



COMMONWEALTH of VIRGINIA
Department for the Aging

[Click here to go to the Virginia Department for the Aging Home Page](#)

TABLE OF CONTENTS
AAA TUESDAY E-MAILING
July 19, 2011

SUBJECT	VDA ID NUMBER
<u>ASA Greenlee Joins White House in Recognizing Senior Volunteers and Community Service – The Rest of the Story</u> (Tim Catherman)	11-172
<u>Institute for Health Metrics and Evaluation Study of Life Expectancy</u> (Tim Catherman)	11-173
<u>UVA Health System's PACE Press Announcement</u> (Tim Catherman)	11-174
<u>Summer Edition of Age in Action</u> (Joseph Hoyle)	11-175
<u>Department of Labor Listening Sessions on FLSA</u> (Cecily Slasor)	11-176
<u>Caregiving and Adult Services</u> (Ellen Nau)	11-177

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.



11-172

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman, Director of Administrative Services

DATE: July 19, 2011

SUBJECT: ASA Greenlee Joins White House in Recognizing Senior Volunteers and Community Service – The Rest of the Story

You probably saw the press release where Assistant Secretary for Aging Kathy Greenlee spoke at a White House event on July 13th to recognize the significant impact that senior volunteers and programs have on their communities. Most of the attendees at the White House event were seniors who volunteer for programs funded by the Administration on Aging and the Corporation for National and Community Service.

As Paul Harvey would have said, here is the rest of the story. Featured in the press release was Heisung Lee who helped develop the Korean home-delivered meals. Ms. Lee is a volunteer from the Fairfax County's Meals on Wheels program who developed the meals with the assistance of the Fairfax County Area Agency on Aging. The meals have become a model that has been duplicated by Korean faith communities in the county and throughout the country.

Other Fairfax County staff and volunteers that attended the White House Event on Senior Volunteerism and Community Service included Sharon Lynn, Fairfax Area Agency on Aging Acting Director; Heisung Lee, a Meals on Wheels volunteer; Joan Makurat, a volunteer for the Northern Virginia Long-Term Care Ombudsman Program; Mary Robinson, a volunteer for Fairfax County's Virginia Insurance Counseling and Assistance Program; and Ruth Reagan, director of Volunteer Solutions, a county program that provides services to older adults and adults with disabilities.

More information and pictures are available on the Fairfax County website at:
<http://www.fairfaxcounty.gov/dfs/olderadultservices/photo.htm>



11-173

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Director Administrative Services

DATE: July 19, 2011

SUBJECT: Institute for Health Metrics and Evaluation Study of Life Expectancy

The Institute for Health Metrics and Evaluation released a county-level analysis of life expectancy by county, sex, and race. Fairfax was tied with Kauai, HI for longevity of males.

[Fairfax County Men Top Life Expectancy Charts Patch.com](#)

Shauna Severo, Assistant Director of Patient Care Services at the county health department said that Virginia Department for the Aging and the US Census ...

The data source can be found here:

<http://www.healthmetricsandevaluation.org/news-events/news-release/life-expectancy-in-us-counties-2011>.



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman, Director of Administrative Services

DATE: July 19, 2011

SUBJECT: UVA Health System's PACE Press Announcement

The University of Virginia Health System on Friday announced the Virginia Department of Medical Assistance Services contract to develop a Charlottesville-area Program of All Inclusive Care for the Elderly (PACE). The Center will be developed by the [University of Virginia Health System](#), [Jefferson Area Board for Aging](#) (JABA) and [Riverside Health System](#).



University of Virginia
HEALTH SYSTEM

**Riverside Health System, University of
Virginia Health System and Jefferson Area
Board for Aging Partner to Provide New
Healthcare Option for Seniors**

Released: 7/15/2011 8:40 AM EDT

Source: [University of Virginia Health System](#)

Newswise — CHARLOTTESVILLE, Va., July 15, 2011 – Seniors in Central Virginia will soon have a new option for receiving long-term care without moving to a nursing home.



11-175

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Joseph D. Hoyle
Policy Analyst

DATE: July 19, 2011

SUBJECT: Summer Edition of *Age in Action*

The latest edition of *Age in Action* may be viewed at:
<http://www.sahp.vcu.edu/vcoa/newsletter/ageaction/agesummer11.pdf>

The following is an introductory note from Dr. Ed Ansello, the Director of the Virginia Center on Aging.

Dear Friends,

I am pleased to attach the new summer 2011 issue of *Age in Action*, published by the Virginia Center on Aging and the Virginia Department for the Aging. As you may know, this quarterly publication has twice been judged to be the best aging-related newsletter in the South. This issue contains an informative case study on alcohol, medications, and older adults, complete with a helpful listing of medications that affect the central nervous system; an essay by Pulitzer Prize winner Saul Friedman on the Veterans Administration's health care system as a model of universal care; the announcement of the new ARDRAF dementia research awardees; plus editorials, resources, and commentaries; and much more.

Each issue of *Age in Action* reaches an estimated 20,000 readers, including professionals in various fields, older adults, advocates, policy makers, educators, and others. I'd like to invite you to consider submitting essays or other pieces that might reach this substantial audience.

Please read and forward this issue to friends and colleagues. Invite them, also, to consider submitting articles, informational notes, Calendar of Events notices, prospective case studies, essays, and other items of interest. As you know and can readily see, while we publish *Age in Action* in Virginia, much of its content is generalizable to other settings.

You might also tell people that we'd be happy to add them to our e-mail distribution list. They can write me directly at eansello@vcu.edu and I'll add their names to our expanding e-mailing list.

With best wishes for the summer,
Ed

Edward F. Ansello, Ph.D.
Director
Virginia Center on Aging
Virginia Commonwealth University
Richmond, VA 23298-0229
(804) 828-1525



11-176

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Cecily Slasor

DATE: July 19, 2011

SUBJECT: Department of Labor Listening Sessions on FLSA

VDA has received information from the Department of Labor on listening sessions concerning the Fair Labor Standards Act and the exemption of companions for the aged and infirm. (See attached) In light of changes in the home care industry since 1974 when this was first enacted, the DOL "intends to update the companionship services regulations in order to clarify when domestic service employees, who provide companionship services to the aged or infirm, are exempt from the minimum wage and overtime pay provisions of the Fair Labor Standards Act."

If you have questions or would like to follow up with DOL, the contact information is:

Phil Tom
Center for Faith-Based and Neighborhood Partnerships
U.S. Department of Labor
202-693-6030 (office)
202-281-8029 (mobile)
tom.philip@dol.gov
www.dol.gov/CFBNP

Listening Sessions for NPRM-Companionship – July 25 and 27, 2011

The Fair Labor Standards Act (FLSA) generally requires employers to pay minimum wage and overtime to an employee unless otherwise exempt. **The FLSA was amended in 1974 to exempt companions for the aged and infirm from the minimum wage and overtime provisions of the Act and granted the Secretary of Labor the regulatory authority to define and delimit the terms of the exemption. The regulations governing this exemption have remained largely unchanged since they were promulgated in 1975.**

The Wage and Hour Division intends to update the companionship services regulations in order to clarify when domestic service employees, who provide companionship services to the aged or infirm, are exempt from the minimum wage and overtime pay provisions of the Fair Labor Standards Act. In light of significant changes in the home care industry since 1974, the Department intends to consider whether the current exemption of companions in the regulations continues to be appropriate. The Department also intends to consider whether the current exemption of companions working for a party other than the family or household using the companionship services is consistent with the status of a companion and review the level of training required to render a worker “trained personnel” and the amount of household work that may be performed by the worker without losing the companionship exemption.

There will be two listening sessions. The times and call-in numbers are listed below:

Monday, July 25, 2011

4:00 – 5:00 pm ET

Call in number: 888-730-9140

Passcode: 34478

Wednesday, July 27, 2011

4:00 – 5:00 pm

Call in number: 888-730-9140

Passcode: 34478



11-177

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Program Coordinator

DATE: July 19, 2011

SUBJECT: Caregiving and Adult Services

Virginia Caregiver Coalition Meeting

The Coalition will host a learning opportunity on Assistive Technology at 9:30 A.M. on Thursday, July 21. The educational part of the meeting will be hosted by Lucy Gerland of the Fairfax County Area Agency on Aging. Presenters will be Emily Fallings, VATS North Coordinator, and Alisa Louther, VATS North Assistive Technology Specialist. You can attend the meeting at the VDA Conference Room at 1610 Forest Avenue in Richmond or at a variety of video conference sites throughout the Commonwealth, including: Fairfax County DFS (Lucy.Gerland@fairfaxcounty.gov); Mountain Empire Older Citizens, Inc. (jtrivett@meoc.org); Hampton Health Department (swdirector@paainc.org); Appalachian Agency for Senior Citizens, Inc. (craines@aasc.org); Charlottesville Health Department (annie.marrs@alz.org); Madison Health Department (lscott@rrcsb.org); Blue Ridge Independent Learning Center (casemgt@loaaa.org); and tentatively, James Madison University (pantalka@jmu.edu).

New AARP Report on the Value of Family Caregiving

The estimated economic value of Family Caregiving was approximately \$450 billion in 2009, up from an estimated \$375 billion in 2007. The AARP report, that contains recommendations on how to support family caregivers, can be found at: <http://www.aarp.org/relationships/caregiving/info-07-2011/valuing-the-invaluable.html>.

Marketing Respite to Family Caregivers: Moving Beyond Awareness

Alicia Blater, the North Carolina Lifespan Respite Project Director, will lead a webinar on Tuesday, July 26, 2011 at 3:00 P.M to help professionals market their respite programs to family caregivers. To reserve a webinar seat, go to: <https://www3.gotomeeting.com/register/269886542>

Journal of Advanced Nursing

Caring for a senior healing from a broken hip? This article suggests that home care nurses should develop interventions early after the patient's discharge to improve the caregiver's health, mental health and social support. You can review the entire report (you must sign up to access) at <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2648.2011.05778.x/full> The article was published in the Journal's July 7, 2011 issue.

Strategies for Conducting Support Groups

Paula Falk of the Sarasota Florida Herald Tribune has written an article on conducting caregiver support groups. The article is available at:

<http://www.heraldtribune.com/article/20110712/WIRE/110719938/2059/LIVING?p=1&tc=pg>

The Family Caregiver Alliance

FCA announces a webinar sponsored by the Technical Assistance Centers for Caregiver Programs and Lifespan Respite on the NASW Standards for Social Work Practice with Family Caregivers of Older Adults on Friday, July 29, 2011 at 3:00 PM/EDT. Space is limited for the webinar. To register go to:

<https://www3.gotomeeting.com/register/615842942>

New Contacts for Department of Social Services, Regional Directors, Adult Services Division

Please see the attached listing of contacts.

VIRGINIA DEPARTMENT OF SOCIAL SERVICES ADULT SERVICES REGIONAL ASSIGNMENTS

Central	Northern	Piedmont	Western	Eastern
Marjorie Marker 1604 Santa Rosa Road Suite 130 Richmond, VA 23229 ☎ 804-662-9783 FAX: 804-662-7023 marjorie.marker@dss.virginia.gov	Andrea Jones 170 West Shirley Avenue Suite 200 Warrenton, VA 22186 ☎ 540-347-6313 FAX: 540-347-6331 andrea.jones@dss.virginia.gov	Angela Mountcastle (mid-July) 1351 Hershberger Rd Suite 210 Roanoke, VA 24012 ☎ 540-204-9638 FAX: 540-561-7536 angela.mountcastle@dss.virginia.gov	Carol McCray 190 Patton Street Abingdon, VA 24210 ☎ 276-676-5636 FAX: 276-676-5621 carol.mccray@dss.virginia.gov	Carey Kalvig 291 Independence Blvd. Pembroke 4, Suite 300 Virginia Beach, VA 23462 ☎ 757-491-3983 FAX: 757-419-0350 carey.kalvig@dss.virginia.gov
Agencies	Agencies	Agencies	Agencies	Agencies
Amelia (007) 14 Buckingham (029) 14 Caroline (033) 16 Charles City (036) 15 Chesterfield (041)/Colonial Heights (570) 15 Cumberland (049) 14 Essex (057) 18 Fluvanna (065) 10 Goochland (075) 15 Hanover (085) 15 Henrico (087) 15 Hopewell (670) 19 King and Queen (097) 18 King William (101) 18 Lancaster (103) 17 Lunenburg (111) 14 Middlesex (119) 18 New Kent (127) 15 Northumberland (133) 17 Nottoway (135) 14 Petersburg (730) 19 Powhatan (145) 15 Prince Edward (147) 14 Richmond City (760) 15 Richmond County (159) 17 Westmoreland (193) 17	Alexandria (510) 8 Arlington (013) 8 Clarke (043) 7 Culpeper (047) 9 Fairfax (059)/Fairfax City (600)/Falls Church (610) 8 Fauquier (061) 9 Frederick (069) 7 Fredericksburg (630) 16 Greene (079) 10 Harrisonburg (660) 6/ Rockingham (165) King George (099) 16 Loudoun (107) 8 Louisa (109) 10 Madison (113) 9 Manassas City (683) 8 Manassas Park (685) 8 Orange (137) 9 Page (139) 7 Prince William (153) 8 Rappahannock (157) 9 Shenandoah (171) 7 Spotsylvania (177) 16 Stafford (179) 16 Warren (187) 7 Winchester (840) 7	Albemarle (003) 10 Alleghany005)/Covington (580) 5/ Clifton Forge (560) 5 Amherst (009) 11 Appomattox (011) 11 Bath (017) 6 Bedford (019)/Bedford City (515) 11 Botetourt (023) 5 Campbell (031) 11 Charlotte (037) 14 Charlottesville (540) 10 Craig (045) 5 Danville (590) 12 Franklin County (067) 12 Halifax (083)/South Boston (780) 13 Henry (089)/Martinsville (690) 12 Highland (091) 6 Lynchburg (680) 11 Mecklenburg (117) 13 Nelson (125) 10 Pittsylvania (143) 12 Roanoke (770) 5 Roanoke Co. (161)/Salem (775) 5 Rockbridge (163)/Buena Vista (530)/ Lexington (678) 6 Shenandoah Valley (Staunton (790)/ Augusta (015)/Waynesboro (820) 6)	Bland (021) 3 Bristol (520) 3 Buchanan (027) 2 Carroll (035) 3 Dickenson (051) 2 Floyd (063) 4 Galax (640) 3 Giles (071) 4 Grayson (077) 3 Lee (105) 1 Montgomery (121) 4 Norton (720) 1 Patrick (141) 12 Pulaski (155) 4 Radford (750) 4 Russell (167) 2 Scott (169) 1 Smyth (173) 3 Tazewell (185) 2 Washington (191) 3 Wise (195) 1 Wythe (197) 3	Accomack (001) 22 Brunswick (025) 13 Chesapeake (550) 23 Dinwiddie (053) 19 Franklin City (620) 23 Gloucester (073) 18 Greenville (081)/ Emporia (595) 19 Hampton (650) 23 Isle of Wight (093) 23 James City (095) 23 Mathews (115) 18 Newport News (700) 23 Norfolk (710) 23 Northampton (131) 22 Portsmouth (740) 23 Prince George (149) 19 Southampton (175) 23 Suffolk (800) 23 Surry (181) 19 Sussex (183) 19 Virginia Beach (810) 23 Williamsburg (830) 23 York (199)/Poquoson (735) 23

The number in parentheses following locality name is the FIPS code; the number following the FIPS code is the Planning District in which LDSS is located. **Home Office Staff:** **Gail S. Nardi**, Program Manager, 804-726-7537; **Paige McCleary**, Adult Services Program Consultant, 804-726-7536; **Tishaun Harris-Ugworji**, Adult Services Program Consultant (AG), 804-726-7560; **Venus Bryant**, Administrative Specialist, 804-726-7533. If you are unable to reach your regional specialist, please feel free to contact another or call Venus in the Home Office.