



# COMMONWEALTH of VIRGINIA

## Department for the Aging

Julie Christopher, Commissioner

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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.

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

**MEMORANDUM**

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

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

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

**DATE:** January 23, 2007

**SUBJECT:** Information on Norovirus

With the recent outbreak of norovirus at Radford University, I am providing information on this highly contagious illness for dissemination among your staff and seniors. Please also reference information provided on the Virginia Department of Health website and the fact sheet at the following link:

<http://www.vdh.virginia.gov/epidemiology/factsheets/Norovirus.htm>

The following fact sheet may be adjusted to your specific needs and duplicated for distribution.

## **Norovirus (formerly called Norwalklike Virus)**

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### **What are noroviruses?**

Norovirus is a virus that causes the “stomach flu,” or vomiting and diarrhea, in people.

### **What are the symptoms of illness caused by noroviruses?**

Norovirus illness usually begins 24 - 48 hours after exposure, but can appear as early as 10 hours after exposure. Symptoms usually include nausea, vomiting, diarrhea, and stomach cramping. Sometimes people have a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. The illness is usually brief, with symptoms lasting only 1 or 2 days.

### **How serious is norovirus disease?**

Norovirus disease is usually not serious, but people may feel very sick. Most people get better within 1 or 2 days, and have no long-term health effects from the illness. Sometimes people are unable to drink enough liquids to replace what they lose from vomiting and diarrhea, and they can become dehydrated and need to see a doctor. This problem usually occurs only among the very young, the elderly, and persons with weakened immune systems.



### **Do infected people need to be excluded from school, work, daycare, or other activities outside the home?**

Since the virus is passed in vomit and stool, patients should not go out in public while they have diarrhea or vomiting. Once illness ends, children can return to daycare and elders can return to outside activities, but handwashing must be strictly monitored. Persons who work in nursing homes, take care of patients, or handle food should stay out of work until at least three days after symptoms end.

### **Can norovirus infections be prevented?**

- You can decrease your chance of coming in contact with noroviruses by:
  - Frequent handwashing with warm water and soap
  - Promptly disinfecting contaminated surfaces with household chlorine bleach-based cleaners
  - Washing soiled clothing and linens
  - Avoiding food or water from sources that may be contaminated
  - Cooking oysters completely to kill the virus

**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:** January 23, 2007

**SUBJECT:** National Family Caregiver Support Program

**Crater Caregiver Coalition and John Tyler Community College**

On March 22, 2007, the Crater Caregiver Coalition and John Tyler Community College are offering the Living with Grief teleconference presented by the Hospice Foundation of America for the 4<sup>th</sup> year. In past years, the event has drawn over 150 participants from the Central Virginia area. Focus of this year's conference is *Living with Grief: Before and After the Death*. The day begins with lunch at noon and time for the conference participants to meet the vendors. The teleconference begins at 1:30 p.m. and, including a 2:45 p.m. break, ends at 4:00 p.m. A panel discussion follows the broadcast. Deadline for registration is March 9, 2007. Registration information is attached.

**Virginia Caregiver Coalition**

The volunteer Virginia Caregiver Coalition, facilitated by VDA, presented a seminar on Residents' Rights Regarding Transfer and Readmission from the Hospital on January 9, 2007 at the Virginia One Church, One Child location on Graham Road in Richmond. Organized by coalition member Karen Gill, the seminar was conducted by Kathy Pryor of the Virginia Poverty Law Center and Joanie Latimer, Virginia's State Long-term Care Ombudsman. Attracting over 30 participants, the seminar proved very informative to those in attendance. Allowing for the schedules of the presenters, the coalition hopes to make the seminar available to other locations throughout the state via videoconferencing. For further information, contact Karen Gill at [kgill@nelsefh.com](mailto:kgill@nelsefh.com).

January 3, 2007

Dear Community Member,

For the 4<sup>th</sup> year, the Crater Caregiver Coalition and John Tyler Community College are offering the *Living with Grief* teleconference on March 22, 2007. This is a live-feed broadcast provided by the Hospice Foundation of America. This year, the focus is *Living with Grief: Before and After the Death* with a focus on "the perspectives on loss and grief experienced by persons throughout a life-limiting illness and by survivors after the death. A particular focus will be paid to areas where understandings of grief have been challenged."

In the past years, this event has drawn over 150 participants from the central Virginia area. We invite you to participate in this event this year. The day begins at 12:00 noon with lunch, and a time for participants to meet the vendors. The teleconference starts at 1:30 with a break around 2:45, and ends at 4:00, followed by a local panel discussion.

Vendors are asked to arrive between 11:00 and 11:30, and stay through the mid-afternoon break. The conference will be held in the auditorium of the Nichols Student Center of the Chester Campus of John Tyler Community College.

If you would like to attend, please complete the bottom portion of this form and return it along with your check for the appropriate amount. Payment includes lunch, conference materials, afternoon break, and the local panel discussion (required attendance for CEU's.). CEU's are available for an additional cost, and can be obtained on-line following the conference.

The deadline for registration is March 9, 2007. If you have any questions, please contact Karen Gill, Chair, at 909-0123, or [kgill@nelsenfh.com](mailto:kgill@nelsenfh.com).

Sincerely,

Karen R. Gill

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Contact person: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Address: \_\_\_\_\_

e-mail address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I am registering as a: Participant (\$15)  Vendor (\$50)

I would like a copy of the companion book (\$15)

Crater Caregiver Coalition  
P. O. Box 1234  
Colonial Heights, VA 23834

*Please send payment when returning this form.  
The Crater Caregiver Coalition is in the process of applying for 501 (c) 3 status with the IRS.*

## Why should you attend?

The Virginia Healthy Pathways Coalition was formed to provide a forum for collaboration among stakeholders who had an interest in reducing the burden of cardiovascular disease in the Commonwealth. The coalition has over 100 members representing healthcare, faith-based organizations, non-profits, government, citizens, businesses and academic institutions.

The Faith Committee, dedicated to promoting healthy lifestyles in Virginia's faith based institutions, has designed this conference to demonstrate to pastors, spiritual leaders, ministers, and other church members, strategies that will promote health and wellness in their congregations.

This one-day conference includes lunch, door prizes, excellent speakers, panel discussions, and the opportunity to collaborate with other ministers and leaders throughout the entire state of Virginia.



BAPTIST GENERAL  
CONVENTION OF VIRGINIA  
1214 WEST GRAHAM ROAD  
RICHMOND, VA 23220

Participant Name  
[Street Address]  
[Address 2]  
[City, ST ZIP Code]



## PRESENTS: YOU ARE ACCOUNTABLE!

*How Faith-Based Organizations  
Answer the Call to a Healthy Mind,  
Body & Spirit*

*1<sup>st</sup> Annual Conference*

*May 5, 2007*

*Good Shepherd Baptist  
Church*

*Petersburg, VA*

For more information call:  
Kathleen Fogerty 804-281-8095  
E-mail: Kathleen\_Fogerty@bshsi.com



# "You Are Accountable!"

## Goals and Objectives for the Conference:

- Demonstrate practical strategies for faith based organizations to promote healthy lifestyles.
- Offer current research and recommendations to maintain cardiovascular health.
- Present information on developing sustainable health ministries.

## Presenting Sponsors:

- American Heart Association
- Baptist General Convention
- Bon Secours Richmond Health System
- Optima Health
- Sentara Healthcare
- Prospect Empowerment Center
- Virginia Commonwealth University
- Virginia Department of Health

## Presentations:

*A Faith Based Approach to Cardiovascular Health*

*Dr. Phillip Duncan*

*Controllable Risk Factors*

*Dr. Leonard Edloe*

*Becoming a Healthy Spiritual Leader*

*Reverend William Lee*

*Spiritual Link Between Health and Wellness*

*Dr. Michelle Webb, Dr. Phillip Duncan and Shavon Arline*

*Fit to Praise*

*Rick Martin*

*It's Not Just Baby Fat!*

*Dr. Bobbie Duhart*

*Faith-Filled Food Choices*

*Paula Garrett, Nutritionist*

Date: May 5, 2007

Time: 8:00 AM to 4:00 PM

Location: Good Shepherd Baptist Church  
2223 South Crater Road  
Petersburg, VA 23805

## Registration Form DUE MARCH 5, 2007

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail

### *Method of Payment*

Check

Money Order

- Make check payable to Baptist General Convention
- DO NOT MAIL CASH.
- For questions regarding payment of fees call Linda McGowan or Barbara Crump at 804-228-2421

Mail check to: Baptist General Convention  
1214 West Graham Rd.  
Richmond, VA 23220

Fee: \$25.00 due with registration postmarked by March 5, 2007  
Registration Is Required.  
On-site registration is not available.  
Late registrations will be accepted until April 2, 2007 at a fee of \$40.00.