



# COMMONWEALTH of VIRGINIA

*Department for the Aging*

Julie Christopher, Commissioner

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October 11, 2006**

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**Note:** The web addresses (links) in this document may change over time. The Department for the Aging 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.

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*  
Julie Christopher, Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** October 11, 2006

**SUBJECT:** Carbon Monoxide Awareness Grant Opportunity

The Virginia Department of Health, Division of Injury and Violence Prevention (DIVP) has created a mini-grant project for \*\*Injury Prevention Network members. DIVP is currently accepting applications from Injury Prevention Network members to host a carbon monoxide community awareness day event and to install 100 carbon monoxide detectors. Each grantee will receive 100 carbon monoxide detectors to install. The project period will be December 1 – February 28, 2007.

\*\*I am an Injury Prevention Network member and will assist any interested AAA's with this application. Please contact me at [Elaine.Smith@vda.virginia.gov](mailto:Elaine.Smith@vda.virginia.gov) or 804-662-9319.

For more information, visit the Web page:  
<http://www.vahealth.org/civp/unintentionalinjury/funding.asp> to view and download the application. Return your completed application by mail, fax or E-mail to Jennifer Schmid at:

Division of Injury and Violence Prevention  
Virginia Department of Health  
109 Governor Street, 8th Floor

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229  
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354  
E-mail: [aging@vda.virginia.gov](mailto:aging@vda.virginia.gov) • Web Site: [www.vda.virginia.gov](http://www.vda.virginia.gov)

Carbon Monoxide Awareness Grant Opportunity  
October 11, 2006  
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Richmond, VA 23219  
Phone: (804) 864-7746 Fax: (804) 864-7748  
E-mail: [Jennifer.Schmid@vdh.virginia.gov](mailto:Jennifer.Schmid@vdh.virginia.gov)

The deadline to submit applications is Friday, October 27, 2006. Only two applicants will be selected and awarded 100 carbon monoxide detectors. No other funding is available for this mini-grant opportunity.

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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** October 11, 2006

**SUBJECT:** Article on Boosting Nutrient Intake and Food Safety—  
Correction to Fact Sheet

Last week I sent out a link to an article and a fact sheet relating to food safety and spinach. I made a correction to the food safety fact sheet. It should read that E. coli is destroyed by 160 degree heating for 15 seconds rather than 15 minutes. Please feel free to copy and distribute this corrected sheet or adjust it for your specific needs.

The link on the fact sheet [www.foodsafety.gov](http://www.foodsafety.gov) has good, up-to-date information on the Spinach and E. coli Outbreak.

Below is the link to the article on boosting key nutrients with fresh vegetables and food safety considerations.

<http://www.ajc.com/living/content/living/food/fit/2006/09/26/0928FDfittoeat.html>

## FOOD SAFETY TIPS AND REMINDERS

Washing fruits and vegetables is always a good idea, but you cannot wash away E. coli. Only heat will destroy the bacteria (160 degrees for 15 seconds). However, washing fruits and vegetables can remove dirt that hides in the cracks and creases of plants.

- Buy produce in small quantities, only the amount you will use within a week.
- Inspect produce and don't buy anything with mold, cuts or bruises.
- Fresh produce that is cut or peeled should be refrigerated within two hours of preparation.
- Wash all fruits and vegetables under cool tap water before eating.
- Scrub the outside peel of melons and cucumbers before cutting; the knife could pass through dirt on the rind and transfer it to the flesh of the fruit or vegetable.
- Discard the outer leaves of vegetables.



For more tips, visit [www.foodsafety.gov](http://www.foodsafety.gov) .

## USE FROZEN SPINACH



Substitute frozen spinach in your recipes that call for spinach. Frozen spinach is high in nutrients and a safe alternative to fresh spinach. Defrost spinach in the refrigerator and squeeze out the excess moisture before adding it to your favorite dish.

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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen M. Nau

**DATE:** October 11, 2006

**SUBJECT:** National Family Caregiver Support Program and Kinship Care

**Reauthorization of the Older Americans Act from Generations United**

Congress reauthorized the *Older Americans Act* on September 20, 2006. The Act includes provisions to lower the age limit from sixty to fifty-five for grandparents and other relatives raising grandchildren to qualify for supportive services through the *National Family Caregiver Support Program* (NFCSP).

Generations United and its partners have championed the efforts on Capitol Hill to lower the age limits since passage in 2000, citing the fact that only 29% of grandparents raising grandchildren are over the age of 60. The change included will increase the number of eligible families to 47%.

The NFCSP provides information and assistance such as support groups and respite care to thousands of grandparents and other relatives raising children across the U.S.

New to the *Older Americans Act* is a provision that authorizes demonstration grants to non-profit organizations to carry out multigenerational and civic engagement activities such as those that connect older and younger people in child care, youth day care, after-school programs, and library and education assistance programs. The Act also authorizes funding for innovative programs that engage older volunteers providing support to families whose children have special needs, and supports to grandparents and other older relatives and the children in their care. To qualify for funding an organization must have a multigenerational coordinator.

### **Estes Express Caregiver Conference**

Tuesday, November 7, 2006 8:30 A.M. to 4:30 P.M. at the Sheraton West Hotel 6624 Broad Street, Richmond, Virginia will feature an array of speakers on various caregiving topics such as: The Environment of Care of Alzheimer's Disease, Long-Term Care Insurance and Communication and Behavior of Alzheimer's Disease Patients. Fees apply. Contact 804-967-2580 for more information.

### **Give Care, Take Care**

This 4<sup>th</sup> Annual conference will be held Thursday, November 16, 2006 from 9:30 A.M. to 1:00 P.M. at Waterford at Fair Oaks 12025 Lee Jackson Memorial Highway Fairfax, Virginia. \$10.00 fee includes snack and lunch. The event is sponsored by the Fairfax County Department of Family Services Fairfax Area Agency on Aging with funding from the National Family Caregiver Support Program through the Administration on Aging and the Virginia Department on Aging. The conference will feature Barbara Epstein, M.A. and Michelle Buzgon, CPCC, Life Coaches, discussing *Care for Others by Caring for Yourself*.

**October is National Domestic Violence Awareness Month.** Sheryl Cates, Executive Director of the National Domestic Violence Hotline, notes these types of controlling behavior that are indications of domestic violence:

1. Jealousy – making it clear that the spouse “belongs” to the abuser.
2. Verbal abuse – any kind of criticism with the intent to harm.
3. Directives and cues that result in getting things done the abuser's way.
4. Isolation from family and friends.
5. Threats of harm to the spouse, kids, pets or the abuser.

For more information on domestic violence situations and how to aid victims, consult the Transitions website at <http://www.transitionsfvs.org>

**Fairfax County Caregiver Seminar Consortium** is sponsoring a series of free seminars for caregivers of older adults. Topics for the seminars include: stress management, wellness, finances, legal and Medicaid issues, caregiving during the holidays and Alzheimer's disease. For a complete listing of topics as well as seminar dates and locations, please consult the attached pdf. file. Fairfax County Department of Family Services and Public Schools is sponsoring two **Support Groups for Grandparents or other Relatives Raising a Child under 18**. The North County Grandparents Support Group meets Tuesdays from 7-8:30 P.M. in the Pennino Building

and the South County Support Group meets Thursdays from 7-8:30 P.M. at Bryant Alternative High School.

The Rockbridge County area is now served by a grandparents raising grandchildren support group called **STARS**. The group meets monthly and is facilitated by Katie McElroy, Extension Agent for Family and Consumer Sciences, Virginia Cooperative Extension, Rockbridge County. For further information, contact Ms. McElroy at 540-463-4734 or [kpmcelro@vt.edu](mailto:kpmcelro@vt.edu).

**Catholic Charities of Southeastern Virginia** coordinates numerous grandparent support groups. Groups meet in Williamsburg, Virginia Beach, Hampton, Newport News, Norfolk, Franklin and Suffolk. For further information consult Kathy Dial at 757-533-5217 or [kdial@cceva.org](mailto:kdial@cceva.org).

Karen Best Andresen has established a website for grandparents raising grandchildren. Ms. Andersen, a resident of Brunswick County Virginia is raising her grandchildren. For informative articles and web blog, consult <http://www.raisingyourgrandchildren.com>

**Generations United** has issued a report on the impact of methamphetamine (meth) on children, families and our nation's foster care system. The report highlights the important role that grandparents and other relatives play when they step forward to take care of children in trouble because of their parents' involvement with meth. The report is titled *Meth and Child Welfare: Promising Solutions for Children, Their Parents and Grandparents* The report is available on the Generations United website: <http://www.gu.org>.

### **Relatives As Parents Program (RAPP) Local, Regional and State Seed Grant Program Initiatives for 2007**

The Brookdale Foundation announces that up to 15 local, 5 state and 3 regional agencies will be chosen throughout the United States through the Request for Proposal process. Each agency will receive a \$10,000 grant over a two year period as well as training and technical assistance. Matching support in cash or in-kind will be required of all selected agencies. The sponsoring agency must be a 501(c)(3) entity or have equivalent tax-exempt status. Deadline for local and regional proposals is January 7, 2007 and for states February 9, 2007. Consult [www.brookdalefoundation.org](http://www.brookdalefoundation.org) for guidelines and applications!