



VDA WEEKLY E-MAILING

June 9, 2015

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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/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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UPDATES

June 8, 2015

DATE CHANGE: Recent Updates to the National Alzheimer's Project Act Webinar

NEW DATE: Thursday, June 25, 2015, 3:00 p.m. - 4:00 p.m. ET

Join the National Alzheimer's and Dementia Resource Center (formerly the ADSSP National Resource Center) for a webinar focused on updates to the National Alzheimer's Project Act (NAPA).

Webinar participants will learn about recent updates to NAPA as they relate to care and services for people with dementia and their caregivers, and how NAPA updates will influence practice.

If you registered prior to the date change, you do not need to re-register.

[Learn more and register for this webinar.](#)

Grant Opportunity: The National Resource Center on Nutrition & Aging

Nicole Keeney, RD, LDN, Nutrition Program Coordinator



The National Resource Center on Nutrition & Aging (NRCNA*) is pleased to announce a new grant funding opportunity.

You're invited to apply for the opportunity to participate in a learning collaborative that will help prepare you to compete in the healthcare environment. Specifically, this opportunity is designed to strengthen the business acumen and align service capabilities and better prepare you for entering into healthcare contracts, either directly or as a part of a bundle of community-based services. The purpose of this grant is to establish a learning collaborative that provides technical assistance to grantees from experts in the field combined with peer-to-peer learning opportunities. The ultimate objective is to help grantees successfully position themselves to get contracts with healthcare entities.

Eight competitive mini-grants of **\$10,000** each are available to eligible programs. This funding will be used to cover expenses associated with implementing the project. Eligible applicants are Senior Nutrition Programs that currently receive funding from the Older Americans Act for Title III Part C - Nutrition Services or Title VI Grants for Native Americans to provide meals and other nutrition services to older adults in the community. For further details on eligibility and funding uses, please see the [Request for Applications](#).

Applications must be submitted through the [online grant system](#) hosted by Meals on Wheels America **no later than Tuesday, June 30, 2015**.

Grant recipients will be announced on Monday, July 20, 2015. Once awarded the grant, grantees are committing to the following goal: *At least one contract or partnership will be made with an integrated care entity by August 31, 2016.*

For further information, please contact the National Resource Center on Nutrition & Aging



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AND REHABILITATIVE SERVICES

by phone (703-548-5558) or email (Resourcecenter@mealsonwheelsamerica.org).

*The NRCNA is a collaboration between the Administration for Community Living and Meals on Wheels America. Visit www.nutritionandaging.org to learn more about the NRCNA and access more valuable resources for the national aging network.

AARP Public Policy Long-Term Care Update

Kathy Miller, Director of Programs, Division for the Aging

Public Policy Long-Term Care Update



[About PPI](#)

[More PPI Research](#)

Please join the AARP Public Policy Institute for a Webinar

Care Coordination in Managed Long-Term Services and Supports

Wednesday, July 1, 2015 | 1:00 - 2:00 p.m. EST

Register Here

[Register](#) to let us know you will attend, then mark your calendar.



Older people and adults with disabilities, particularly those with care needs, can benefit from care coordination. Care coordinators are typically nurses or social workers who can help with tasks such as monitoring chronic health conditions, connecting them to social supports, conducting assessments, and writing plans of care. The field is changing rapidly as many states move to or expand Medicaid managed care for its populations needing long-term services and supports (LTSS).

On this webinar, the AARP Public Policy Institute will release a major study by Truven Health Analytics and discuss its findings. Care coordination has been a focal point of managed LTSS. Yet, little is known about care coordinators:

- * Who are they?
- * What do they do?
- * Who do they help?
- * Do they involve family caregivers?

This webinar will answer these questions.

Speakers:

Susan Reinhard, moderator
AARP Public Policy Institute

Paul Saucier and Brian Burwell
Truven Health Analytics

Login Information:

To join the online meeting, 15 minutes prior to start time:

1. Go to: <https://aarp.webex.com/aarp/j.php?MTID=mf620a31617268a7f1cf5d54dbddad071>
2. Enter your name and email address
3. Click "Join"
4. Participants Dial (844) 229-7559
5. When prompted, give passcode: 5510563

*****To check that you can access WebEx before the webinar, test your system well in advance of the start time by clicking <http://www.webex.com/test-meeting.html>. FOR SUPPORT, call 1.800.508.8758, then press option 3 to help you with setup.*****



If you are still not able to login to the online meeting, join the teleconference portion only:

1. Participants Dial (844) 229-7559
2. When prompted, give passcode: 5510563

Can't make the live webinar? It will be recorded and posted at www.aarp.org/carecoordination.

Please Note:

By participating in this meeting, you agree that your communications may be recorded.

e-Update: Alzheimer's Disease Education & Referral Center
Charlotte Arbogast, MSG, Dementia Services Coordinator

e-Update

from the ALZHEIMER'S DISEASE EDUCATION & REFERRAL CENTER
a service of the NATIONAL INSTITUTE ON AGING at NIH



When you are caring for a person with Alzheimer's disease, it's important to [make your own health a priority](#). Staying physically, mentally, and emotionally healthy will make you a better caregiver. Here are 3 tips on how to care for yourself while caring for others:

- Ask for help. Being able to take regular breaks from caregiving will help reduce stress and burnout.
- Get regular exercise. Find activities you enjoy and you'll be more likely to stick with them. You don't have to do it alone – partner up with your loved one for short walks or dancing.
- Eat healthy foods. Make sure to choose a variety of fruits, vegetables, whole grains, and lean protein.

Read the full tip sheet [Alzheimer's Caregiving Tips: Caring for Yourself](#)



on the ADEAR website and visit our [dedicated Alzheimer's caregiving page](#) for more resources.

Share these tips on social media with this message:

#Caregivers – take care of yourself so you can take care of others. Get tips on making your #health a priority. <http://1.usa.gov/1HWMr7n>

The Lindsay Institute for Innovations in Caregiving News Service

Cecily Slasor, for Kim Tarantino, SeniorNavigator



[Sensors can help children keep eye on aging parents](#)

The Associated Press

Each time 81-year-old Bill Dworsky or his 80-year-old wife, Dorothy, opens the refrigerator, closes the bathroom door or lifts the lid on a pill container, tiny sensors in their San Francisco home make notes on a digital logbook. The couple's 53-year-old son, Phil, checks it daily on his smartphone. [Read more...](#)

[Tech Support for Long-Distance Caregivers](#)

Consumer Reports



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

Long-distance caregivers increasingly rely on technology to help with medication management, to get information on treatment or diagnosis, to find support, and to search for services. [Read more...](#)



NASUAD Friday Updates
Cecily Slasor, Administrative Support

FRIDAY UPDATES

NASUAD

June 5, 2015

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From NASUAD

Presentations Available from AIRS Pre-Conference I&R/A Summit

The National Aging and Disability Information & Referral/Assistance (I&R/A) Pre-Conference Summit held last week at the 2015 AIRS Conference focused on business acumen as aging and disability I&R/A agencies across the country are challenged to both sustain and expand their business model in a rapidly-changing environment. Topics addressed included "Setting the Stage" to introduce business acumen concepts and opportunities for I&R/A agencies; "Organizational Culture Change: From Grant-Based to Entrepreneurial Operations"; and "Creating a Value Proposition and Demonstrating Quality: Building Blocks of Business Acumen." All of the presentations from the day-long summit are now available from the National



***CMS: March 2015 Report on Eligibility & Enrollment Data Released**

***CFPB: Planning for Financial Decisions for Older Americans**

***PA: MLTSS Planning Encourages Public Input**

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I&R Support Center on the NASUAD website.

[Click here](#) to view the Pre-Conference Summit presentations.

Registration Open for HCBS Conference!

Join us for the National Home and Community Based Services (HCBS) Conference held in Washington, DC, **August 31-September 3**. The Conference offers a unique blend of policy, program, and practice issues for professionals interested in home and community based services for individuals of all abilities and in all settings. Quickly becoming the "go-to" conference for learning in the expanding field of HCBS and long-term services and supports, the Conference allows states to share best practices, present unique partnerships, and recognize the work of their peers.

The National HCBS Conference will include federal, state, and local policymakers and those who administer, manage, and deliver waiver and other HCBS programs. The Conference always sees a strong presence from U.S. Health and Human Services ranging from the Administration for Community Living including AoA, Office of Disability, and IADD to CMS, HRSA, SAMHSA, Office of Developmental Disabilities, and other federal agencies.

[Click here](#) to learn more about the conference and register.

HCBS Clearinghouse E-Clips

This section of Friday Update highlights reports that have been added to the HCBS Clearinghouse within the past week. Visit www.nasuad.org/hcbs for more information.

National Employment and Disability Survey Released

The Kessler Foundation and the Institute on Disability at the University of New Hampshire have conducted a national survey focusing on employment issues for working



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age adults with disabilities. The survey polled 3,000 people with disabilities who answered questions regarding their experiences in the workplace, including questions on their successes and the challenges they faced. Researchers found that Americans with disabilities are "striving to work" and are overcoming barriers in the search for employment and in the workplace.

[Click here](#) to access the report and findings.

2015 Caregiving Report Published

Released on June 4 by the National Alliance for Caregiving, *Caregiving in the U.S. 2015* provides insights into a wealth of caregiver data. The study identifies changes in the caregiver population, in particular the increasing diversity among caregiver demographics. The study provides new details on higher-hour caregivers (at least 21 hours of care a week), caregivers ages 75 and older as well as challenges that caregivers face in the workplace. The report also includes information on caregiving activities, stresses, and supports.

[Click here](#) to access the report.

From the Administration

Administration for Community Living

Updated Organization Structure Announced

The Administration for Community Living (ACL) has announced a new organization structure that formally incorporates the Workforce Innovation and Opportunity Act (WIOA). The changes include moving the National Institute for Disability, Independent Living, and Rehabilitation Research from the Department of Education to ACL and the creation of the Administration on



Disabilities (AOD).

[Click here](#) for the full press release.

[Click here](#) to view the new ACL organizational chart.

Centers for Medicare and Medicaid Services

Share Beneficiary Stories for the 50th Anniversary

The Centers for Medicare and Medicaid Services (CMS) is looking for stories about how Medicare and Medicaid programs have changed the lives of Americans across the nation. To illustrate the faces of Medicare and Medicaid beneficiaries, CMS is requesting the submission of personal stories to show how these health care programs change the lives of real families and impact communities across the country.

The stories will be used to help bring life to speeches and content on CMS websites, and some beneficiaries will be invited to share their stories at events or be interviewed for videos. Additionally, as part of the CMS celebration of the 50th Anniversary of the two programs, CMS is building a gallery exhibit that tells the stories of 50 beneficiaries - one story from each state. The exhibit, consisting of photos and stories, will be displayed at the Department of Health and Human Services in Washington, DC.

[Click here](#) for a beneficiary story sharing form.

[Click here](#) for a model release form.

March 2015 Report on Eligibility & Enrollment Data Released

On Thursday, June 4, CMS released the March 2015 report on state Medicaid and Children's Health Insurance (CHIP) eligibility and enrollment data. The total number of individuals enrolled in the two programs and receiving comprehensive benefits topped 71 million. Among states that had implemented Medicaid expansion in March 2015, enrollment in the two programs rose over 28 percent



compared to July-September 2013 data. In contrast, in states that had not expanded Medicaid by March 2015 the enrollment increase was only 8.6 percent for the same period.

[Click here](#) to view the report.

Consumer Financial Protection Bureau

Tips on Planning for Financial Decisions for Older Americans

The Consumer Financial Protection Bureau (CFPB) and Securities and Exchange Commission have issued a consumer advisory and investor bulletin aimed at helping older Americans and their loved ones help plan their future. The bulletin provides tips on organizing important documents, considering financial power of attorney, and assisting with ongoing financial responsibilities. The document also lists resources for seniors and contact information for reporting suspected elder abuse.

[Click here](#) to view the bulletin.

From the States

Pennsylvania

MLTSS Planning Encourages Public Input

On June 1, the Pennsylvania Departments of Human Services (DHS) and Aging (PDA) released a discussion paper as part of the plan to implement a Managed Long Term Services and Supports (MLTSS) program. The document outlines Governor Wolf's proposed 2015-16 budget and commitment to increasing opportunities for older Pennsylvanians and individuals with physical disabilities to remain in their homes. The MLTSS program initiative aims to provide a more strategic care delivery



system and improve health outcomes for seniors and individuals with disabilities. The discussion document invites public comment, and additionally, public hearings on the plan will be held throughout the state during the month of June.

[Click here](#) for more information on the MLTSS initiative, the discussion paper, and public hearings.

From Other Organizations

AARP

Webinar: Care Coordination in Managed Long Term Services and Supports

Care coordination has been a focal point of managed long term services and supports (MLTSS), but the field faces rapid changes as many states move to expand Medicaid managed care. This webinar on **Wednesday, July 1, from 1:00 p.m. to 2:00 p.m. ET**, will provide detailed information on the who, what, and why of care coordinators. In the webinar, the AARP Public Policy Institute (PPI) will release a major study by Truven Health Analytics and discuss its findings.

[Click here](#) to access registration and details on the webinar.

American Society on Aging

AiA16 Proposal Submission Extended

The American Society on Aging has extended the deadline to submit a proposal to present at AiA16 until **Monday, June 15**. The opportunity to present provides a large network to share new ideas, noteworthy projects, and



successful practices. Proposal topics may include issues of integrated care networks, policy, mental health, caregiving, business acumen, and more. The conference will be held March 20-24, 2016, in Washington, DC.

[Click here](#) to submit a proposal.

Benjamin Rose Institute on Aging

Accepting Applications for the Innovation in Caregiving Award

The Innovation in Caregiving award recognizes individuals who, in caring for an older adult in a residential setting, have invented a device or technique that solves a caregiving challenge or have found a new application for an existing device or technique that supports caregiving of older adults. Individuals assisting younger individuals with disabilities may also be eligible for the award if their device or technique can be used to help care for adults aged 60 and older. Applications are due **June 30, 2015**. Up to three winners will receive \$1,000.

[Click here](#) to access the application and view previous winners.

Institute for Educational Leadership

Seeking ADA Generation Stories

As the 25th anniversary of the Americans with Disabilities Act (ADA) approaches, the Institute for Educational Leadership (IEL) is collecting stories from the ADA Generation about what the Act means to them. The ADA Generation refers to youth and young adults who came of age since the passage of the ADA. Stories can be submitted in written (500 word maximum), graphic, or video (3 minute maximum) form. The stories will be published on the IEL website and shared on social media. Stories must be submitted to finkd@iel.org by **July 1**.



[Click here](#) to learn more about submissions and the collection.

National Alzheimer's and Dementia Resource Center

Webinar: National Alzheimer's Project Act Update

This webinar on **Thursday, June 25 from 3:00 to 4:00 p.m. ET** will provide an update on the National Alzheimer's Project Act (NAPA). The webinar will detail how NAPA relates to care and services for people with dementia and their caregivers as well as how the updates influence practice. Ms. Rohini Khillan of the Advisory Council on Alzheimer's Research, Care and Services and NAPA will present the webinar. Please note the date of the webinar has changed from previous announcements (previously scheduled for June 11).

[Click here](#) to register.

National Disability Institute

Financial Independence Initiative Launched

On June 3, National Disability Institute (NDI) and the Consumer Financial Protection Bureau (CFPB) announced the launch of ROADS (Reach Outcomes. Achieve Dreams. Succeed.) to Financial Independence. The ROADS initiative will provide people with disabilities who are already working or who are transitioning into the workforce with coordinated services to promote financial stability and improve their economic future. Participants will have access to a financial counselor to assist them in setting financial goals and implementing a strategy to achieve them. The initiative will operate in six national sites: Austin, Texas; Birmingham, Alabama; Seattle, Washington; Finger Lakes, New York; throughout the state of Delaware; and the Greater Washington DC Metro area.



[Click here](#) to view the full press release.

National Resource Center on Nutrition & Aging

Funding Opportunity: Building Business Capacity of Senior Nutrition Programs

Eight competitive mini-grants of \$10,000 each are being offered to Senior Nutrition Programs to better prepare them for entering into healthcare contracts. The funding and technical assistance opportunity is designed to strengthen the business acumen and align service capabilities for programs to negotiate, either directly or as a part of a bundle of community-based services, healthcare contracts. Eligible applicants are Senior Nutrition Programs that currently receive funding from the Older Americans Act for Title III Part C - Nutrition Services or Title VI Grants for Native Americans to provide meals and other nutrition services to older adults in the community. Applications are due by **Tuesday, June 30** and can be submitted through the Meals on Wheels America online grant system.

[Click here](#) for more details on eligibility and the funding.

Webinar: Improving Services for LGBT Seniors

Research shows that LGBT older adults are less likely to access health and social services. This webinar will provide participants with best practices for helping LGBT older adults engage in the community and feel more included. Participants will learn about the culture, needs, and concerns of the LGBT older adults; explore the reasons why this population is less likely to access services; and practice the interpersonal skills needed to effectively reach out to and work with the LGBT community. The webinar is scheduled for **Tuesday, June 9 from 3:30 to 4:30 p.m. ET.**

[Click here](#) for more details and to register.

Just for Fun

More Than Just A Sign

Fed up with drivers ignoring the signs for designated parking spaces, the nonprofit organization Dislife.ru and people with disabilities in Russia used a creative campaign to call attention to the problem. Dislife.ru brought the 2-D disability signs to life by projecting real people with disabilities in parking spaces in shopping malls and business centers in Moscow.



Dislife: More than Just a Sign

Events

2015 Consumer Voice Annual Conference

The Consumer Voice Annual Conference will be held in Washington, DC, **November 4-7, 2015**. Registration is now open, and those who register before July 10 will receive a discount. The 2015 Conference offers attendees policy updates from key experts, information on best practices nationwide, and takeaways to help put systems or individual advocacy into effective action.



[Click here](#) to view registration and conference details.

Senior Center Conference

Registration is open for the 2015 Senior Center Conference being held in Columbus, Indiana. The conference, entitled Seek 2015: Engaging Communities to Age Well, will take place **September 20-22**. Register by **June 30** to receive an early bird rate of \$295 for National Institute of Senior Centers (NISC) members and \$345 for non-members.

[Click here](#) to view conference details and register.

Job & Internship Postings

Posting for Director of Federal Affairs at PHI

This job posting is an opportunity to lead PHI's federal policy program, which works at the intersection of low-income workforce development and eldercare/disability services. The Director will work closely with the Vice President of Policy and the Policy Team to set federal policy priorities, strategic plans, and legislative and regulatory strategies. Qualified applicants should have at least five years federal government experience and three years of policy experience. The application period will close **Friday, July 24**.

[Click here](#) to view the full posting.

AARP Public Policy Institute Opening for VP of LTSS/Livable Communities

AARP Public Policy Institute (PPI) is accepting applications for the position of Vice President, Livable Communities and Long Term Services and Supports. The position involves management of diverse policy analysis and leadership of innovative Enterprise-priority partnerships. Applicants



with expertise in LTSS financing are preferred. Qualified candidates will have a Master's degree and at least 10 years experience in policy and/or research initiatives as well as extensive management experience.

[Click here](#) to view the full posting and learn how to apply.

Senior Position with NASHP

The National Academy for State Health Policy (NASHP) is looking for a Program Director to work on evaluations of the state demonstrations to integrate care for Medicare-Medicaid enrollees. The Program Director is responsible for leading the qualitative evaluation of demonstrations in several states. The position is also responsible for program development and management in other areas of state health policy. The position is based in Washington, DC.

[Click here](#) to view the full posting.

NASDDDS Seeking Executive Director

The National Association of State Directors of Developmental Disabilities Services ([NASDDDS](#)) is seeking an executive director with broad experience and a commitment to supporting state agencies in the provision of services to individuals with intellectual and developmental disabilities and their families. Interested candidates should email a resume, cover letter, and salary requirements by **Monday, June 15**.

[Click here](#) to view the full posting.

Friday Update Archive

Did you miss a previous issue?
Check out [past Friday Updates](#).

Subscribe

[Click here](#) to subscribe to Friday Update or other NASUAD news updates.



DARS APS Division Regional Specialists

Paige McCleary, Program Consultant

Attached is a document that provides contact information for the five DARS APS Division regional specialists. It also shows where local departments fall within the five regional jurisdictions.

The APS regional specialists provide case consultation, technical assistance and training, and serve as resources in the areas of planning, organization and budgeting for local department APS and Adult Services (AS) Programs.

APS regional specialists are happy to respond to APS and AS matters involving a local department and to answer general questions about APS and AS. AAAs that would like a refresher training about APS should consider contacting the appropriate regional specialist for your area.

VIRGINIA DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES REGIONAL ASSIGNMENTS

Central	Northern	Piedmont	Western	Eastern
Marjorie Marker 1604 Santa Rosa Road Suite 130 Richmond, VA 23229 ☎ 804-662-9783 FAX: 804-662-7023 marjorie.marker@dars.virginia.gov	Andrea Jones 410 Rosedale Court Suite 270 Warrenton, VA 20186 ☎ 540-347-6313 FAX: 540-347-6331 andrea.jones@dars.virginia.gov	Angela Mountcastle 1351 Hershberger Rd Suite 210 Roanoke, VA 24012 ☎ 540-204-9640 FAX: 540-561-7536 angela.mountcastle@dars.virginia.gov	Carol McCray 190 Patton Street Abingdon, VA 24210 ☎ 276-676-5636 FAX: 276-676-5621 carol.mccray@dars.virginia.gov	Carey Raleigh 291 Independence Blvd. Pembroke 4, Suite 300 Virginia Beach, VA 23462 ☎ 757-491-3983 FAX: 757-552-1832 carey.raleigh@dars.virginia.gov
Agencies	Agencies	Agencies	Agencies	Agencies
Amelia (007) 14 Buckingham (029) 14 Caroline (033) 16 Charles City (036) 15 Chesterfield (041)/Colonial Heights (570) 15 Cumberland (049) 14 Essex (057) 18 Fluvanna (065) 10 Goochland (075) 15 Hanover (085) 15 Henrico (087) 15 Hopewell (670) 19 King and Queen (097) 18 King William (101) 18 Lancaster (103) 17 Lunenburg (111) 14 Middlesex (119) 18 New Kent (127) 15 Northumberland (133) 17 Nottoway (135) 14 Petersburg (730) 19 Powhatan (145) 15 Prince Edward (147) 14 Richmond City (760) 15 Richmond County (159) 17 Westmoreland (193) 17	Alexandria (510) 8 Arlington (013) 8 Clarke (043) 7 Culpeper (047) 9 Fairfax (059)/Fairfax City (600)/ Falls Church (610) 8 Fauquier (061) 9 Frederick (069) 7 Fredericksburg (630) 16 Greene (079) 10 Harrisonburg (660) 6/ Rockingham (165) King George (099) 16 Loudoun (107) 8 Louisa (109) 10 Madison (113) 9 Manassas City (683) 8 Manassas Park (685) 8 Orange (137) 9 Page (139) 7 Prince William (153) 8 Rappahannock (157) 9 Shenandoah (171) 7 Spotsylvania (177) 16 Stafford (179) 16 Warren (187) 7 Winchester (840) 7	Albemarle (003) 10 Alleghany005)/Covington (580) 5/ Clifton Forge (560) 5 Amherst (009) 11 Appomattox (011) 11 Bath (017) 6 Bedford (019) 11 Botetourt (023) 5 Campbell (031) 11 Charlotte (037) 14 Charlottesville (540) 10 Craig (045) 5 Danville (590) 12 Franklin County (067) 12 Halifax (083)/South Boston (780) 13 Henry (089)/ Martinsville (690) 12 Highland (091) 6 Lynchburg (680) 11 Mecklenburg (117) 13 Nelson (125) 10 Pittsylvania (143) 12 Roanoke (770) 5 Roanoke Co. (161)/Salem (775) 5 Rockbridge (163)/Buena Vista (530)/ Lexington (678) 6 Shenandoah Valley (Staunton (790)/ Augusta (015)/Waynesboro (820) 6)	Bland (021) 3 Bristol (520) 3 Buchanan (027) 2 Carroll (035) 3 Dickenson (051) 2 Floyd (063) 4 Galax (640) 3 Giles (071) 4 Grayson (077) 3 Lee (105) 1 Montgomery (121) 4 Norton (720) 1 Patrick (141) 12 Pulaski (155) 4 Radford (750) 4 Russell (167) 2 Scott (169) 1 Smyth (173) 3 Tazewell (185) 2 Washington (191) 3 Wise (195) 1 Wythe (197) 3	Accomack (001) 22 Brunswick (025) 13 Chesapeake (550) 23 Dinwiddie (053) 19 Franklin City (620) 23 Gloucester (073) 18 Greenville (081)/ Emporia (595) 19 Hampton (650) 23 Isle of Wight (093) 23 James City (095) 23 Mathews (115) 18 Newport News (700) 23 Norfolk (710) 23 Northampton (131) 22 Portsmouth (740) 23 Prince George (149) 19 Southampton (175) 23 Suffolk (800) 23 Surry (181) 19 Sussex (183) 19 Virginia Beach (810) 23 Williamsburg (830) 23 York (199)/Poquoson (735) 23

The number in parentheses following locality name is the FIPS code; the number following the FIPS code is the Planning District in which LDSS is located. **Adult Protective Services Division Staff at the Department for Aging and Rehabilitative Services: Paige McCleary**, Adult Services Program Consultant, 804-662-7605; **Tishaun Harris-Ugworji**, Adult Services Program Consultant, 804-662-7531; **Venus Bryant**, Administrative Specialist, 804-726-1904. If you are unable to reach your regional specialist, please feel free to contact another or call Venus in the Home Office.