, *Beneath the Armor: A Caregiver's Story* as a Kindle Single in April 2013 to benefit the Brain Injury Association of Virginia.



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

Attendance for this event is available at the VDA Conference Room or at the following Video Conference Sites throughout the Commonwealth. Please RSVP to a site coordinator to attend this educational event!

Video Conference Sites:

Julia Trivett Dillon, MEOC jtrivett@meoc.org

Sissy Frye, District III sfrye@smyth.net

Cassie Mills, NRVAoA cmills@nrvaooa.org

Christian Thomas LOA and Karen Petrie at BRIL (with their new equipment!)
casemgt@loaa.org

Lynnette Scott RRCSB at DARS Culpeper lscott@rrcsb.org

Lucy Gerland Fairfax AAA lucy.gerland@fairfaxcounty.gov

Christy Jensen Williamsburg DARS cjensen@excellenceinaging.org

Sharon Brandau and Judy Hutchinson Hampton DARS swdirector@paainc.org and
sw3@paainc.org

Ellen Nau, DARS Ellen.Nau@dars.virginia.gov

Thank you!

ACL Updates: U.S. Department of Transportation Announces the Availability of \$100 Million for New Ladders of Opportunity Initiative to Connect More Americans with Jobs

Tim Catherman, Director Aging Operations



June 19, 2014



U.S. Department of Transportation Announces the Availability of \$100 Million for New Ladders of Opportunity Initiative to Connect More Americans with Jobs

On June 4, 2014, the U.S. Department of Transportation announced the availability of approximately \$100 million in competitive grant funds through the Federal Transit Administration's (FTA) new Ladders of Opportunity Initiative.

These funds may be used to modernize and expand transit bus service specifically for the purpose of connecting disadvantaged and low-income individuals, veterans, older adults, people with disabilities, youths, and others with local workforce training, employment centers, health care, and other vital services.

A key evaluative factor as identified by FTA will be the extent to which the applicant forms strong federal and local partnerships to address the mobility challenge. This includes bringing local workforce development, training, education, veterans, transportation, and planning stakeholders together with representation of key customer groups (people with low-incomes, people with disabilities, youths, veterans, older adult populations, etc.) to formulate a plan to address building Ladders of Opportunity in an area.

Except for projects proposed by Indian Tribes, proposals for funding eligible projects in rural (nonurban) areas must be submitted as part of a consolidated State proposal. States and Direct Recipients (FTA Section 5307 funded programs) may also submit consolidated proposals for projects in urbanized areas.

A Notice of Funding Availability for the Ladders of Opportunity Initiative appears in the [Federal Register \(PDF\)](#).

Proposals are due by August 4. [Click here](#) to learn more.

[^ BACK TO TOP](#)





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Mosquito-Borne Chikungunya Virus Comes to Virginia

Kathy Miller, Director of Long Term Care for Chip Stratton, Safety & Risk Management Director

A painful illness carried by mosquitoes has state health officials very concerned.

The Chikungunya virus has rarely been seen in the Commonwealth but the CDC reports six Virginians have been infected this year alone.

It's been a bad year for mosquitoes and workers at Mosquito Squad and other pest control companies are swamped.

"We've been extremely busy," says Mosquito Squad General Manager Greg Chittum.

"Unfortunately all the snow pooled a lot of water and as soon as the warmth came in a lot of those mosquito eggs have hatched."

They've hatched and in some cases they're carrying Chikungunya. Those infected likely become very sick.

"They have such terrible joint pains and back pains and they're so incapacitated it's like they're all bent up and they can't move," said David Gaines, an entomologist with the Virginia Department of Health.

Experts believe Chikungunya was brought into the states by travelers to the Caribbean.

Not everybody suffers the same but fever, headache, and nausea are almost guaranteed.

"The most common lingering symptoms are arthritis or joint pain that can last for months or even years," says Haines.

So far 80 confirmed cases in America have been reported to the CDC.

Posters are going up at airports and cruise terminals urging folks to look for symptoms and reminding all of us how dangerous these little pests can be.

"Unfortunately they rank among the top transporters of dangerous diseases," Chittum says.

Experts have five tips, all beginning with the letter T, to help keep mosquitoes away from your property:



- Tip over items in your yard to reduce standing water.
- Toss excess grass and trash as these are prime breeding areas for mosquitoes.
- Turn over large yard items that could hold water like children's sandboxes.
- Tarps - straighten them out so water can sit on top.
- Treat. If you have a bad problem, you may want to get professionals to spray for the bug.

For more information, go to cdc.gov/chikungunya

Posted: Jun 17, 2014 9:24 PM EDT Updated: Jun 17, 2014 9:24 PM EDT

By WRIC Newsroom

Chip Stratton

Safety and Risk Management Director

Emergency Coordination Officer

Woodrow Wilson Rehabilitation Center

Virginia Department for Aging and Rehabilitative Services