



VDA WEEKLY E-MAILING

October 28, 2014

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ACL News & Information

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 update from NASUAD:

<http://www.nasuad.org/newsroom/nasuad-news>

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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UPDATES

October 21, 2014

Closing the Gap: Transition to Work Programs Empower Youth with Disabilities

By Larissa Crossen, Administration for Community Living Program Specialist

Most Americans recognize work as an important part of a person's ability to contribute to the community. Yet, people with disabilities face remarkably high unemployment rates. According to recent statistics released by the U.S. Department of Labor, while 64 percent of the adult non-disabled population is currently employed, only 17 percent of the adult population with disabilities currently holds a job. One of the reasons for this gap is that few people with intellectual and developmental disabilities transition from school to competitive integrated employment. At the Administration for Community Living, we are working to change that by funding transition programs that provide mentoring, training, and hiring opportunities so more young adults with intellectual and developmental disabilities can thrive in the workplace. [Click here](#) to read more.



Title IIID Disease Prevention and Health Promotion

Nicole Keeney, RD, LDN

ACL conducted a teleconference on October 22, 2014 on OAA Title IIID and the upcoming changes to how funding may be used for health promotion and disease prevention.

Currently, funding from Title IIID of the Older Americans Act must be used for evidence-based (EB) programs only. We currently operate under a three-tier definition of EB, with minimal, intermediate and highest level criteria, and programs that meet any of those standards are considered EB. However, beginning October 1, 2016, the current three-tier definition will be replaced with a single standard that all programs must meet.

The website covers all the information provided below, as well as, Frequently Asked Questions (FAQ) that everyone is encouraged to read.

http://www.aoa.acl.gov/AoA_Programs/HPW/Title_IIID/index.aspx

- The change is effective October 1, 2016 for FY 17 funds. As of October 1, 2016, the three tier definition will no longer exist.
 - States may continue using III-D funds for all tiers until this time.
- If the program currently being provided meets the definition of the highest level now, it will continue to meet that definition in the future and III-D funds may continue to be used.
- The current definition of highest tier includes eight (8) requirements. The future definition will include 5 requirements. These are listed on the website.
- There are two ways to determine if a program meets the future definition for highest level.
 - Use the definition to determine if the program meets all 5 requirements.
 - Check to see whether the program is considered evidenced-based by Health and Human Services (HHS). Any program under HHS with an evidence based program is acceptable, and there is a link on the website to HHS as well as a list of already acceptable programs. Some of the divisions under HHS include, but are not limited to, FDA, CMS, NIH, and CDC.
- An evidenced based program is not the same as an evidenced based service or practice. It must be a program to meet the criteria for highest tier.



- Once a program is considered evidenced based, it is always evidenced based. Programs are not re-evaluated.
- Programs that were previously on the website in the two lower tiers (minimal and intermediate) have been removed.
- Agencies can start using the future definition now.
 - State Agencies will decide who determines if the program meets the definition for highest tier (i.e., The AAA's will have to have evidence/documentation showing their program meets the definition, or the SUA will determine what programs meet the definition).

Nicole Keeney RD, LDN
Nutrition Program Coordinator
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First Lady Helps Virginians Stay Warm this Winter
Tim Catherman, Director Aging Operations



Commonwealth of Virginia

Office of Governor Terry McAuliffe

FOR IMMEDIATE RELEASE

Date: October 22, 2014

Office of the Governor

Contact: Rachel Thomas

Email: Rachel.Thomas@governor.virginia.gov

First Lady Helps Virginians Stay Warm This Winter

~ 2014 Fuel Assistance Application Deadline Is Nov. 14 ~



RICHMOND, Va. – First Lady Dorothy McAuliffe is leading efforts this fall to make sure there is help available for low-income Virginians who have difficulty paying their heating bills.

The First Lady appears in a new Public Service Announcement encouraging individuals and families to apply for fuel assistance through the Energy Assistance Program, which is implemented by the Virginia Department of Social Services. Applications are being accepted now through Friday, Nov. 14.

“No Virginian should have to face the winter months without heat, so I’m encouraging them to submit an application, as soon as possible, to their local department of social services,” said Mrs. McAuliffe.

The program assists with various types of energy sources, including electricity, natural and liquid propane gas, oil, kerosene, coal and wood. Families and individuals must apply through their [local department of social services office](#).

“Last year, Virginia experienced a pretty harsh winter, and we anticipate similar conditions this year. This program is designed to ensure eligible citizens have access to the heating assistance they need,” said Margaret Ross Schultze, Commissioner of the Virginia Department of Social Services.

To qualify for Fuel Assistance, the maximum gross monthly income for a one-person household cannot exceed \$1,265. For a household of four, the maximum gross monthly income is \$2,584. Nearly 126,000 households received assistance last year.

The VDSS Energy Assistance Program is funded by the federal Low-Income Home Energy Assistance Program (LIHEAP) block grant. LIHEAP provides funds to states to assist low-income households in meeting their home energy needs.

“This program is essential to many Virginia families who struggle to pay their winter heating bills,” said Gov. Terry McAuliffe. “We appreciate this federal program, which helps Virginia meet the needs of thousands of Virginians.”

For more information on the EAP, visit <http://www.dss.virginia.gov/benefit/ea/index.cgi>, to screen for services, or to apply online, visit <https://commonhelp.virginia.gov/access/>.

Watch the Fuel Assistance PSA by the First Lady here: <http://youtu.be/eaQmUd23PI8>

Board Governance and Leadership – 9 Key Components

Tim Catherman, Director Aging Operations

The [Virginia State Bar](#), the [Greater Richmond Bar Foundation](#), and [Sands Anderson PC](#) are pleased to announce a FREE webinar series for nonprofit board members, executive directors, officers, attorneys and other key players in the nonprofit field.

The webinar listed below is the third in the series and focuses on what nonprofit leaders and board



members need for effective governance and best practices. If you have joined us for prior webinars this fall or this will be your first, join us by registering today!

November 19, 2014

Presenter: Phyllis Katz

Panel: Jesse Bausch, Ali Fannon

Nonprofits operate in a highly regulated and very transparent environment and are fundamentally different from a for-profit entity. Board members and key staff must have an understanding of these differences in order to govern well. This webinar will introduce the participants to the top nine good governance practices that are hallmarks of successful nonprofits boards: (1) board recruitment and orientation; (2) the significance of the Articles of Incorporation and Bylaws; (3) committee structure and board oversight; (4) delegation and accountability; (5) liability and indemnification; (6) the Form 990 and public scrutiny; (7) regulation of revenue activities and fundraising; (8) protection of assets; and (9) annual registrations and reports.

[Click to REGISTER for Nov 19th](#)

All programs will be submitted for MCLE credit. There is **no registration fee for the webinars**; however, attorneys participating will be asked to certify during registration that they will accept a pro bono referral from a pro bono legal services organization or, in the alternative, make a financial contribution to a pro bono legal services organization.

For more information about the webinars, please contact:

Karl Doss at Virginia State Bar: 804-775-0522 or Doss@vsb.org

V.A. Health Benefits for Veterans and Families at Camp Lejeune
1957-87

Kathy Miller, Director of Programs

Having trouble viewing this email? [View it as a Web page.](#)

Veterans Health Administration Update:

MILITARY EXPOSURES



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



Veterans and their families who lived at Camp Lejeune for 30 days or more between 1957-87 may be eligible for VA health benefits.

Veterans: [Enroll online](#) or call 1-877-222-8387 for help.

Family members: You may be eligible for reimbursement of out-of-pocket medical expenses for 15 conditions. [Apply online](#) or call 1-866-372-1144 for help.

Visit www.publichealth.va.gov/exposures/camp-lejeune to learn more.

Connect With Us.



 SHARE



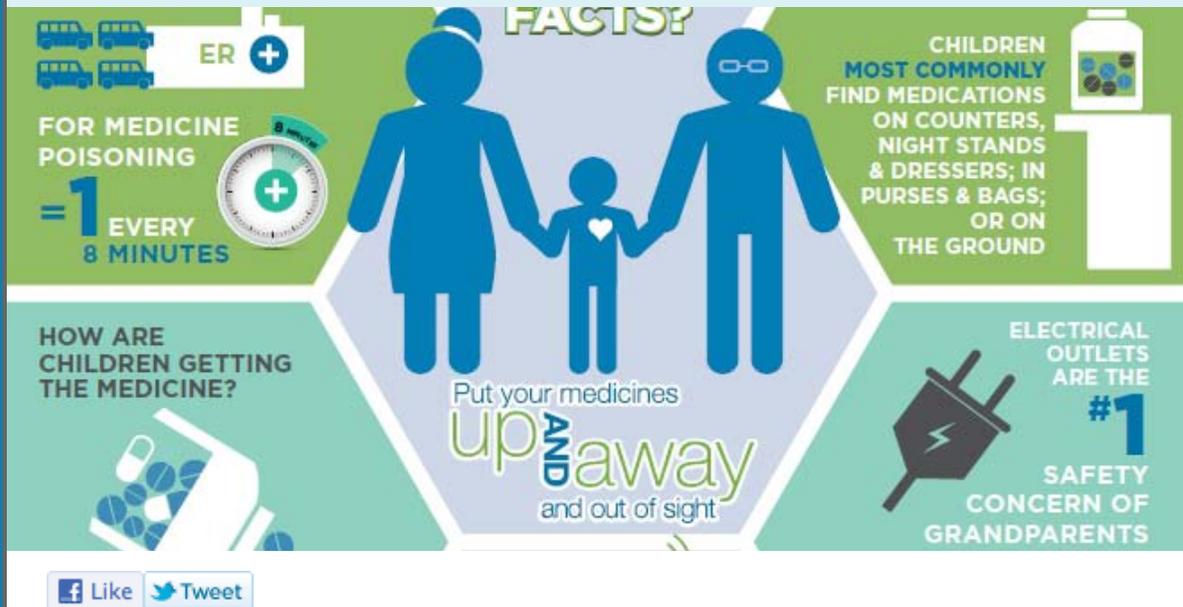
VA
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EXCELLENCE
in the 21st Century

Webcast on Promoting Safe Medication Use and Storage

Kathy Miller, Director of Programs

**WEBCAST ON PROMOTING
SAFE MEDICATION USE AND
STORAGE**

November 4, 12:30-1:30 pm EST



FACTS?

FOR MEDICINE POISONING
= **1** EVERY **8** MINUTES

ER 

CHILDREN MOST COMMONLY FIND MEDICATIONS ON COUNTERS, NIGHT STANDS & DRESSERS; IN PURSES & BAGS; OR ON THE GROUND

HOW ARE CHILDREN GETTING THE MEDICINE?

Put your medicines up AND away and out of sight

ELECTRICAL OUTLETS ARE THE #1 SAFETY CONCERN OF GRANDPARENTS

[Like](#) [Tweet](#)

**Promoting Safe Medication
Use and Storage**
*Overview of Policy & Education
Efforts*

Medicine safe storage education used to focus primarily on parents of babies and toddlers, but new data shows that of the nearly 70,000 young children who visit the ER each year after getting in to medicines left within reach, approximately 38% of the time, that medicine belonged to a grandparent.

This webcast will focus on medicine storage education specifically for seniors and the communities who

Put your medicines
up AND away
and out of sight



Tuesday, November 4th
12:30 - 1:30 PM EST
Webcast

[REGISTER FOR THE
WEBCAST](#)



serve them. The webcast aims to inform and engage collaborators and stakeholders in the senior health/aging space around the issue of safe medicine storage and disposal, both to keep young grandchildren safe from accidental medicine poisoning and abuse, and to protect curious teens from accessible medicines that can be abused. Tips for medicine adherence will also be addressed.

WEBCAST SPEAKERS:

Sue Peschin, MHS

President & CEO
Alliance for Aging Research

Dan Budnitz, MD, MPH

CDC Medication Safety Program
UpAndAway Campaign

Kate Carr

President & CEO
Safe Kids Worldwide

Stephen Pasierb

President & CEO
Partnership for Drug-Free Kids

Marcia Lee Taylor

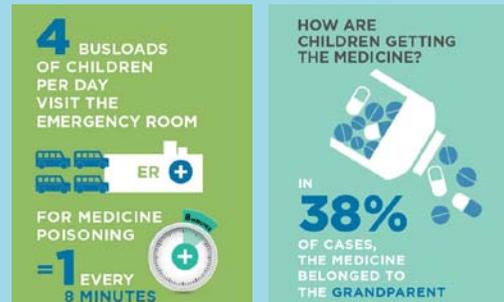
Senior Vice President, Director of
Gov Affairs
Partnership for Drug-Free Kids

Emily Skor

Executive Director
CHPA Educational Foundation

E-mail questions to
Kait Reinert at
kreinert@agingresearch.org

As more and more grandparents are taking on a caregiving role in their grandchildren's lives, education on safe use and storage should be a top priority.



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Research

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Rebecca Burkholder
Vice President, Health Policy
National Consumers League

National Family Caregiver Month, Kinship Care

Ellen M. Nau, MA, Program Coordinator

Theme for November, National Family Caregiver Month

The theme for National Family Caregivers Month 2014 is “Care Comes Home”. The Caregiver Action Network has prepared the National Family Caregivers Month Media Kit. The media kit includes the theme, background on National Family Caregivers Month and a sample proclamation for state and local governments. These materials are available for free to use and distribute to other interested parties.

[Read more.](#)

Brookdale Foundation – Janet Sainer Award

DARS/VDA was awarded the Janet Sainer award for its Kinship Care Program at the 2014 October 17-19 Brookdale Foundation RAPP (Relatives As Parents Program) Conference in Denver, Colorado. DARS/VDA has served as the Brookdale Foundation Commonwealth of Virginia Representative since receiving a seed grant from the Foundation in 2000. Although monies from the grant have been exhausted since 2003, DARS/VDA has continued to receive technical assistance from Brookdale to maintain a Kinship Care Statewide Task Force and Information Network. The agency has worked with many other state, local and public/private entities since 2000 to improve kinship family circumstances in Virginia, including the Virginia Commission on Youth and the Virginia Department of Social Services.

The Virginia Caregiver Coalition and the Kinship Care Statewide Task Force will meet jointly at 9:15 AM on Thursday, November 13 for a program on Fairfax County’s Kinship Care Program. If you are interested in attending the meeting either at the DARS/VDA Conference Room or via video-conferencing, please contact Ellen Nau at Ellen.Nau@dars.virginia.gov

For information on the career of Janet Sainer, please see the attached information!



Census Co resident Grandparent Information

The report, *Coresident*

Grandparents and Their Grandchildren: 2012, uses data from the 2010 Census, the American Community Survey, the Current Population Survey and the Survey of Income and Program Participation. The report, for the first time, compares co resident grandparents to grandparents who do not live with their grandchildren. In addition, the report examines the historical changes in the co residence of grandparents and characteristics of grandparents who live with their grandchildren. [Learn more](#)

The White House Conference on Aging Website is Launched!

In [her blog post](#), Nora Super, executive director of the White House Conference on Aging, laid out the Conference's plan of engaging Americans of all ages in a national dialogue to celebrate and support the health and well-being of older adults. While visiting the [conference website](#), discover ways to [get involved](#), including [signing up](#) to receive updates on conference

"I'll Be Me" Screening

"I'll Be Me" tells the story of music legend Glen Campbell and his unforgettable Goodbye Tour. This portrait of the life and career of a great American music icon features those who know and love Glen including Bruce Springsteen, Bill Clinton, Paul McCartney, Jay Leno and many others. The Chesapeake screening of "I'll Be Me" will be on Nov. 8, 7 pm at Regal Cinema in Ballston Mall (671 North Glebe Road Arlington, VA 22203). [RSVP and reserve your seat today!](#)



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Travel Rate Change

Tim Catherman, Director Aging Operations

Effective October 1, 2014, the Commonwealth's Travel Regulations were updated to reflect new rates. Attached is a two page quick reference for in-state travel. The complete Commonwealth Travel Regulations can be found at: [Travel Regulations Effective 10/01/2014](#). Virginia's rates normally mirror the federal rates.

All travel reimbursements for meals, lodging, airfare, etc. are governed by the terms and conditions of the individual grant or contract. If the grant or contract is silent on reimbursement, the limitations in the Virginia Travel Regulations apply.

In other words, agencies or subcontractors that use federal, state, or local funds that are counted as match must not exceed state travel reimbursement limits. Nothing prohibits an agency from setting limits lower or more restrictive rates than those allowed by the state.



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NASW Foundation National Programs

NASW Social Work Pioneers®

Janet Sainer



Janet Sainer was a pioneer and activist in the field of aging, developing innovative programs copied nationwide. She was 88 at the time of her death June 4, 2007. She was attending a training conference on the elderly in Denver at the time of her death. At the conference she was leading training seminars for nonprofit groups on the Brookdale Foundation's Relatives as Parents program.

Sainer was born in Queens on July 4, 1918. She graduated from Hunter College in 1938 and received her MSW in 1940 from Case Western Reserve University. She worked for New York's Community Service Society and began utilizing seniors, believing that they would volunteer if given the opportunity. With the support of her employer and private foundation funding, she developed a pilot project called SERVE (Serve and Enrich Retirement by Volunteer Experience) in 1985. She recruited seniors from senior centers on Staten Island and began pairing them with patients of Willowbrook, a large institution for the mentally retarded.

In time hundreds of seniors began volunteering regularly through SERVE. Working with researchers, she conducted a study of the program, which was published in her work entitled "SERVE". She testified before Congress to get paid staff to develop volunteer programs. In 1969, the Retired Senior Volunteer Program was created as a volunteer program of the Administration on Aging under an amendment to the Older Americans Act. The name was changed to the Retired and Senior Volunteer Program in 1993. The program is part of the National Senior Corps and is administered by the Corporation for National and Community Service. Janet Sainer is referred to as the 'Grandmother of RSVP.'

In 1973, Rockland Community College received approval to operate a Senior Volunteer Program for the first community college in the country to sponsor the program. RSVP of Rockland County now has more than 800 members actively assisting non-profit agencies and county government, providing services to more than 100,000 residents. In the

year 2006 RSVP members served more than 115,000 hours.

Sainer was appointed commissioner of New York's Department of the Aging in 1976 and over the next twelve years expanded the program with a panoply of programs. Among her innovative additions were intergenerational programs with young people, many from troubled homes, to visit and provide services to the elderly. She opened the department's health protection unit, which educated the elderly on disease prevention and its Stay Well program which advised them on stress management and offered exercise classes and offered walking tours with trained volunteers who had to be at least 60 years of age. In 1981 she started Citymeals-on-Wheels which provided meals to elderly people on week-ends as the federally financed program provided meals only on week-days. The city also conducted job fairs for the elderly under her administration and an Alzheimer's unit was opened.

Her nomination as a NASW pioneer is certainly warranted on the basis of her interest and leadership in the field of aging and intergenerational programs.



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Dollar Limits on Travel *

Area	Lodging	Meals and Incidentals
Standard (Most of Virginia)	\$83	\$41
Abingdon (Washington County)	96	46
Blacksburg (Montgomery County)	96	46
Charlottesville (Counties of Albemarle & Green)	125	56
Fredericksburg (City and Counties of Caroline, Spotsylvania & Stafford)	84	56
Loudoun County	96	61
Lynchburg (Campbell County)	90	51
Manassas (City Limits and Prince William County)	85	56
Norfolk & Portsmouth	87	61
Prince William County	85	56
Richmond (City Limits)	113	66
Roanoke (City Limits)	102	51
Virginia Beach – Sept. thru May / June thru August	94 / 172	56
Wallops Island (Accomack County) – Sept. thru June / July & August	92 / 147	56
Warrenton (Fauquier County)	108	46
Washington, D.C. (Cities of Alexandria, Fairfax, Falls Church; Counties of Arlington, Fairfax) – July & August / Sept. & Oct. / Nov. thru Feb. / March thru June	162 / 222 / 177 / 229	71
Williamsburg (Counties of James City & York) Sept. thru Mar. / Apr. thru August	83 / 96	51

* As of October 1, 2014

Meals and Incidentals

Total	\$41	\$46	\$51	\$56	\$61	\$66	\$71
Breakfast	7	7	8	9	10	11	12
Lunch	11	11	12	13	15	16	18
Dinner	18	23	26	29	31	34	36
Incidentals	5	5	5	5	5	5	5
75% on Departure or Return Days**	\$32	\$36	\$40	\$44	\$47	\$51	\$55
Departure or Return Day w/ Lunch Provided	\$23.75	\$27.50	\$30.50	\$33.50	\$35.75	\$38.75	\$41.00

Mileage Rate

56 cents per mile (current IRS rate) when using a personal vehicle is cost justified or a state vehicle is not available

24.6 cents per mile when a personal vehicle is elected for convenience.

* As of October 1, 2014