



COMMONWEALTH of VIRGINIA
Department for the Aging

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March 13, 2012

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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.



12-115

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim Catherman
Director of Administrative Services

DATE: March 13, 2012

SUBJECT: Job Announcement – JABA Chief Executive Director Position

CHIEF EXECUTIVE OFFICER

JABA (Jefferson Area Board for Aging), located in Charlottesville, VA, seeks a dynamic, results-oriented Chief Executive Officer to lead the organization upon the retirement of its CEO of twenty-nine years as it faces the new challenges and opportunities of an aging society. JABA is an Area Agency on Aging serving Planning District 10 with over 100 employees, a combined operating budget of \$ 4.9 MM, and non-profit and for-profit affiliates. JABA is nationally-recognized for the quality of its innovative programs and diversified revenue base.

Qualifications include expertise in successfully managing a non-profit organization, preferably a large AAA; current, in-depth knowledge of intergenerational and aging issues; and outstanding communication skills. Bachelor's degree is required, master's preferred, in public or business administration, governmental studies or related field, or equivalent experience. Must have demonstrated the ability to work effectively with Board of Directors, volunteers, clients, a staff serving multiple regional locations, donors, and JABA's funding governments. Targeted hire date is January 2013. To apply, send resume to: jbivens@jabacares.org. A complete job description and organization chart may be found on www.jabacares.org. Please, no recruiters or applicant phone calls. JABA is an Equal Opportunity Employer.



12-116

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Disease Prevention and Health Promotion Coordinators

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

DATE: March 13, 2012

SUBJECT: Resources on Heart Disease and Stroke

The Virginia Heart Disease and Stroke Alliance recently developed two new resources:

- Heart Healthy Resources for Children and Youth: A Nutrition and Physical Activity Guide available at [Nutrition and Physical Activity Guide](#) (link). While this is a good resource for those working with children and youth, many of the resources and websites provided are applicable to other populations.
- Heart Attack and Stroke Emergency Protocol – document as follows

For more information about the Virginia Heart Disease & Stroke Alliance, go to:
www.vhdsa.org

Heart Attack and Stroke Emergency Protocol

FOR NON-MEDICAL FACILITIES AND LAYPERSON CPR

Lives can be saved with CPR training.

For information on CPR training, visit www.americanheart.org

or call 1-877-AHA-4CPR (1-877-242-4277).

Designated Personnel with CPR* Training: _____ ph _____ ph _____
 Designated Personnel with AED** Training: _____ ph _____ ph _____

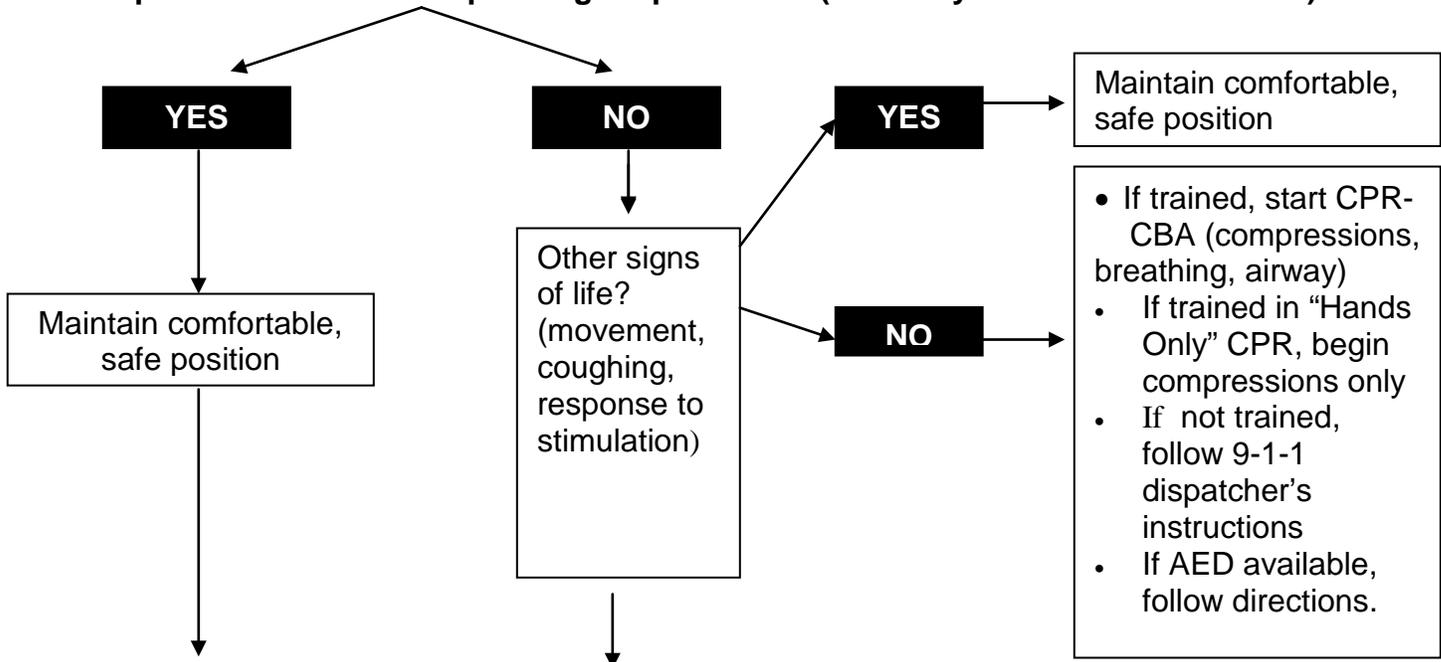
Warning Signs (May be some or all)

| Stroke | Heart Attack |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Sudden weakness or numbness in face, arm, or leg (especially on one side of the body) • Sudden dimness, blurring or loss of vision, particularly in one eye • Sudden loss of speech or trouble talking or understanding speech • Sudden, severe headache with no known cause - "The worst headache I've ever had" • Sudden dizziness, unsteadiness, or a sudden fall, especially if accompanied by any of the above symptoms | <ul style="list-style-type: none"> • Uncomfortable pressure, fullness, or squeezing pain in center of chest or rib cage, lasting more than a few minutes (may be mistaken for indigestion) • Pain spreading to shoulders, back, neck, jaw, or stomach • Shortness of breath with or without chest discomfort. • Other signs such as nausea, sweating or light headedness |

If a person has any of the above symptoms:

Call 9-1-1 (clear the area; have another person direct rescue squad to the scene).

Is the person awake and responding to questions? (What is your name? Count to 5.)



Facilitate Rescue Squad Transportation to Nearest Hospital

* Cardiopulmonary Resuscitation ** Automated External Defibrillator



12-117

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: James A. Rothrock, VDA Interim Commissioner

DATE: March 13, 2012

SUBJECT: Announcement of Webinar Series: Mental Health and Aging

Following is a flier announcing the webinars. Please share the information with your staff and other interested parties.

Thanks for your support.

Mental Health and Aging Training Initiative

Live Webinar Series

Register online - Free for all to attend

<http://worldeventsforum.blogspot.com>

These presentations are intended for staff from many levels, disciplines, and settings (both facility and home-based), including staff involved in providing long term care (e.g., nursing staff and administrators), as well as behavioral health staff who work with older adults. Additionally, staff from Adult Protective Services, home health, adult day healthcare, respite care, area agencies on aging, Emergency Department staff of acute care hospitals, hospital discharge planners, and others serving older adults could benefit from the training. All webinars will be recorded and posted for free access at the address listed above.

Tuesday, March 27, 2012, 1:30-2:30 pm EST

Community Partnerships: Ethical and Communication Issues for LTC Facility/Hospital Transitions and Effective Care Coordination

Panel:

Lora Epperly, RN, MSN and Beth B. Ulrich ACSW, LCSW (panelists); E. Ayn Welleford, PhD (moderator)

Objectives:

At the end of this presentation participants will have increased understanding related to:

- What pertinent information is required in the referral process
- Increased awareness of the definitions of dementia and associated problem behaviors
- Understanding of the problem solving process known as the 4-D approach
- Understand the need to utilize this comprehensive approach across the multi-disciplinary team.
- Understand the necessity of team-based approaches to safe transitions from one level of care to another.
- Understand the regulatory challenges facing LTC/SNF providers in care of residents with “behaviors.”

Wednesday, April 18, 2012, 1:30-2:30 pm EST

Psychiatric Emergencies: A Practical Guide for LTC Facility Staff

Panel:

Sarah W. Bisconer, PhD and Joan S. Thomas, LCSW, FACHE, CMC, LNHA (panelists); E. Ayn Welleford, PhD (moderator)

Objectives:

At the end of this presentation participants will understand how to respond to an acute psychiatric emergency in a long term care work setting. Participants will:

- Recognize “typical” situations that should prompt staff intervention
- Recognize specific symptoms of a psychiatric emergency
- Understand common causes of a psychiatric emergency
- Understand a “best practice” response to a psychiatric emergency
- Understand the role of Emergency Services and the Preadmission Screener
- Recognize acute situations and symptoms in several case example

Thursday, May 17, 2012, 1:30-2:30 pm EST

Pre-admission Screening of Older Adults with Cognitive Impairment: Considerations for Emergency Services Staff

Panel:

Elizabeth Kirkland, LCSW and Amy S. Powell, MS, LNHA (panelists); E. Ayn Welleford, PhD (moderator)

Objectives:

At the end of this presentation participants will learn:

- What unique characteristics of the LTC environment (e.g., frail elders at risk – safety/ liability concerns, staffing issues) need to be considered.
- Special challenges involved in treating older adults with acute mental health issues in the LTC environment (e.g., risk of possible harm or death to elders with dementia when certain psychotropic medications are used; psychiatric consultants/ providers may not be available to the facility or not available within a reasonable time period).
- Issues regarding diagnoses and behaviors relevant to older adults that psychiatric units must consider in their admissions decisions, in order for insurance to cover the hospitalization.

**These events are made possible through a grant from the Virginia Center on Aging's Geriatric Training Education Initiative and supported by the Center for Excellence in Aging and Geriatric Health, the Virginia Geriatric Mental Health Partnership, and the VCU's Department of Gerontology.*

worldeventsforum.blogspot.com



12-118

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: March 13, 2012

SUBJECT: Nutrition Director Meeting Materials

Following are further details for the April 5, 2012 meeting to be held for Nutrition Directors in Charlottesville.

It has been several years since this group met and in that time we have a number of new faces. In the spirit of getting to know each other, the morning will be devoted to introducing who you are and sharing what your nutrition program does well, nutrition program questions you have, and helping others with suggestions for operating and improving nutrition services. So, come prepared to share!

The afternoon will include an update on how monitoring will be conducted this cycle and information will be provided about reviewing menus, nutrient analyses, and meal pattern worksheets to ensure meals meet nutrition requirements. It is appropriate to invite your vendor or dietitian who plans and reviews your menus if they are available and wish to come.

I look forward to receiving your registrations and seeing you in Charlottesville! Please let me know if you have any questions at elaine.smith@vda.virginia.gov or 804-662-9319.

AGENDA

AAA Nutrition Directors Meeting & Training
Thursday, April 5, 2012
10:00 a.m. – 2:30 p.m.
Charlottesville

- | | |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:45 – 10:00 | Registration |
| 10:00 – 12:00 | Welcome and Introductions Sharing among AAA's facilitated by Kathy Miller and Elaine Smith |
| 12:00 – 12:30 | Lunch |
| 12:30 – 2:30 | Monitoring and Menu Review: How to make the best use of Meal Pattern Worksheets and Nutrient Analyses to ensure your meals meet nutrition requirements Elaine Smith and Maria Loh |
| 2:30 | Closing and Evaluation |

INFORMATION SHEET

AAA Nutrition Directors Meeting & Training

Thursday, April 5, 2012

10:00 a.m. – 2:30 p.m.

Charlottesville

Location: Virginia Department of Forestry Central Office, Fontaine Research Park, 900 Natural Resources Drive, Suite 800, Charlottesville. Telephone: (434) 977-6555. Directions and maps from Route 64 and from the hotel are attached.

Registration Form: Please mail, fax, or email the completed registration form to Elaine Smith at VDA by March 30, 2012, even if no one is able to attend from your agency. Contact information is 1610 Forest Avenue, Ste 100, Richmond, VA 23229, Fax 804-662-9354, Email elaine.smith@vda.virginia.gov .

Lunch: The building is somewhat remote from any lunch spots and time will not permit “lunch on your own”, so JABA’s catering service, Top Broccoli, will provide a variety of sandwiches, bottled water, chips, apples, and cookies for \$10/person, prepaid. Please send your checks made payable to JABA to Elaine Smith at the time of your registration. Sorry, lunches that are not prepaid by the March 30 deadline will not be available. If you wish, you may bring your own lunch.

Guest Rooms: If you need to stay overnight, we suggest the Fairfield Inn Charlottesville North, 577 Branchlands Boulevard, Charlottesville, (434) 964-9411. There is no block of rooms reserved, but when you call for reservations, be sure to ask for the state rate of \$93.00/night plus tax per person. A continental breakfast is available.

Morning Beverages: Feel free to bring your own coffee, water, or other beverages to the meeting.

Dress: Casual and comfortable.

Swap & Share

If you have information you wish to share, please bring 25 copies so each AAA and VDA can receive one copy of each item; we will have a table to display them.

Examples include: Menus – Nutrition Analysis; Activity Calendars; handouts – brochures – printed educational materials; innovative materials and best practices; policies and procedures such as:

- Weather related emergencies & other situations that affect service delivery
- Food server or employee health & hygiene
- Procedures for volunteers who deliver meals
- Program evaluation plans, including monitoring of subcontractors
- Any other policies or procedures

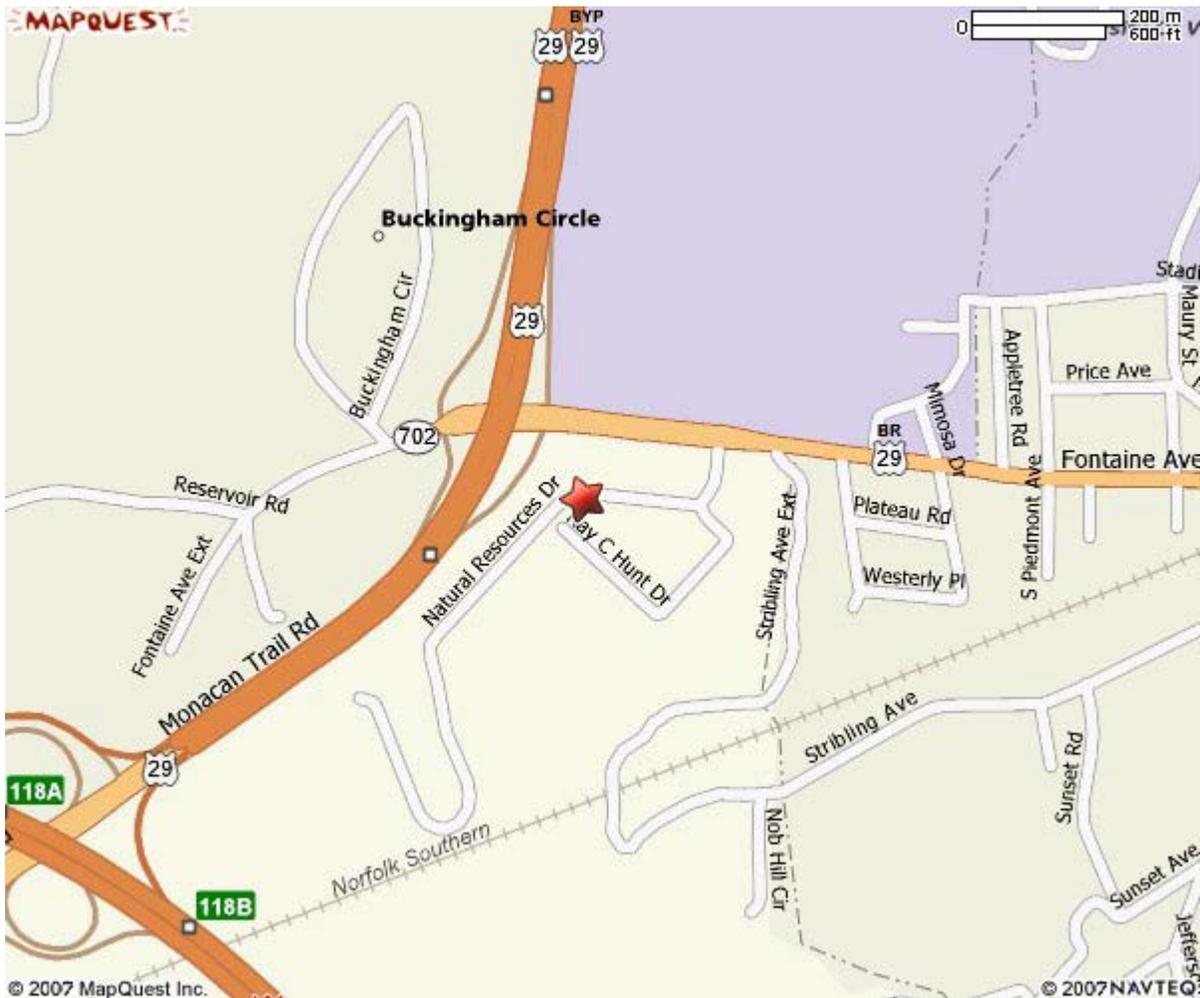


Directions to Virginia Department of Forestry

Fontaine Research Park
900 Natural Resources Drive
Suite 800
Charlottesville, Virginia 22903
Phone: (434) 977-6555

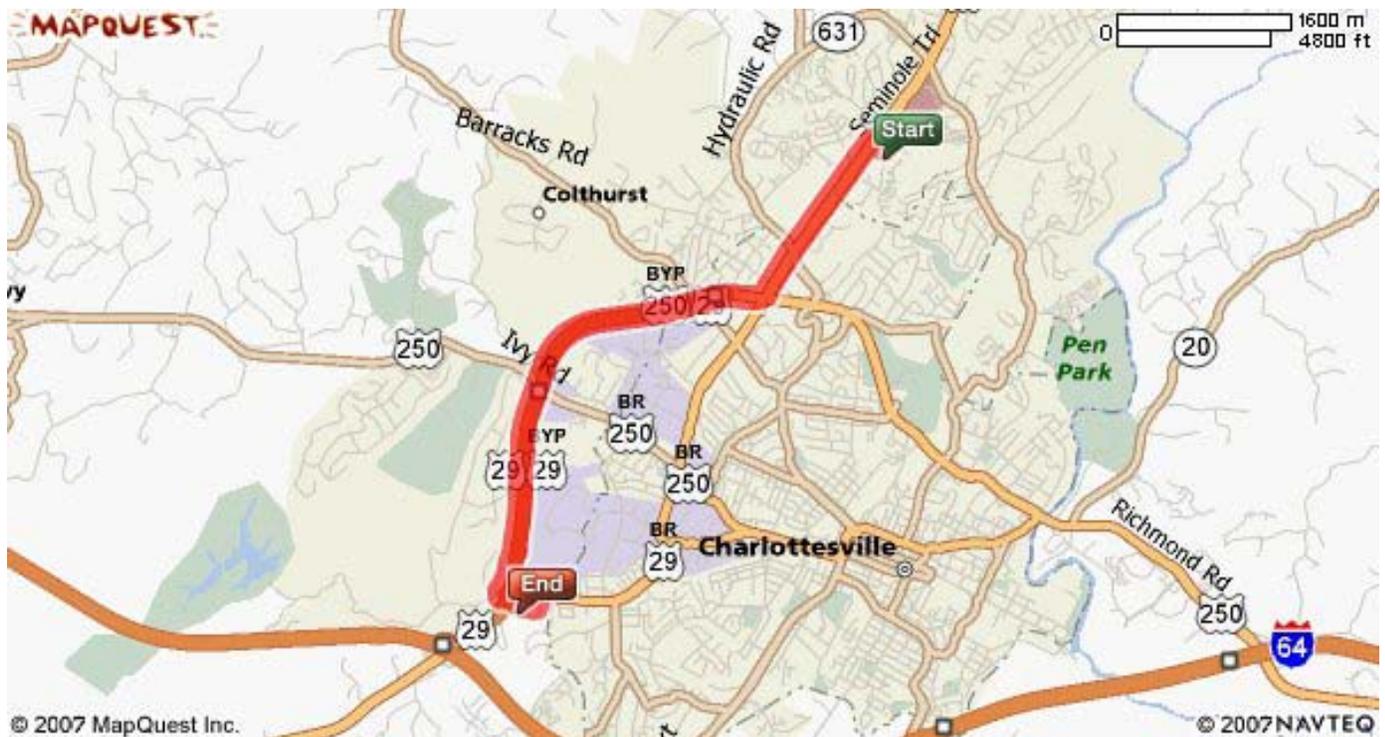
Directions from Interstate 64:

1. Take Exit 118B (Charlottesville/Culpeper) off I64.
2. Take the first exit (US29 Business).
3. At end of exit ramp, turn right onto Fontaine Ave and stay in right lane.
4. At traffic light, turn right onto Ray C. Hunt Drive.
5. At stop sign, turn right onto Natural Resources Drive. Stay on this road until you dead end at the Department of Forestry building.



Directions from Fairfield Inn
577 Branchlands Blvd
Charlottesville, VA 22901
Phone: 1 434-964-9411

1. Start out going Northwest on Branchlands Blvd toward US-29 N/Seminole Trail. (0.12 miles)
 2. Turn LEFT onto Seminole Trail/US-29 S. Continue to follow US-29 S. (1.34 miles)
 3. Merge onto US-29 S/US-29 BYP S toward I-64/ Lynchburg/ Staunton/ Richmond. (3.10 miles)
 4. Take the US-29 BUSINESS exit toward Charlottesville. (0.35 miles)
 5. Turn LEFT onto US-29 BR N/Fontaine Ave. (0.27 miles)
 6. Turn RIGHT onto Ray C Hunt Dr. (0.07 miles)
 7. Turn RIGHT to stay on Ray C Hunt Dr. (0.11 miles)
 8. End at Department of Forestry building.
- Total Estimated Time: 8 minutes
Total Distance: 5.37 miles





COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau

DATE: March 13, 2012

SUBJECT: Virginia Caregiver Coalition, National Family Caregiver Support Program and Lifespan Respite

The Virginia Caregiver Coalition (VCC)

The VCC will meet on Thursday, March 15, 2012 at 9:30 A.M. at the Virginia Department for the Aging Conference Room. Attendance will be available at a variety of video conference locations. Steve Ankiel of the Virginia Department of Health will be presenting on the various Medicaid waiver programs and Commissioner Rothrock will be addressing the group. For further information, please contact Ellen Nau at 804-662-9340.

CBERS

The state agencies of the Health and Human Resources secretariat are once again teaming up to bring the popular **CBERS (Community-Based Emergency Response Series)** training to various communities throughout the Commonwealth. This year's topic is ***Strategies to Support People with Dementia during Emergencies in Congregate Care Facilities***. Nursing Home, Assisted Living Facility, Adult Group Home, and Day Care Center managers with roles in emergency response, including executive directors, activity coordinators, and safety officers will benefit from this training. This **free** half-day training event is being held in eight locations throughout the Commonwealth this spring. An informational flyer is attached.

Beard Center on Aging Annual Conference May 22, 2012

Aging Well in Mind, Body and Spirit Four learning tracks will be available: Positive Aging, Advocacy, Alzheimer's Disease and Related Dementia, Professional Development. A conference brochure is attached.

Google Policy by the Numbers

Family Caregiving by the Numbers 'Family Caregiving: A huge and neglected challenge'
<http://policybythenumbers.blogspot.com/2012/02/family-caregiving-huge-and-neglected.html>

The article offers several suggestions to make caregiving easier for families and cites a variety caregiver information data.

The AARP Public Policy Institute has released a new paper, *A Call to Action: What Experts Say Needs to Be Done to Meet the Challenges of Family Caregiving*. The paper highlights policy recommendations from an AARP Solutions Forum and summarizes 10 common themes from the work of 10 leading authors examining family caregiving today. Please access the article from this link:
<http://www.aarp.org/relationships/caregiving/info-02-2012/Call-to-Action-What-Experts-Say-Needs-to-Be-Done-to-Meet-the-Challenges-of-Family-Caregiving-AARP-ppi-ltc.html>

Important Report on Multiple Sclerosis (MS) Caregivers

This report, researched by the National MS Society, the National Alliance for Caregiving and the Southeastern Institute of Research, Inc., and supported by SANOFI can be located at: http://www.caregiving.org/pdf/research/MSCaregivers2012_FINAL.pdf

DATA REPORT

To read more about poverty in Virginia and social safety net programs developed to assist individuals and families at all income levels, please visit our website: <http://www.coopercenter.org/demographics> for two companion papers, interactive maps, and an interactive timeline of the history of the social safety net.

News from and for the Disability Network

The *ARCH National Respite Locator* has been enhanced and updated, check it out at: [ARCH National Respite Locator](#)

Living at Home with Arthritis, part of the Family Caregiver Support Webinar Series sponsored by Home Instead Senior Care, will take place next Wednesday, March 14. *This webinar is open to all and includes free CEUs.* **Learn more and register** – click here.

“Strategies for Creating Accessible Gardens”, is a NYS Department of Health, Disability and Health Program sponsored webinar scheduled for March 22, 2012 from 1:00 p.m. to 2:00 p.m. Access:
<https://nysdoh.webex.com/nysdoh/k2/j.php?ED=169669447&UID=1293171307&HMAC=632bbe93416a3f2d03e140b58244a0c559bf78c2&RT=MiMxMQ%3D%3D&FM=1>

Audio only:

Toll free #: 1-866-394-2346

Access code: 689676192

For further information, contact [Theresa Paeglow](#) at the New York State Department of Health
518-474-2018

“Healthcare Access for Persons with Disabilities” is a web-based training program that includes the World Institute on Disability (WID) Access to Medical Care DVDs. These DVDs are available for loan from the Health Promotion for People with Disabilities Project. Contact Monica Uhl at muhl@vcu.edu. These web-based trainings have been designed for physicians, registered nurses, certified health education specialist, and others who care for persons with disabilities or have an interest in caring for persons with physical, sensory, and developmental disabilities. For further information on the web-based trainings contact: Susan M. Havercamp, Ph.D. Tel.: 614.247.6629 Email: Susan.Havercamp@osumc.edu

2012 List of Special Needs and Inclusive Camps

www.peatc.org

800.869.6782

Sportable Hosts Paratriathlon Clinic- March 24th St.Catherine’s School

The sports covered will include swimming, running, wheelchair racing, cycling, and hand cycling. For further information, contact: Becky Lehman

Becky@sportable.org

Brain Injury Prevention Program

Amanda Davani, Outreach and Education Coordinator, Injury Prevention Program, Division of Prevention and Health Promotion at the Virginia Department of Health will be offering training throughout the Commonwealth. Training information is customized to match the audience, which includes a wide spectrum, from local recreation league parents, college students, non profits, to medical professionals, and everything in between. For further information, contact Amanda at 804-864-7734. The VDH Injury Prevention Program works to prevent the leading causes of fatal and non-fatal unintentional injuries in Virginia.

Federal Traumatic Brain Injury (TBI) Grant is sponsoring its 2nd Annual Caregiver Forum at the Hilton Garden Inn at Innsbrook in Richmond entitled; We Walk Together; on Saturday,

April 21, 2012, from 10:00 a.m. to 3:00 p.m. The event is free but space is limited.

Please contact Kristie Chamberlain, Program Specialist, via e-mail at

Kristie.Chamberlain@drs.virginia.gov or call at 800/552-5019 to register or for more information.

A Practical Guide to Respite for your Family is a comprehensive resource for families of children and youth with disabilities. This guide provides an array of information including: exploring respite options, finding respite in your community, checking out agencies *A Practical Guide to Respite for your Family* and community

respite sites, learning about your respite provider, considerations for hiring your own respite provider, and user-friendly forms to copy and use for your family. To receive your FREE copy, contact Monica Uhl at 804-828-8587 or muhl@vcu.edu. Agencies can request multiple copies as needed.

From Christy Jensen, Chair of the Virginia Caregiver Coalition!

On behalf of the **Center for Excellence in Aging, the Geriatric Mental Health Partnership, and the VCU Department of Gerontology**, I hope you will join us for the upcoming series of live webinars addressing **behavioral health needs of the growing aging population**. This training series will consist of one-hour slide presentations followed by Q&A sessions, all moderated by Dr. E. Ayn Welleford, Chair of VCU's Department of Gerontology. Additional information on this series, including panelist and moderator bios, learning objectives, materials and resources, and access to the free registration are available at <http://worldeventsforum.blogspot.com>

Spinal Cord Injury Association of Virginia – Monthly Meeting

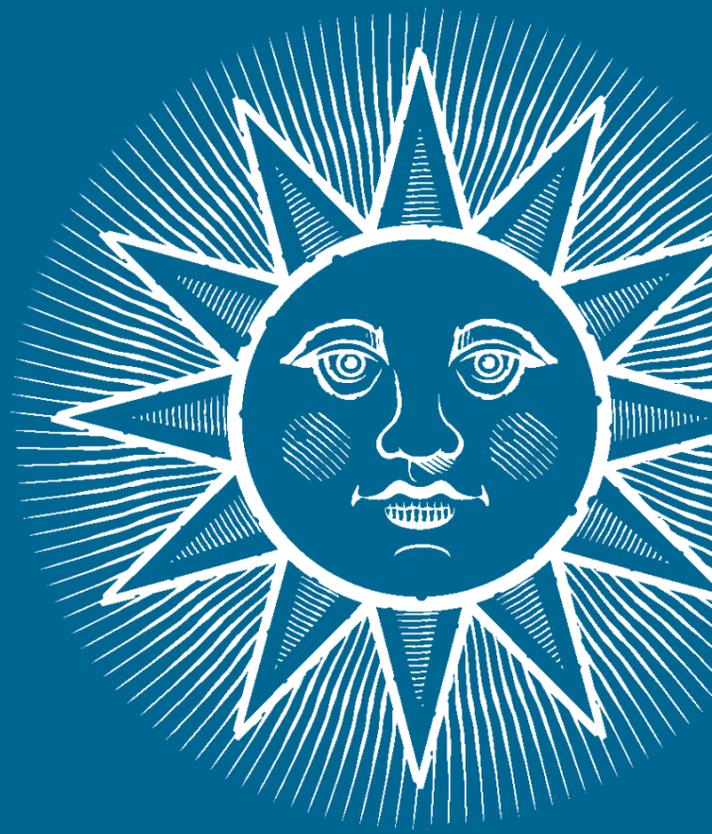
Tuesday, March 20, 2012, 5:30 P.M. HealthSouth Rehab Hospital of Virginia
5700 Fitzhugh Avenue Richmond, VA 23226

Dream Adaptive Outdoor Activities Presented by Mark Andrews M.Ed. Founder and Executive Director of Therapeutic Adventures, Inc.

Lynchburg College Beard Center
and Consortium on Aging

WORKING TOGETHER
TOWARD A COMMUNITY
FOR ALL AGES

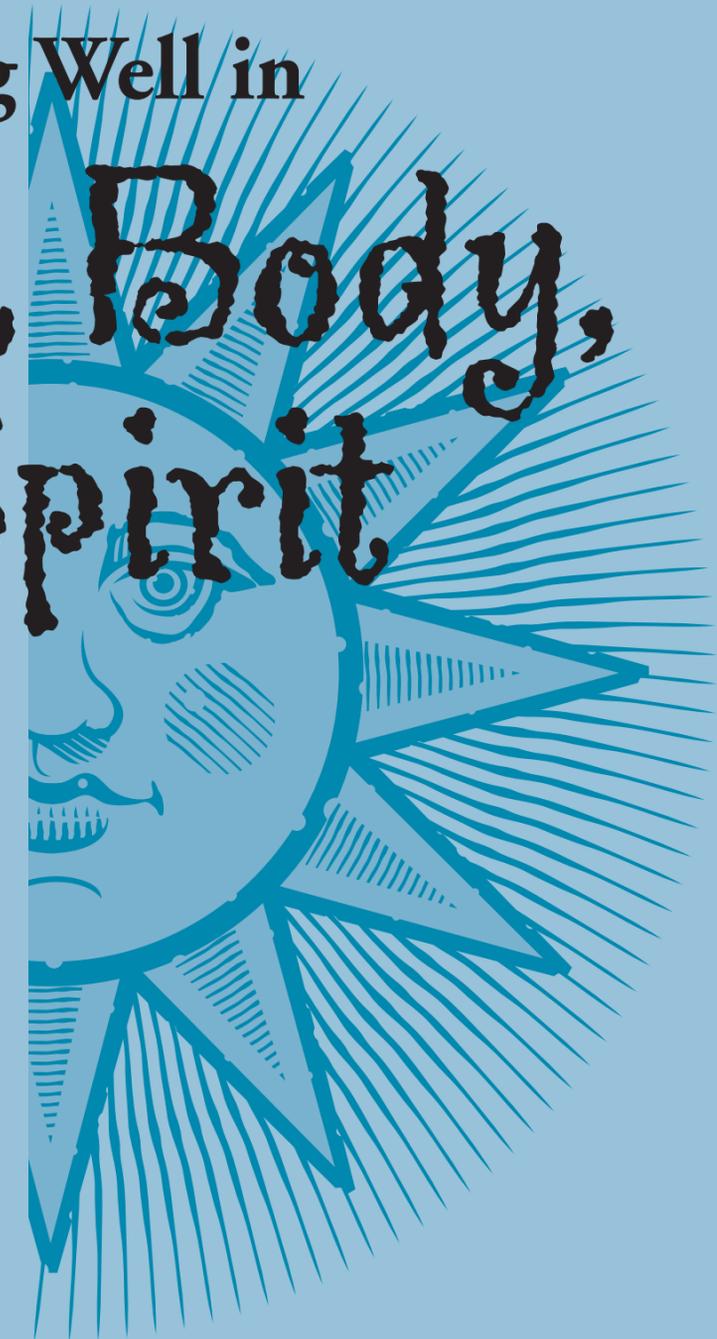
*Through community service, individual support
and referral, leadership, and education*



Aging Well in
**Mind, Body,
& Spirit**

MAY 22, 2012

PRESENTED BY THE BEARD
CENTER ON AGING AT
LYNCHBURG COLLEGE
IN PARTNERSHIP WITH THE
CENTRA FOUNDATION, CENTRA
MENTAL HEALTH SERVICES,
AND CENTRA REHABILITATION
AND SENIOR CARE SERVICES



30% PCW

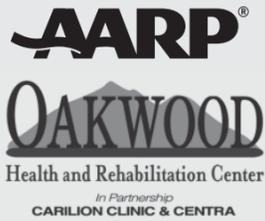
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1501 LAKE SIDE DRIVE LYNCHBURG, VIRGINIA 24501-3113



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MEDICAL CARE CENTER



KEYNOTE SPEAKERS



9:15-10:15 a.m.

The Golden Years: Managing the Challenges of Aging

PETER BETZ, M.D.

As we age, our brain changes, and we may experience mental health issues that create challenges for us and our family members. Dr. Peter Betz, geriatric psychiatrist and medical director for Centra's Senior Psychiatric Program, will discuss mental health changes such as depression and dementia that commonly affect the older population. He will also talk about overcoming barriers to treatment and integrated treatment options, including behavioral interventions that minimize the use of medications. Dr. Betz earned his medical degree at the Medical College of Georgia and completed his internship, residency, and fellowship in geriatric psychiatry at John Hopkins Hospital in Baltimore, Maryland.



3:45-4:45 p.m.

The Art of Aging Gracefully

NIKKI GIOVANNI

World-renowned poet, writer, commentator, activist and educator, Nikki Giovanni shared her "Aha Moment" about discovering herself as "old" on Oprah.com. Until age fifty-eight, she still thought herself as a hip, young woman. She will share her personal stories, thoughts, and wisdom on aging and aging gracefully. Early in her career she was dubbed the "Princess of Black Poetry." She is now listed as a "National Treasure" and one of Oprah Winfrey's twenty-five "Living Legends." She has been recognized as Woman of the Year (*Ladies Home Journal and Ebony*) and has received the Rosa L. Parks Woman of Courage Award and the Langston Hughes Medal for poetry. Ms. Giovanni, now seventy years old, is the author of more than thirty books and a contributor to "Audacious Aging," a book which shares thought-provoking stories about aging and audacity, while challenging ageism.

LODGING INFORMATION



Wingate by Wyndham
3777 Candler's Mt. Road, Lynchburg
888.494.6428
www.wingatehotels.com

Special Conference Room Rate: To ensure receiving the special group rate of \$99.99 per night plus tax, register before **May 1, 2012** and identify yourself as an attendee of the Lynchburg College Conference on Aging. Rate includes a 40-item breakfast.

Acorn Hill Lodge
2134 Old Forest Road, Lynchburg
www.acornhilllodge.com

A limited number of rooms are available at a rate of \$95/night plus tax. Identify yourself as an attendee of the Conference on Aging.



Craddock Terry Hotel and Event Center
1312 Commerce Street, Lynchburg
434.455.1500
www.craddockterryhotel.com

Special Conference Room Rate: A limited number of rooms are available for \$149/night plus tax. Register before **May 1, 2012** and identify yourself as an attendee of the Lynchburg College Conference on Aging.

FOR ADDITIONAL INFORMATION

Contact Denise Scruggs at scruggs.dr@lynchburg.edu or call 434.544.8456. Conference information, a registration form, and online registration is also available at www.lynchburg.edu/beard.

The conference will be held at Lynchburg College's Schewel Hall, the institution's academic and performing arts building. Facilities include a large lobby for receptions and gatherings, several meeting and study rooms, and Sydnor Performance Hall, a performance and lecture hall.

THE LYNCHBURG COLLEGE BEARD CENTER ON AGING

Named in honor of Lynchburg College alumna and gerontologist Belle Boone Beard, the Center reflects the institution's commitment to understanding and addressing issues of aging and the needs of older citizens. The Center offers educational programs promoting positive aging and provides information and referral services to the community including family caregiver training, Alzheimer's disease and dementia training through the National Council of Certified Dementia Practitioners, aging sensitivity training, and an annual conference on aging.

Special emphasis is placed on community education and outreach involving students and faculty with older individuals in Central Virginia. Students are directly involved in research initiatives, meaningful community outreach, educational programs, and professional conferences which help them develop an understanding of aging as a life-long process. They also develop skills that prepare them for the many career opportunities emerging as a result of the growing elderly population.

In addition, the Center works with ninety agencies, individuals, and organizations within Region 2000 to promote a community for all ages while increasing awareness of and addressing the needs of the local aging population.

PROGRAM TRACKS

Positive Aging Topics include staying connected with your family through technology, fall prevention, developing and maintaining a positive attitude in the new year, aging well, managing medications safely, overcoming adversity, and mindful eating.

Advocacy AARP is offering programs that will help individuals and professionals advocate for older citizens and causes that address the needs of older adults. Programs include Grassroots Tactics for Garnering Support for Your Cause, Advocacy 101, and Legislative Advocacy.

Alzheimer's Disease and Related Dementia Topics include Ethics and Dementia, the status of the newest state and federal policy efforts, and a look at benefits.

Professional Development Topics include geriatric care management, non-profit fundraising, palliative care and hospice, breaking bad news, aging in a culturally diverse society, compassion fatigue, faith communities at work, and marketing your non-profit.



2011-2012 CONSORTIUM MEMBER LIST

| | |
|-----------------------------------------------------------------------------------|-----------------------------------------------|
| AARP Virginia | Guggenheimer Health and Rehabilitation Center |
| Acupuncture Wellness Center, LLC | Heritage Green Assisted Living |
| Adult Care Center of Central Virginia | Home Instead Senior Care |
| Aging Simply...A Road Map for Boomers | Hospice of Virginia |
| Alzheimer's Association of Central and Western Virginia | Independent Lifestyles |
| Avanté of Lynchburg | Infinity Care Management of Virginia |
| Beard Center on Aging at Lynchburg College | Lake Christian Ministries |
| Bedford Community Health Foundation | Lynchburg Area Villages |
| Bedford County Department of Social Services-A.P.S. | Lewy Body Dementia Support Group |
| Bedford Hospice Care | Lynchburg Area Center for Independent Living |
| Bedford Memorial Hospital | Lynchburg Area Village |
| Bedford Parish Nurse Ministry, Inc. | Lynchburg City Department of Social Services |
| Bentley Commons of Lynchburg | Lynchburg City Parks and Recreation |
| Brain Injury Association of Virginia | Lynchburg College |
| Campbell County Department of Social Services | Lynchburg Family Medicine Residency |
| Care OPTIONS Plus, LLC | Meals on Wheels |
| Carilion Clinic Center for Healthy Aging | Medical Care Center |
| Caring Transitions | Mental Health America of Central Virginia |
| Center for Community Development and Social Justice at Lynchburg College | McGurk House |
| Center for Restorative Care and Rehabilitation | Oaks of Lynchburg |
| Centra Home Health | Oakwood Health and Rehabilitation Center |
| Centra Hospice | Older Adults Ministries-Lynchburg |
| Centra Mental Health Services | District United Methodist Church |
| Centra PACE | Personal Home Care, Inc. |
| Centra Rehabilitation Service | Piedmont Health Care, Inc. |
| Centra Specialty Hospitals | Retired Senior Volunteer Program |
| Central Virginia Area Agency on Aging | Runk and Pratt |
| City of Danville-Department of Parks, Recreation, and Tourism | Senior Independence |
| CogniCheck, Inc. | SeniorNavigator.com |
| Commonwealth Council on Aging-Don Thorne, 6 th District Representative | Senior News |
| Commonwealth Construction and Restoration | Servus Capital Management |
| Deaf and Hard of Hearing Service Center | Seven Hills Home Health |
| Elks National Home | Seven Hills Hospice |
| Fairmont Crossing Health and Rehabilitation Center | Senior Lifestyle Concierge |
| First Care Home Health | Summerset Senior Services, LLC |
| First Dominion Home Health | The Glebe |
| Full House Health Management | The Orthopedic Center of Central Virginia |
| Generation Solutions, Inc. | The Scrub Shoppe |
| Genworth Financial | The Summit Assisted Living |
| Gentle Shepherd Hospice | The Summit Independent Living |
| Golden Years Guide of Central Virginia | The Summit Health and Rehabilitation Center |
| GS Medical Supply | Timberlake Christian Church |
| | Towne Bank Mortgage |
| | United Way of Central Virginia |
| | Universal American |
| | Valley Compounding Pharmacy |
| | Valley View Retirement Community |
| | Westminster Canterbury of Lynchburg |
| | Woodhaven Nursing Home |

INDIVIDUAL MEMBERS:

Sandy Lovelace-Becton
Yvonne Behrens
Gretchen Bryant
Kimberly Smith Ferguson
Kay Fielder
Lucius Johnson
Ms. Bruce Quick
Joyce Morrison
Martha Norman, R.N.
Susan Oliver, Esq.
Fumiko Radile
Phillip Rosser
Mike Steryous

Join the Consortium on Aging

On January 1, 2011, an estimated 8,000 baby boomers turned sixty-five years of age, according to AARP. This trend will continue every day until 2030 when the youngest baby boomers reach age sixty-five. Globally, this will impact every community, family, and business. Do you want to make a difference and help to prepare for this age wave? Do you want to keep abreast of current research and developments related to our aging population? Or do you want to network with other professionals and participate in discounted educational programs? If so, consider joining Region 2000's Consortium on Aging. Business and organizational memberships are available on a sliding-scale fee based on size of the organization and non-profit status. Individual memberships are also available to persons who are not affiliated with an agency or organization. The membership year runs from March 1 to February 29. For additional information, contact the Beard Center on Aging at 434.544.8456 or go to www.lynchburg.edu/beard.

PROGRAM PROJECT LEARNING OBJECTIVES

- To provide a high quality educational experience throughout the one-day conference with speakers who have experience working with the aging population
- To provide a wide variety of positive aging topics
- To meet educational objectives as reflected by evaluations
- To offer participants the opportunity to network and learn more about aging services available in the community
- To make the conference affordable for registrants through low conference fees and scholarships

CONFERENCE INFORMATION

The conference will focus on issues related to the Mind, Body, and Spirit. Programs will include:

- 10:45-11:45 a.m.**
- Internet Options for Staying Connected with Family and Friends**
Samantha Foster, SPT, Lynchburg College
James Lai, SPT, Lynchburg College
Lauren Thomas, SPT, Lynchburg College
- Geriatric Care Management: Wave of the Future**
Beverly Craft, R.N., B.S. Health Administration, CMC, CDP, CEO, Care OPTIONS Plus, LLC
- Ethics and Dementia**
Michael Gillette, Ph.D., President, Bioethical Services of Virginia
- Advocacy 101: Legislative Advocacy**
Peter J. Goldin, J.D., Associate Director of Federal Advocacy, AARP Virginia
- The Role of Dizziness in Fall Prevention**
Diane Wrisley, PT, Ph.D., NCS, Associate Professor, Doctor of Physical Therapy Program, Lynchburg College
- The Upside of Down: Lessons Learned from the Global Financial Meltdown & How to Fundraise in a Down Economy**
Alan R. Hutson, Jr., M.P.A., CFRE, Principal, The Monument Group, Inc.
- The Power of a Positive Attitude**
Annette Clark, Gerontologist and Family Services Director, Alzheimer's Association Central and Western Virginia Chapter
- The Older Driver**
Verna Sellers, MD, MPH, CMD, Geriatrician and Medical Director, Centra PACE
- 1-2 p.m.**
- The Status of Dementia-Focused Public Policy Efforts: A Look at Virginia's Dementia State Plan and the National Alzheimer's Project Act**
Charlotte Arbogast, C.D.P., MSG, Virginia Alzheimer's Disease and Related Disorders Commission
Martha S. Watkins, Vice Chair, Virginia Alzheimer's Disease and Related Disorders Commission
- Age Well in a Nutshell**
E. Ayn Welleford, MSG, Ph.D., Associate Professor and Chair, Virginia Commonwealth University, Department of Gerontology

(continued next page)

SCHEDULE OF EVENTS *

- 8-9 a.m.**
Registration
- 9-9:15 a.m.**
Welcome and Announcements
- 9:15-10:15 a.m.**
Keynote Address
- 10:15-10:45 a.m.**
Poster Sessions, Refreshment Break, Educational Exhibits
- 10:45-11:45 a.m.**
Concurrent Sessions
- 11:45a.m.-1 p.m.**
Conference Luncheon, Burton Dining Hall
- 1-2 p.m.**
Concurrent Sessions
- 2-2:30 p.m.**
Poster Sessions, Refreshment Break, Educational Exhibits
- 2:30-3:30 p.m.**
Concurrent Sessions
- 3:30-3:45 p.m.**
Break
- 3:45-4:45 p.m.**
Keynote Address

The exhibit hall will be open throughout the conference. New exhibitors are welcome and encouraged to contact the Beard Center on Aging at Lynchburg College for additional information about exhibiting opportunities.

* The complete schedule, registration form, and directions to the College are available on the College website at www.lynchburg.edu/beard.



CONFERENCE INFORMATION *(continued)*

- **Palliative Care and Hospice: A Journey of Hope**
Patricia Pletke, M.D., Medical Director, Centra Hospice
Tammy Anderson, LCSW, MSW, ACHP-SW, ACM, Palliative Care/Oncology Clinical Social Worker, Centra
 - **Legislative Advocacy**
Peter J. Goldin, J.D., Associate Director of Federal Advocacy, AARP Virginia
 - **Managing Medications Safely**
Gene Erb, Pharm.D., President, Generation Solutions, LLC
 - **Overcoming Adversity**
Nikki Giovanni, Poet, Public Speaker, and Professor, Virginia Tech
 - **Breaking Bad News**
Dean Gianakis, M.D., ABIM, Associate Program Director, Lynchburg Family Medicine Residency
 - **Prepare to Care: Developing a Caregiving Plan for Your Family**
Suzanne LaFollette-Black, Associate State Director-Community Outreach, AARP-North Carolina
- 2:30- 3:30 p.m.**
- **A Look at Benefits: A Panel Discussion on Social Security and Aid and Attendance Benefits**
Alan Barrow, Public Affairs Specialist, Social Security Administration
Naomi "Felicia" Linthicum, Veterans Claim Agent, Virginia Department of Veterans Services
 - **Aging in a Culturally Diverse Society**
Tracey Gendron, Master's of Gerontology, Ph.D candidate, Assistant Professor, Virginia Commonwealth University
 - **Compassion Fatigue**
Mark Beck, M.Ed., LPC, Centra Lynchburg General Hospital Emergency Department
 - **Grassroots Tactics for Garnering Support for Your Cause**
Peter J. Goldin, J.D., Associate Director of Federal Advocacy, AARP Virginia
 - **Faith Communities at Work: Serving Our Aging Population**
Rev. C. Randall Harlow, Director of Older Adult Ministries, Lynchburg District, United Methodist Church
 - **Marketing Your Non-Profit**
Alan R. Hutson, Jr., MPA, CFRE, Principal, The Monument Group, Inc.
 - **Mindful Eating: Being Present in Mind, Body, and Spirit to Feed Yourself with Respect and Honor for Optimal Health**
Jeanie Redick, Board Certified Nutritionist, Certified Integrative Health Coach and Owner, Eat for Life
 - **Recreating the Dream**
Teresa Moore, MD, Writer, Speaker, Consultant, and Family Physician, Centra Southside Physician Services

Alzheimer's and Dementia Training Opportunities

Alzheimer's disease and dementia classes are now available through the Beard Center on Aging. Whether you are interested in learning more about dementia or considering working toward national certification as a dementia practitioner, contact Denise Scruggs, approved NCCDP instructor and Certified Dementia Practitioner, at 434.544.8456 or at scruggs.dr@lynchburg.edu for additional information. Classes may also be taught on site. Discounts are available for Consortium on Aging members; for organizations registering THREE or more participants for the same class; and for agencies and organizations interested in hosting a class at their facility.

CONFERENCE FEATURES

Poster Sessions

Join us for poster sessions to learn more about current research conducted in the field of aging. Conference attendees will have the opportunity to meet and talk with the researchers.

CogniCheck Memory Screening Demonstration

Clinical neuropsychologists, W. David Crews Jr., Ph.D. (founder and president of CogniCheck, Inc.) and David W. Harrison, Ph.D. (senior consultant to CogniCheck, Inc.) will demonstrate the CogniCheck Memory screening tool and discuss the benefits of early intervention. The tool provides individuals the opportunity to conduct a memory screening in the privacy and comfort of their homes and can be accessed at www.CogniCheck.com. The CD-ROM-based version which requires no Internet connection can be obtained by calling 1.888.547.9341.

Free Health Screenings

How healthy are you? Come to this year's health screenings to have your vital signs checked, find out your fitness level relative to other individuals your age, determine your balance and coordination, and develop a plan for your future health. Local clinicians and students will assist you through the screenings and help you determine your fitness levels!

Silent Auction

To raise funds for conference scholarships, a silent auction will be held throughout the day. The auction features items generously provided by Consortium on Aging members and local businesses.

REGISTRATION FORM

Early Registration Deadline: May 7, 2012

Note: Registrants may also apply online at www.lynchburg.edu/beard.

Mail to: Beard Center on Aging at Lynchburg College, 1501 Lakeside Drive, Lynchburg, VA 24501

CONTINUING EDUCATION CREDITS (CEU's)

Persons attending the entire conference and who meet the requirements for CEU's can earn .5 CEU credits from Lynchburg College. The fee is an additional \$15.

Last Name _____ First Name _____

Company/Organization _____

Phone _____ Fax _____

Street Address _____

City _____ State _____ Zip _____

E-mail _____

* Professional certification/license number, or social security number is required on conference day for CEU application.

Please check the appropriate box(es) below and submit fees, as noted, with registration form by **May 7, 2012 for early registration discount**. Registrations submitted after the early registration deadline (May 7) must include an additional \$25 as noted below. *Workshops will be filled on a first-come, first-serve basis. Registration deadline is **May 17, 2012**.*

- Member, Gerontology Center Consortium (includes lunch) \$60
 Non-member, Gerontology Center Consortium (includes lunch) \$75
 Full-time student or senior citizen (includes lunch) \$40

Optional Fees

- I would like contact hours or CEU's for the conference.* \$15
 Lunch only \$20
 Registration submitted **after May 7, 2012** early registration deadline, ADDITIONAL \$25

Total Amount Enclosed \$ _____

(check or money order payable to Beard Center on Aging at Lynchburg College)

OR

Total to be billed to purchase order number \$ _____ (P.O.)*

OR

Credit Card Payment by telephone or online***.

** Purchase order billing must be processed through the Center for approval. Call 434.544.8456.

*** Credit card and debit card payments must be called in to 434.544.8456 or submitted with registration online at (www.lynchburg.edu/beard)

SCHOLARSHIPS

A limited number of scholarships are available for seniors and professionals to help cover partial cost of conference registration. To be considered for a Conference scholarship, call 434.544.8456.

Please see back of registration form for consortium members.

PLEASE INDICATE YOUR SELECTIONS BY CHECKING ALL THAT APPLY TO YOU.

- Full Conference
 Lunch only

CONCURRENT SESSIONS

If you are registering for the conference, please indicate which concurrent session you want to attend for each time period by checking the appropriate box(es) below. Please check only one box for each session. For additional information about programs, go to www.lynchburg.edu/beard or call 434.544.8456 to receive a copy of the program descriptions in the mail.

10:45-11:45 a.m.

- Internet Options for Staying Connected with Family and Friends
 Geriatric Care Management: Wave of the Future
 Ethics and Dementia
 Advocacy 101
 The Role of Dizziness in Fall Prevention
 The Upside of Down: How to Fund Raise in a Down Economy
 The Power of a Positive Attitude
 The Older Driver

1-2 p.m.

- The Status of Dementia-Focused Public Policy Efforts
 Age Well in a Nutshell
 Palliative Care and Hospice: A Journey of Hope
 Legislative Advocacy
 Managing Medications Safely
 Overcoming Adversity
 Breaking Bad News
 Prepare to Care

2:30-3:30 p.m.

- A Look at the Benefits: Social Security and Aid and Attendance Benefits
 Aging in a Culturally Diverse Society
 Compassion Fatigue
 Grassroots Tactics for Garnering Support for Your Cause
 Faith Communities at Work: Serving Our Aging Population
 Marketing Your Non-Profit
 Mindful Eating
 Recreating the Dream

CBERS



Strategies to Support People with Dementia During Emergencies in Congregate Care Facilities

Free half-day seminar, 8:30 AM – noon for:

- Nursing Homes
- Assisted Living Facilities
- Adult Day Care Centers
- Group Homes

Includes take-home templates for local facility practice sessions

Participants will learn how to:

- Take dementia into account when resolving emergencies
- Plan for continuing operations during emergencies
- Identify gaps in facility emergency operations plans
- Describe best practices for in-place sheltering and evacuation

2012 Dates/Locations:

- April 5 Hanover
- April 19 Virginia Beach
- April 20 Newport News
- April 25 Chesterfield
- April 26 Fredericksburg
- May 1 Abingdon
- May 2 Roanoke
- May 24 Bridgewater

To register and learn more, follow this link:

CBERS 2012

Or register on TRAINVirginia at <https://va.train.org> (enter course ID # 1032102)

Registration questions?
Contact Brad Bradley at
VA_Admin@train.org
or 804-864-8233

Program questions?
Contact Nancy Fones at
Nancy.fones@vdh.virginia.gov
or 703-934-0624