



COMMONWEALTH of VIRGINIA
Department for the Aging

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May 11, 2010

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10-60

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Kathy Miller, Director of Programs

DATE: May 11, 2010

SUBJECT: Lyme Disease

While several types of tick-borne disease (including Rocky Mountain spotted fever) are found in Virginia, **Lyme disease is the most common tick-borne infection** reported in the state.

Since 2000, the Virginia Department of Health (VDH) has witnessed a steady increase in the number of newly identified Lyme disease cases. In 2007, Lyme disease increased dramatically and has remained high since that time. This increase has followed a pattern of geographic spread of Lyme activity southward and westward from northern regions of the state. Most cases occur during the late spring and early summer with illness onset most likely to occur in June, July and August.

It is important to remember that ticks become more active with warmer weather, increasing the risk of tick-borne disease. Particularly throughout the spring and summer, you are encouraged to maintain a heightened awareness. Follow practices that will decrease the risk of acquiring Lyme disease, such as proper clothing when outdoors, use of repellants, and prompt removal of ticks.

Common symptoms of Lyme disease include the following:

- **Fever, headache**
- **Malaise, fatigue**
- **Erythema migrans skin lesion ("bull's-eye rash")**
- **Myalgia, migratory arthralgias**
- **Stiff neck.**





10-61

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

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

DATE: May 11, 2010

SUBJECT: Aging in Stride E-Newsletter with Nutrition Articles

You might be interested in the latest issue of Aging in Stride E-News because it has a number of good nutrition topics for seniors. Find it on the Web at <http://enews.aginginstride.org/pub./issue.1330/>



10-62

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Directors and Staff
Area Agencies on Aging

FROM: Bill Peterson

DATE: May 11, 2010

SUBJECT: Virginians Honored for Elder Rights Advocacy Efforts

Three strong advocates for older adults and people with disabilities received major awards at the annual *Virginia Guardianship and Elder Rights Conference* April 26- 27 in Richmond:

Erica Wood, a currently a member of the Public Guardianship Advisory Board and a former member of the Commonwealth Council on Aging, was honored by the Virginia Elder Rights Coalition for her three decades of work on behalf of older adults in Virginia by having the group's annual award to advocates named the Erica F. Wood Elder Rights Award.

"It's safe to say that very little that is innovative and good for older Virginians and very little that has to do with advocating for the rights of senior citizens in Virginia has been accomplished over the last three decades without the direct or indirect efforts of Erica Wood," said Kathy Pryor, Chair of the Virginia Elder Rights Coalition, when presenting the award. When the General Assembly moved the Long-term Care Ombudsman program out of state government to an experienced non-profit agency in 1995, the Department for the Aging established an Elder Rights Task Force to guide that process. Wood chaired that Task Force and that group came up with a number of recommendations which have essentially formed the blueprint of work in Virginia over the subsequent 15 years for the LTC ombudsman program, legal services for the elderly, insurance and benefits counseling, and the prevention of elder abuse, neglect and exploitation. It was Erica's vision and her quiet but persistent advocacy that led to

the successful application for and successful completion of the 3-year Project 2025 grant from the Administration on Aging. Wood spearheaded the Northern Virginia Aging Network's state legislative platform since 1983. In her home community, she chairs the Arlington Long-term Care Residences Commission, has served on Arlington's Commission on Aging, the Agency on Aging Advisory Council, and the Elder Readiness Task Force.

Edith Gravely, of the Arlington County Department of Human Services' Aging and Disability Services Division, was given the Virginia Guardianship Association's Award of Excellence for her efforts at the local and state levels on behalf of vulnerable adults. It was only the third time in its 21 years that the group has honored an individual with the award.

"Edith Gravely's work is a testament to the power of persuasion," said Fletcher Cooke, Counsel for the Elderly at the Crater District Area Agency on Aging, when presenting the award. "She has been relentless in the interest of vulnerable adults who need guardians or conservators and have nowhere to turn." Gravely served as coordinator of the Arlington County Volunteer Guardianship Program for more than a decade, making the program a model that was adopted throughout the state as well as nationally. She formed strong and effective partnerships with the Arlington County Bar Association's Section on Law and Aging that led to hundreds of *pro bono* hours donated each year to help vulnerable members of the community. At the state level, Gravely served as the citizen representative on the Virginia Public Guardian and Conservator Advisory Board and served more than a decade on the Virginia Guardianship Association Board.

The recipient of the 10th Annual Elder Rights Award went to **Elyse Politi**, currently VICAP coordinator for the New River Valley Agency on Aging. Politi received the Virginia Elder Rights Award for her tireless efforts on behalf of Medicare beneficiaries.

In the early 1990s, state health insurance counseling programs (SHIP) nationally and VICAP in Virginia were still new and struggling. There was little to guide their way and a mass of complexities to address. Elyse helped to pioneer a regional DC-Maryland-Northern Virginia group that could trade information and help each other. In 1998, Politi launched an innovative Medicare Managed Care Ombudsman Program that helped people who had been denied their rights under Medicare managed care plans. She served as a Virginia Insurance Counseling and Advocacy Program (VICAP) coordinator for Arlington, Alexandria and Fairfax before and after that time. According to Vicki Gottlich, Center for Medicare Advocacy, "Elyse always goes the extra distance. She is eager to help solve her individual client's problems and then use the experience to advocate for system-wide changes."



10-63

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Jackie Taggart

DATE: May 11, 2010

SUBJECT: Mountain Empire PACE Center Dedication Invitation

Attached is an invitation from Marilyn Pace Maxwell to attend the dedication of the new Mountain Empire PACE Center. We all hope that you can attend and join in this very festive and long awaited day.



You are invited to attend the dedication of the new Mountain Empire PACE Center of Mountain Empire Older Citizens on Monday, May 24th, at 11:00 a.m. The PACE Center is located at 1508 3rd Avenue East, Big Stone Gap, across the street and up the hill from the MEOC office complex.

Please park at the MEOC office complex. MEOC Transit staff will be on hand to direct parking. A shuttle service will be provided to and from the PACE Center.

PACE is an acronym for Program of All-Inclusive Care for the Elderly, a comprehensive program of health and human services designed to allow frail older persons to live safely in the community as long as possible. Under the guidance of an interdisciplinary team, older persons in PACE receive medical, nursing, pharmacy, nutrition, recreation, rehabilitation, transportation, personal care and social services.

The PACE Center includes an adult day health care center, primary care health clinic, physical and occupational therapy clinics and offices and meeting spaces for the team of professionals serving those participating in the PACE Program.

Congressman Rick Boucher will be the keynote speaker at the dedication. Ms. Ellen Davis, Virginia's Director of USDA Rural Development, will participate in the dedication along with Ms. Linda Nablo, Commissioner of the Virginia Department for the Aging, and other state and local officials.

Mountain Empire PACE is the first rural PACE Program in Virginia and one of the very first in the nation.

Light refreshments will be served following the dedication ceremony. Tours of the PACE Center will be provided to all interested.

We all hope that you can attend and join in this very festive and long awaited day.

Please RSVP to Debbie Sanders by email at dsanders@meoc.org or by telephone at 276-523-4202. This will assist us greatly in planning. Thank you so much and look forward to seeing you.