



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

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**October 23, 2007**

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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*

**MEMORANDUM**

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

**FROM:** Bill Peterson

**DATE:** October 23, 2007

**SUBJECT:** **Video Lending Library**

The Information Resources Center (IRC) of the Virginia Center on Aging at Virginia Commonwealth University has a collection of over 150 videos and DVDs covering a variety of aging-related topics. These materials are available free of charge to any resident of Virginia. The Center's website is: <http://www.vcu.edu/vcoa/>. Or, call 804-828-1525 and ask to speak to Tara Livengood.

The IRC's Lending Policy for Audio-Visual Resources:

1. Make all requests as far in advance as possible, either by phone, e-mail, fax, or in writing. Out-of-town requests will be **mailed**. Local requests should be **picked up**.
2. Materials will be mailed to borrowers at our expense. There is no rental fee.
3. Materials must be returned on the first business day following showing:
  - a. All return fees must be paid by the borrower.
  - b. A/V materials may be shipped or mailed on the 4th class film rate.
  - c. Materials must be insured for the value of the item as indicated.
4. Although we will do everything possible to insure that requested materials arrive on time, there may be unforeseen delays beyond our control, such as damage from a previous showing, late returns, or mail delays. The Center is **not** responsible for such schedule problems should they occur.
5. If you do encounter problems with a video you have borrowed, please enclose a letter to that effect, stating what the problem was. Otherwise, it will go to the next user in its damaged state.



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**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:** October 23, 2007

**SUBJECT:** Medication Use Safety Training for *Seniors(tm)* (MUST for *Seniors(tm)*)

The National Council on Patient Information and Education - a non-profit coalition of more than 100 organizations working to improve communication on the appropriate use of medicines - has launched Medication Use Safety Training for *Seniors(tm)* (MUST for *Seniors(tm)*) a national education awareness campaign to promote safe and appropriate medicine use among America's older adults.

MUST for *Seniors(tm)* is an interactive program designed to give older adults and caregivers the tools and know how to avoid medication misuse, recognize and manage common side effects, and improve medicine use knowledge, attitudes, and skills to avoid medication errors. For more information about the program and safely using medicines, visit the MUST for *Seniors(tm)* web site at [www.mustforseniors.org](http://www.mustforseniors.org)

Please check out these resources including power point slides with speaker notes, videos, and print materials. They are very well done and provide information that could be presented at congregate meal sites and other settings for seniors and caregivers. The videos present a diversity of senior and caregiver speakers that I believe will appeal to seniors.

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

TO: Directors  
Area Agencies on Aging

FROM: Bill Peterson

DATE: October 23, 2007

SUBJECT: **Job Announcement – Bay Aging**

FYI: The Bay Aging AAA has an opening for a Housing Development Officer. This is a professional opportunity for a dynamic person eager to build a career working with seniors.

E-mail or snail mail a cover letter, resume, and salary requirements to Bay Aging, attention Joshua Gemerek:

Bay Aging  
PO Box 610  
Urbanna, Virginia 23175-0610  
[jgemerek@bayaging.org](mailto:jgemerek@bayaging.org).

BayAging is a nonprofit Area Agency on Aging serving the Northern Neck and Middle Peninsula regions of Virginia since 1978. Headquartered in Urbanna, VA, you can learn more about the agency, its mission, and its services by going to their website at [www/bayaging.org](http://www/bayaging.org).



P.O. Box 610 / 5306 Old Virginia St. • Urbanna, Virginia 23175  
(804) 758-2386 • Fax: (804) 758-5773 • Website: [www.bayaging.org](http://www.bayaging.org)

## Housing Development Officer

Bay Aging – Urbanna, Virginia

Professional opportunity for a dynamic person eager to build a career working with our successful housing team to secure property and financing to build service enriched housing for seniors. Must be able to handle many projects/opportunities at once, fast yet accurate. Requires demonstrated excellent writing, public speaking, interpersonal and computer skills. Bachelor's degree or experience preferred. Full time with excellent benefits. Salary \$40,000 and beyond DOQ.

E-mail or mail cover letter, resume and salary requirements to Bay Aging, attention Joshua Gemerek: [jgemerek@bayaging.org](mailto:jgemerek@bayaging.org).

Bay Aging is an EOE and a successful non-profit serving the Northern Neck, Middle Peninsula, Peninsula and surrounding areas since 1978. Headquartered in Urbanna, VA or [www.bayaging.org](http://www.bayaging.org).



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

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

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

**DATE:** October 23, 2007

**SUBJECT: November is National Family Caregiver Month**

**Fairfax County Area Agency on Aging Services for Caregivers**

The October 11, 2007 issue of the Washington Post contains an article on the services offered by the Fairfax County Area Agency on Aging for caregivers of older adults. The article features a story about a caregiver who turned to Fairfax AAA for aid in caring for her elderly mother. The article notes that the Fairfax County has allocated \$66.2 million a year for all senior programs across several agencies, up from \$51 million in fiscal year 2006. Barbara Antley, Director of Fairfax County Adult and Aging Services' Department of Family Services, notes that the county is refocusing its services from direct care to seniors living in their homes to helping caregivers take care of elderly relatives. For the complete article, please see the attached pdf. file.

**Give Care, Take Care – Seminar & Information Resource Fair**

Friday, October 26, 2007 9:30 A.M. – 2 P.M.  
Springfield Golf and Country Club  
8301 Old Keene Mill Road  
Springfield, VA 22152  
Cost: \$10.00 Includes morning snack and buffet lunch.

Sue Stone, Outreach Coordinator, Alzheimer's Family Day Center and Jane McKeel, Caregiver, Author and Education will share their expertise on coping skills for caregivers.

RSVP to Fairfax County Area Agency on Aging by Wednesday October 24, 2007  
Sponsored by the Fairfax County Department of Family Services Fairfax AAA with funding from the National Family Caregiver Support Program through the Administration on Aging and the Virginia Department for the Aging. Registration flyer attached!

### **Estes Express Caregiver Conference**

Monday, November 5, 2007 8:30 am - 4:30 pm,  
Sheraton West, 6624 West Broad Street, Richmond,  
Cost: \$30 Family Caregivers, \$35 Students, \$50 Professional Caregivers.

A variety of topics will be offered on Alzheimer's disease suitable for family as well as professional caregivers. For further information on the conference and registration information access [www.alz.org/grva](http://www.alz.org/grva) or call the Alzheimer's Association – Greater Richmond Chapter at 804-967-2580.

### **Managing Difficult Behaviors of Dementia**

Friday, November 9, 2007 8:30 A.M. – 12:30 P.M.  
Norfolk Senior Center, Suite 100  
Norfolk Fitness and Wellness Center  
7300 Newport Avenue

Lori Hasty, MS, RN & CS-Trainer

Free Training sponsored by the Community Services Boards of Chesapeake, Norfolk, Portsmouth and Virginia Beach in addition to the Norfolk Senior Center's Adult Day Services  
RSVP to [koconnor@vbgov.com](mailto:koconnor@vbgov.com)

### **Mountain Empire Older Citizens, Inc. 18<sup>th</sup> Annual Alzheimer's Seminar**

Friday, November 9, 2007

Goodloe Center of Mountain Empire Community College.  
No charge for caregivers. For more details, contact Julia Dillon at 276-523-4202

### **A with Peter V. Rabins, M.D., M.P.H. Day**

Thursday, November 29, 2007 8:30 A.M. Registration and Continental Breakfast  
9:00 A.M. to 4:30 P.M. Seminar  
Double Tree Hotel Virginia Beach  
1900 Pavilion Drive

Dr. Rabins is author ***The 36-Hour Day, A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life***. He has focused his career on the study of psychiatric disorders in older persons. Dr. Rabins will discuss the latest medical knowledge about Alzheimer's and related dementias, current treatments, caregiver interventions, and recent research advancements in treatment and prevention.

Cost: Family/Student \$30.00 by 11/10 \$45 after 11/10  
Professionals \$50.00 by 11/10 \$65 after 11/10

The cost includes: continental breakfast, lunch and coffee break.  
For further information, please contact: The Alzheimer's Association of Southeastern Virginia at 757-459-2405 or [www.alz.org](http://www.alz.org)

washingtonpost.com

## A 'Blessing' for Children Who Parent

By Chris L. Jenkins  
Washington Post Staff Writer  
Thursday, October 11, 2007; VA18

Sharon Underwood knew she had made the right decision to have her elderly mother move in with her three years ago.

No longer would Underwood have to travel 80 miles to the Shenandoah Valley to check up on her, and mother and daughter could spend quality time with each other consistently for the first time in years.

It wasn't until Underwood heard her mother, Gladys Copperthite, fall while heading to the bathroom in the middle of the night that Underwood fully realized the awesome responsibility she had taken on.

A month earlier, while Underwood was running errands, Copperthite was taken to a hospital. When Underwood returned to her Fairfax County home, she didn't know what had happened and spent a few frantic minutes looking for her mother before neighbors said she had been taken to a hospital.

After those experiences, Underwood said she thought she might be in over her head.

"Soon after Momma came to live with us, I began to be concerned about my limitations as a caretaker. . . It's a huge responsibility," Underwood said of her first several months caring for Copperthite, 84, in her home near Falls Church. "It got to the point where I would worry when I did something simple, like go to the bank or grocery store."

So Underwood, 59, reached out to the Fairfax Area Agency on Aging. The department provides a variety of services to a group growing almost as quickly as the senior baby boomer population: family members who take care of relatives in their homes.

To address the increasing needs of family caregivers, the county has set up support services to help residents adjust to the stresses and maintain their daily lives. The county has allocated \$66.2 million a year for all senior programs across several agencies, up from \$51 million in fiscal 2006.

The family caretaker services include in-home case management, in which a county social worker visits to assesses what families need; senior day centers, which offer a variety of services; and meals on wheels. The county also offers services to give family caregivers a break. Caregivers can have a worker or volunteer come to the home, or they can drop off their charges at a center.

The county also has seminars to help caregivers plan and manage their lives.

The county's services, whose costs are based on the senior's income, augment those that private

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companies and organizations provide to thousands of residents. The services are designed to help families keep their elderly members in the community and out of institutions such as nursing homes.

Fairfax officials said they provided in-home services to 4,300 people from July 1, 2006, to June 30. They also provided other services, including phone counseling, seminars and transportation, to about 6,700 people in that time.

There are 44 million family caregivers across the country; 62 percent of them work or have worked in addition to caring for a relative.

"We've tried to refocus our services from direct care to seniors living in their homes to helping caregivers take care" of elderly relatives, said Barbara Antley, director of the Fairfax County Adult and Aging Services' Department of Family Services.

The county's adult day-care centers, for instance, provide door-to-door transportation for seniors and have nurses and counselors on staff. Depending on the clients' level of independence, some have as many as three staff members for every senior.

The cost is on a sliding-scale fee, based on income. Often there's a waiting list. For instance, at Braddock Glen, a senior center just outside Fairfax City, 15 people are waiting to use the daytime services.

Many residents welcome the county's services.

"It's a blessing," said Sonia Ruiz Stafko, 59, who has her mother, Emma Guardiola, 84, picked up every morning from her Burke home and taken to Braddock Glen.

Stafko said that for more than a year, she and her husband hired in-home help for Guardiola.

"Our goal is to keep them active and mobile and engaged for as long as possible," said Jennifer Robinson, adult day health-care supervisor for the county.

Colleen Turner, a county social worker, has been working with Underwood and her husband for several years. When Underwood first called for help, Turner started with a home assessment to determine how Underwood could better adjust to the new responsibility

Turner recommended that Underwood hire an aide to visit the home three times a week and that she send Copperthite to a senior day-care center a few days a week so she could take care of other family business.

Underwood's case is not unusual. Copperthite became widowed in 1997 and for seven years lived alone in Toms Brook, Va., about 90 minutes away. Underwood would visit her at least twice a month and had set up a network of townspeople to help coordinate her care. But caring for Copperthite became more difficult, so Underwood brought her into her home.

"I couldn't handle the stress of going back and forth," Underwood said.

Although the adjustment was smooth, it wasn't easy as Underwood began to understand her limitations.

"One of the things I try to stress is that it's okay to ask for help," said Turner, who has been working

with family caregivers for several years. "Between working and in some cases taking care of children, as well as an aging parent, it can take its toll."

Just as important, Turner focuses on how subtle changes can alter the caretaking experience. For instance, she often inspects homes and suggests where bars could be installed to help seniors move about more easily.

She also suggests installing motion sensors so seniors don't have to worry about turning lights on and off as they move from room to room and for families to sign up for a 24-hour response system, in which seniors push a button to call for help if they need immediate assistance.

Turner said it's common to at first underestimate the amount and complexity of work involved in caring for an elderly relative, especially while working full time.

"It's not easy," Underwood said. "You have to investigate everything. Read articles. And you need to find an advocate. That's the only way it will work."

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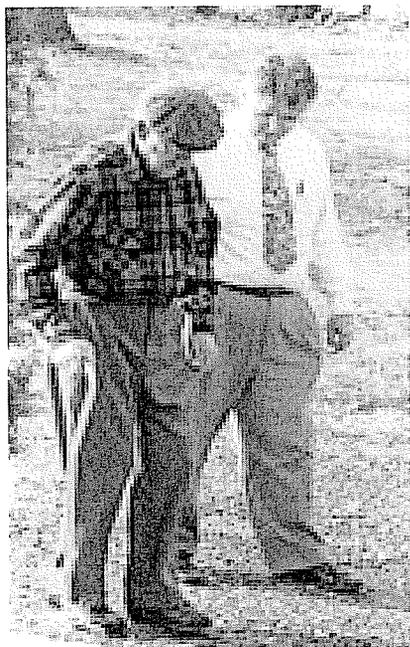
In recognition of National Family Caregiver's Month  
5th Annual

# Give Care, Take Care:

*Coping Skills... Learning to Laugh in Spite of it All*

*Sue Stone, Outreach Coordinator, Alzheimer's Family Day Center  
Jane McKeel, Caregiver, Author and Educator*

## Seminar & Information Resource Fair



Friday, October 26, 2007

9:30 a.m. – 2 p.m.

**Springfield Golf and Country Club**  
8301 Old Keene Mill Road, Springfield, Virginia 22152  
*(Directions on back)*

**\$10.00\***

*includes a.m. snack and buffet lunch*

*\*Limited scholarships & respite funds available*

*For more information on scholarships and respite or to request special accommodations, please call: 703-324-5484 or TTY 703-449-1186*



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 for the Aging.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

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

Will you need an ADA accommodation? Please explain \_\_\_\_\_

**RSVP with payment of \$10.00 by Wednesday, October 24, 2007**

*Make checks payable to: Fairfax AAA*

Mail your check to: Fairfax Area Agency on Aging, Caregiver Day, 12011 Government Center Parkway, Ste. 708, Fairfax, VA 22035