



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

VDA WEEKLY E-MAILING

December 1, 2015

Table of Contents

[ACL News & Information](#)

[NASUAD Weekly Update](#)

[New Lodging and Meal Rates Effective October 1, 2015 \(Attachment\)](#)

[Managed Long Term Services and Supports \(MLTSS\)](#)

[Winter Care for Older Adults](#)

[FEMA Newsletter](#)

[NASUAD Friday & Update and Subscription](#)

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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New Lodging & Meal Rates Effective October 1, 2015 (Attachment)

Jacqueline Freeze, Aging External Auditor

Effective October 1, 2015, the Commonwealth now uses the U.S. General Services Administration (GSA) rates for Lodging and M&IE expenses. Although the Commonwealth used to previously produce its own schedule, it mirrored the GSA rates which is required for all federal grants. Therefore you will notice only small changes. However, one change you may notice is that some cities such as Abingdon, Fredericksburg, Norfolk/Portsmouth, and Prince William/Manassas are now within the standard rate.

The following link should be used to determine rates: <http://www.gsa.gov/portal/content/104877>. Please note the travel destination is the city or county in which the hotel is physically located. The hotel's mailing address should not be used for verification of the city or county. You may need to contact the hotel and inquire whether the hotel is located within the city or county limits to determine the appropriate rate. If a specific location is not listed in the GSA table, the standard rate applies.

The breakdown of the meal rates for breakfast, lunch, dinner are on this page: <http://www.gsa.gov/portal/content/101518>. This page also has a table that lists the 75 percent amount of reimbursement allowed for the first and last day of travel.

If you have any questions, please contact me at Jacqueline.Freeze@dars.virginia.gov or at (804) 662-9347.

Managed Long Term Services and Supports (MLTSS)

Tim Catherman, Director of Aging Operations

DMAS has updated its [Managed Long Term Services and Supports \(MLTSS\)](#) webpage.

The updates include the presentations to the MLTSS Advisory Board on November 18, 2015 with the proposed MLTSS implementation timelines by region.

- ♦ [MLTSS Presentation for Advisory Board, November 2015](#)
- ♦ [MLTSS Proposed Program Launch, November 2015](#)
- ♦ [MLTSS Proposed Phased Implementation Timeline](#)

More information can be obtained by clicking on the links.



Winter Care for Older Adults

Kathy B. Miller, Director of Programs, Division for the Aging

Winter is an important time to check on older adult family members, friends, and neighbors to ensure they stay safe throughout the season. In addition to colder temperatures and snow, winter weather can bring an increased risk of health problems and injuries to older adults.

The [Ohio Committee for Severe Weather Awareness](#) offers tips to consider [when helping older adults](#) this winter:

- Falls are a concern for everyone, especially for older adults. Putting road salt, cat litter, or sand on sidewalks, steps, and driveways will make these areas as slip-free as possible. Non-slip shoes are also a great way to help older adults navigate slippery conditions.
- Cold temperatures make older adults susceptible to hypothermia, a dangerous drop in body temperature. [Learn the warning signs](#) of this weather related illness and how to prevent it.
- Shoveling can put too much strain on the heart. Older adults, especially those with heart disease or high blood pressure, should leave snow shoveling to others.

If you do not live near your older adult family members, it may be helpful to create a plan about how you'll connect with them during an emergency. Download and complete the [Family Emergency Communication Plan](#) from [America's PrepareAthon!](#) and share it with your family today.

FEMA Newsletter

Cecily Slasor on behalf of Chip Stratton, DARS Director of Safety & Risk Management

[Governor Terry McAuliffe named Nov. 29 - Dec. 5, 2015 Winter Preparedness week in the Commonwealth.](#) That means it's time to put together [winter emergency kits](#). Though it's the end of November and leaves are on the ground rather than snow, as we approach the winter months of December and January it's better to be safe than sorry. Every winter carries the threat for a [snow storm or for extreme cold](#).

Alex Belgard from the Charlottesville-Albemarle Rescue Squad says that can happen as quickly as overnight. "When snow storms roll in," said Belgard. "If the power goes out, folks sometimes run into issues with not having heat in their houses." [WCAV - Full Story](#)



Reminder: Citizen Corps and CERT Information Deadline

The Federal Emergency Management Agency has improved the online Citizen Corps/CERT Registration System and needs you to update your information by **Friday, December 4**. This will help FEMA provide you with better support. You can [use this link](#) to log into the system. A [slide presentation](#) is also available to help guide you through the update process.

There are several reasons to update your program's information:

- You will soon be able use the registration system to generate a printable report that will feature your specific program's information. If your information in your profile is up-to-date, the information in your individual program report will be, too.
- We use this information to develop reports, presentations, and talking points to promote Citizen Corps and CERT to internal and external stakeholders. The numbers that we use are far more effective and reliable when more programs update their information.
- We have begun sharing some CERT registration data through [Open FEMA](#). Please help us to ensure that this information is accurate.
- By updating your information, you ensure that your program's information is accounted for in the National Preparedness Report.
- When members of the public and other stakeholders look up your programs online, much of the information you provide through the system is visible on your public-facing online profile.

We value all of the information that you provide, but the following data points are of the highest priority for the **December 4** deadline:

- Number of Volunteer Service Hours (Citizen Corps and CERT)
- Number of Volunteers (Citizen Corps only)
- Number of Individuals Who Have Completed CERT Basic Training Since Start of Program
- Average Annual Deliveries of the CERT Basic Training
- CERT Classes Graduated Since Start of Program
- Citizen Corps Council Membership
- CERT Response Activities

If you have any questions, please direct them to your [state point of contact](#). If they are unable to resolve your request, you can also contact us at citizencorps@fema.dhs.gov or cert@fema.dhs.gov.



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NASUAD Friday Update Archive and Subscription

Cecily Slasor, Administrative Assistant

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.

Dollar Limits on Travel *

Area	Lodging	Meals and Incidentals
Standard (Most of Virginia)	\$89	\$51
Abingdon (Washington County)	98	69
Blacksburg (Montgomery County)	100	59
Charlottesville (Counties of Albemarle & Green)	128	69
Loudoun County	97	59
Lynchburg (Campbell County)	94	59
Richmond (City Limits)	121	64
Roanoke (City Limits)	104	59
Virginia Beach – Sept. thru May / June thru August	96 / 176	59
Wallops Island (Accomack County) – Sept. thru June / July & August	99 / 180	64
Warrenton (Fauquier County)	98	59
Washington, D.C. (Cities of Alexandria, Fairfax, Falls Church; Counties of Arlington, Fairfax) – July & August / Sept. & Oct. / Nov. thru Feb. / March thru June	174 / 222 / 179 / 226	69
Williamsburg (Counties of James City & York) Sept. thru Feb. / Mar. thru August	89 / 96	64

* As of October 1, 2015

Meals and Incidentals

Total	\$51	\$54	\$59	\$64	\$69	\$74
Breakfast	11	12	13	15	16	17
Lunch	12	13	15	16	17	18
Dinner	23	24	26	28	31	34
Incidentals	5	5	5	5	5	5
75% on Departure or Return Days**	\$38.25	\$40.50	\$44.25	\$48.00	\$51.75	\$55.50
Departure or Return Day w/ Lunch Provided	\$26.25	\$27.50	\$29.25	\$32.00	\$34.75	\$37.50

Mileage Rate

57.5 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, 2015