



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

VDA WEEKLY E-MAILING

October 4, 2016

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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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DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

NASUAD Announcement on New Resource Center

Marcia DuBois, Director, Division for the Aging



FOR IMMEDIATE RELEASE

October 3, 2016

Contact: Martha Roherty
NASUAD
202-898-2578
mroherty@nasuad.org

NASUAD and Leading National Disability Organization Partners Awarded Business Acumen for Disability Organizations from the Administration for Community Living

The Administration on Community Living announced on October 1, 2016 that the National Association of States United for Aging and Disabilities (NASUAD) was awarded the Business Acumen for Disability Organizations Resource Center. The new resource center will promote the development of business relationships between health plans and other integrated health services and community based disability organizations. This 3-year grant will support training, technical assistance and a learning collaborative for disability organizations that want to cement their role in a changing Long Term Services and Supports delivery system.

NASUAD partnered with leading national disability leaders in their application including the **American Association on Health and Disabilities (AAHD)**, the **American Network of Community Options and Resources (ANCOR)**, the **Autistic Self Advocacy Network (ASAN)**, **National Association of State Directors of Developmental Disability Services (NASDDDS)**, the **National Council on Independent Living (NCIL)**, the **National Council on Aging (NCOA)**, the **National Disability Rights Network (NDRN)**, the **Community Living Policy Center at the University of California at San Francisco (UCSF)**, and the **Research and Training Center at University of Minnesota's (UoM) Institute on Community Integration**. **Mercer Human Services Government Consulting** will provide critical financial and business strategy expertise to support this effort.



“I am proud to partner with a team that has such broad experience in providing training and technical assistance in the field of disability services” said Executive Director Martha Roherty. “Disability CBOs bring decades of experience and focus on services that meet individual needs, provide choices to consumers, and support self-determination for persons with a disability and their families. Our hope is that this resource center will serve as a center for promising practices for not only the CBOs, but also provide the key knowledge that integrated entities, including health plans, need to better serve the unique needs of individuals with disabilities.”

The National Association of States United for Aging and Disabilities (NASUAD) was founded in 1964 under the name National Association of State Units on Aging (NASUA). In 2010, the organization changed its name to NASUAD in an effort to formally recognize the work that the state agencies were undertaking in the field of disability policy and advocacy. Today, NASUAD represents the nation’s 56 state and territorial agencies on aging and disabilities and supports visionary state leadership, the advancement of state systems innovation and the articulation of national policies that support home and community based services for older adults and individuals with disabilities. NASUAD’s mission is to design, improve, and sustain state systems delivering home and community based services and supports for people who are older or have a disability and their caregivers.

State Health Commissioner’s Weekly Message

Marcia DuBois, Director, Division for the Aging



State Health Commissioner’s Weekly Message

October 3, 2016

Dear Colleagues,

“Before anything else, preparation is the key to success.”

-Alexander Graham Bell

As Hurricane Matthew develops South of Florida, now is the time to take stock of your preparations for a possible emergency this weekend. Are you and your loved ones prepared? Many of you will play a role in responding to the urgent needs of the citizens of the Commonwealth. I urge you to ensure you have discussed with your family and friends their plans should Matthew require an emergency response so you can be confident they will be safe.



[Consultant Wins
National
Recognition](#)

Another way we prepare for the future is to seek excellence in our daily work. Dr. William Osler, a famous teacher of medicine, said, "The best preparation for tomorrow is to do today's work superbly well." Please read on for examples of excellence in today's work.

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[VDH Hosts
Emergency Kit
Cook-Off during
Preparedness
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VDH TB Nurse Consultant Wins National Recognition

Congratulations to **Denise Dodge**, assistant director/nurse consultant with the Office of Epidemiology's Division of TB Control and Newcomer Health, who received one of two TB Educator of the Year awards during the 2016 CDC TB Education and Training Network/Performance Evaluation Network Conference in Atlanta, September 19-22. The two awards are given to individuals who have shown dedication and leadership in the field of TB education and training. Here is an excerpt from Denise's nomination: "Her life work is to train and educate everyone on the importance of Tuberculosis control and prevention in the most enjoyable way possible; she wants you to love TB so you can love the work you do! She has made such a tremendous impact in the TB community." Her colleagues also describe her as "dynamic" and a "training powerhouse." Well done, Denise!

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[Stafford County
Celebrates National
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VDH Hosts Emergency Kit Cook-Off during Preparedness Month

In celebration of National Preparedness Month, Central Office staff participated September 20 in a day of preparedness events planned by Public Health Preparedness Training Coordinator **Adreania Tolliver** and other team members in the Office of Risk Communication and Education. The highlight of the day was the Annual Emergency Kit Cook-Off, which was open to all state employees. The five finalists prepared recipes using only nonperishable pantry items and manual appliances in front of a live audience. Direct Service Specialist **Sarah Kline**, Lord Fairfax Health District, took home first prize by preparing Bean Salad. Statistical Analyst **Maryanne Neddenien**, Division of Immunization, won second place by preparing Foodie Pantry Orzo Clam Casserole. Other finalists included Lynn Abraham, Department of Forensic Science, Anne Dinterman, Department of Human Resource Management, and returning champion CTR Data Manager **Chaitali Roy**, Division of Disease Prevention. In addition to attending the cook-off, approximately 200 state employees received flu shots and visited exhibitors to receive preparedness information. [View](#) recipes from the cook-off.

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Stafford County Celebrates National Preparedness Month

The Annual Stafford County Preparedness Expo was held Saturday, September 17. The Rappahannock Area Health District and Rappahannock Medical Reserve Corps (MRC) joined vendors spotlighting emergency preparedness and response. The event was a great opportunity for participating organizations to showcase the preparedness and response services available locally. Local Health Emergency Coordinator (LHEC) **Jordan Zarone** and several Rappahannock MRC volunteers educated attendees on the role of the health district in emergency response, while Public Health Nurse (PHN) **Julia Dorsey**, Stafford County Health Department, administered Tdap vaccinations.

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Henrico HD Conducts Fight-the-Bite POD

On Saturday, August 27, the Henrico Health District (HHD) and community partners provided the public with Zika prevention education while exercising the district's mass dispensing plan. County residents that attended "Fight-the-Bite Today" received insect repellent free of charge and had the opportunity to interact with the Henrico Standing Water Initiative display to learn more about the Asian Tiger mosquito. Volunteers from Henrico MRC assisted with the event. Other partners included Henrico County's Fire, Police, Public Works and Public Schools, and local nonprofit organizations. The event demonstrated the impact cross-sector collaboration can have, and would not have been possible without the dedication of many HHD personnel. Command staff included District Epidemiologist/Incident Commander **Laura Young**, Dietitian/Liaison Officer **Stephanie Davis**, Environmental Health (EH) Supervisor/Operations Chief **Mike Callahan**, EH Specialist/Logistics Chief **Anne Powell**, Administrator/Finance Chief **Charlie Lintecum** and LHEC/Planning Chief **David Calkins**. Other participants from HHD included EH Manager **Mike Campbell**, PHN **Shirley Bakka**, Community Health Worker Network Coordinator **Margaret Benson**, EH Office Support Specialist (OSS) **Lanette Duncan**, Nurse Supervisor **Amanda Khalil**, Tuberculosis Outreach Worker **Mehrima Matrood**, Spanish Outreach Worker **Tara Pyciak**, EH Program Support Tech **Tammie Allen**, PHN **Teri Brown**, Fiscal Technician **Kim Gaines**, Executive Secretary **Jernelle Hilliard**, Vital Records OSS **Ciara Jones**, EH Specialist Sr. **Jay LeReche**, OSS **Christine Sult**, EH Specialist Senior **Cindy White**, Outreach Worker **Carl Wilson**, WIC Coordinator **Beth Rowe**, Nutritionist Associate **Demetra Crutchfield**, MRC Coordinator **Jasmin Johnson**,



and EH Specialists Sr. **Aubrey Berry** and **Brad Porter**.

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OCME Staff Joins National Board

Congratulations to **Bridget Kinnier**, statewide medicolegal death investigator for the Office of the Chief Medical Examiner (OCME), who was elected to the Board of Directors of the American Board of Medicolegal Death Investigators (ABMDI). ABMDI is a national, not-for-profit, independent professional certification board that promotes the highest standards of practice for medicolegal death investigators. ABMDI enhances and maintains professional standards by evaluating the knowledge, competency and skills of medicolegal death investigators across the country. After enough experience in the field of death investigation, individuals must pass a rigorous examination to demonstrate the mastery of either basic or advanced skills, and knowledge of medicolegal death investigation. The Board of Directors is responsible for making decisions related to the management and operation of the organization, as well as awarding certification. Bridget is honored to be representing Virginia's OCME on the national level while encouraging investigators across the country to adhere to high standards of professional practice and ethical conduct when performing medicolegal death investigations.

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Alexandria HD Conducts Flu Clinics and POD Exercise

More than 50 Alexandria Health District (AHD) staff and MRC volunteers gathered Saturday, September 24, to provide seasonal influenza vaccines to the community at the Cora Kelly Recreation Center and the Church of the Resurrection in Alexandria. With flu season approaching, the dual clinics provided a chance for the AHD teams to both reach clients in need of the vaccine and test plans and procedures for mass-dispensing of medical countermeasures. AHD personnel followed response plans and used pre-stocked "Points of Dispensing (POD) Kits" to set up their stations and worked together under the Incident Command System. This year, EH Supervisor **Lydia Zweimiller** and MRC Coordinator **Isabella Haene** provided leadership and guidance to staff by serving as the Incident Commanders for the clinics. The clinics provided flu immunizations to 173 clients and strengthened AHD's relationships with community partners.

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Piedmont HD Conducts POD Exercise at New Dispensing Site

The Piedmont Health District recently conducted a POD site activation



drill to test its mass-dispensing capability using a drive-thru model. Several partners collaborated on the exercise, including the Cumberland County Emergency Management team, the Cumberland County Public School system, the Cumberland County Sheriff's Office and the Virginia State Police. The Cumberland County Elementary School is a newly designated POD site. The Piedmont team dispensed more than 100 influenza vaccines to local residents and consisted of PHN **Rhonda Cox** as Operations Chief, OSS **Stacie Lancaster** as Logistics Chief, EH Specialist Sr. **Steve Hennessey** as Resources Chief, EH Specialist Sr. **Glenn Moore** as the Safety Officer, Nurse Practitioner **Nancy Keohane** as Medical Consult and LHEC **David Martin** as Planning Section Chief. Field operations were led by PHNs **Tammie Jackson**, **Tina Armstrong** and **Debbie Snoddy**, who directed the vaccination efforts, OSSs **Wynona Adams** and **Kellie Dalton**, who managed administrative duties and OSS **Sandra Steele**, who promoted the event widely throughout the community. District staff members gained proficiency with the Incident Command System, POD operations, supply management, staff mobilization, deployment and demobilization. [Back to Top](#)

Final Thoughts

You cannot achieve excellence if you cannot ensure completion of the work you start. Many tasks take time to complete and move throughout your work unit. What system of "checks and balances" do you have in place to ensure a task you start gets completed?

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Enhancing Quality of Life in Dementia Care

Kathy Miller, Director of Aging Programs

15th annual Alzheimer's Education Conference

ENHANCING QUALITY OF LIFE IN DEMENTIA CARE

*a conference that brings together health professionals and families to understand
a person-directed approach to caring for those living with Alzheimer's*

Thursday, November 10, 2016
Holiday Inn Valley View
3315 Ordway Dr. NW
Roanoke, VA 24017

alzheimer's  association®

Central & Western Virginia Chapter

Featuring:



Heather Snyder, Ph.D.
Director, Medical &
Scientific Relations
Alzheimer's Association



Florence Feldman
Film maker,
caregiver



Mary Cail, author of
"A Crash Course for
Friends and Relatives"



Robert J. Egge
Chief Public Policy
Officer
Alzheimer's Association



Carol Manning, Ph.D.
Director Memory &
Aging Clinic at UVA

This program is made possible, in part, by funding provided by the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under Grant No. U1QHP28744 to the Virginia Geriatric Education Center.



ENHANCING QUALITY OF LIFE IN DEMENTIA CARE

November 10, 2016

7:30 – DOORS OPEN - REGISTRATION

8:45 – WELCOME – Sue Friedman, President & CEO
Alzheimer's Association Central and Western Virginia

9:00 – PROGRESS and STRIDES IN ALZHEIMER'S RESEARCH – Heather Snyder, Ph.D., Senior Director, Medical & Scientific Relations, Alzheimer's Association
Learn about research advances in the understanding of Alzheimer's disease, the development of new drug and non-drug treatments and new diagnostic tests. The leadership role of the Alzheimer's Association in Alzheimer's disease research globally will be highlighted.

10:30 – BREAK

10:45 – LIFE IN REVERSE: SELMA'S STORY – Flo Feldman, Film maker, daughter, and caregiver shares the story of her caregiving experience as the primary in-home caregiver for her mother for six years. *Life In Reverse: Selma's Story* is her first experience as a film maker.

12:00 – LUNCH

ALZHEIMER'S IS THE MOST EXPENSIVE DISEASE IN AMERICA – Robert J. Egge, Public Policy Officer, Alzheimer's Association addresses the Association's efforts to elevate Alzheimer's as a critical federal and state government priority and implement policies to better serve those affected by Alzheimer's disease and related disorders.

1:15 – A PERSONAL JOURNEY

1:30 – BREAK

1:45 – EFFECTIVE STRATEGIES MODEL FOR EARLY STAGE – Carol Manning, Ph.D., Director UVA Memory and Aging Clinic, Alzheimer's Commission Member; Chair, Alzheimer's Association Central and Western Virginia Board of Directors discusses this unique approach modeled after a French Early Intervention program for supporting families with an early diagnosis of Alzheimer's disease or other dementia.

3:15 – OFTEN OVERLOOKED: HOW TO SUPPORT FRIENDS AND RELATIVES COPING WITH ALZHEIMER'S – Mary Cail, Ph.D, author of *Alzheimer's: A Crash Course for Friends and Relatives* will share how to support people who are coping with Alzheimer's, whether as patients or caregivers, by providing specific techniques as well as an understanding of some of the ways Alzheimer's unfolds and affects relationships.

4:00 – CLOSING REMARKS

To reserve your seat, register by November 4, 2016. Payment must be received with your registration.

\$95 per person \$35 family caregivers* Group Rate: \$85 ea. for 5 or more

*Limited family scholarships available. Call (434) 973-6122 x 103.

General CEUs offered on site for \$20.

Registration includes continental breakfast, lunch and materials.

To register by phone, call (800) 272-3900 and ask for Alzheimer's Education Conference in Roanoke.

To register by mail, complete the form below and send to:

Ellen Phipps, Alzheimer's Association, 1160 Pepsi Pl. Suite 306, Charlottesville, VA 22901

If paying by check, make check payable to "Alzheimer's Association" and mail with the form below.

If paying by credit card, call the number above or complete the credit card info and mail with the form below.

Name: _____

Billing Address: _____

Phone: _____ **Email:** _____

Meal Choice: Regular Vegetarian Vegan

Please bill my credit card: Visa Mastercard Discover American Express

One registration form per attendee.

Credit Card No : _____ **CVV** _____ **Expiration Date** _____

TOTAL AMOUNT: _____ **No refunds will be issued.**



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

Dementia Care Training

Devin Bowers, Dementia Services Coordinator

Alzheimer's Disease and Dementia Care Training

Sponsored By:



SIGN UP NOW!

Class Schedule:

8-8:30 am Check-in & Refreshments
8:30-5 pm Training

Upcoming Training Dates & Locations:

October 24, 2016

8:30 am - 5:00 pm

Brookdale of Fredericksburg

3500 Meekins Dr.
Fredericksburg, VA 22407

October 25, 2016

8:30 am - 5:00 pm

Covenant Woods

7090 Covenant Woods Dr.
Mechanicsville, VA 23111

Cost:

- \$150.00
- Student handouts & notebook provided
- This class awards 8 contact hours
- 10% of proceeds will be donated to the fight against Alzheimer's Disease

NCCDP Approved Instructor:

Tina Thomas, MS, BS, CDP CADDCT.

Tina is a Certified Dementia Practitioner and a Certified Alzheimer's Disease and Dementia Care Trainer. She is the Director of Programs and services for the Richmond Alzheimer's Association. Tina has over 25 years of clinical health care experience. She has a BS in Health Care Administration and a MS in Hospice and Palliative Studies. She has post graduate certificates in, Gerontology, Bereavement, Addiction and Pastoral Care.

Whether you want to **increase your knowledge** or take the road to **certification** as a **Certified Dementia Practitioner**, this class is for you.

This class meets **ONE** of the requirements to becoming a Certified Dementia Practitioner. For more information on certification & other requirements go to www.nccdp.org.

Who should attend: All healthcare professionals, CNA'S, Nurses, Activities professionals, pastors, chaplains and all other long term care staff.

Topics to be covered: overview of dementia, activities, feelings, environment, staff & family relationships, caregiver stress, end-of-life issues, sex & intimacy, hoarding, communication, repetitive behaviors, paranoia & hallucinations, pain management, depression, personal care, and many more...

For More Information or To Register:

Call 804-519-1790

or

seminarsbytina@gmail.com

tthomas@seminarsbytina.com



UPDATES

September 29, 2016

U.N. International Day of Older Persons

By Edwin Walker, Acting Assistant Secretary for Aging and Acting Administrator, Administration for Community Living

On Saturday, we will join communities around the world in observing the International Day of Older Persons. October 1 was designated by the United Nations in 1990 to recognize the vital contributions of older people to the global community and to encourage member nations to thoughtfully address the aging of the population. At the Administration for Community Living, we are working to ensure that this includes the supports and services necessary for older people to live and contribute in their communities.

This year, the United Nations has designated the 2016 International Day of Older Persons theme as, “[take a stand against ageism](#)” in order to draw attention to and challenge negative stereotypes and misconceptions about older persons and aging. Ageism is the systemic stereotyping of and discrimination against people because they are considered old.

The international community has officially recognized the harmful consequences of ageism as a matter of human rights. In 2014, governments around the world adopted a resolution (E/RES/2014/7) at the United Nations Economic and Social Council that recognized ageism as “the common source of, the justification for and the driving force behind age discrimination.”

In the United States and around the world, too often we see limited and stereotyped depictions of older people and of aging. Many of these messages center on the notion that seniors are burdens to their families, and that aging places economic strains on countries.

While it is true that many older adults experience poor health as they age, it also is true that many enjoy good health far longer than people once could expect. Combined with extended longevity, this means



that older people are increasingly found in the workforce, playing key roles in their communities, and providing care and support to family members. Many need some help with the tasks of life as they get older, but in many cases, older adults are providing this help to others in their families and communities. Let's work together to make sure these stories are told, and that older adults' contributions do not continue to be overlooked. To read more, go to, http://www.acl.gov/NewsRoom/blog/2016_09_29.aspx.



Wednesday's Elder Justice Coordinating Council Meeting: Attend or Watch Online

The [Elder Justice Coordinating Council](#) (EJCC) brings together leaders from across the federal government to address issues of elder justice nationally. Council members include the leaders of federal departments, agencies, and entities administering programs related to abuse, neglect, or financial exploitation.

Acting Assistant Secretary for Aging and ACL Administrator Edwin Walker will join federal leaders in convening the Fall 2016 EJCC meeting on **October 5, 2016, from 10:00 AM to noon EDT**. The meeting will cover federal accomplishments, cross-agency collaborations, lessons-learned, and next steps for EJCC member agencies.

The meeting will be held at the Holiday Inn (550 C Street, SW, Washington, D.C 20024). Members of the public are invited to observe the meeting in person or watch a [live online webcast](#).

If you are interested in attending in person or watching online, we request that you RSVP as soon as possible to tara.nokelby@teyatech.com, Ms. Nokelby will provide the logistical details for participating in person or via the web. Space for attending in person will be limited on a space-available basis.

If you have additional programmatic questions, please contact Stephanie Whittier Eliason at Stephanie.WhittierEliason@aoa.hhs.gov or 202-795-7467.



September 28, 2016

Final Report for the National Quality Forum's Measuring Home and Community-Based Services Quality Project Now Available

The final report for the National Quality Forum's (NQF) Measuring Home and Community-Based Services Quality project is now posted on the [HCBS Project Page](#). NQF, under a contract with the Department of Health and Human Services (HHS), convened a multi-stakeholder committee to develop recommendations for the prioritization of measurement opportunities to address gaps in home and community-based services (HCBS) quality measurement. The report represents two years of work by the HCBS Committee and contains their final set of recommendations for how to advance quality measurement in home and community-based services.

The project involved:

1. the creation of a conceptual framework for measurement, including an operational definition of HCBS;
2. a synthesis of evidence and environmental scan for measures and measure concepts;
3. the identification of gaps in quality measurement based on the framework and scan; and
4. recommendations for prioritization in measurement.
"With the ongoing effort to shift government funding from institutional to community-based settings and the increasing demand for home and community-based services, it is important that we develop standardized measurement of the quality of these services," said Edwin Walker, Acting Administrator of ACL. "We're pleased with the progress on creating HCBS measures exemplified by this report and look forward to feedback from others, particularly as measures are tried and tested."

The final report includes short-term recommendations on areas where there are existing measures or measure concepts that have been tested or could be tested in HCBS; intermediate recommendations on where there are existing measures or concepts that need more development; and long-term recommendations about areas that lack measures and concepts, requiring more research.

Additionally, the report identifies gaps in HCBS quality measurement, describes challenges for measuring HCBS quality, and provides recommendations for prioritization in measurement.

For further reading, all project materials will be [archived on NQF's website](#) under "Materials."



UPDATES

September 28, 2016

Combating Senior Malnutrition



ASK ABOUT YOUR NUTRITION

Are you or your loved one experiencing any of these?

- UNPLANNED WEIGHT LOSS
- LOSS OF APPETITE
- NOT ABLE TO EAT OR ONLY ABLE TO EAT SMALL AMOUNTS
- FEELING WEAK OR TIRED
- SWELLING OR FLUID ACCUMULATION

If you or your loved one have any of these problems, ask about your nutrition! Nutrition is important to your recovery and has been shown to promote positive outcomes. Ask if you can be evaluated by a registered dietitian or nutrition support clinician.

nutritioncare.org/msaw

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By Holly Kellner Greuling RDN, National Nutritionist for the Administration on Aging

Senior Malnutrition in our country is an epidemic hiding in plain sight. It is estimated that almost 50 percent of older Americans are malnourished. During [Malnutrition Awareness](#) week let's commit to ending this problem.



Many inter-related factors can contribute to malnutrition. Some elderly people may live in a [food desert](#) and may not be able to buy nutrient-dense food. Some may not have the stamina to cook a meal or may not want to cook because they are feeling down. Others may not eat because they do not feel well enough to eat.

Many people are surprised to hear that malnutrition in our country is usually not due to a lack of funds to purchase food. But if you know someone who struggles to eat well for financial reasons, help is available. The USDA's [Supplemental Nutrition Assistance Program \(SNAP\)](#) can help people determine whether they qualify.

Malnutrition is defined as a nutrition imbalance that affects both overweight and underweight individuals and it sneaks up on people. Because malnutrition generally occurs over time, you cannot suspect malnutrition from just looking at someone. That is why malnutrition hides in plain sight.

Fortunately, there are changes that you can watch for that serve as clues:

- Unintentional weight loss of 5 percent of body weight or more per month, even if overweight
- Normally worn clothes looking loose or baggy
- Eating less at meal time
- Failing strength, wobbly walking or weakened hand grip
- Changes in denture fit, or dentures that appear to be floating in the mouth

Malnutrition greatly affects one's abilities to remain healthy, especially when faced with a serious health situation. In fact, approximately 30 percent of older people admitted to the hospital arrive malnourished and being malnourished while in the hospital will generally increase the length of stay.

The [Aging Network created through the Older Americans Act](#) has provided community-based nutrition programs that help sustain the nutritional status of older adults since 1972. The network has the knowledge to address senior malnutrition within the community and can partner effectively with local providers and health care organizations that serve older adults. And we know these programs work: In recent surveys, 76 percent of people who participate in meals programs at senior centers and in other group settings indicated that they eat healthier foods and that their health has improved as a result of the nutrition program. Eighty-four percent of the people who receive home-delivered meals indicate the same. To read more, [click here](#).



September 29, 2016

[Three Questions about Inclusive Emergency Preparedness for People With Disabilities](#)

As National Preparedness Month comes to a close, we are reminded of the importance of making emergency planning efforts inclusive of people of all ages and abilities as required by the Americans with Disabilities Act and the Rehabilitation Act. ACL interviewed two disability community leaders working to ensure that people with disabilities are included in emergency preparedness efforts. Curt Decker is the Executive Director of the National Disability Rights Network (NDRN) and Christy Dunaway is the Chair of the Emergency Preparedness Sub-Committee of the National Council on Independent Living (NCIL).



Q: What does an inclusive approach to emergency preparedness look like to you?

Decker: At NDRN, we often talk about how Hurricane Katrina taught us everything we now know about how to prepare for emergencies. Ten years ago, evacuation systems weren't accessible for people with all types of access and functional needs. As a result, service animals were lost in the process, and some people with disabilities were left behind. Shelters established during recovery were not set up to accommodate people with disabilities. When this happens, some end up going without necessary, life-sustaining assistive technology, durable medical equipment, and medications. People with disabilities get turned away from shelters and routed to nursing homes and institutions that can be easy to get into and difficult to get back out of.

That time in our country's history taught us that inclusive emergency preparedness means using a "baked in" approach. People with access and functional needs have to be considered in every phase and every aspect of the planning process. When inclusion is an afterthought tacked on to an established process, we typically find that systems are not designed to effectively serve all citizens.

Dunaway: An inclusive approach to emergency preparedness should include members of the disability community in all aspects of emergency management. Emergency management is more than preparedness; it is also mitigation, response, short-term recovery, and



long-term recovery.

Preparing the community for an emergency takes planning. People with disabilities should be included on task forces that are developing best practices, policy and procedure and included in emergency preparedness exercises.

State and local government entities responsible for emergency preparedness must take the initiative and reach out to members of the disability community in their local area to include them in all preparedness activities.

Individuals with disabilities are experts in the programs and services needed to allow for their independence in the event of an emergency. Planning without their input is planning for failure.

[Read more about steps people with disabilities can take to prepare for an emergency and the role of the disability network.](#)

FRIDAY UPDATES

NASUAD

September 30, 2016

In This Issue

[*NASUAD: In Memory of Dan Timmel](#)

[*NASUAD: National I&R Center Webinar: Understanding Medicare](#)

[*HCBS Clearinghouse: Medicaid & CHIP: July 2016 Monthly Applications, Eligibility, & Enrollment](#)

[*HCBS Clearinghouse: How Can States Help Workers Keep](#)

From NASUAD

In Memory of Dan Timmel

NASUAD is profoundly sad to announce that Dan Timmel passed away on September 27. Dan was the co-recipient of the 2016 Arthur Flemming award at the HCBS conference last month for his outstanding contribution to the Medicaid program.

Dan's primary role at CMS focused on the well-being of persons served in institutions. He was a masterful public servant with a passion for looking after "the other 1 million Medicaid



**Their Jobs After Injury, Illness,
or Disability?**

***ACL: U.N. International Day of
Older Persons**

***ACL: Elder Justice
Coordinating Council Public
Meeting**

***CMS: Long-Term Care Facility
Final Rule**

***CMS: Public Comment on
Medicaid Quality Measures-
Deadline Extended**

***HHS- HHS Announces
Winners of Challenge**

***DOT: Safety Guidelines
Released**

***AAPD: REV UP Campaign
National Organizing Call**

***DRC: Presentations from DRC
Fourth Annual Meeting**

***CHCS: Issue Brief on
Considerations for a National
Risk-Adjustment Mode**

***NTG Workshops on Dementia
and Intellectual Disability**

***NQF Measuring Home and
Community-Based Services
Quality Projec**

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beneficiaries" who live in nursing facilities or other institutions. One of Dan's many responsibilities at CMS was oversight of the federal Preadmission Screening and Resident Review program, commonly known as PASRR. PASRR ensures that all persons with disabilities who enter nursing facilities get the specialized services and supports they need.

Dan took this one small, largely unrecognized program, and through his leadership, educational outreach, and masterful use of collaborations with states, PASRR professionals, vendors and others, he turned it into a powerful tool to identify persons who could be served in the community versus a nursing facility, and to identify the services critically needed by in nursing facilities, improving the lives of thousands of seniors and people with disabilities across the nation.

In addition to his work on the PASRR program, Dan played a key role on a wide range of Federal initiatives, including the Federal HCBS regulations, the 1915(i) program, and the MACPro initiative.

"The field has lost a true unsung hero," said Martha Roherty. "Dan will be remembered for his creativity and compassionate in designing solutions for state Medicaid programs. His unflagging devotion to being the voice for the institutionalized Medicaid recipients will be missed, but his legacy will live on in all of us that had the good fortune to work with him."

Memorial donations may be made in his name to [Heifer International](#) or Gilchrist Hospice.

National I&R Center Webinar: Understanding Medicare

The National Information & Referral Center is hosting a webinar on Understanding Medicare. With Medicare Open Enrollment beginning October 15, now is a key time to enhance or refresh your understanding of key components of the Medicare program. Join this webinar to learn about Medicare eligibility and coverage options as well as educational resources from [Medicare Made Clear™](#) that can assist I&R/A agencies and the consumers they serve. Our guest presenter is Kathy Spenler, Associate Director, Marketing, UnitedHealthcare Medicare & Retirement. Pre-registration is required for this webinar. Space is limited so



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HCBS Clearinghouse

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.

Medicaid & CHIP: July 2016 Monthly Applications, Eligibility, & Enrollment

The Centers for Medicare & Medicaid Services (CMS) released their monthly report for July 2016 on Medicaid and CHIP application, eligibility determination, and enrollment data. States provide data to CMS on factors related to key application, eligibility and enrollment processes using the Medicaid and CHIP Performance Indicator Project. The data is then used to inform CMS on the operations of the programs in each state and to share state performance data publicly.

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

How Can States Help Workers Keep Their Jobs After Injury, Illness, or Disability?

Mathematica Center for Studying Disability Policy published a policy brief explaining how states can help workers keep their jobs after injury, illness, or disability. After workers leave the labor force they often have issues navigating the systems necessary for them to receive services and programs. The brief offers information about how states can intervene early and offers several recommendations including: Introduce employment and accommodation subsidies in worker compensation; enhance states' STFI programs; enhance disability insurance programs for state employees; bolster state VR agencies' job retention services; pilot-test the Centers of



Occupational Health and Education (COHE) model for non-occupational cases; and improve employee assistance program (EAP) benefits for state employees.

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

From the Administration

Administration for Community Living

U.N. International Day of Older Persons

October 1 was designated by the United Nations in 1990 to recognize the vital contributions of older people to the global community and to encourage member nations to thoughtfully address the aging of the population. At the Administration for Community Living, we are working to ensure that this includes the supports and services necessary for older people to live and contribute in their communities.

This year, the United Nations has designated the 2016 International Day of Older Persons theme as, "take a stand against ageism" in order to draw attention to and challenge negative stereotypes and misconceptions about older persons and aging. Ageism is the systemic stereotyping of and discrimination against people because they are considered old.

To learn more about the International Day of Older Persons, [click here](#).

Elder Justice Coordinating Council Public Meeting

The Elder Justice Coordinating Council (EJCC) will host leaders from across the federal government to address issues of elder justice nationally. Council



members include the leaders of federal departments, agencies, and entities administering programs related to abuse, neglect, or financial exploitation.

Acting Assistant Secretary for Aging and ACL Administrator Edwin Walker will join federal leaders in convening the Fall 2016 EJCC meeting on **October 5, 2016, from 10:00 AM to noon EDT**. The meeting will cover federal accomplishments, cross-agency collaborations, lessons-learned, and next steps for EJCC member agencies.

The meeting will be held at the Holiday Inn (**550 C Street, SW, Washington, D.C 20024**). Members of the public are invited to observe the meeting in person or watch a live online webcast.

If you are interested in attending in person or watching online, RSVP as soon as possible to tara.nokelby@teyatech.com. Ms. Nokelby will provide the logistical details for participating in person or via the web.

Centers for Medicare & Medicaid Services

Long-Term Care Facility Final Rule

September 28, 2016, the Centers for Medicare & Medicaid Services (CMS) released a Final Rule that updates Federal requirements for long-term care (LTC) facilities. The Rule will affect approximately 15,000 LTC facilities and close to 1.5 million Americans, and is the first major update to LTC regulations since 1991. There are a number of significant



provisions in the Rule, including: prohibiting the use of pre-dispute arbitration agreements; improving LTC staff ratios as well as their training on caring for residents with dementia; greater flexibility for dietitians and therapy providers, and; improving person-centered care and care planning. The Rule becomes effective on November 28, 2016.

[Click here](#) for more information regarding the new LTC facility Final Rule.

Public Comment on Medicaid Quality Measures- Deadline Extended

The Center for Medicare & Medicaid's Center for Medicaid and CHIP Services and the Medicare-Medicaid Coordination Office are seeking public comment on measure specifications and justification for quality measures currently under development and testing. The measure concepts address the following areas and/or populations:

1. Medicare-Medicaid (dual) beneficiaries and Medicaid beneficiaries using home and community-based services.
2. Medicaid beneficiaries in managed long-term services and supports programs.
3. Medicaid beneficiaries with complex care needs and high costs.
4. Medicaid beneficiaries with substance use disorders.
5. Medicaid beneficiaries and Medicare-Medicaid (dual) beneficiaries with physical-mental health integration needs.

The deadline for submitting public comments on Medicaid quality measures has been extended to **Friday, October 7**. All comments must be submitted to MedicaidQualMeasures@mathematica-mpr.com.

[Click here](#) to view the memos listing questions.

**Department of Health and Human
Services**



HHS Announces Winners of Challenge to Improve the Medical Bill for Patients

The Department of Health and Human Services (HHS) announced the winners of the HHS "A Bill You Can Understand" challenge, a design and innovation challenge to solicit new approaches and draw national attention to a common complaint with the health care system: that medical billing is a source of confusion for patients and families. HHS received submissions from health care organizations, technology companies, and design agencies, and today we are unveiling the two winning designs, which will be further evaluated for testing or implementation in six health care organizations across the country that are working to improve the patient billing experience.

[Click here](#) to learn more.

Department of Transportation

Safety Guidelines Released

The U.S. Department of Transportation (DOT) recently released the Federal Automated Vehicles Policy that sets forth a framework for proactive safety guidelines for manufacturers, consistent state policies regarding automated vehicles, and proposes new regulatory tools to improve agency flexibility. The policy primarily focuses on highly automated vehicles (HAVs)- that is, vehicles that can take full control of driving tasks. The policy has four key sections:

- * Vehicle Performance Guidance for Automated Vehicles, including a 15 point "Safety Assessment";
- * Model State Policy;
- * Current Regulatory Tools; and
- * Modern Regulatory Tools.

DOT sees potential for improving safety and mobility for older adults and individuals with disabilities. Particularly, the new policy articulates standards for when occupants of a self-driving vehicle do not require a driver's license-a key point of concern. Although most of the policy is effective upon publication, DOT is continuing to accept public comment on the entire rule. For



additional information regarding the policy, see [Press Release](#), and [Policy Guidance](#).

From Other Organizations

American Association of People with Disabilities

REV UP Campaign National Organizing Call

The REV UP Campaign will be hosting a National Organizing Call on **Tuesday, October 4th at 4:00 p.m. ET**. This call will focus on how to engage in Get-Out-The-Vote (GOTV) activities leading up to Election Day on November 8th.

Most states will reach their voter registration deadlines at some point during the month of October. As such, it is time to shift the focus from voter registration to Get-Out-The-Vote (GOTV) activities as it approaches Election Day. If you have any questions regarding the call, please contact [Zach Baldwin](#).

[Click here](#) to register for the call.

Disability Research Consortium

Presentations from DRC Fourth Annual Meeting

The Disability Research Consortium (DRC) held its fourth annual meeting on August 3, 2016, in Washington, DC. The annual meeting featured findings from 12 projects designed to examine the factors that impact disability program enrollment and costs, influence the well-being of people with disabilities, and affect the relationship between health insurance and disability insurance. These findings will help inform the debate as policymakers work to better serve people with disabilities by providing improved and cost-effective programs.



Research summaries and presentations for the 2016 DRC Annual Meeting can be [found here](#).

Center for Health Care Strategies

Issue Brief on Considerations for a National Risk-Adjustment Model for MLTSS Programs

Center for Health Care Strategies has released a new issue brief which examines considerations in developing a nationally available risk-adjustment model for Medicaid managed long-term services and supports (MLTSS) programs. It also explores research needed to develop a robust model that predicts expected long-term services and supports (LTSS) costs as accurately as possible. Risk adjusting capitation rates paid to health plans helps ensure more equitable payments to each plan based on expected costs of its enrollees. Several risk-adjustment models exist for plans providing medical services, but currently there is no standardized risk-adjustment model for MLTSS programs. The development of a standardized, nationally available MLTSS risk-adjustment model for state Medicaid agencies could reduce the burden on states to establish their own models and facilitate comparisons about the key drivers of LTSS costs within and across states.

Click here to view the [issue brief](#).

National Task Group on Intellectual Disabilities and Dementia Practices

NTG Workshops on Dementia and Intellectual Disability

The National Task Group on Intellectual Disabilities and Dementia Practices has partnered with several ACL Alzheimer's Disease Initiative grantees to provide workshops for administrators, clinicians, staff, and caregivers on dementia and



intellectual disability. The workshops are scheduled for **Wisconsin (October 3-4)**, **New York (October 26-27)**, and **Hawaii (November 14-16)**. A third day 'train-the-trainer' option is available for staff development personnel. The workshops are designed to encourage local aging and disability agencies to develop and provide dementia-related services for people with Down syndrome and other intellectual disabilities.

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

National Quality Forum

Measuring Home and Community-Based Services Quality Project

The final report for NQF's Measuring Home and Community-Based Services (HCBS) Quality Project was released on September 27. The Quality in Home and Community-Based Services to Support Community Living: Addressing Gaps in Performance Measurement report represents two years of work by the HCBS Committee and contains the Committee's final set of recommendations for how to advance quality measurement in home and community-based services. Camille Dobson, NASUAD's Deputy Executive Director, and Patti Killingsworth, Assistant Commissioner for Tennessee's Medicaid program, Chief of Long-Term Services and Supports, and NASUAD Board member, represented the states' perspective on the Committee.

It describes key components of a conceptual foundation for home and community based services (HCBS) quality measurement, specifically an operational definition of HCBS, a list of characteristics describing high-quality HCBS, and a measurement framework of 11 domains and 40 subdomains. The goals of the domains and subdomains are to stimulate evidence-based research in support of quality measure development, guide quality improvement efforts, and highlight the important areas for measure development. The report also contains multistakeholder recommendations on how to advance HCBS quality measurement so individuals who use HCBS can be



assured they are receiving high-quality, effective services.

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

Events

2016 ANCOR Technology Summit & Showcase

The American Network of Community Options and Resources (ANCOR) is hosting the "2016 ANCOR Technology Summit & Showcase." The summit will feature peers, advocates, and experts presenting ways that technology can help the Intellectual/Developmental Disabilities (I/DD) community achieve the triple aim of better health, better care, and lower costs. The event will take place in **Broomfield, Colorado on Friday, October 7, 2016.**

[Click here](#) to register.

AUCD 2016 Conference

The AUCD 2016 Conference, "Navigating Change: Building our Future Together," highlights both the change that comes at the end of a Presidential term as well as our need to work together to create a future in which children and adults with disabilities are able to participate fully in all aspects of life as valued members of their communities. Join us to engage in powerful, important, and inspiring personal and professional discourse on December 4-7 in Washington, DC. [Click here](#) to learn more.

Jobs & Internships

2017 AAPD Summer Internship Program

AAPD has announced the opening of applications for the 2017 Summer Internship Program. The AAPD Summer Internship Program develops the next generation of leaders with disabilities



and offers host employers access to a talented, diverse workforce. Each summer, AAPD places college students, graduate students, law students, and recent graduates with all types of disabilities in paid 10-week summer internships in Congressional offices, federal agencies, non-profit, and for-profit organizations in the Washington, DC area.

Each intern is matched with a mentor who will assist them with their career goals. AAPD provides the interns with a stipend, transportation to and from Washington, DC, and fully-accessible housing. All applications must be received by **November 7, 2016**.

[Click here](#) to view the internship announcement.

Funding Opportunities

CMS

CMS Announces a New Funding Opportunity for Track 1 of the Accountable Health Communities Model

CMS, in January 2016, released a new Funding Opportunity Announcement (FOA) for a model called the Accountable Health Communities (AHC). This Center for Medicare & Medicaid Innovation model focuses on the health-related social needs of Medicare and Medicaid beneficiaries. The AHC Model is based on emerging evidence that addressing health-related social needs through enhanced clinical-community linkages can improve health outcomes and reduce costs. The original FOA requested applications for three different scalable tracks featuring interventions of varying intensity that would address health-related social needs for beneficiaries. After receiving inquiries and stakeholder feedback, CMS has decided to make modifications to the Track 1 application requirements and is releasing a new FOA specific to Track 1 of the AHC Model. Track 1 will support bridge organizations to increase a patient's awareness of available community services through screening, information dissemination, and referral. Track 1 award



recipients will partner with the state Medicaid agency, community service providers and clinical delivery sites to implement the Model. The modifications to the Track 1 application include the following: (1) Reducing the annual number of beneficiaries applicants are required to screen from 75,000 to 53,000; and (2) Increasing the maximum funding amount per award recipient from \$1 million to \$1.17 million over 5 years.

Under this announcement, CMS is accepting applications from community-based organizations, health care practices, hospitals and health systems, institutions of higher education, local government entities, tribal organizations, and for-profit and non-for-profit local and national entities with the capacity to develop and maintain relationships with clinical delivery sites and community service providers. All applicants, including those who applied to

Tracks 1, 2 or 3 in the previous FOA, are eligible to apply to this FOA.

Applicants that previously applied to Track 1 of the AHC Model under the original FOA (# CMS-1P1-17-001) must re-apply using this FOA (# CMS-1P1-17-002) to be considered for the Model.

The AHC Model is accepting applications for Track 1 at www.grants.gov through **November 3, 2016**. For more information about the AHC Model, visit CMS at <https://innovation.cms.gov/initiatives/ahcm>.

Paul Marchand Internship Fund

Paul Marchand Internship Applications Due October 1

The Paul Marchand Internship Fund will provide \$3,000 per semester or summer session to assist interns interested in pursuing careers in public policy advocacy for people with intellectual and/or developmental disabilities (I/DD). For 38 years, Paul Marchand was a dedicated disability policy advocate and recognized leader working on behalf of people I/DD and the larger disability community. Upon his retirement in 2011, The



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Arc, with substantial contributions from United Cerebral Palsy, other organizations, and individuals with whom Paul worked during his decades in Washington, established an internship to honor Paul and to continue to cultivate disability policy advocates. All applications must be submitted by **October 1, 2016**.

[Click here](#) to view more information.

Friday Update Archive

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National Association of States United for Aging and
Disabilities, 1201 15th St. NW, Suite 350,
1201 15th St. NW, Washington, DC 20005

DARS Independent Living Weekly Newsletter

Teresa Jones, Administrative Assistant



INDEPENDENT LIVING
Weekly Newsletter



ISSUE 173

October 4, 2016

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DARS Better Governance Webinars Reminder

Don't miss the DARS series of **Better Governance Webinars**, geared to board members and agency directors, but open to all.

The presentations cover topics ranging from financial and personal management, to advocacy efforts, effective meetings, strategic partnerships and collaboration, board member involvement, volunteer engagement, governance oversight and best practices.

DARS Better Governance Webinars - Save the Dates!

- Personnel Management, October 12, 2016
- Best Practices in Advocacy, November 16, 2016
- Efficient Use of Board Meetings, December 14, 2016
- Collaboration and Strategic Partnerships, January 25, 2017
- Board Member and Staff Partnership, March 1, 2017
- Engaging Volunteers, April 19, 2017

All presentations will be held on Wednesdays beginning at noon. You can register for the webinars one time by clicking [here](#). Although the presenter is off site, you can view the webinar at DARS-Tim Catherman will host the webinar at a DARS Conference Room.

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Educating Elderly and Disabled Voters

The Prince William County Communications Office has created the following material to educate Elderly & Disabled Voters about voting options and their rights at the polls on election day.



Here is the link to the article and video<<http://www.pwcgov.org/news/pages/elderly-and-disabled-voters-have-several-options-to-make-it-easier-to-vote.aspx>>

Here is the link just to the video<<https://www.youtube.com/watch?v=JZnd0gu5ghk&feature=youtu.be>>

Sarah R. Henry, Director
Prince William Area Agency on Aging
Phone (703) 792-6439
Fax (703) 792-4734

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First-Ever National Resource Center for Self-Advocacy to Empower People with Intellectual and Developmental Disabilities



ACL is excited to announce the first-ever grant to establish a National Resource Center for Self-Advocacy (NRCSA) to empower people with intellectual and



developmental disabilities (IDD) for enhancing their voice on issues important to their well-being and daily life. Self Advocates Becoming Empowered (SABE) will lead the effort in partnership with several organizations.

The center will collaborate with a diverse range of organizations including self-advocacy organizations, disability-related nonprofits, universities, state government agencies, and others to achieve the grant goals.

“The people affected by policy should have the greatest voice in developing it,” said Katherine Cargill-Willis, Program Specialist with AIDD. “With this grant, ACL aims to make this ideal more of a reality for people with disabilities.”

Self Advocates Becoming Empowered (SABE) will lead the effort as part of a \$2 million, five-year cooperative agreement funded by ACL under the Administration on Disabilities as an AIDD Project of National Significance.

To read the full story, click [here](#).

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Voter Registration Deadline

Please review and forward the attached Voter Registration Deadline reminder to your local offices.



2016 Nov Gen Elec
Ltr.docx

Garry E. Ellis

Virginia Department of Elections
Certified Virginia Registered Election Official [VREO VA-196]
NVRA/Voter Registration Coordinator
1100 Bank St
Richmond, VA 23219

garry.ellis@elections.virginia.gov

(804) 864-8910 - Direct

(800) 552-9745 ext. 48910 - Toll Free

Remember: Virginia law now requires photo identification when voting in person.

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Click [here](#) for the latest issues of the VDA Weekly E-mailing.



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