



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.

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: February 21, 2007

SUBJECT: Community Based Services**23rd Annual National Home and Community Based Services Conference**

Albuquerque, New Mexico will host the 23rd annual National Home and Community Based Services Conference from September 20 to October 3, 2007. Entitled *Reaching New Heights in Successful Community Living* the conference will be held at the Hyatt Regency Albuquerque. The third day of the conference will feature joint programming with the 2007 Southwest Conference on Disability. The conference is convened by the National Association of State Units on Aging, New Mexico Aging and Long Term Care Services Department. Further information is available at www.nasua.org/waiverconference.

Culpeper Adult Day Care Services

Sponsored in part by funding from the Virginia Department for the Aging Respite Care Grant, PSA 9 Rappahannock/Rapidan Community Services Board (CSB) is poised to make adult day services a reality in Culpeper, Virginia. Executive Director Brian Duncan, Sallie Morgan, Director of Community Support and Lynnette Scott, In-Home Services Department are on the verge of opening the adult day care center in a beautifully renovated facility near the CSB. Designed for a client census of 18-20 individuals, the center will fill a needed service void in the Culpeper area. For further information, contact Rappahannock/Rapidan Community Services Board at 540-825-3100.

COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Directors,
Area Agencies on Aging

FROM: Bill Peterson

DATE: February 21, 2007

SUBJECT: Disaster Preparation for AAAs

I met with staff from the Virginia Department of Emergency Management (VDEM) to discuss ways in which VDEM could work with AAAs to prepare for disasters or to provide services when a disaster strikes. VDEM asked for a list of suggested ways in which our networks could work together. As an example, VDEM suggested that they might help wire AAA offices so that you could plug in a generator when power was out for extended periods of time (although they would not purchase generators).

Please send me your suggestions for ways in which VDEM could help you prepare for a disaster in your community....or respond once a disaster occurs. Be as creative as you wish. Please email this information to me by Friday, March 2, 2007 (bill.peterson@vda.virginia.gov).

VDEM made no promises...but they appeared sincerely interested in what you felt would be critical supports or services.

Thanks.

COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Human Services Program Coordinator

DATE: February 21, 2007

SUBJECT: Respite, Caregiving and Long-Term Care**“Help is on the Way” National Respite Conference**

Information on respite coalition building, innovative emergency and planned respite and crisis nursery programs, family caregiving issues as well as updates on the Lifespan Respite Care Act funding will be included in this October 3-5, 2007 Conference in Huntsville, Alabama. If you would like to get on the mailing list for further information on this conference, contact alabamarespite@aol.com or Linda Lamberth, Project Manager, Alabama Lifespan Respite Network at 256-237-3683

Long Distance Caregiving

The February 4, 2007 issue of USAWeekend features a special health report on long distance caregiving by Dr. Tedd Mitchell. In relating his family’s experience with his mother’s diagnosis of uterine cancer, Dr. Mitchell outlines the obstacles the family faced in caregiving from afar. Dr. Mitchell’s family found the caregiving duties that the family wanted to perform time-consuming. Travel expenses were an issue as well as the guilt family members experienced from not being near their terminally ill mother. The article as well as reference to an AARP plan for long-distance caregiving and caregiving information sites can be accessed at http://www.usaweekend.com/07_issues/070204/070204health_report.html.

National Spending for Long-Term Care

The Georgetown University Long-Term Care Financing Project has produced a fact sheet on National Spending for Long-Term Care. Noting the need of approximately 10 million Americans for long-term care and the reliance of most of these individuals on unpaid help from family and friends, the study reveals that spending for professional

Respite, Caregiving and Long-Term Care

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services is substantial. In 2004, national spending for long-term care reached \$194 billion with the bulk of those monies going to nursing home care. Medicaid is the nation's largest source of financing for long-term care. The Georgetown study notes the opportunities for more community based care provided by Medicaid due to the Deficit Reduction Act of 2005 that allows states, beginning in January 2007 to provide some home and community-based services without a waiver, to establish enrollment limits for these services, and to ~~restrict enrollment limits~~ for those services, and to restrict eligibility to them in certain locations. To access the entire fact sheet that also details medicare, out of pocket, private insurance and other payers contributions to long-term care financing access <http://ltc.georgetown.edu/>

The Georgetown Long-Term Care project is sponsored by a grant from the Robert Wood Johnson Foundation and is designed to stimulate public policy discussion about current long-term financing and ways to improve it. A second fact sheet on *Medicaid's Spousal Impoverishment Protections* can also be accessed at the above-mentioned site.

Caregiver Resources from the State of Georgia

Courtesy of Cliff Burt of the Georgia Department of Aging Services

To access: First, either use the website address

<http://aging.dhr.georgia.gov/portal/site/DHR-DAS/>

or type in *Georgia Division of Aging Services*. Next go to the box in the left corner of the screen. Click on Publications. Here are the offerings:

Caregiving in Georgia -

Summary report of caregiver focus groups and actions taken by the Division using the data from the reports

Caregiving in Georgia Summer 03--Final report, encompassing 11 caregiver focus groups.

Caregiving in Georgia Winter 02--the first report, with six focus groups and results

Mobile Day Care Video-can be viewed on-line. Also, folks may request, and we will be happy to mail a copy of the video to them.

Self Directed Care Fact Sheet--a general fact sheet prepared by DAS for the AoA website, explaining self determination in layman's terms.

Self Directed Care Guidebook--a product of our demo grant with AoA, which can be printed in its entirety. Explains self-determination, examines various models available to aging, helpful hints, legal and financial considerations, and sample forms.

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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Director, Administrative Services

DATE: February 21, 2007

SUBJECT: Grant Opportunity

From: Davis, Ellis (HHS/OPHS) [mailto:Ellis.Davis@HHS.GOV]
Sent: Monday, February 12, 2007 3:09 PM
To: List HEALTHYPEOPLE
Subject: Request for Proposals - Take Action: Healthy People, Places and Practices in Communities Project

The Department of Health and Human Services (HHS) Office of Public Health and Science, Office of Disease Prevention and Health Promotion and the Regional Health Administrators are requesting proposals from community-based organizations and others to evaluate the impact of a unique set of healthy lifestyles activities in local settings that support the President's HealthierUS initiative. As part of the Take Action: Healthy People, Places and Practices in Communities Project, the proposed activities should address one or more of the four parts of the President's HealthierUS initiative: 1) be physically active, 2) eat a nutritious diet, 3) get preventive screenings, and 4) make healthy choices/avoid risky behaviors.

Not-for-profit, community-based organizations including faith-based groups, after school programs, coalitions and others are encouraged to submit proposals. The one-year project period will run from July 1, 2007 through June 30, 2008. Funding for these activities will be between \$2,000 and \$5,000 and a national evaluation of the project will be conducted. The deadline for receipt of proposals is March 30, 2007. Background information on the project, proposal instructions and forms are attached and also available at www.osophs.dhhs.gov/ophs/healthypeople.

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 • Web Site: www.vda.virginia.gov

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February 21, 2007
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If you have questions or need more information about the Take Action: Healthy People, Places and Practices in Communities Project, please call 1-866-224-3815 or email your questions to answers@JSI.com.

COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

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

DATE: February 21, 2007

SUBJECT: **7th Annual Spring Workshop - Congregate Meal Site, Senior Center Staff, Home Delivered Meals Drivers, and Others**

This is the seventh year for VDA to sponsor training workshops for AAA congregate meal site and senior center staff, home delivered meals drivers and others in cooperation with Piedmont Geriatric Institute (PGI) in Burkeville. Contractors are also welcome. This year **Unwinding from Stress** will be the topic. A meeting with me and time to share with other AAA staff will follow the workshop and end at 4:00 p.m.

The same program will be repeated on each of two days: Thursday April 19, and Tuesday, May 8, 2006. If there is sufficient interest, a third date may be scheduled in June. Participants should attend **one** session.

Following you will find an information sheet/registration form/flyer.

The deadline to register for both sessions is March 22, 2007. The cost is \$20.00 per person and includes instruction, lunch, refreshments, and certificate. Plus \$20.00 per registered AAA for one video titled: *Laughing at Stress*. PGI handles registration and payment.

There is also the option that PGI will present this program on-site at your AAA. There will be a cost for the presentation, video, and speaker's travel expenses including a

7th Annual Spring Workshop - Congregate Meal Site, Senior Center Staff, Home
Delivered Meals Drivers, and Others
February 21, 2007
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possible overnight stay depending on your location. Several AAAs in your immediate area might consider going together to sponsor the presentation and saving the travel expense of sending staff to Burkeville. Please contact PGI to explore this option, if you are interested.

For more information about registration or workshop content, please contact PGI at 434-767-4521 or Christy.Ballou@pgh.dmhmrzas.virginia.gov.

For other information, please feel free to contact me at 804-662-9319 or Elaine.Smith@vda.virginia.gov.



Unwinding From **Stress**

Attend One:

DATES: Thursday, April 19, 2007 or Tuesday, May 8, 2007
TIME: Workshop from 10 AM – 2:15 PM with 30 minutes for lunch
 AAA meeting from 2:30 PM – approx. 4 PM

Stress management is like dieting or child rearing: Most of us do it, many of us run into problems with it, and there is much advice about it in magazines, seminars, on the Internet, or from well-meaning people in our circle. So why should you attend this workshop? Here are the four main reasons:



- This day will be respite from your stress. We'll try to have a good time.
- We will explore the value of various stress relief strategies, and discover why some work better for YOU than others.
- We'll focus mainly on putting stress into perspective by approaching it from the "lite" side.
- Each AAA will receive a video to take home so you can maintain what you have learned in this workshop and have lasting effects from sharing your day with us.

Come dressed for a relaxing day. Leave your cell phone or beeper at home, or at least turn it off, and tell everyone that you are going on a day retreat.

PRESENTER

Brigitte E. Pennington, MS, Director of Piedmont Geriatric Institute. She has over 20 years work experience at Piedmont Geriatric Hospital, and has taught at Longwood University and Southside Virginia Community College as an adjunct instructor.

REGISTRATION

Send registration form & check (payable to PGI) to



Piedmont Geriatric Institute
 P. O. Box 427
 Burkeville, VA 23922-0427

For more information about registration or workshop content, please contact PGI at 434-767-4521, Voice TDD 434-767-4454, FAX 434-767-4947, Email: christy.ballou@pgh.dmhmrzas.virginia.gov.

For other information, please contact Elaine Smith, Virginia Department for the Aging 804 662-9319 Email: Elaine.Smith@vda.virginia.gov



REGISTRATION FORM: *Unwinding From **Stress***

Name(s): _____

Position(s): _____

Organization: _____

Address: _____

City, Zip: _____

Telephone: _____ Email: _____

Check or Purchase Order enclosed _____ will follow _____

\$20.00 per person, totalling \$ _____
+ \$20.00 for one video per agency/site \$ _____
TOTAL: \$ _____

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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: February 21, 2007

SUBJECT: Kinship Care and Intergenerational Programs

Tools for Working with Kinship Caregivers

The National Resource Center for Family-Centered Practice and Permanency Planning at the Hunter College of Social Work has updated a Casey Family 2001 paper that outlines aids to kinship care providers. The document contains information on training curriculums, assessment tools, handbooks and websites for kinship caregivers and programs. For access to this document consult:

www.hunter.cuny.edu/socwork/nrcfcpp/downloads/Tools-for-working-with-kinship-caregivers.pdf

Generations United

Generations United, the nation's leading authority on intergenerational programs will hold its 14th international conference – Its Monumental - on July 24-27, 2007 at the Holiday Inn on the Hill in Washington, D.C. Generations United is the only national membership organization that advocates for children, youth and older adults to build bridges among generations. For further information, contact <http://www.gu.org/GU>

St. Ann Center for Intergenerational Care

Donna Butts, Executive Director, Generations United, will be the keynote speaker for Bridging the Gap Between Generations, A Workshop Exploring a Successful Model of Intergenerational Day Services sponsored by the St. Ann Center for Intergenerational Care on May 7 and 8, 2007. St. Ann's, located in Milwaukee, Wisconsin will welcome all attendees sharing their intergenerational experiences. For further information, please contact Ron Zeilinger at ronz@stanncenter.org. Registration information is attached.

Bridging the Gap Between Generations

May 7 - 8, 2007 - A National Workshop

Exploring a Successful Model of Intergenerational Care

Practical Approaches to Creating a Day Service Center

Vision & Mission • Architectural Design

Funding & Financing • Marketing • Intergenerational Programming

Join us in welcoming Keynote Speaker -

Donna M. Butts - Executive Director, Generations United, Washington, D.C.

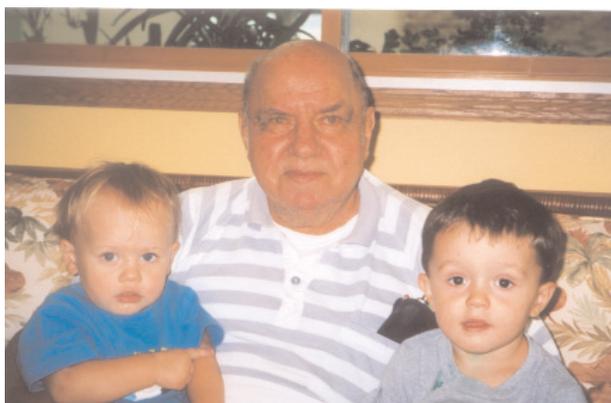
“Connecting Generations One Day at A Time”

Ms. Butts is the Executive Director of the only national membership organization focused solely on improving the lives of children, youth and older adults through intergenerational collaboration, public policies and programs.



St. Ann Center

is a model of intergenerational day programming and day services. It is a “one of a kind” day service center providing numerous programs, activities and care for adults with disabilities, frail elderly, those with Alzheimer's and dementia as well as children from ages 6 weeks - 17 years. St. Ann Center also offers short term (up to 20 days) overnight respite care for adults.



Join this workshop and...

Experience the excitement of intergenerational activities in action.

Learn practical approaches to developing and starting your own Day Service Center.

Discuss the importance of feasibility studies, fund development, profitability, government funding, marketing, architectural design, community support and team building ideas.

Call 414-977-5057 to Register Today!



St Ann
C E N T E R
for Intergenerational Care

www.stanncenter.org



Sponsored by the Sisters of St. Francis of Assisi

Bridging the Gap Between Generations

2-Day Workshop Schedule

Monday, May 7, 2007 - Day 1

- 8:30 Registration / Continental Breakfast
- 9:00 Welcome & Introduction
- 9:15 KEYNOTE:
Connecting Generations One Day at a Time
Donna M. Butts - Generations United,
Ms. Butts is the Executive Director of the only national membership organization focused solely on improving the lives of children, youth and older adults through intergenerational collaboration, public policies and programs.
- 10:00 Tour of St. Ann Center Programs in Action
- 10:45 *Believe Wholeheartedly in the Rightness of Your Goal* (needs assessment)
Kent Henschen - Bucyrus International, Inc.
Bill Rondeau, Sr. Edna Lonergan - St. Ann Center
- 11:30 *A Needs Driven Design*
(overview of architectural design & styles)
Gerald Weisman - UW-Milwaukee, Architecture School
Lyn Geboy - Kahler-Slater Architects, Inc.
- 12:15 Lunch provided
- 1:15 *Adapting to Changing Needs*
(the design process of St. Ann Center)
Tadhg McInerney - TMI Design Group
Sr. Edna Lonergan - St. Ann Center
- 2:00 *They Learn From Each Other*
Intergenerational Activities
Shawn Chilson, Shelly Fonk, Leslie Henry - St. Ann Center
- 2:45 Stretch Break
- 3:00 *Good Neighbors - Good Public Relations*
Ron Zeilinger, Juliann Joerres - St. Ann Center
- 4:00 End of day 1

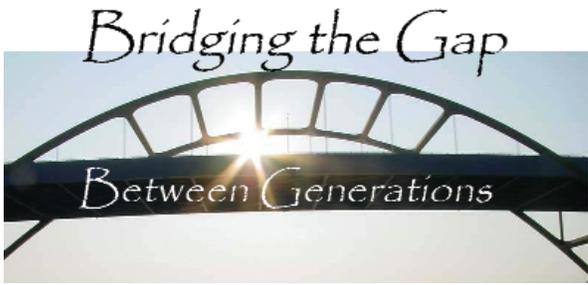
Tuesday, May 8, 2007 - Day 2

- 8:30 Continental Breakfast
- 9:00 *Show Me The Money:*
How to run a Capital Campaign
Sam Macklem - McDonald & Schaefer Associates
- 10:00 Observe Intergenerational Programs
- 10:45 *Be Knowledgeable About Government Funding*
Stephanie Sue Stein - Milwaukee County Department on Aging
- 12:00 Lunch provided
- 1:00 *Together, We Can Do So Much More!*
Sharon Ellis - SQE Communications Group
Team building specialist
- 2:30 Stretch Break
- 2:45 *Generating Support through Fundraising*
John Glaser, Bill Rondeau - St. Ann Center
- 3:30 *Closing/Questions & Answers*
(workshop evaluations & door prizes)
Sr. Edna Lonergan - St. Ann Center
- 4:00 End of Workshop

Who Should Attend?

Anyone who...

- works with the elderly and children,
- understands, appreciates and promotes the importance of intergenerational programs, activities and services,
- wants to learn more about the benefits the elderly receive from activities with children, and how children benefit from the wisdom and tolerance of the elderly.
- is interested in experiencing intergenerational programs in action.



Workshop Registration

May 7 - 8, 2007

Registration fee per person: **Before 3-16-07 \$250**
(Register early save \$35) **After 3-16-07 \$285**

- Fee includes all materials, hand-outs, refreshments and meals listed.
- A conference registration may not be split between attendees.
- You will be registered for the conference when the fee has been paid in full.
- Continuing Education Credits and Certificates of Completion will be provided.
- Each person registered will receive a confirmation via e-mail only.

Register by Mail

Send check or credit card information along with this form to: St. Ann Center
2801 East Morgan Ave.
Milwaukee, WI 53207

Register by Phone

Phone registration with credit card information to:
414-977-5057.

Please PRINT a separate registration form for each person attending from your organization.

Name: _____ Badge Name: _____

Organization / Company: _____

Address: _____

City/State/Zip: _____

Phone: _____ Fax: _____

E-mail: *(Required for confirmation)* _____

Check (and describe) if special dietary needs _____

Enclosed is:

Check (*payable to St. Ann Center*) Total Amount Enclosed: _____

Charge (MC / VISA) Total Amount to Charge: _____

Name on Credit Card: _____

Credit Card #: _____ Exp. Date: _____

Signature: _____

A limited number of hotel rooms have been reserved at the Four Points Sheraton Hotel (414) 481-8000 for \$92/room; and at Super 8 Motel (414) 481-8488 for \$60/room. This offer is only extended until 4-16-07. *Make your reservations today!*

Cancellations received before 4-16-07 will be fully refunded. After 4-16-07 and up until 5-1-07, cancellations will be subject to a \$50 service charge. No refunds will be given on or after 5/1/07. For more information or questions call, 414-977-5057.

This workshop has been made possible by the generous support of the Helen Bader Foundation.