



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

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**August 12, 2008**

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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*

08-147

**MEMORANDUM**

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

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

**DATE:** August 12, 2008

**SUBJECT:** Best Practices

Recipients of the National Association of Area Agencies on Aging (n4a) 2008 Aging Innovations and Achievement Awards include several of Virginia's Area Agencies on Aging. Aging Innovations Award programs will serve as models for other agencies looking for new ways to serve the elderly. The Korean Senior Information Line, a program of the Fairfax County Area Agency on Aging, was selected for the Aging Innovations Award.

Thirty-two programs were awarded n4a Aging Achievement Awards. Virginia recipients of this award include: the Family Support Services Program and the Transit Program of Mountain Empire Older Citizen's Inc.; Our Place Respite Program and Students and Seniors Program of the Shenandoah Area Agency on Aging, and the Venture into Volunteering Program of the Fairfax County Area Agency on Aging.

For a complete listing of all Innovations and Achievement Award winners, go to <http://www.n4a.org/news-room/?fa=view-article&id=205>.



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

**MEMORANDUM**

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

**FROM:** Liz Riggs, M.P.A., Project 2025 Grant Coordinator

**DATE:** August 12, 2008

**SUBJECT: Nursing Homes: Getting Good Care Free Audio Conference Session 2**

*Presented by-* Project 2025: Enhanced Access to Legal Assistance for Older Virginians

*Partners-* Virginia Dept. for the Aging - Virginia Poverty Law Center - State LTC Ombudsman Office

**REGISTER NOW FOR SESSION 2 OF THE FREE AUDIO CONFERENCE SERIES!**

*Please see the following attachment with Flyer and Registration Form.*

**Date & Time:** **Thursday, August 14<sup>th</sup> 10:00am-11:00am Eastern**

**Session Title:** **Who Says You Have to Leave the Nursing Home? What You Can Do!**

***Speakers***

**Joani Latimer**

State Long-Term Care Ombudsman

Office of the State Long-Term Care Ombudsman

**Kathy Pryor, Esq.**

Elder Law Attorney

Virginia Poverty Law Center

**Why You Need to Participate?**

Get all the information you need to know about your rights as a nursing home resident and what you can do when the nursing home says you have to leave or that you can't return after a hospital stay.

**Who Should Participate?**

Caregivers, Family Members, Older Adults, and anyone who works with older adults.

**Questions?**

Please contact Liz Riggs by phone: 804-662-7050 or e-mail: [Liz.Riggs@vda.virginia.gov](mailto:Liz.Riggs@vda.virginia.gov).

# FREE AUDIO CONFERENCE SERIES

## Nursing Homes: Getting Good Care

*Presented By-* Project 2025: Enhanced Access to Legal Assistance for Older Virginians  
*In Partnership With*  
Virginia Department for the Aging  
Virginia Poverty Law Center  
Office of the State Long-Term Care Ombudsman

**Thursday, August 14 — Who Says You Have to Leave the Nursing Home? What You Can Do!**

### *Speakers*

**Joani Latimer**  
*State Long-Term Care Ombudsman*  
*Office of the State Long-Term Care Ombudsman*

**Kathy Pryor, Esq.**  
*Elder Law Attorney*  
*Virginia Poverty Law Center*

### **Why You Need to Participate?**

Get all the information you need to know about your rights as a nursing home resident. Learn what you can do when the nursing home says you have to leave or that you can't return after a hospital stay.

### **Who Should Participate?**

Caregivers, Family Members, Older Adults, and anyone who works with older adults.

### **Are you too busy to attend an educational program?**

This free Audio Conference Series is designed for those who aren't able to attend a program outside the home or office. You can simply call in from your home phone.

Once registered, you will receive a toll free telephone number and access code with instructions at the mailing or email address you provided. On the day of the conference you will call in and join many others who are seeking the latest information about getting good nursing home care.

### **Registration Form**

**Name:** \_\_\_\_\_

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

**City/State/Zip:** \_\_\_\_\_

**Daytime Phone:** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_      **Home Phone:** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Please sign me up for:** \_\_\_\_\_ August 14

**Please mail or fax your completed form the Department for the Aging at:**

**Fax:** 804-662-9354

**Mail:** Liz Riggs, M.P.A.

**Project 2025 Grant Coordinator**

**Virginia Department for the Aging**

**1610 Forest Ave, Suite 100, Richmond, VA 23229**

If you have questions, please contact Liz Riggs by phone 804-662-7050, or email [Liz.Riggs@vda.virginia.gov](mailto:Liz.Riggs@vda.virginia.gov).



08-149

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

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

**FROM:** Janet James, Esq., State Legal Services Developer

**DATE:** August 12, 2008

**SUBJECT:** **Critical Working Meeting to Address the Legal Services Delivery System for Virginia's Elders – 2 ½ Days August 19<sup>th</sup> thru 21<sup>st</sup>**

**LAST OPPORTUNITY**

We have 70% of the Legal Aid Directors in Virginia registered to attend next week's training but only 32% of the AAAs (i.e. PSAs 3, 4,5,6 11, 15 and 22).

We need your expertise, ideas and opinions at next week's strategy meeting because the outcome will set the tone and monitoring requirements for Title III-B legal services in Virginia for the foreseeable future. Each AAA, because of your expertise in working with populations in your service area, has something unique and valuable to contribute.

Please re-consider sending a representative if you are unable to attend. The registration deadline has been extended until 12 Noon, tomorrow 8/13/08. VDA has funds available to cover hotel expense and some meals for AAA Directors or their designee.

Thank you for your consideration.

**RSVP -- AREA AGENCY DIRECTORS**

**PLEASE RSVP BY FAX OR EMAIL NO LATER THAN 12 O'CLOCK NOON ON WEDNESDAY 8/13/08 TO:**

Jackie Taggart  
Virginia Department for the Aging  
1610 Forest Avenue, Suite 100  
Richmond, VA 23229  
Phone: (804) 662-9339 • Fax: (804) 662-9354  
Email: Jackie.taggart@vda.virginia.gov

I ACCEPT your invitation to participate in the Working Meeting from 10 AM Tuesday, August 19 to 1:00 PM Thursday, August 21, 2008.

I REGRET that neither our Director nor our staff person who works on legal assistance is able to attend.

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**REGISTRATION FORM**

Director/Staff Name: \_\_\_\_\_  
Title: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Hotel Needs: \_\_\_\_\_Day 1 \_\_\_\_\_Day2 \_\_\_\_\_Not Needed

**MEETING TIMES AND LOCATION**

The meeting will be held at Crown Plaza Richmond West Hotel, 6531 West Broad Street, Richmond, VA 23230-2013, Telephone (804) 285-9951 (**VDA will coordinate hotel reservations**).

\_\_\_\_\_

Meeting Times are:

Tuesday, August 19, 2008, 10:00 AM to 5:00 PM (AAAs only)  
Wednesday, August 20, 2008, 10:00 AM to 5:00 PM (AAAs & Legal Aid Directors)  
Thursday, August 21, 2008, 9:00 AM to 1:00 PM (AAAs & Legal Aid Directors)



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

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

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

**DATE:** August 12, 2008

**SUBJECT:** Caregiving

**Virginia Caregiver Coalition**

Calling all professional and family caregivers! The Virginia Caregiver Coalition will meeting at 9:30 A.M. on Wednesday, August 13. If you would like to attend the meeting at the VDA conference room site, please call Ellen Nau at 804-662-9340. Other sites available for attending the conference include, Fairfax County Area Agency on Aging (Contact: Yolanda Thompson at 703-324-5411), Fredericksburg – Disability Resource Center (Contact: Pat Holland at 540-371-3375), Mountain Empire Older Citizens, Inc. (Contact: Julia Trivett Dillon 276-523-4202), Madison Health Department (Lynnette Scott 540-825-3100 Ext. 3464), James Madison University (Contact: Vickie Landes 540-568-6682) and Peninsula Area Health Department (Contact: Sharon Brandau or Judy Hutchinson 757-873-0541). CMS Philadelphia Office will telephone into the Virginia Caregiver Coalition meeting.

Featured speakers include: Pam Dodge and Julia Trivett Dillon – “All You Wanted to Know About the Brookdale Respite Grant but Were Afraid to Ask” Janet James, Esq., “Virginia’s 2025 Program”, and Ron Moore, National Caregivers Library and Caregiving Ministries and an expert on employed caregivers. A business meeting focusing on November, 2008 National Family Caregiver Month Activities and the Caregiver Resource Guide will end the meeting.

In addition, for those in the Richmond Area, Marion Dolliver, coalition member from Senior Connections, the Capital Area Agency on Aging, will lead a brown bag lunch discussion for employed caregivers in the VDA Conference Room at 12 Noon until 1

P.M. on Friday, September 15. Call Ellen Nau if you would like to attend. 804-662-9340.

## **Caregiver Health**

The Agency for Healthcare Research & Quality (AHRQ) has released a checklist for men and one for women that offers evidence-based recommendations from the US Preventive Services Task Force regarding screening tests, preventive medicine, and healthy lifestyle behaviors. Family caregivers of those 50+ may want to have this checklist to be sure that their loved one is addressing all the necessary healthcare issues. If they are 50+, caregivers themselves should follow the checklist! The women's checklist is found at [www.ahrq.gov/ppip/women50.htm](http://www.ahrq.gov/ppip/women50.htm). The men's is at [www.ahrq.gov/ppip/men50.htm](http://www.ahrq.gov/ppip/men50.htm).

## **Deadline Approaching**

August 15 Is Deadline to Apply for \$20,000 Awards for Innovative Programs for Alzheimer's Caregivers

Government agencies, nonprofit organizations and universities are invited to apply for the first annual Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Awards. The application is due by 5:00 p.m. Pacific Time Friday, August 15, 2008. To access the easy online application, go to: [http://caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=2188](http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2188)

Three awards of \$20,000 each will be given to organizations to recognize unique programs that address the needs of Alzheimer's caregivers. One award will be granted in each of three categories:

- \* Policy and Advocacy
- \* Creative Expression
- \* Diverse/Multicultural Communities

The National Center on Caregiving at Family Caregiver Alliance oversees this national awards program through a grant from The Rosalinde and Arthur Gilbert Foundation. Winners will be announced in November.

**Alzheimer's Association Central and Western Virginia  
7<sup>th</sup> Annual Education Conference  
Best Practices in Dementia Care**

Open to family caregivers, nursing staff, activities staff, social workers, administrators and others, the conference will be held in Harrisonburg at the James Madison University Festival Conference and Student Center on October 29, 2008. A perfect activity for caregivers (and close to November, 2008 National Family Caregiver Month) in the Valley area! Caregiver registration fee is only \$25.00. Registration includes a continental breakfast and lunch. Consult the attached file for further information on the topics and the featured speakers for the conference.

### **BrainLine PBS Taping**

BrainLine would like to invite you to the videotaping of their second webcast: "Caregiving and TBI: What You Need to Know."

BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with traumatic brain injury. This broadcast is for caregivers of those who have sustained a traumatic brain injury. Speakers include:

- Dr. Nathan Zasler, an internationally respected rehabilitation physician in brain injury care. He is CEO and Medical Director of the Concussion Care Centre of Virginia, as well as, Tree of Life, a living assistance and transitional neurorehabilitation program for persons with brain injury.
- Carolyn Rocchio, a nationally recognized advocate, author, and speaker in the field of brain injury. Her expertise in brain injury developed as a result of a 1982 auto crash in which her son sustained a severe traumatic brain injury.
- Sarah Wade, wife of retired Army Sergeant Edward "Ted" Wade, who was one of the first major explosive blast polytrauma cases from Operation Iraqi Freedom.

The 60-minute taping will begin promptly at noon on Wednesday, August 27, 2008, at the WETA studios in Arlington, Virginia.

If you would like to join to be a member of the studio audience, please R.S.V.P. by **August 18** as space is extremely limited. You can respond to [kandrews@weta.com](mailto:kandrews@weta.com) or call **703-998-2455**. Please provide your full name, your affiliation, your e-mail address, a telephone number where you can be reached to confirm your attendance, and any questions you would like to ask the panelists. Prior to the event, you will be sent detailed information regarding the logistics of the taping. More information is available at [www.brainline.org/webcast\\_invite.php](http://www.brainline.org/webcast_invite.php).

## **DVD on Alzheimer's disease available**

HealthCare Interactive, Inc. has produced a DVD for family caregivers of someone with memory loss, dementia or Alzheimer's disease. The "Savvy Caregiver" DVD training is offered in a live classroom format and is recommended to state agencies by the U.S. Administration on Aging ([www.aoa.gov](http://www.aoa.gov)). Originally developed by a team of researchers at the University of Minnesota School of Nursing, the DVD has been shown to reduce caregiver distress. For more information visit: [www.memorylossdvd.com](http://www.memorylossdvd.com).

## **The American Cancer Society**

The American Cancer Society offers helpful conference calls for caregivers of cancer victims. The next call will be on Thursday, August 14, 2008 from 7:00 P.M. until 8:00 P.M.

Speaker:

Julia A. Bucher, RN, PhD.

Dr. Bucher is an associate professor for the Department of Nursing at York College in Pennsylvania co-editor of the "American Cancer Society's Complete Guide to Cancer Caregiving." Dr. Bucher, who herself has been a caregiver, will share tips and resources for caregivers. There will also be time for questions and discussion. For more information, call the American Cancer Society at 1.800.966.3586 or email [meg.garner@cancer.org](mailto:meg.garner@cancer.org).

There are two ways to register for the conference call:

1. Call 1.800.966.3586
2. Go to [www.zoomerang.com/Survey/?p=WEB227S6FC6K9H](http://www.zoomerang.com/Survey/?p=WEB227S6FC6K9H)

## **Utah: New VA Medical Foster Home Program Relies on Full-Time Community Caregivers**

On August 5, 2008, the VA Salt Lake City Health Care System announced the development of the Medical Foster Home, a program designed to provide older veterans with home and community-based care rather than institutional care. Much like traditional foster care for children, the Medical Foster Home program relies on people from the community to become full-time caregivers, taking a veteran into their home and providing 24-hour supervision and personal assistance. The expectation is that these caregivers make a long-term commitment, knowing that they may be caring for the veteran for the remainder of his or her life. The caregivers are paid \$1,500 to \$2,500 a month based upon the level of care needed by the veteran. For more information, visit: [Department of Veterans Affairs](#)

**alzheimer's  association**

**Central & Western Virginia Chapter**

**7<sup>th</sup> Annual Alzheimer's  
Education Conference**

**BEST PRACTICES IN  
DEMENTIA CARE**



**October 29, 2008**

**8:00am—4:30pm**

**Festival Conference and Student Center  
James Madison University  
Harrisonburg, Virginia**

## Featured Speakers



**William H. Thies, PhD., VP**  
Medical and Scientific Relations  
Alzheimer's Association  
National Office

**Joyce Simard, M.S.W.** is a social worker and dementia care specialist recognized for developing innovative programs to improve quality of life for people with dementia.



**Jonathan M. Evans, MD, MPH**  
is Associate Professor and Chief of  
the Section of Geriatric Medicine,  
University of Virginia.

**Teepa Snow, MS, OTR/L, FAOTA** is an occupational therapist specializing in dementia care and dementia education.



## CONFERENCE SCHEDULE

### **8:00 am Registration**

Continental Breakfast, Exhibits Open

### **8:45 am Welcome**

Sue Friedman, President & CEO, Alzheimer's Association,  
CWVA Chapter

### **9:00 am Keynote Address**

*New Advances in Alzheimer's Research*  
William H. Thies, PhD, Vice President Medical  
& Scientific Relations, Alzheimer's Association

### **10:30 am Break**

Visit Exhibits

### **10:45 am General Session**

*The Namaste Care Approach for End of LifeCare*  
Joyce Simard, MSW

### **11:45 am Break**

Visit Exhibits

### **12:00 pm Lunch**

*Making Moments of Joy*  
Teepa Snow, MS, OTR/L, FAOTA

### **1:00 pm Breakout Sessions**

**Or Choose Workshop with Teepa Snow**

**1:30pm – 3:15pm**

### **2:00pm Break**

Visit Exhibits

### **2:15 pm Breakout Sessions**

### **3:15 pm Break**

Visit Exhibits

### **3:30 pm General Session**

*Dementia Bingo*, Jonathan Evans, MD, MPH,  
Chief of Geriatric Medicine, UVA

### **4:15 pm Wrap Up**

### **4:30 pm Adjourn**

**WHO SHOULD ATTEND?**

Nursing Staff, Activities Staff, Social Workers, Administrators, Therapeutic Recreation Specialist's, Occupational Therapists, Physical Therapists, Family Members, Persons with a Diagnosis, and anyone interested in Best Practices for caring for a person with dementia.

**REGISTRATION INCLUDES:**

Continental breakfast, lunch and class materials.

For Early Bird Registration, complete the attached form and return with payment by October 7.



Please complete a separate form for each participant.

**COST**

- \$25 – Family Caregivers and Students
- \$80 – Early Bird Attendee Registration—**Payment must be received on or before Oct. 7**
- \$90—Attendee Registration after Oct. 7

**Family caregivers who request financial assistance or participants having questions concerning program content should call Ellen Phipps at 434-973-6122.**

**Exhibit and Sponsorship:**

Exhibit space and sponsorship opportunities are available.

Call 434-973-6122

**Register Today!**  
**Alzheimer's Association**  
**Best Practices in Dementia Care 2008**

Name \_\_\_\_\_

Title \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone #(\_\_\_\_) \_\_\_\_\_ Work #(\_\_\_\_) \_\_\_\_\_

Fax #(\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

**Breakout Session Options: (Please choose one session by number from each time slot OR choose workshop with Teepa Snow)**

Family Caregiver Track **(FC)**; Early Stage **(ES)**;  
Professional Caregivers Track **(PC)**; General Track **(G)**

**1:00pm** \_\_\_\_\_

1. Follow-up Q & A with Keynote Speaker—William H.Thies, PhD. **(G)**
2. Aromatherapy—Jackie Farnell, LMT **(PC)**
3. Supporting Caregivers—Karen Rose, Ph.D, RN **(FC)**
4. The Voices of Alzheimer's—Carol Manning, PhD, **(G; ES)**
5. Depression & Dementia—Jonathan M. Evans, MD, MPH **(FC; PC)**
6. The Club & Memory Enhancement Program Workshop: Developing Continuous Programming for People with Dementia—Joyce Simard, MSW **(PC)**
7. Pressure Ulcer Prevention & Treatment for Persons with Dementia—Clare E. Curry, J.D. and Suzanne Williams-Rosenthal, RN, MSN, GNP **(PC)**

**2:15pm** \_\_\_\_\_

1. Planning for Alzheimer's Care; Legal and Financial—Jim Vitt, Attorney at Law **(FC ; ES)**
2. Dementia 101 - Dementia Basics—Sheila Stone, RN, BSN **(G)**
3. Assessing Pain in Persons with Dementia—Kathleen Fletcher, RN, MSN, GNP-BC, FAAN **(PC)**
4. Focus on Function: Cognitive-Communication Programming for Individuals with Dementia —Barbara A. Braddock, PhD, CCC-SLP **(PC; FC; ES)**
5. Supporting Caregivers—Karen Rose, PhD, RN **(FC)**
6. Mild Cognitive Impairment and the "Other" Dementias - Carol Manning, PhD)

**OR**

**1:30pm—3:15 pm** \_\_\_\_\_

Why Do They Do That?-Understanding Symptoms & Behaviors—Teepa Snow, MS, OTR/L, FAPTA **(PC)**

**Fees: Please Check One**

- Family Caregivers: \$25
- Student Registration: \$25
- Early Bird Attendee Registration: \$80 before Oct. 7
- Attendee Registration: \$90 after Oct. 7

**Methods of Payment:**

Check (Payable to Alzheimer’s Assoc. Conf. 2008)  
 MasterCard  Visa  
 Credit Card # \_\_\_\_\_  
 Expiration Date \_\_\_\_\_  
 Cardholder Name \_\_\_\_\_  
 Signature \_\_\_\_\_

**\*\*Registrations will not be processed until payment is received\*\***

*CEU’s will be available at the CEU Registration table on the day of event for an additional \$10.00*

**Hotel Accommodations:**

***A Block of Rooms has been reserved at the Courtyard Marriott, Harrisonburg, VA 1890 Evelyn Byrd Ave, (540) 432-3031***

***Please mention the Alzheimer’s Conference when making your arrangements.***

**Return Completed Registration form no later than Oct. 22 to:**

Best Practices Conference 2008  
Alzheimer's Association, CWVA  
674 Hillside Dr. Suite 1, Charlottesville, VA 22901  
Fax: (434) 973- 4224 (credit card registrations only)

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**FOR OFFICE USE ONLY**

Received Amount: \_\_\_\_\_  
Check #: \_\_\_\_\_

# **Driving Directions to JMU Festival Conference and Student Center**

**General Parking is at the Convocation Center  
Only.**

A shuttle bus will be provided to the Festival  
Conference and Student Center.

## **To Convocation Center:**

Take Exit 247 A East off Interstate 81, continue on U.S. 33 East and make a right at the second stoplight onto University Boulevard. Go through three traffic lights, crossing Reservoir Street at the third light. Travel past the JMU entrance on your right and past Driver Drive on the right. Parking is available in the lower lot (A3)

Shuttle Buses will be available every 5 minutes!

**PARKING IS NOT PERMITTED AT FESTIVAL  
CONFERENCE AND STUDENT CENTER AND  
VIOLATORS WILL BE TOWED.**

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## **REFUND and CANCELLATION POLICY**

Requests for refunds will be processed if received in our chapter office **by October 22, 2008**. Requests received after October 22 cannot be honored due to financial and contractual commitments, which are based on registration numbers. However, another person may be substituted at any time in place of registrant. A \$15 administrative fee will be deducted for cancellations. In the unlikely event that this program is cancelled or postponed, the Alzheimer's Association will fully refund registration fees but cannot be held responsible for any other expenses, including cancellations or change charges assessed by airlines, hotels, travel agencies, or other organizations.