



COMMONWEALTH of VIRGINIA
Department for the Aging

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September 20, 2011

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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.



11-213

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman, Director of Administrative Services

DATE: September 20, 2011

SUBJECT: Director and Board Notes

One fundamental change that will be occurring as VDA begins its new monitoring is that we will be look at the organization as a whole. In the past VDA has focused only on services and funds contracted through VDA and local funds that were used as match. In reviewing the monitoring process, the change to look at the entire organization has been identified as a best practice and is supported by the Older Americans Act.

The regulations of the Older Americans Act, although dated, requires state agencies such as VDA to assure to the Administration on Aging that "Each area agency engages only in activities which are consistent with its statutory mission as prescribed in the Act and as specified in State policies". This citation can be found in Section 1321.17(a)(1)).

This does not mean that VDA will be reviewing the programs, services and financial records of other components of your agency in the detail that we review OAA and State General Funds. However, if there is the appearance of impropriety in other areas of your business, it could negatively reflect on your status as an AAA. The VDA monitoring team will ask for additional information. Additional information may include subsidiary or related organizational charts, articles of incorporation, tax documents, board minutes, contracts and accounting records.

If you have any questions, please contact me. Next week – Survey of Board and Management Operations.



11-214

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Joseph D. Hoyle
Policy Analyst

DATE: September 20, 2011

SUBJECT: Public Comment Period on *Dementia State Plan*

After input from a state-wide series of public listening sessions and from dementia researchers, the Alzheimer's Disease and Related Disorders Commission has drafted the *Dementia State Plan: Virginia's Response to the Needs of Individuals with Dementia and their Caregivers*. The Commission is now welcoming public comment, until October 19th, through www.alzpossible.org or by emailing dementia@vda.virginia.gov.

The plan is available for download at www.alzpossible.org.



11-215

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: September 20, 2011

SUBJECT: Grandparent and Intergenerational News

Intergeneration Day Week Begins October 2

Intergeneration Day, which kicks off Intergeneration Week, is the first Sunday of October (October 2, 2011). For suggestions on how to celebrate, or to request banners and brochures, visit www.intergeneratorday.org. Just a little imagination and attention can go a long way to celebrate Intergeneration Day/Week for anyone!

JABA's Shared Site Intergenerational Program at the Betty J. Queen Center in Louisa.

The Betty J. Queen Intergenerational Center in Louisa, VA is the site of JABA's Community Center, Adult Care Center and Shining Star Pre-School.

During the earthquake of August 2011, the Center staff showed great poise and courage as they sheltered children and seniors and then safely evacuated the Center. They successfully implemented the disaster plan and accounted for every individual. The employees ensured that every senior and every child arrived home and had family there to assist. Despite fearing for their own families, the staff remained until the last person was safely sent home. At our Quarterly Staff Meeting on September 9th, JABA recognized the staff for their outstanding commitment to the care of the individuals JABA serves.



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: John Skirven, Executive Director
Senior Services of Southeastern Virginia

DATE: September 20, 2011

SUBJECT: NWD V4A Meeting

On Thursday, October 13th, Senior Services will host and chair the next No Wrong Door (NWD) V4A meeting from 9:00 a.m. - 11:00 a.m. This meeting is held in conjunction with the quarterly V4A meeting and is attended by AAA Executive Directors and Local NWD Directors. The meeting will be held at the Holiday Inn & Suites North Beach which is located at 39th & Atlantic Avenues, Virginia Beach, VA 23451.

For more information about the meeting site, please contact the hotel directly:

Holiday Inn & Suites North Beach
Details at www.vboceanfrontnorth.com

757.419.3664 (Ph)

757.425.7872 (Fax)



11-217

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: James Rothrock, VDA Interim Commissioner

DATE: September 20, 2011

SUBJECT: Virginia Department of Medical Assistance Services Job Vacancies

Following are announcements of three job vacancies at the Virginia Department of Medical Assistance Services. Please share this information with staff and any other interested parties.

Thank you.

**DEPARTMENT OF MEDICAL ASSISTANCE SERVICES
EMPLOYMENT OPPORTUNITIES**

This Agency is charged with ensuring proper MEDICAID services to qualified recipients. Please visit our website and the Commonwealth of Virginia's website referenced below for additional information and qualifications.

MONEY FOLLOWS THE PERSON PROGRAM COORDINATOR

Role Title: Program Administration Specialist II

Position: #00254

Pay Band 5 Level III Hiring Range: \$40,959 - \$71,000

Closing Date: September 26, 2011

Challenging opportunity to join a fast-paced team responsible for managing the Money Follows the Person (MFP) program in the division of Long Term Care. The MFP program assists participants to move from certain institutional settings back into their homes and communities. This position leads and facilitates numerous stakeholder groups related to this innovative program, program development, operations, and develops federal and statewide reports. The ideal candidate must have demonstrated ability leading groups, working on multiple complex projects simultaneously; maintaining effective working relationships; and, communicating effectively both orally and in writing. Requires demonstrated and significant experience supervising professional staff. Requires ability to organize and prioritize work assignments, prepare comprehensive reports, lead workgroups and develop and conduct training. The successful candidate must have working knowledge of Medicaid and considerable knowledge of long term care programs and health care delivery systems, program planning and organizational management principles. Requires considerable knowledge of state and federal health care and social service regulation, policies, and procedures. Requires comprehensive knowledge of health and social service needs of adults, persons with disabilities, and all others with special health care needs. Must be proficient using personal computers including spreadsheet, project management, and presentation software applications. Prefer Master's degree in social work, human services, business, health or public administration.

MONEY FOLLOWS THE PERSON QUALITY ANALYST

Role Title: Health Care Compliance Specialist II

Position: #00101

Pay Band 5 Level I Hiring Range: \$40,959 - \$63,000

Closing Date: September 26, 2011

Division of Long Term Care has unique opportunity for organized team player to coordinate various aspects of Money Follows the Person (MFP) program operations to ensure appropriate administration of services. The MFP program assists participants to move from certain institutional settings back into their homes and communities. The incumbent will administer Quality of Life Surveys in the home of the individual and coordinate various aspects of the operations of MFP to ensure that the health, safety and welfare of individuals and their care needs are being met. The incumbent plans, develops, and implements special projects related to the development and enhancements to the program. This position participates in the implementation and evaluation of quality improvement initiatives and is responsible for federal and state reporting responsibilities. The successful candidate must have working knowledge of Medicaid and considerable knowledge of long term care programs and health care delivery systems. Demonstrated ability to interpret and apply data/regulations, and assist with development/analysis of health care policies. Also requires comprehensive knowledge of health and social service needs of adults, persons with disabilities, and all others with special health care needs. Requires ability to organize and prioritize work assignments, develop and conduct training. Proficiency with PC's and automated systems required. Frequent overnight travel is required. Bachelor's degree in health or public administration or related experience preferred. Master's degree preferred.

DD WAIVER ANALYST

Role Title: Health Care Compliance Specialist II

Position # 00058

Pay Band 5 Level I – Hiring Range: \$40,959 - \$61,000

Closing Date: September 26, 2011

Long Term Care Division seeks candidate to be responsible for review, authorization and wait list management of applicants to the Individual and Family Developmental Disabilities Support (DD) waiver. The incumbent verifies that all criteria are met, that care coordination is provided to individuals and that recipients meet the level of functioning criteria for the waiver on an annual basis. Requires knowledge of the long-term care system. Knowledge of professional standards of care for health care programs including provision of services for individuals with developmental disabilities preferred. Requires knowledge of the health care needs of persons with disabilities (physical, cognitive, emotional), elderly, mentally ill, intellectually disabled. Must have comprehensive understanding of health and social service programs and issues; community resources; state and federal health care and social service regulations as well as medical terminology; and medical standards of treatment. Must have demonstrated ability to organize and prioritize work assignments, and work in a team setting. Requires excellent case management and problem resolution skills. Must be able to communicate effectively orally and in writing, and be proficient using the PC for word processing, analyzing data, and preparing comprehensive reports. Requires demonstrated ability to research and identify changes in program requirements and policies, and to interpret state and federal regulations. Bachelor's degree from an accredited college/university with major study in the areas of social services, health care, human services preferred. Master's degree preferred; registered nurse a plus. **This position requires extensive travel.**

ONLINE STATE APPLICATION REQUIRED

Resumes will not substitute for state applications. DMAS will only accept online applications submitted through the Recruitment Management System (RMS) by 5:00 p.m. on the closing dates referenced above.

FAXED, E-MAILED, OR PAPER APPLICATIONS WILL NOT BE ACCEPTED

Receptionist: 804-786-5408, TDD 800-343-0634

Web Sites for Vacancy Listings

RMS: <http://jobs.agencies.virginia.gov/applicants/Central?search=602>

DMAS: http://www.dmas.virginia.gov/ab-position_vacancies.htm

Applicants needing accommodation to apply for openings should contact the DMAS receptionist for additional information.

EEO/AA/ADA



11-218

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Health Promotion and Disease Prevention Coordinators

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

DATE: September 20, 2011

SUBJECT: Fall Prevention Flyer

Following is a flyer provided by At Home Care that offers fall prevention tips for seniors in their homes.

This is also a reminder that September is Fall Prevention Month and September 23 is Fall Prevention Awareness Day.



Preventing Falls in the Home

Falls are an everyday commonplace event. While minor slips and stumbles may be inconvenient or cause temporary discomfort, fractures resulting from falls can contribute to disability, infection, lack of mobility and loss of independence. We tend to downplay most of our falls, blaming them on our own clumsiness or error. However, there are many simple strategies that can be implemented to reduce falls in the home. By recognizing how and where we fall within the home and focus on measures available to decrease the likelihood of a fall, the risk of falls in the home can be greatly diminished.

Why is Fall Prevention so Important?

Falls have been the second leading cause of unintentional death in America since the early nineteenth century. In 1995, 7,300 Americans died as a result of falls in the home. One in three emergency room visits is for falls, and falls represent the most common cause of injuries and hospital admissions for trauma. Falls are the leading cause of injury and death for people over 65 and over half of fatal falls involve people over 75 -- an age group which constitutes only 4% of the population. Falls are also the number one reason children end up in hospital emergency rooms.

Home Check List

Stairs

Stairs in the home present one of the greatest challenges in fall prevention. More than three quarters on all stair falls take place in the home. We tend to fall more often on short flights of steps; in one study 80% of the falls on steps were on stairs with five or fewer steps. Most falls occur on the top or bottom three steps.

- Use non-skid contrasting tape, rubber stair treads, or coated skid resistant surface treatment on non-carpeted stairs. Apply strips of tape to dry, clean surfaces at one-inch intervals. Three strips of tape provide good traction on a typical step.
- Check carpeting to make sure it is firmly attached along stairs. Make repairs to worn or loose carpet promptly. Select carpet pattern that doesn't visually hide the edge of steps, leading one to believe the steps have ended when they haven't.
- Avoid placing throw rugs or scatter rugs at the top or bottom of stairways, or properly secure with carpet tape to prevent slippage.
- Install stair handrails on both sides.
- Be sure stairway has high-wattage lighting. Install on/off switches at both the top and bottom of stairs.
- Never leave books, purse, packages or other objects on stairs.
- Watch out for a single step since these trip persons frequently.

Exercise caution when the following physical conditions are present on stairs:

- o absence of reachable handrails or handrails placed too low
- o ungraspable railings
- o obstacles on steps, non-uniform step dimensions, or inadequately sized treads
- o dangerous surface materials such as wax, poor surface maintenance, camouflaged tread surfaces, thick or poorly secured tread coverings mats and nosing caps
- o visual distractions in surroundings

Avoid the following practices that can contribute to stair falls: hurrying, inattention, obscured vision, carrying large loads, and shoes that are easy to slip in.

All Rooms

- Use carpet with short dense pile and/or apply double-sided carpet tape to prevent carpet slippage. Avoid standing from a lying or sitting position quickly, especially if you are taking a blood pressure medication.
- Provide increased lighting especially if eyesight is diminished.
- Make sure you can turn on lights without having to walk through dark areas.

Kitchen

- Clean spills immediately
- Store frequently-used items such as food and utensils at a convenient height. Avoid climbing or reaching for high shelves, and don't stand on stepladders or chairs.
- Store heavier objects at waist level.
- Close cabinets and drawers when done.
- Remove electrical or telephone cords from traffic areas.
- Remove throw or scatter rugs.
- Remove footstools and ottomans from traffic areas.
- Use sturdy step stools – preferably with handrails.

Bathroom

- Use rubber bath mats or strips in bathtubs and showers.
- Consider installing grab bars in the bath to reduce further the risk of injury from falls.
- Clean up water from floor

Garage

- Clean spills or slippery surfaces immediately, before walking on them -- especially oil or grease on cement floors.

Outside

- Install handrails along any flight of outdoor steps.
- Spread ice melt, rock salt or sand on icy walkways.



11-219

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: September 20, 2011

SUBJECT: Caregiving Information

Southern Gerontological Association – Call for Papers

Christy Jensen, Chair of the Virginia Caregiver Coalition, Director of Community and Health Services Research at the Center for Excellence in Aging, and a member of the Board of the Southern Gerontological Association, notes that there is a submission deadline of October 15, 2011 for Presentation Abstracts for the 33rd Annual Meeting of the Southern Gerontological Society on April 19-22, 2012 in Nashville, Tennessee. Further information is attached to this email.

Bon Secours Lecture Series – Living Ethics Series

Kathleen Fogerty, Virginia Caregiver Coalition Education Committee Co-Chair announces that Bon Secours Virginia is partnering with the Science Museum of Virginia to sponsor their annual ethics lecture series. Entitled “Living Ethics: Applications in Science, Behavior, and Medicine,” this year’s lecture series features three internationally known authors, speakers, and practitioners. Lectures will be held on October 12, October 19 and November 16. All lectures are free and open to the public. Space is limited and registration is necessary. Please see the attached advertising materials for more information.

Prince William Area Agency on Aging

Courtney Tierney, Executive Director of the Prince William Area Agency on Aging announces that there is still time to register for the Agency’s Fall Caregiver Conference to be held on October 16, 2011 at the Manassas Park Community Center. For further information, consult the attached information.

Peninsula Agency on Aging – Peninsula Task Force on Aging

Sharon Brandau, Virginia Caregiver Coalition Membership Committee Co-Chair and Director of Social Work at Peninsula Agency on Aging, announces that a family

caregiver appreciation luncheon will be held on November 2, 2011 at Morningside of Williamsburg. For further information, please see the attached flyer.

**American Society on Aging
Dementia Care: Seeing it from the Other Side**

Part One of "Moving Forward with Alzheimer's & Dementia," a 3-part series* sponsored by Senior Helpers and the Alzheimer's Foundation of America

Free and Open to Everyone and
includes Free CEUs!

September 26, 2011 (Monday)
11:00 AM Pacific/12:00 PM Mountain
1:00 PM Central/2:00 PM Eastern
Speaker: Teepa Snow

Alzheimer's and dementia awareness has taken great strides in the past 10 years. There is a wealth of information available for family caregivers and health care professionals caring for and treating those with these diseases, but it can be difficult to pinpoint the methods that will make the most difference. This three-part webinar series boils down the overwhelming amount of information available to bring you salient, meaningful resources, techniques, and ideas that you can immediately implement with people you meet and work with every day who are living with Alzheimer's and dementia.

Pre-register at: <http://asaging.org/dementia-care-seeing-it-other-side>

Virginia Driving Safety Lab

Annie Marrs, Virginia Caregiver Coalition Membership Chair and trainer with the Alzheimer's Association of Central and Western Virginia notes that the Virginia Driving Safety Lab is offering driving evaluations at reduced rates for Alzheimer's patients through September 30. Please see the attachments for further information.

Virginia Cooperative Extension and Adult Care Center of the Northern Shenandoah Valley

These two entities will be offering a November 9, 2011 workshop for home caregivers. Entitled *Tools and Resources for the Home Caregiver*, the event will be held from 8:30 A.M. until 3:30 P.M. at the Braddock Street United Methodist Church in Winchester, Virginia. There is a \$10.00 fee for the event. See the attached brochure for further information.

Senior Care Guide

Care.com recently launched a comprehensive Senior Care Guide. This guide discusses the different types of care seniors may need as they age from combining care with independent living to being dependent on care towards end-of-life. Questions guide the caregiver throughout this document so that an assessment can be made regarding their loved one's needs. It is a wonderful guide for any caregiver or caregiving organization and is available as a PDF.

Senior Care Guide Index--to access the guide electronically:

<http://www.care.com/senior-care-senior-care-guide-index-p1017-q7531275.html>

Senior Care Guide PDF landing page: <http://www.care.com/senior-care-the-senior-care-guide-a-printable-pdf-p1017-q6331424.html>

Senior Care Guide PDF: http://s.cdn-care.com/media/cms/pdf/Senior%20Care%20Guide_new.pdf

ASA Awards

ASA Awards Nominations Now Open

Every year ASA recognizes a number of individuals and organizations for their contributions to ASA, to the field of aging, and to older adults. The goal of these awards is to bring attention to the individual, organizations and programs that are making a difference in the lives of older adults and the people who care for them. ASA has been honored to recognize as past award-winners distinguished professionals within ASA's membership as well as from the larger community of professionals serving older adults. Because improving the lives of older adults strengthens entire communities, these award-winners have had an invaluable impact well beyond the older adults they have directly served.

To start the nomination process, click here

[Raising Expectations: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers](#)

The report, [Raising Expectations: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers](#), examines four key dimensions of state LTSS system performance: affordability and access; choice of setting and provider; quality of life and quality of care; and support for family caregivers. It assesses each state's performance overall as well as on 25 individual indicators, some of which were measured for the first time.

The full report, along with a podcast and an interactive map displaying state-by-state information, is available at www.longtermscorecard.org. On this site, users can download state fact sheets, as well as compare state performance on individual indicators and create customized PowerPoint slides.

Don't Forget Living with Dementia Seminar – sponsored by the Adult Care Center of Northern Shenandoah Valley and Shenandoah AAA

Featuring

Teepa Snow Dementia Care Training Specialist

*Sponsored by the **Partners for Proactive Aging***

Friday, September 30, 2011 at the Conference Center, Winchester

LIVING ETHICS

Applications in Science, Behavior and Medicine

October 12

Public Trust in Science: The Case of Infectious Disease

Richard P. Wenzel, MD, MSc

October 19

Blind Spots: Using the Science of Psychology to Understand our Unethical Behavior

Ann E. Tenbrunsel, PhD

November 16

Palliative Care: Transforming the Care of Serious Illness

Diane E. Meier, MD, FACP

6:30 pm Reception

7 pm Lecture

After each lecture there will be a brief question and answer session followed by a book signing.

Books will be available for purchase in Shop4Science

Admission is free. Space is limited.

Please contact us at www.smv.org or at 804.864.1400 to reserve your space today.

Science Museum of Virginia



BON SECOURS
VIRGINIA HEALTH SYSTEM
Bon Secours Health System, Inc.

The **Bon Secours Virginia Health System** and the **Science Museum of Virginia** are pleased to collaborate on a dynamic lecture series intended to provide an opportunity for the community to reflect on what it means to live ethically in a complex world.

2500 West Broad Street, Richmond, Virginia 23220 804.864.1400 www.smv.org



Join us for
SOUP FOR THE CAREGIVER'S SOUL:
A HEARTWARMING LUNCHEON FOR FAMILY CAREGIVERS
In honor of National Family Caregivers Month
PRESENTED BY THE PENINSULA TASK FORCE ON AGING

WEDNESDAY, NOVEMBER 2ND • 11:30AM - 1:30PM
MORNINGSIDE OF WILLIAMSBURG
 440 McLaws Circle • Williamsburg

We're honoring all of the caregivers in our community who give so much of themselves to the people that depend on them every day. If you're caring for a family member, or volunteering to care for a neighbor in need, we want to say thank you.

Take a break and enjoy lunch on us, featuring a selection of hearty, homemade soups and heartwarming dishes.

RSVP to 757-221-0018

FEATURING SPECIAL GUEST SPEAKER ROBERT SCHAEFER, AUTHOR OF ALZHEIMER'S DISEASE: THE IDENTITY THIEF OF THE 21ST CENTURY.



MORNINGSIDE OF WILLIAMSBURG
 ASSISTED LIVING & ALZHEIMER'S CARE



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Gerontology: A Legacy of Commitment



33rd Annual Meeting Southern Gerontological Society Thursday – Sunday, April 19-22, 2012

Sheraton Nashville Downtown Hotel
623 Union Street
Nashville, Tennessee
Phone: (615) 259-2000 Fax: (615) 742-6056
[e-mail: squest@sheraton-nashville.com](mailto:squest@sheraton-nashville.com)

Call for Presentations



Submit presentations on-line at www.southerngerontologicalsociety.org
Submission Deadline October 15, 2011
Contact Lora Gage at 239-541-2011 LGage4SGS@aol.com

An Invitation

#



The Southern Gerontological Society (SGS) invites you to attend our 33rd Annual Meeting, hosted in the Music City, Nashville, Tn. The annual meeting will be held at the Sheraton Nashville Downtown Hotel on April 19-22, 2012.

The theme for our 33rd Annual Meeting is *Gerontology: A Legacy of Commitment*. We have in mind the long history of innovation, academic-provider partnerships, and caring that have typified our SGS. We invite you to consider a perspective of commitment when considering the rich legacy and values that have made SGS important to our region over the years. These have been so fundamental in the past and are the reasons our organization will continue to be vital in meeting the needs older adults today and tomorrow.

Honoring our past means not only looking backwards but also helping us to identify meaningful initiatives and best practices we can build upon in moving forward. We honor our past commitments in order to continue to build our strengths and to face the opportunities and challenges ahead. For instance, Baby Boomers differ from previous generations, with different expectations and characteristics, but nonetheless share many of the basic values of those who have reached late life before them. As applied gerontologists and service providers, we need to examine best practices to see if these practices will meet future needs. How we handle our commitment to the 77 million Baby Boomers may influence our commitment to aging for generations that follow.

SGS members have been deeply committed to bridging academia and the local community, thereby linking research and practice. Let us review the lessons learned over the last 33 years as a way of developing our vision for the future.

Our theme, *Gerontology: A Legacy of Commitment*, is also personal. In February, 2011 SGS lost an icon in the passing of its long-time member and mentor, Gordon Streib. We are in the process of putting together our SGS history and interviewing our oldest members in an effort to retain the richest parts of our legacy. I have had a personal and professional commitment to gerontology in the form of education and patient care as a geriatric nurse practitioner for many years. I understand the needs of older adults and want to be a part of a larger group demonstrating commitment and encouraging others to become involved. I wish to leave a personal legacy for others to review and hope that I can be, in some small way, an example for future gerontologists. I honor the lifetime commitment displayed by our members who built SGS and remain staunch supporters today.

SGS has a long tradition of Southern hospitality, caring for older adults, welcoming colleagues, and embracing new friends. Students consistently remark that SGS is their *best* conference experience for professional exposure in the field of aging. We look forward to seeing you in Music City USA!

Best regards,

Joyce Varner, DNP, ANP/GNP-BC, GCNS - SGS President
Alabama State Nurses Association President
Director, BSN-DNP Adult-Gerontological Nurse Practitioner with Palliative Care Specialty Program
Associate Professor
University of South Alabama



jvarner@usouthal.edu

Conference Location

From its very beginning, Nashville grew from a foundation built on music. Music has always been the common thread connecting the life and soul of the city and its people. And visitors have always ventured here to experience the music that weaves such a fundamental pattern in its cultural, business and social fabric.

Nashville's earliest settlers celebrated in the late 1700s with fiddle tunes and buck dancing after safely disembarking on the shores of the Cumberland River, a spot now commemorated on First Avenue North with a replica of the original Fort Nashborough. Nashville's first "celebrity," the noted frontiersman and Congressman Davy Crockett, was known far and wide for his colorful stories and fiddle playing.

Nashville's attractions evokes vivid images- a single spotlight illuminating a microphone, skyscrapers towering over the Mother Church of Country Music, stately Southern mansions or a Greek temple sitting serenely on a grassy knoll. The area's many attractions paint a picture of this Southern city and leave an indelible impression on all who visit here. Before even the Ryman became known as the downtown home of the Grand Ole Opry, it already enjoyed a national reputation. Enrico Caruso, John Philip Sousa and the Vienna Orchestra gave roof-raising performances there that earned the Ryman the nickname "Carnegie Hall of the South." The Ryman's unrivaled acoustic qualities continue today – it has been named the 2009 Venue of the Year by the Academy of Country Music and received Pollstar magazine's prestigious "Theater of the Year" award for two years in a row as the best auditorium in the nation to experience live music.

The newly-constructed Schermerhorn Symphony Center, home to the renowned Grammy-winning Nashville Symphony, anchors the downtown end of the recently designated Music Mile. The Music Mile is a symbolic stretch of roadway connecting the \$123 million Symphony Center with the music district of Music Row, the vibrant new entertainment venues on Demonbruen Street, the Frist Center for the Visual Arts, the Country Music Hall of Fame and Museum, the Musicians Hall of Fame & Museum, the Music City Walk of Fame and the Bridgestone Arena. The Music Mile perfectly illustrates how the music of Music City is indeed a common thread throughout the business, cultural and entertainment sectors of Nashville. Nashville's connection to music is unequalled, and its reputation as Music City has been consistently proven for over 200 years. Welcome to the most musical city in the world. Music City – the *only* Music City!



The Sheraton Nashville Downtown hotel is in close proximity to many interesting sites such as the historic district, Music Row, the Grand Ole Opry, and Ryman Auditorium, to name only a few. While you are attending our annual meeting, enjoy the friendly service and great facilities at the Sheraton! The hotel is located in the heart of "Music City USA" and is just 3 blocks from the Convention center and 4 blocks from Bridgestone Arena, as well as within walking distance of the historic district, the Financial District, and LP Field, home of the Titans.

Conference Theme

Gerontology: A Legacy of Commitment encourages us to examine the rich legacy and best practices to develop what the future will require. It is also a way to honor the values that have made and continue to make SGS so vital. As we strive to provide care and services for the largest cohort of seniors in history, we must take our lessons learned and use this knowledge to meet future needs.

Conference Tracks

A variety of presentation proposals are encouraged! Designation of a conference track on proposals will provide guidance to attendees wishing to pursue a particular theme across presentations.

Applied Research Best Practices: Historical Perspectives and Innovations in Aging

Examination of historical perspectives of aging and a presentation of best practices.

New Strategic Models [Service Delivery, Advocacy, Policy]

Examination of service delivery models, advocacy models, and policy for older adults.

Intergenerational Programs- Linking the Past with the Future

A review of the best practices among intergenerational programs

Strategies for Program Assessment and Support: Educating Future Gerontologists

Curriculum development, virtual formats, e-learning, asynchronous education, and other innovative strategies

Getting the Word Out - Unique Formats for Dissemination of Aging Information

Examination of unique ways to educate older adults, society, and policy makers

The New Club Sandwich- Caregiving, Reciprocity, Burnout, Managing Competing Demands

How caregiving has changed over the last 10 years and how it is likely to progress

Session Formats

The 2012 Annual Meeting of SGS promotes innovation and interaction in sessions that engage participants. While traditional papers may be submitted, we actively encourage presentations in poster, symposium, and workshop formats.

POSTER

Posters are the visual display and summary of research, interventions, or programs. Authors are present during designated sessions to discuss their work. Project activities and/or results are displayed in graphs, tables, pictures, and text. Poster boards are approximately 4' high by 8' wide. Push pins to mount pictures and graphs will be provided. Authors have an opportunity for in-depth discussion of their work with conference attendees. Abstracts for posters should include: (1) a short statement of the specific problem or topic, (2) description of methods or approaches employed, (3) summary of results or findings, and (4) statement of conclusions and implications.

PAPER

Scientific or professional papers may be submitted. Where possible, topics should relate to the conference theme or session tracks. Paper presentations are normally 15 minutes in length, with those on similar subject matter grouped together in paper sessions. All presenters must allot time for discussion. Abstracts for papers, as for posters, should include: (1) a short statement of the specific problem or topic, (2) description of methods or approaches employed, (3) summary of results or findings, and (4) statement of conclusions and implications.

SYMPOSIUM

Symposia include three or four coordinated topical presentations. Symposia organizers introduce sessions, moderate discussion, encourage audience participation, and integrate the presentations. Symposium submissions must include a summary abstract as well as brief abstracts describing each presentation.

WORKSHOP

In a workshop, one or two leaders organize the exchange of ideas or conduct a demonstration or application of techniques and/or skills. Workshops provide an opportunity to involve participants in demonstrations, lectures, case studies, and role plays in a one-hour time period. Abstracts for workshops must include the topic, its significance, and the workshop goals.

Submit an Abstract

A wide variety of topics will be considered, including presentations reporting innovative research, research/practice collaborations, model programs for the future, and public policy discussions.

ON-LINE SUBMISSION (Deadline October 15, 2011)

Submission on-line is quick and easy. Read the following directions completely prior to submitting materials online. The on-line submission process does not allow individuals to save partially submitted information and return to the work later. All information must be entered and submitted in one sitting. SGS suggests that the first author prepare the information using word processing software, then cut and paste it into the online software. Prior to beginning the on-line submission process, have available: **Presenters' Contact Information** (For the *first author*, the full name, degree, institution/organization, mailing address, e-mail, and phone number. For *each additional author/presenter*, provide the full name, degree, institution/organization, and email), **Title of Abstract, Session Type, Preferred Format** (e.g., Poster), **Student Paper Award Entry, Conference Track (if any), Audiovisual Requirements, and Abstract**. (The body of the abstract, minus title and author identification, should indent the first line by 3 spaces and should not exceed 200 words. See examples that follow. If you experience technical difficulties submitting your application on-line, or have questions about the abstract submission process, please contact Lora Gage at the SGS office at (239) 541-2011 or L.Gage4SGS@aol.com.

THE REVIEW PROCESS

Members of the SGS Program Committee will review each submission for content, novelty, timeliness, relevance to the meeting theme and program tracks, clarity of presentation, and proper form. The first author/presenter will be notified by e-mail of the Committee's final decision by about December 1, 2011. This individual then should notify any co-authors/presenters of the outcome of the review. The Program Committee may select an alternative presentation format. *Please note that all presenters must register for the annual meeting.*

Submit Abstracts Online

Submit all abstracts on-line at www.southerngerontologicalsociety.org by midnight **EDT October 15, 2011**.

Click "Annual Meeting" then click "Call for Proposals" for an electronic version of this document and begin the on-line submission process.

Late submissions may not be accepted!

Abstract Example (Paper/Poster/Workshop)

INTIMATE PARTNER VIOLENCE OF MID-LIFE AND OLDER WOMEN IN RURAL AREAS

P. Teaster, T. Dugar, University of Kentucky, Lexington, KY., 40536-0200

K. Roberto, Virginia Tech, Blacksburg, VA.

Mistreatment of mid-life and older adults - physical abuse, psychological, emotional, or mental abuse, material or financial exploitation, active neglect, passive neglect, violation of civil rights - is of growing national and international concern. This study examines intimate partner violence (IPV) from the perspectives of those who provide service and of Appalachian women over 50 years of age. Three focus group interviews were conducted in three rural areas of Eastern Kentucky with Adult Protective Services (APS) staff, local law-enforcement, Area Agency on Aging personnel, domestic violence staff, shelter representatives, and health care workers. Participants were asked questions regarding their training to handle cases, patterns of violence for victims and perpetrators, rural/urban differences, case outcomes, service provided and service gaps. In-depth interviews with six mid-life and older women who experienced violence were conducted and included questions concerning patterns of violence, case outcomes, and services provided. After the study, researchers returned to the focus group sites to present and discuss the findings, which included a lack of resources available to mid-life and older women, a lack of training for professional staff on unique issues of this age group, and a lack of community support for the women.

Abstract Example (Symposium)

THE STATE AS VANGUARD: A STUDY OF PUBLIC GUARDIANSHIP IN THE COMMONWEALTH OF VIRGINIA

P. Teaster, University of Kentucky, 306 Health Sciences Building, 900 S. Limestone, University of Kentucky, Lexington, KY, 40536-0200

PARTICIPANTS:

H. Shivers (Private Attorney, Roanoke, VA). An Examination of the Development of Public Guardianship in Virginia.

W. Schmidt (Washington State University, Spokane, WA). Legal Framework for Evaluating Public Guardianship in Virginia.

K. Roberto (Virginia Tech). Virginia Public Guardian and Conservator Programs: Evaluation of Program Status and Outcomes.

DISCUSSANTS:

P. Teaster (University of Kentucky, Lexington, KY), W. Schmidt (Washington State University, Spokane, WA).

It is projected that an increasing number of adults may have a need for public guardianship due to the increase in the lifespan of those persons in the population, including the oldest-old, persons with head trauma, persons with Alzheimer's disease, persons with mental illness, and persons with developmental disabilities. This symposium presents research on public guardianship in Virginia, conducted over a two year period. First, presenters will ground the study in law and in legislation that subsequently developed in the state. Second, the results of the research study will be presented. Third, presenters will comment on the study and on its implications for guardianship research and practice in Virginia as well as in terms of it as an example for other states in the nation.

Student Awards



SGS STUDENT PAPER AWARD

SGS encourages student submissions and offers a \$500 award for the best paper(s) authored principally by a student. To be eligible, *students should submit an abstract using the on-line submission procedure, indicating that they want their work considered for the SGS 2012 Student Paper Award.* Upon notification of acceptance for a presentation at the Annual Meeting, students who wish to be considered for the award must then submit a letter of support from a faculty advisor and an electronic version of the paper by February 1, 2012, to James Peacock, Ph.D., Chair, SGS Awards Committee. E-mail: PeacockJR@appstate.edu

SGS STUDENT POSTER AWARD

In 2010 SGS awarded its first SGS Student Poster Award to encourage student poster submissions. Any SGS Student Member submitting scholarly work for presentation at the SGS Annual Meeting in Poster format is eligible and will be recognized at the SGS meeting. To be eligible, *students should submit an abstract using the on-line submission procedure, indicating that they want their work considered for the SGS 2012 Student Poster Award.* Upon notification of acceptance for a presentation at the Annual Meeting, students who wish to be considered for the award must then submit a letter of support from a faculty advisor and an electronic version of the paper by February 1, 2012, to James Peacock, Ph.D., Chair, SGS Awards Committee. E-mail: PeacockJR@appstate.edu

VAA STUDENT RESEARCH SCHOLARSHIP AWARD

The **Virginia Association on Aging Student Research Scholarship Award**, established through a generous contribution from the Virginia Association on Aging, encourages the presentation of the results of research or scholarly activity by student members of SGS. The \$500 award will be made to one student and must be used for expenses incurred for SGS conference participation, such as registration, travel and accommodations. The competition is open to all student members of SGS. Preference will be given to graduate or undergraduate students who demonstrate leadership potential and academic excellence and vision through their research efforts.

Eligibility: Any active SGS Student Member.

Availability: Funds will be dispensed directly to the awardees through the mail.

Application Process: Apply on-line at www.southerngerontologicalsociety.org Click "Annual Meeting" then click "VAA Student Research Scholarship Award".

Deadline: Applications must be received by February 1, 2012.

Notification will be made by March 1, 2012.



Student Membership

Encourage students to join the Southern Gerontological Society!
SGS membership applications are available 24/7 at:

<http://www.southerngerontologicalsociety.org/sgs/index.asp>

General Meeting Information

ATTENDANCE AND REGISTRATION

Participants involved in a session at the Annual Meeting of SGS are required to register and pay the registration fee for the conference. Registration is required of all presenters, discussion leaders, chairpersons, panel or debate members, exhibitors, and all other participants connected with papers, posters, symposia, or workshops. When a participant submits a proposal and it is accepted, he or she makes a commitment to be available in Nashville TN, between April 19-22, 2012, and to present at the time designated. ***SGS is not responsible for transportation, lodging, or any other associated expenses for program participants.***

Participants who require special aids or services identified in the Americans with Disabilities Act please contact Lora Gage in the SGS office at (239) 541-2011 or send her an email message at LGage4SGS@aol.com. To ensure that we may accommodate these needs, SGS must receive notification by January 31, 2012.

FEES

Registration fees are listed online at <http://www.southerngerontologicalsociety.org/sgs/index.asp>. The registration fee includes the cost of all meals and refreshments listed in the final program. Organizational and corporate members may register up to three persons at member rates. No shared registrations are permitted.

For an additional fee of \$10, each registrant may obtain a "Certificate of Attendance" documenting conference attendance. Most professional organizations and licensing agencies will accept a "Certificate of Attendance" for continuing education credit, but we highly recommend that you confirm that your affiliated organization does.

The Best Time to Join SGS is NOW!

Join the **Southern Gerontological Society** of professionals exploring issues, applications and answers in the field of aging. **SGS members make a difference**, providing professionals in the aging network with access to the latest research and a forum to discuss practical issues relating to older adults. SGS Committees are member-friendly and provide an excellent opportunity to enhance one's professional development.



As part of your membership benefits, you will receive two excellent publications, the *Journal of Applied Gerontology* and the *Southern Gerontologist*. Reflecting the Society's commitment to practitioner/academician dialogue, these publications provide articles of interest to a wide variety of professionals. The *Journal of Applied Gerontology* (JAG) is the official journal of SGS. It is devoted to the publication of manuscripts that focus on the application of knowledge and insights from research and practice to improve the quality of life of older persons. Particular emphasis is placed on manuscripts and editorials that enhance dialogue among researchers, policy-makers, and practitioners. The *Southern Gerontologist* is a quarterly newsletter that complements JAG by providing updates on applied projects, current activities and emerging issues, and informing members of new books and videos about aging. SGS membership applications are available 24/7 by visiting:

<http://www.southerngerontologicalsociety.org/sgs/index.asp>

Sponsor, Exhibit, & Advertise

To sponsor, exhibit, or advertise at the SGS annual conference, you **must** reserve your space by **February 28, 2012!** Many sponsorship categories (meals, breaks, thematic tracks) and price points, exhibit opportunities, and advertisement sizes are available. For all details, contact:

Lora Gage
Southern Gerontological Society
PMB#144
1616-102 W. Cape Coral Pkwy.
Cape Coral, FL 33914
Phone: 239-541-2011 • Fax: 239-540-8654 • LGage4SGS@aol.com
<http://www.southerngerontologicalsociety.org/sgs/index.asp>

Registration

Practical Caregiving: “What to do when it’s time”

Registration & payment due by:
October 8, 2011

Name: _____

Agency: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Telephone: _____

Work Telephone: _____

Email: _____

Free respite care requested _____

Vegetarian meal requested _____

*Fee: \$25 per person/\$40 per couple
(includes continental breakfast and lunch)*

Make Checks Payable to: PWAAA

*Mail Payment and Registration Form to:
Prince William Area Agency on Aging
5 County Complex Court, Suite 240
Woodbridge, VA 22192
attn: Lorraine Eckhardt*

Agenda

October 15, 2011

8:30a - 9:00a
Registration, Visit Vendor Expo

9:00a - 9:30a
Welcome: Courtney Tierney, *Director,*
Area Agency on Aging and Lorraine
Eckhardt, MSW, *Chairperson Caregivers’*
Conference Committee Prince William
Area Agency on Aging

9:30a - 11:00a
The Caregiving Years: Denise Brown,
Author, “The Caregiving Years: Six Stages
to a Meaningful Experience”

11:00a - 11:15p Break, Visit Vendor Expo

11:15p - 11:45p Denise Brown Q & A

11:45p - 12:30p Lunch, Visit Vendor Expo

12:30p - 1:30p
A Caregiver’s Perspective: Robert
Schaefer, *Author, “Alzheimer’s:*
The Identity Thief of the 21st Century”

1:30p - 1:45p Robert Schaefer Q & A

1:45p - 2:00p Break, Visit Vendor Expo

2:00p 3:00p
“Elder Law Timeline: What documents do
you need and When do you need them?”
Elizabeth von Keller, VON KELLER LAW, PC

3:00 - 3:30p Elizabeth von Keller Q & A

3:30p Evaluation & Adjourn*

*Drawing for 2 certificates for 500 Care Bucks,
which can be redeemed through the Area
Agency on Aging for in-home care, respite
care or caregiving supplies.

Sponsors

Gold

Right at Home
Vitas Innovative Hospice

Silver

Best Care Home Care, Inc
Home Instead Senior Care
Prince William Area Agency on Aging

Caregiver Conference Committee Members:

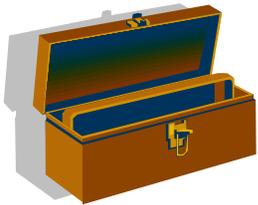
Lorraine Eckhardt, Committee Chair, Area Agency on Aging
Zach Tammer, Birmingham Green
Jennifer Bolles, Home Instead Senior Care
Rachelle Conde, Right at Home
Stuart Evans, Alzheimer’s Association
Kathleen Harding, Lakeridge Fellowship House
Anne Parker, RN
Marilyn Pietri, Capital Hospice
Emily Ruebsamen
Karen Turchiano
Daphne Van Tiem, Area Agency on Aging
Lisa England, Evercare Hospice
Tom Weaver, Westminster at Lake Ridge
Christina Wise, Potomac Place

Who Should Attend?

- Family and Professional Caregivers
- Professionals in aging and related areas
- Volunteers working with older adults

Contact the Prince William Area Agency on
Aging at 703-792-6374 for additional info

What kinds of new information and skills would help make your job easier?



What's in your Caregiving toolbox?

Adult Care Center
of the
Northern Shenandoah Valley



Braddock St. United Methodist Church
115 Wolfe Street,
Winchester, VA 22601

Home Caregiving Workshop
Tools and Resources for the
Home Caregiver

"There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who need caregivers"
Rosalynn Carter (former First Lady)



Sponsored by Virginia Cooperative Extension
and Adult Care Center of the Northern
Shenandoah Valley

Virginia Cooperative Extension
VirginiaTech

College of Agriculture
and Life Sciences



School of Agriculture
Virginia State University

A partnership of Virginia Tech and Virginia State University

www.ext.vt.edu

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Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Karen Ridings, at (540)665-5699 during business hours of 8:00am-5:00pm to discuss accommodations 5 days prior to the event.

One Day Workshop ~ November 9, 2011

Home Caregiving

Workshop

Tools and Resources for the
Home Caregiver



Date:

November 9, 2011

Time:

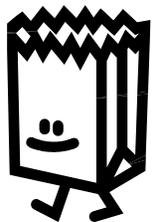
8:30am-3:00pm

Where:

Braddock St. United
Methodist Church,
115 Wolfe St.,
Winchester, VA 22601

Cost: \$10.00

***Pre-registration is
required**



Lunch will be
provided to
participants.

Workshop Schedule

8:30-9:00 am	Registration and Welcome
9:00-10:00 am	Personal Care Tips and Health Monitoring Skills at Home
10:00-10:45 am	Financial Issues for Caregivers
11:00-12:00 pm	Body Mechanics
12:00-12:30 pm	Helping the Caregiver Manage Stress
12:30-1:30 pm	Lunch and Music for Your Toolbox
1:30-2:00 pm	Nutrition and Feeding Issues
2:00-2:30 pm	Aging~ Changes that Make a Difference in Our Lives
2:30-3:00 pm	Community Resources for Your Toolbox

Guest Speakers:

- Thomas Turner, PhD,PT, Shenandoah Univ.
- Ms. Roberta Lauder, Shenandoah Area Agency
on Aging
- Loretta Dunn, LCSW
- Dana Ankers, RN, Tara Lesscalleet, MT-BC,
and Marilyn Hamilton, RN, Adult Care Center
- Karen Poff, AFC and Karen Ridings,MS,RD,
Virginia Cooperative Extension
- Rebecca Morrison, PhD
Licensed Clinical Psychologist

Workshop Registration Form

Name (Please Print)

Address

Phone

Email

* Registration Deadline: Nov. 1, 2011

Mail check and completed registration
form to [VCE Frederick County](#),
Attn: Karen Ridings
107 N. Kent St., Winchester, VA 22601



Check payments should be made out to
[Virginia Cooperative Extension-
Frederick County](#)

For more information contact:

Karen Ridings, FCS Agent Phone: 540-665-5699
Frederick County VCE Fax: 540-722-8380
E-mail: ridingsk@vt.edu