



## VDA WEEKLY E-MAILING

April 9, 2013

### Table of Contents

[Single Best Thing You Can Do For Your Health – Link to Video](#)

[National Alliance for Caregiving Quarterly Webinar](#)

[Background Information on Marta Keane, New Executive Director at JABA](#)

[2013 Virginia State Paratransit Roadshow](#)

[CLP 1 Closeout Memo and Template](#)

[Older Virginians Month Proclamation and Events](#)

### Single Best Thing You Can Do For Your Health –

Interesting video featuring Dr. Mike Evans!

*Elaine Smith, MS, RD, Program Coordinator*

Here is a link to a video that might not be targeted specifically to seniors, but interesting for staff and anyone concerned about maintaining or improving his/her health.

[Click Here](#)

### National Alliance for Caregiving Quarterly Webinar

*Ellen M. Nau, MA, Program Coordinator*

The National Alliance for Caregiving Quarterly Webinar will be held on April 30, 2013 at 3:00 P.M. During the webinar you will learn more about the BRAVE Awards, a unique international program designed to honor non-professional caregivers, celebrating the impact they have on others and our society. Recipients of a 2013 BRAVE Award each receive \$10,000. Click [here](#) if you want to read more about it.

Note: The web links in this document may change over time. DARS-VDA 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.

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The 7<sup>th</sup> Annual National Conference for Caregiving Coalitions which was a great success. Two scholarship award recipients will share what they learned during the conference and how they want to apply these lessons learned to their coalition.

Natalie Highsmith will give an update of activities at CMS and Amy Friedrich-Karnik, Legislative Consultant, National Alliance for Caregiving will discuss current legislative initiatives.

To register go to: <http://www.webcaster4.com/Webcast/Page/9/1284>

## Background Information on Marta Keane

### Executive Director of JABA

*Tim Catherman, Director, Aging Operations*

Last week, the JABA Board of Directors named Marta Keane as the new CEO. She was selected in part because of her extensive prior experience. Please join me in welcoming Marta Keane as one of Virginia's new AAA Executive Directors.

A career-long healthcare industry professional with more than 26 years experience primarily focused on elders, Keane came to JABA from Encore Healthcare, LLC, where she was vice president of Rehab and Wellness. Prior positions include president of healthcare consulting firm, The Strategies Group, LLC, and region vice president, Contract Rehab Division for NovaCare, Inc.

A sought-after speaker and writer, Keane has been a guest lecturer at the University of Virginia and James Madison University; invited speaker for the American Society on Aging and the World Future Society, and at skilled nursing and assisted living facility conferences. She has been an invited author on elder issues for the Christian Science Monitor, among other publications. Active with several industry organizations, Keane has served as chair of the Council on Professional Ethics of the American Speech-Language and Hearing Association, and as president of both the Speech and Hearing Association of Virginia and the Communication Disorders Foundation of Virginia.

Keane completed Post Graduate work in Audiology at the University of Virginia, with minors in Business Management and Statistics. She also holds a M.Ed. in Speech-Language Pathology and B.A. in Psychology and Sociology from UVA, as well as a Post Graduate Certificate in Strategic Foresight from the University of Houston.

## 2013 Virginia State Paratransit Roadeo

*Tim Catherman, Director, Aging Operations*

The 2013 Virginia State Paratransit Roadeo was held on April 5-6, 2013 at Chesterfield Fairgrounds. The Roadeo is an opportunity for transit professionals that provide the transportation for the Elderly, Handicapped, and those with Intellectual and Physical Disabilities



to showcase their driving skills and knowledge of the "Rules of the Road". Several AAAs participated including MEOC, Bay Transit, Lake Country AAA, and District Three Governmental Cooperative. MEOC received the honor to represent Virginia in the 2013 National Rodeo in Albuquerque, New Mexico on Sunday, June 2.



## CLP 1 Closeout Memo and Template (Attachment)

*Marica Monroe, Financial Statement & Accounting Manager*

Hello. The Community Living Program 2 close out (settlement) reports for the program period beginning September 30, 2009 and ending on March 31, 2013, are due to the Department for Aging and Rehabilitative Services on or before May 15, 2013.

Please remember that this report should be cumulative from the inception of the grant on 09/30/09 and include the related match requirements and funds awarded for Virtual Intake. An electronic version of the report will be available on the Division for the Aging website, [www.vda.virginia.gov](http://www.vda.virginia.gov).

Completed reports should be e-mailed to: [reports@dars.virginia.gov](mailto:reports@dars.virginia.gov). For PSAs, please name the file CLP 2 Closeout Report PSAxx (Insert your PSA number in the characters, xx). For non-PSAs, please name the file CLP 2 Closeout Report then include the name of your agency.



For agencies that have not drawn down all funds related to this grant contract, please do so on the March AMR-OC due April 12th, so that the closeout report information can be accurate and complete.

If you have any questions, please call me at (804) 662-9320 or e-mail me at [marica.monroe@dars.virginia.gov](mailto:marica.monroe@dars.virginia.gov). Thank you. HAPPY SPRING!

CC: Kathy Miller, Director of Programs  
Peggy Nieder, Program Coordinator

## Older Virginians Month Proclamation & Events (Attachments)

*Amy Marschean, JD, Senior Policy Analyst*

Governor McDonnell has named May 2013 as Older Virginians Month in the Commonwealth of Virginia. In the Department for Aging and Rehabilitative Services' continuing effort to go "green," we are providing you again this year with the Older Virginians Month Proclamation in an electronic format that can be used on your websites or in newsletters. I thank all of you who provided input to me about your May activities in honor of this year's theme for May of "Unleash the Power of Age." I also attach the listing of those May 2013 events. Those creative ideas were captured in the Governor's proclamation and your efforts clearly enrich the lives of older citizens in communities across the Commonwealth.

CLP Close Out Template

Enter Agency Name

Month: Final Closeout

Approved Budget Categories (List)	Approved Budget					Y-T-D Expenditure					Budget Balance				
	Grant	Non-Federal	OAA	Other	Total	Grant	Non-Federal	OAA	Other	Total	Grant	Non-Federal	OAA	Other	Total
Personnel					0					0	0	0	0	0	0
Fringe Benefits					0					0	0	0	0	0	0
Travel					0					0	0	0	0	0	0
Supplies & Equipment					0					0	0	0	0	0	0
Contractual:															
Client Services					0					0	0	0	0	0	0
PPL					0					0	0	0	0	0	0
Other					0					0	0	0	0	0	0
Virtual Intake					0					0	0	0	0	0	0
Inkind					0					0	0	0	0	0	0
					0					0	0	0	0	0	0
					0					0	0	0	0	0	0
					0					0	0	0	0	0	0
<b>Total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**Budgeted**  
 #DIV/0! Matched Percent should equal or exceed 25%  
 \$ - Match Required  
 \$ - Over or (Under) Matched  
 #DIV/0! No more than 24% of funds allowed for Client Svcs

**Actual**  
 #DIV/0!  
 \$ -  
 \$ -  
 #DIV/0!

Remit	Awarded	Paid	Balance
FY 11			\$ -
FY 12			\$ -
Virt. Intake			\$ -
<b>Totals</b>	<b>\$ -</b>	<b>\$ -</b>	<b>\$ -</b>

Match is calculated by Grant Funds divided by the sum of Grant plus Non-Federal Funds

Difference between YTD Expenditures and Remit \$ -



# CERTIFICATE of RECOGNITION

*By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:*

## **OLDER VIRGINIANS MONTH**

**WHEREAS**, there are approximately 1.4 million adults in the Commonwealth who are over 60 years old and this population will expand to more than 2 million by 2030 when one in every four Virginians will be over 60 years old; and

**WHEREAS**, since 1963, the month of May has been designated by the U.S. Administration on Aging as the time for communities across America to honor and recognize its older citizens; and

**WHEREAS**, this year's 50th anniversary theme for May is appropriately "Unleash the Power of Age," which emphasizes the important role older adults play in our communities by continuing to contribute their experience, knowledge, wisdom, and skills; and

**WHEREAS**, the Virginia Area Agencies on Aging and Senior Centers, integral parts of Virginia's aging network for wellness and supportive services, have embraced this year's theme with activities that include Tai Chi and Sign Language classes that bring together young and old, a walkathon that funds emergency fuel assistance, Senior Olympics, an Overseas Coupon Program that benefits military families, and educational seminars on adult financial exploitation; and

**WHEREAS**, older Virginians are active community members involved in volunteering, mentorship, arts and culture, and civic engagement; and

**WHEREAS**, recognizing the incredible contributions of older Virginians encourages their ongoing participation and further accomplishments; and

**WHEREAS**, the new state agency, the Virginia Department for Aging and Rehabilitative Services, streamlines services, technologies, and supports that will enable older Virginians to continue to be an asset in strengthening our communities;

**NOW, THEREFORE**, I, Robert F. McDonnell, do hereby recognize May 2013 as **OLDER VIRGINIANS MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.



  
Governor

  
Secretary of the Commonwealth

## Older Americans Month (May 2013) Events

### Peninsula Agency on Aging

Peninsula Agency on Aging is planning to collaborate with community partners to create a local calendar of May events in celebration of Older Americans Month. Additionally, we are planning to have a special cake and reading of the proclamation at one of our Congregate Dining Centers.

### Senior Connections, the Capital Area Agency on Aging

May 9<sup>th</sup>      2013 Older Americans Luncheon      11:00 am-1:30 pm  
- Annual event co-sponsored with the National Caucus and Center on the Black Aged, Richmond Chapter. Second Baptist Church, Broad Rock Road, Richmond.

May 21<sup>st</sup>      Senior Connections Open House & Annual Meeting      2:00 pm -  
4:00 pm  
- Annual open door public tours to meet staff and learn about programs, activities and events offered by the agency throughout the year. 24 E. Cary Street, Richmond, 23219.

May\*      Senior Center of Greater Richmond Open House  
- Annual open door public tours to meet staff and learn about programs, activities and events offered by the Center throughout the year. 24 E. Cary Street, Richmond, 23219.  
(\* Day and time to be announced)

### Appalachian Agency for Senior Citizens, Inc.

May 4<sup>th</sup>-participating in a community wide yard sale

May 18<sup>th</sup>-we will host a Spring Fling at our agency to include free community health screening, live music, vendors, carnival games and much more

During the month, we will host special activities at each of our nutrition sites as well.

### Prince William Area Agency on Aging

May 3<sup>rd</sup>      Annual Older Americans Month Picnic, Camp Snyder,  
Gainesville VA

- featuring line dancing, tap dancing, belly dancing, wellness walk, dj music, horseshoe tournament, cornhole tournament and lunch

May 9<sup>th</sup>      Walking Down Memory Lane: (Karaoke Singing) Woodbridge Senior Center

May 9<sup>th</sup>      Mother's Day Luncheon – Manassas Senior Center

May 10<sup>th</sup>      Mother's Day Luncheon – Woodbridge Senior Center

May 10<sup>th</sup>      WRC-TV Consumer Reporter Liz Crenshaw Manassas Senior Center

May 13<sup>th</sup>      Garden Party – “Planting for Health” Manassas Senior Center

May 24<sup>th</sup>      National Tap Day - Manassas Senior Center  
- demonstrations, lessons, and the benefits of tap dancing for health

Audubon Society: Spring and Summer Birding Manassas Senior Center

Healthy Brain Series, Manassas & Woodbridge Senior Centers (4 weeks)

“Unleash the Power of Age” ACTS Helpline presentation with Vicki Graham (director): Manassas & Woodbridge Senior Centers

## **New River Valley Agency on Aging**

As an outreach of the Elder Abuse Prevention Program with the New River Valley Agency on Aging and in recognition of Older American's Month, the New River Valley Elder Justice Coalition will be hosting two “*Community Dialogues on Financial Abuse Among Older Adults*” to facilitate community conversations on the detection, intervention, and prevention of financial abuse of older adults.

These “community dialogues” to be held at Highland Ridge Rehabilitation Center in Dublin on May 7<sup>th</sup> and at the Village Center, Warm Hearth Village, in Blacksburg on May 23<sup>rd</sup>, will host community thought leaders in the discussion of the issues associated with elder financial abuse. Through this community forum, participants will engage in conversation about how to unify efforts to identify the indicators of elder financial abuse, to determine how to prevent further exploitation, and to strengthen collaborative efforts in resolving elder financial abuse in the New River Valley. These events are made possible through a grant provided by the Community Foundation of the New River Valley and will be provided at no cost to the participants.

**Mountain Empire Older Citizens** has the following plans for our programs to observe Older Virginians Month:

-MEOC's PACE (Program of All-inclusive Care for the Elderly) Program will have an Older Virginians Month celebration. Issues facing older Americans will be discussed and a special lunch will be provided. Oldest and youngest PACE participants will be honored.

-MEOC's Dietitian will be visiting each of MEOC's Congregate Nutrition and Respite sites during the month of May. The presentations will focus on healthy diets and include information about Older Virginians Month. A treat bag with healthy snacks will be provided. This presentation will also be provided to MEOC's PACE Center. In addition, the local health departments will be providing fall prevention training to all congregate nutrition sites during May.

-On May 5<sup>th</sup>, MEOC will host its 37<sup>th</sup> annual Walkathon. The Walkathon is MEOC's largest fundraiser for our Emergency Fuel Fund which provides heating and emergency assistance during the winter. This is a huge celebration which brings people together from all over MEOC's service area. There are usually about 350 persons of all ages in attendance. The fundraising goal for this Older Virginians Month event is \$165,000, all of which will purchase fuel or pay heating bills for older persons in Planning District 1 next winter.

-MEOC's Transit Department will offer free transportation to Older Virginians every Saturday during the month of May.

### **Senior Services of Southeastern Virginia**

-Have formally requested a letter of acknowledgement to be sent to all of the Virginia AAA's from the office of Senator Mark Warner. We've sent a complete list of the agencies and each executive director to the Senator's staff via the Norfolk region office. We've been told that our request has been approved.

-Senior Services will hold a volunteer recognition luncheon in mid-May where we will be honoring our several hundred senior volunteers.

-Will send out a press release notifying the local media in South Hampton Roads and Franklin of the national day of recognition, and will reiterate what we as an AAA contribute in the area of service provision.

-Will recognize Older Americans Month in our May E-newsletter as well as on Facebook and our Website.

-Will be participating in several community aging events during the month of May (Ex: Senior Olympic and other wellness events in Hampton Roads cities) where Senior Services will be both a program participant and exhibitor. We plan to incorporate the theme into our decoration for our booths.

The folks who come to our Senior Centers will be encouraged to participate in these community aging events, and we will provide transportation back and forth. We will also have staff on hand to facilitate their participation.

### **Rappahannock-Rapidan Community Services**

- Each senior center/nutrition site will be hosting a "Senior Olympics" event. The staff and volunteers will come up with some creative events to engage participants in fun, physical activities and award prizes.

-May 18 is the date for our annual Bowl for Seniors fund raiser. We usually get a great turnout with teams from the Aging Advisory Council, our Board, senior center participants/staff/volunteers, RRCS programs, and other community organizations. A good number of local businesses provide sponsorship or donate door prizes, and our local Town Police and Sheriff's Department typically emcee the event.

-We will promote an ongoing RSVP service project called the Overseas Coupon Program. Senior volunteers collect and clip coupons that are shipped to an Airforce Base in Incirlik, Turkey. Service men/women and families can use these for discounts to stretch their lean budgets, and they are honored for the face value up to 6 months beyond the expiration date.

### **Southern Area Agency on Aging Inc**

May 9<sup>th</sup>      Health Fair & Craft Show      Co-sponsors Henry County Senior Services & Martinsville Senior Center

From 8:00 a.m. - Noon at Laurel Park Plaza, Martinsville

-Free light breakfast & lunch served. Free health screening (and minimal cost blood test screenings), Local craftsmen displays and sales.

May 16<sup>th</sup>      Celebrate May with Music      Franklin Co. Senior Center

Beginning at 10:00 a.m. at Franklin Co. Dept. of Aging Services (Senior Center), Rocky Mount VA.

-Music, dancing, fun, games lunch and Health Screenings. Honoring of the Oldest American in attendance, door prizes etc.

May 24<sup>th</sup>      Senior Healthy Fun Day      Pittsylvania Co. Community Action Agency

-Topic will be Seniors Staying Healthy while Having Fun. A health day with games, food and entertainment and health screenings is planned. Location and details are not yet finalized.

Beginning May 8<sup>th</sup>      Danville Ballou Recreation Center

From 2 -4 pm. Danville 50+ population are invited to become part of "Friends of Ballou" by participating in the Center's 1st of 3 weekly "Meet & Greet" sessions with the Center's new Program Director. Bring your ideas to improve upon or add new program ideas at the Center. Light refreshments will be served and blood pressure and body mass index checks will be performed on May 8th.

### **Loudoun County Area Agency on Aging**

Loudoun has a Senior Expo on May 9 sponsored by the Loudoun Senior Interest Network, of which AAA is a participant.

We will also be holding our Annual Volunteer Recognition in the month of May - date TBD.

### **Piedmont Senior Resources Area Agency on Aging Inc**

Week of May 6<sup>th</sup>      Special Recognition of all Seniors in Nutrition Program

Week of May 13<sup>th</sup>      Planting of Spring Flowers

Week of May 20<sup>th</sup>      All Seniors to receive a special gift with emphasis being on "pampering yourself".

Week of May 27<sup>th</sup>      Picnic for Seniors

### **Jefferson Area Board for Aging**

We are excited about Older Americans Month and we are eager to share with you and others our plans for the month of May operating under the theme: Unleash the Power of Your Age! We always encourage our seniors to never lose sight of ways they can always contribute to one another and to their communities.

Mary Williams Community Center

experts. The staff plans to create an instructional video showcasing our members' Tai Chi skills healthy aging across the lifespan.

#### Nelson Community Center

The Nelson Center members will be collecting food and other needed items to donate to a local elementary school's May Backpack Program. Many students that attend this school are low-income and their families need support. Our seniors will play an active role in securing the donations and assisting in all efforts related to the program.

#### Greene Community Center

The Greene Center members plan to barter their skills and talents to assist and help one another for OAM. Each senior will list a task they enjoy and are skilled at which may include cooking, cleaning, knitting, sewing, reading, etc. Each member will receive this gift and give of their time

#### Fluvanna Community Center

who are isolated and lacking needed socialization and support. Many used to attend the JABA Center but are unable to visit as often due to illness or other reasons. Our Fluvanna seniors reach out throughout the year but will be making a concerted effort to reach out to many

#### Esmont Community Center

The Esmont seniors are hosting and participating in a Hat Fashion show in May! The Esmont folks will create and wear their most favorite hat and walk the runway for all to see! More details to come! No matter your age, you can still make a splash! ;)

#### Scottsville Community Center

The Scottsville folks will be working with Albemarle Parks and Rec on creating and planting flower gardens around the building with the plan being to create a courtyard between the Community Center and the Scottsville Apartments in coordination with Piedmont Housing Facility.

#### Louisa Community Center

The Louisa Center members have been taking Sign Language classes for the past several months and are excited as their skills have increased significantly! In May, once they have become even better, weekly visits to the JABA Shining Star Daycare right down the hall will be planned and the seniors will teach the children sign language. At the end of their time together, a demonstration will be planned to showcase their new talents!