



## VDA WEEKLY E-MAILING

December 2, 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.nasud.org/newsroom/nasud-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.

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



## UPDATES

**November 28, 2014**

**Webinar: Alzheimer's Disease and  
Hospital and Emergency Department  
Use**

Thursday, December 11, 2014, 3:00 p.m. –  
4:00 p.m. ET

Presented by the Administration for  
Community Living, this webinar is part of  
the Alzheimer's Disease Supportive  
Services Program (ADSSP) Technical  
Assistance Webinar Series. The purpose  
of the webinar series is to provide helpful,  
current, and applicable information for  
professionals who work with people with  
dementia and/or their caregivers.

Presenters:

- Josh Wiener, PhD, Distinguished  
Fellow and Co-director of the ADSSP  
National Resource Center at RTI  
International
- Zhanlian Feng, PhD, Senior  
Research Public Health Analyst at RTI  
International
- After [registering](#), you will receive a  
confirmation email that includes the  
link you will need to enter the webinar  
on December 11th.

If you need to connect by phone or have  
other questions, please contact Sari  
Shuman: [sshuman@rti.org](mailto:sshuman@rti.org); 919-248-8506.



## UPDATES

**November 25, 2014**

**ACA 2016 Proposed Payment Notice:  
Comment Period Open**

HHS just published a proposed rule in the Federal Register that sets forth payment parameters and regulatory provisions related to a variety of aspects of buying health insurance through healthcare.gov, including cost sharing and user fees for Federally-facilitated Exchanges. Of particular importance to the disability network and to pre-Medicare older adults are the proposed rule's provisions related to habilitative services, meaningful access, prescription drug formularies, network adequacy, and transparency.

The rule will be open for public comment until Monday December 22, 2014.

[Click here](#) to view the proposed rule. Also available is a [fact sheet](#) from CMS.

## NASUAD Adult Day Service Provider Survey

*Tim Catherman, Director of Aging Operations*

The National Association of States United for Aging and Disabilities (NASUAD) is conducting a survey of service providers of Adult Day services. You do not need to be a member of the



National Adult Day Services Association (NASDA) to participate in this study. Please submit your responses by December 5, 2014, however, the survey poll will stay open for a few more days.

NASUAD believes there is a need to improve the knowledge of the types of services that individuals receive from Adult Day providers, and the crucial role that these services play in maintaining the community placement for seniors and people with disabilities. As such, we are conducting a very brief survey to collect more information about Adult Day services across the country. We request, and strongly encourage, all of you to respond to this inquiry.

The provider survey can be found at the following link:

<http://www.surveygizmo.com/s3/1901370/Adult-Day-Services-NASDA-Members>

## Governor McAuliffe Urges Virginians to Get Ready for Winter Weather

*On behalf of Chip Stratton, Safety and Risk Management Director, Emergency Coordination Officer*

*Woodrow Wilson Rehabilitation Center*

~November 30 - December 6 is Winter Preparedness Week in Virginia~

RICHMOND – Winters in Virginia often are cold, snowy and icy and bring extended power outages. To highlight the importance of Virginia families and businesses being winter-ready, the National Weather Service and the Virginia Department of Emergency Management have set aside November 30 - December 6 as Winter Preparedness Week.

“We’ve had several record breaking winter storms in the past few years and they serve as good reminders that it’s smart to be prepared,” said Governor McAuliffe. “Everyone should take steps now to be sure families, homes and businesses are ready for whatever winter may bring us this season.”

Although the current National Weather Service winter outlook indicates Virginia could have a less severe winter than last season, people still need to be sure their emergency plans and supplies are in place.

Please click [here](#) to see the proclamation Governor McAuliffe issued.

“A significant winter storm is possible any winter in Virginia, even during those winters with overall temperatures near or above normal,” said Bill Sammler, NWS warning coordination meteorologist. “If the El Nino weather pattern happens as expected, then Virginia residents should anticipate storminess and a wetter than normal winter overall. El Nino winters are generally not snowier, but they can be, if atmospheric conditions are right. A recent example of that is the 2009-10 winter.”



An important part of winter weather planning is being prepared to stay where you are until conditions improve. During Winter Preparedness Week, Virginians should take these steps:

- **Get a kit.** Basic emergency supplies include:
  - Three days' food that doesn't need refrigeration or electricity to prepare it
  - Three days' water (a gallon per person per day)
  - A battery-powered and/or hand-crank radio with extra batteries
  - Add a first aid kit, supply of prescription medications, blankets and warm clothing, supplies for special members of your household and pet items.
  - For businesses and offices, some bottles of water and food bars and a radio to hear local information about whether or not it is safe to travel. Officials may advise staying in place until it is safe to travel.
  - A power pack for recharging cell phones and other mobile devices
- **Make a plan.** Everyone needs an emergency plan:
  - Decide who your out-of-town emergency contact will be.
  - Where will you meet up with family members if you can't return home?
  - Get an emergency plan worksheet at [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov) or on the new Ready Virginia app.
- **Stay informed.** Before, during and after a winter storm, you should:
  - Listen to local media for information and instructions from emergency officials.
  - Be aware of winter storm watches and warnings and road conditions.
  - Get where you need to go before the weather gets bad.
  - Get road condition information 24/7 by calling 511 or checking [www.511Virginia.org](http://www.511Virginia.org)
- **Download the Ready Virginia app.** This helpful emergency planning tool for iPhone® and Android™ mobile devices features:
  - Location-specific weather watches and warnings issued by the National Weather Service
  - Disaster news from the Virginia Department of Emergency Management
  - A customizable family emergency plan that can be easily shared
  - A checklist for gathering emergency supplies
  - Contact information for local emergency managers
  - Links to register for local emergency alerts, and more

"One heavy snowstorm with power outages is enough to disrupt schedules and cause people to wish they had prepared better," said Governor McAuliffe. "It's much safer to take a little time now and get ready before a winter storm arrives."

## WINTER WEATHER SAFETY TIPS



- Keep space heaters at least three feet from other objects. Never leave space heaters unattended. Install a smoke detector in every bedroom and on each level of your home. Check the batteries monthly, and replace them once a year at the same time every year.
- In case of power outages, use flashlights instead of candles for light.
- Use generators only outdoors and only in well ventilated areas.
- Make sure outdoor pets have adequate shelter, unfrozen water and food.
- If your household includes someone with special needs (has a disability, requires electricity to operate home medical equipment, needs to go to dialysis, etc.) call your local emergency manager to let them know where you live and what you will need during an emergency.
- Driving is most dangerous when the temperature is at or under 32° F. If the road is wet, patches of ice are possible, especially on bridges and curves. Avoid using cruise control in winter weather conditions.
- Keep a safe distance of at least five seconds behind other vehicles and trucks that are plowing the road.
- Don't pass a snowplow or spreader unless it is absolutely necessary. Treat these as you would emergency response vehicles.
- Keep an emergency winter driving kit in your car.

For more on preparing for winter weather, visit the following links:

[www.ReadyVirginia.gov](http://www.ReadyVirginia.gov)

<http://www.vaemergency.gov/readyvirginia/winter/winter-preparedness-week>

### **Hazardous Weather Outlook**

Rain this evening is forecast to change over to a wintry mix of sleet, freezing rain, and snow during the overnight hours into Tuesday with change back to rain forecast to occur during the day Tuesday. There is potential for light accumulation of ice (less than one-quarter on an inch) and snow (around one inch) across Northwest VA and areas of Northern VA west of Interstate 95 through Tuesday evening. There is potential for light accumulation of ice (less than one-quarter on an inch) across areas of Southwest VA and West Central VA through late Tuesday morning/early Tuesday afternoon along the ridges of the Blue Ridge Mountains. NWS Offices - [Blacksburg VA](#); [Morristown TN](#); [Charleston WV](#); [Sterling VA](#); [Wakefield VA](#); [Hydrometeorological Prediction Center](#); [Storm Prediction Center](#)

Thank you,

**Chip Stratton**  
**Safety and Risk Management Director**  
**Emergency Coordination Officer**  
**Woodrow Wilson Rehabilitation Center**



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

**Virginia Department for Aging and Rehabilitative Services**

**Office (540) 332-7163**

**Cell (540) 569-0321**

**Fax (540) 332-7132**

[Chip.Stratton@wwrc.virginia.gov](mailto:Chip.Stratton@wwrc.virginia.gov)

**Virginia Elder Rights Coalition Panel Discussion**

*Cecily Slasor on behalf of Kathy Pryor, Virginia Poverty Law Center*

Please plan to attend a panel discussion on Voting Rights, sponsored by the Virginia Elder Rights Coalition, on Friday, December 5<sup>th</sup> from 10:00 to noon at Park View Apartments in Charlottesville. The discussion will include such topics as accommodations for persons with disabilities, implications of the new voter ID law, and redistricting with panelists from the Virginia Department of Elections, AARP Virginia, the disAbility Law Center, and OneVirginia2021. See attached flyer. Please plan to attend, and spread the word about the panel. The meeting will be at Park View Apartments, 210 S. Pantops Drive, Charlottesville.