



# COMMONWEALTH of VIRGINIA

## Department for the Aging

Julie Christopher, Commissioner

[Click here to go to the Virginia Department for the Aging Home Page](#)

### TABLE OF CONTENTS AAA TUESDAY E-MAILING December 19, 2006

SUBJECT	VDA ID NUMBER
<a href="#"><u>Cold-Weather Tips for Older Adults</u></a> (Elaine Smith)	07-31
<a href="#"><u>Links to Articles of Interest</u></a> (Elaine Smith)	07-32
<a href="#"><u>Respite Care</u></a> (Ellen Nau)	07-33
<a href="#"><u>Money Follows the Person (MFP)</u></a> (Ellen Nau)	07-34
<a href="#"><u>Regional Emergency Response Seminars for Aging and Disabilities</u></a> (Bill Peterson)	07-35
<a href="#"><u>Letter Sent to all Members of the General Assembly</u></a> (Bill Peterson)	07-36
<a href="#"><u>06 Program and Financial Compliance Review Schedule</u></a> (Raymond Williams)	07-37

**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.

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)

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

**MEMORANDUM**

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

**AND:** Nutrition Directors and Disease Prevention Coordinators

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

**DATE:** December 19, 2006

**SUBJECT:** Cold-Weather Tips for Older Adults

A new, easy-to-read booklet -- Stay Safe in Cold Weather! – offers older adults tips on avoiding a dangerous condition called hypothermia. This free 12-page publication is now available from the National Institute on Aging (NIA), a part of the National Institutes of Health (NIH).

"Older adults can lose body heat faster than when they were young, and some health problems and medicines can make it harder for them to stay warm," says NIA Director Richard J. Hodes, M.D. "This booklet describes hypothermia and offers simple steps seniors can take to lower their risk of this sometimes life-threatening health concern."

To order free copies or for more information about Stay Safe in Cold Weather! and other NIA publications, visit the NIA Web site at [www.nia.nih.gov](http://www.nia.nih.gov) or call 1-800-222-2225. Bulk orders are welcome.

Also please check out the following link to a good winter home-maintenance article. This is a checklist that seniors should share with their caregiver or "handyman".  
<http://realestate.msn.com/Improve/Article.aspx?cp-documentid=84856&GT1=8892>

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)

*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:** December 19, 2006

**SUBJECT:** Links to Articles of Interest

Following are links to several articles in the popular literature that may be of interest to seniors or staff who work with seniors. You may have to register and/or complete a short online form to access an article from these links.

<http://www.gmtoday.com/news/nutrition/topstory08.asp>

Here are excellent book recommendations for nutrition references for the office or your own personal use. Perhaps it's not too late to add one or two to your Santa wish list. ☺

<http://www.msnbc.msn.com/id/16045168/>

A good article debunking common diet myths.

<http://www.poststat.net/aispwp/index.cfm?fuseaction=printarticle&issue=371&pubid=48&article=566>

This is excellent information on food borne illness and older adults. Also check out the Aging in Stride website at [www.aginginstride.org](http://www.aginginstride.org) and get on the email newsletter list for more good reliable information for seniors.

Please contact me if you are unable to access a particular link of interest and I can send a hard copy. I can be reached at [Elaine.Smith@vda.virginia.gov](mailto:Elaine.Smith@vda.virginia.gov) or 804-662-9319.

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)

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

**MEMORANDUM**

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

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** December 19, 2006

**SUBJECT:** Respite Care

Clarification – National Family Caregiver Support Program (NFCSP) (Title III E)  
Caregivers of Adult Children with a Disability

I have received the following communication from Mr. Rick Greene, National Family Caregiver Support Program specialist at the Administration on Aging (AoA). The following is an AoA interpretation of the NFCSP policy for caregivers of adult children, ages 19-59.

“Grandparent or relative caregivers, providing care for adult children with a disability, who are between 19 and 59 years of age, can now be served under the NFCSP. These caregivers must be age 55 years and older and cannot be the child's parent. Priority shall be given to those caregivers providing care for an adult child with severe disabilities. Services provided to these caregivers shall not be counted against the 10% ceiling for grandparents and other caregivers.

(8) The term “disability” means (except when such term is used in the phrase “severe disability”, “developmental disabilities”, “physical or mental disability”, “physical and mental disabilities”, or “physical disabilities”) a disability attributable to mental or physical impairment, or a combination of mental and physical impairments, that results in substantial functional limitations in 1 or more of the following areas of major life activity: (A) self care, (B) receptive and expressive language, (C) learning, (D) mobility, (E) self direction, (F)

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)

## Respite Care

December 19, 2006

Page 2

capacity for independent living, (G) economic self sufficiency, (H) cognitive functioning, and (I) emotional adjustment.

(9) The term "severe disability" means a severe, chronic disability attributable to mental or physical impairment, or a combination of mental and physical impairments, that??

(A) is likely to continue indefinitely; and

(B) results in substantial functional limitation in 3 or more of the major life activities specified in subparagraphs (A) through (G) of paragraph (8)."

### Lifespan Respite Care Act (HR 3248) Gains Unanimous Senate Approval Provides Relief to Family Caregivers

Jill Kagan, MPH, Chair, National Respite Coalition announces that both Houses of Congress have passed this bill and it will be submitted to President Bush for his signature. Senate sponsors in addition to Senator Hilary Clinton (NY) included Senator John Warner of Virginia. The bill began its journey through Congress four years ago and will provide \$30 million in the first year and almost \$300 million over five years for competitive grants for states and local bodies to increase the availability of respite care for family caregivers of individuals with special needs regardless of age. The bill promotes a coordinated system of accessible respite care at the state and federal level for caregivers. Ms. Kagan can be contacted at [jbkagan@verizon.net](mailto:jbkagan@verizon.net).

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

**MEMORANDUM**

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

**FROM:** Ellen M. Nau, Human Services Program Coordinator

**DATE:** December 19, 2006

**SUBJECT:** Money Follows the Person (MFP)

The Virginia Department for the Aging participated on the steering committee and core writing team for the Department of Medical Assistance application to the Centers for Medicare and Medicaid Services (CMS) for a Money Follows the Person Demonstration Grant. VDA will continue on the leadership committee to carry out the objectives of the demonstration grant if funding from CMS is granted to DMAS. Other MFP proposal participants included: the Office of Community Integration for People with Disabilities, the Office of the Secretary of Health and Human Services, numerous state agencies and other stakeholders. Virginia's proposal to participate in the billion dollar CMS program was submitted to meet the November 1, 2006 deadline.

The MFP proposal is designed to support Virginia's implementation of the Olmstead decision and the efforts of the recently awarded Systems Transformation Grant that aims to improve the infrastructure for community-based long-term support services. To realize the creation of a system of flexible financing for long-term care services and supports for individuals who wish to transition from a long-term care institutions back to the community, Money Follows the Person project goals include:

- Rebalancing Virginia's long-term support system, giving individuals more informed choices and options about where they live and receive services;
- Transitioning individuals from institutions (ICFs/MR and Nursing Homes) who want to live in the community; and

## Money Follows the Person (MFP)

December 19, 2006

Page 2

- Promoting quality care through long term services that are person centered, appropriate, and needs based, ensuring continual improvement is made through a quality management strategy for home and community-based settings and institutions.

DMAS has not received any word on the acceptance of Virginia's MFP proposal by CMS. A December 6, 2006 Disability Funding News article noted that CMS has been exceptionally quiet concerning the grant. CMS did note that 37 out of 50 states applied for the demonstration grant. CMS did not name the applicant states. Recent CMS discussions with DMAS concerning Virginia's budget for the MFP indicate that the proposals are being reviewed by CMS in a timely fashion. After CMS selects the states to participate in the MFP program, participants must develop an operational plan for CMS approval within a six month period.

For further information on the MFP program, please contact Ellen Nau at 804-662-9340 or [ellen.nau@vda.virginia.gov](mailto:ellen.nau@vda.virginia.gov)

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

**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** December 19, 2006

**SUBJECT: Regional Emergency Response Seminars for Aging and Disabilities**

Attached is a flyer announcing up to eleven regional seminars cosponsored the Virginia Department of Emergency Management to be held in March and May. These seminars are designed to increase understanding and expectations between first responders and citizens with special needs (disabilities, advanced age, Alzheimer's disease, etc.).

These seminars offer your agency an opportunity to learn how fire and police officials will accommodate aging and disabled persons during a hurricane or other natural or manmade disaster. I believe these seminars will also offer you an opportunity to have some input into the planning process. As we learned in the aftermath of Hurricane Isabel, some local government officials view AAAs as second responders (and in some cases first responders) during an emergency.

Attachment



Offering Keys to Communication

**VDDHH**

## SAVE THE DATES! MARK YOUR CALENDARS!

Virginia Departments of Emergency Management, Deaf & Hard of Hearing and Health, and the disAbility Resource Center announce *the second annual...*

### Community Based Emergency Response Seminar: Preparing for All Abilities

#### March 2007

3 – (Sat) – Fredericksburg  
22 – Roanoke  
24 – (Sat) – Abingdon  
29 – Charlottesville  
30 – Richmond  
31 – (Sat) – South Boston

#### May 2007

8 – Winchester  
9 – Northern VA  
15 – Hampton Roads  
16 – VA Beach/Chesapeake  
19 – (Sat) Tentative –  
Eastern Shore

**Objective:** Increase understanding of requirements and expectations between first responders and citizens with special needs. Citizens and responders from each community will be able to discuss their requirements and expectations and begin developing solutions to ensure preparedness during emergencies.

**Target Audience:** Citizens with medical, communication, mobility or behavioral challenges; medical & mental health providers, law enforcement, fire/EMS, emergency planners and managers, public health staff, public relations/media specialists, volunteer organizations and other providers.

Online, telephone and fax registration will be available 2 January 2007



The disAbility Resource Center

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

**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** December 19, 2006

**SUBJECT: Letter Sent to All Members of the General Assembly**

Commissioner Christopher has sent the attached letter to each senator and delegate reminding them that our network is available to assist them with family caregiving issues while they are in Richmond. Each letter was personally addressed, personally signed by the Commissioner, and sent to the legislator's home address.

This is one way we can remind the members what we do for families and how we can intervene to provide support for caregivers. You might want to write your own letter as a follow-up to the Commissioner's and provide additional information about what you are doing to support older citizens and their families in the legislator's district.

Attachment

Letter to all members of the General Assembly:

December 15, 2006

Dear \_\_\_\_\_:

As you prepare to take up your duties during the upcoming 2007 General Assembly session, you may be concerned about how you will deal with issues related to caregiving in your family while you are here in Richmond. Perhaps you are providing care and support to an older parent or to a spouse whose health is failing. You may be wondering how you will assure that these loved ones receive the care and attention that they require.

My mother is currently a resident in a nursing home in another state and I understand the worry and frustration that often arises when work obligations do not allow you the time to personally provide care and comfort to a loved one.

We would be happy to work with you and your local Area Agency on Aging to discuss possible interventions that may be available through various community resources to provide care for your family members and to provide you with regular progress reports while you are busy serving the Commonwealth. Such reports can help ease your mind and allow you to focus your efforts and energy on the legislative session.

Please do not hesitate to contact me if I can be of assistance or provide you with information. Our network of 25 local Area Agencies on Aging is available to work with you to help you resolve your caregiving concerns while you are in Richmond.

Respectfully,

Julie Christopher

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

**MEMORANDUM**

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

**FROM:** Raymond L. Williams, Jr.  
External Financial Auditor

**DATE:** December 19, 2006

**SUBJECT:** 06 Program and Financial Compliance Review Schedule

Attached is the monitoring schedule for the current year. The areas to be reviewed during this process are still being finalized.

Hopefully the early distribution of the schedule will assist you with your planning needs. If there are any questions concerning the schedule, please contact me at 804-662-9347.

Attachment

**Program & Financial Compliance Review  
Monitoring Schedule FY05 Tracking Form  
January 1, 2007 – February 29, 2008**

12/18/06

**January 2007**

1. *January 4, 2007*  
**Korean American Center (RW)**
2. *January 22-23, 2007*  
**Charlottesville Department of Social Services (Guardian Program) (RW, JJ, FC)**
3. *January 24-25, 2007*  
**PSA 06 Valley Program For Aging Services (RW)**
4. *January 31-February 1, 2007*  
**Jewish Family Services (Richmond) (RW, JJ, FC)**

**February 2007**

1. *February 8-9, 2007*  
**PSA 09 Rappahannock-Rapidan Community Services Board (RW, ES, EN)**
2. *February 21-22, 2007*  
**PSA 11 Central Virginia Area Agency on Aging (RW, EN)**
3. *February 23, 2007*  
**Adult Care of Central Virginia (RW)**

**March 2007**

1. *March 13-15, 2007*  
**PSA 13 Lake Country Area Agency on Aging (RW, EN)**
2. *March 26-27, 2007*  
**Commonwealth Catholic Charities (RW, EN, JJ, FC)**
3. *March 28-29, 2007*  
**Rockbridge Area Community Services (RW, JJ, FC)**

**April 2007**

1. *April 17-18, 2007*  
**The Arc of Northern Virginia (RW, JJ, FC)**
2. *April 19-20, 2007*  
**PSA 8C Fairfax Area Agency on Aging (RW)**

**Program & Financial Compliance Review  
Monitoring Schedule FY05 Tracking Form  
January 1, 2007 – February 29, 2008**

12/18/06

**May 2007**

1. *May 15-17, 2007*  
**PSA 8E Prince William Area Agency on Aging (RW, ES)**
2. *May 21-22, 2007*  
**PSA 02 Appalachian Agency for Senior Citizens (RW, ES)**
3. *May 23- 24, 2007*  
**PSA 01 Mountain Empire Older Citizens Inc. (RW, ES, FC, JJ)**
4. *May 25, 2007*  
**Oxbow Corporation (St. Paul) (RW)**

**June 2007**

1. *June 20–21, 2007*  
**PSA 16 Rappahannock Area Agency on Aging (RW, ES, EN)**
2. *June 26-27, 2007*  
**PSA 14 Piedmont Senior Resources Area Aging (RW, ES)**

**July 2007**

1. *July 10, 2007*  
**Guardian of Life's Dreams (GOLD) Tazewell, Virginia (Guardianship) (RW, JJ, FC)**
2. *July 11, 2007*  
**Southwest Virginia Legal Aid Society (RW, JJ, FC)**
3. *July 12, 2007*  
**Family Services of Roanoke Valley (RW, JJ, FC)**
4. *July 18-19, 2007*  
**PSA 17/18 Bay Aging (RW)**

**August 2007**

1. *August 6-7, 2007*  
**PSA 8B Arlington Agency on Aging (RW)**
2. *August 8-9, 2007*  
**PSA 8A Alexandria Agency on Aging (RW)**

**Program & Financial Compliance Review  
Monitoring Schedule FY05 Tracking Form  
January 1, 2007 – February 29, 2008**

12/18/06

3. *August 15-16, 2007*

**PSA 15 Senior Connections / Capital Area Agency on Aging (RW, FC, JJ)**

4. *August 22-23, 2007*

**PSA 19 Crater Area Agency on Agency (RW)**

## **September 2007**

1. *September 10, 2007*

**Norfolk Senior Center (RW)**

2. *September 11, 2007*

**Chesapeake Department of Social Services (RW, JJ, FC)**

3. *September 12, 2007*

**Jewish Family Services (Guardianship) Virginia Beach Norfolk, Virginia (RW, JJ, FC)**

4. *September 13-14, 2007*

**PSA 21 Peninsula Area Agency on Aging (RW)**

5. *September 18-19, 2007*

**PSA 03 District Three Senior Services (RW, JJ, FC)**

6. *September 20-21, 2007*

**PSA 04 New River Valley Area Agency on Aging (RW, EN)**

7. *September 26-27, 2007*

**PSA 10 Jefferson Area Board for Aging (RW)**

## **October 2007**

1. *October 3, 2007*

**James Madison University Office of Sponsored Programs (RW)**

2. *October 4, 2007*

**Adult Care Center of the Northern Shenandoah Valley, Inc. (RW)**

3. *October 5, 2007*

**Generations Crossing (RW, EN)**

4. *October 10-11, 2007*

**PSA 8D Loudon County Area Agency on Aging (RW)**

**Program & Financial Compliance Review  
Monitoring Schedule FY05 Tracking Form  
January 1, 2007 – February 29, 2008**

12/18/06

5. *October 17, 2007*

**Greater Richmond Chapter of the Alzheimer's Association (RW)**

6. *October 18, 2007*

**Catholic Charities of Eastern Virginia, Inc. (Guardianship) Virginia Beach Norfolk,  
Virginia (RW, JB, FC)**

7. *October 24-25, 2007*

**PSA 05 LOA-Area Agency on Aging, Inc. (RW, ES, EN)**

8. *October 30-31, 2007*

**PSA 22 Eastern Shore Area Agency on Aging (RW)**

## **November 2006**

1. *November 1-2, 2007*

**PSA 20 Senior Services of Southeastern Virginia (RW)**

2. *November 8, 2007*

**Virginia Association of Area Agencies on Aging (RW)**

3. *November 14, 2007*

**Bridges-Senior Solutions, Inc. (RW, JJ, FC)**

4. *November 28, 2007*

**SeniorNavigator (RW)**

## **January 2008**

1. *January 2008*

**South Central Work Force Investment Board (RW)**

2. *January 2008*

**PSA 12 Southern Area Agency on Aging (RW, ES)**

3. *January 2008*

**Woodrow Wilson (RW)**

## **February 2008**

1. *February 2008*

**PSA 07 Shenandoah Area Agency on Aging (RW, EN)**