



VDA WEEKLY E-MAILING

March 11, 2014

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Administration for Community Living (ACL) Weekly Update

Here is a link to the weekly Administration for Community Living (ACL) update:

<http://www.acl.gov/NewsRoom/NewsInfo/Index.aspx>

National Association of States United for Aging & Disabilities

(NASUAD) Weekly Update

Here is a link to the weekly National Association of States United for Aging and Disabilities (NASUAD) update where you can sign up or view the current and archived editions:

<http://www.nasuad.org/newsroom/friday-update>

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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Administration for Community Living Updates March 6, 2014

James A. Rothrock, Commissioner



March 6, 2014

Webinar on Aging and Minority Women's Health

"Live Long and Strong: Celebrating Aging and Minority Women's Health" is presented by ACL, in partnership with the HHS Office of Minority Health and the HHS Office on Women's Health.

Friday March 14, 2014
9:00 a.m. - 12:00 p.m. ET

Two national policies promoting public health and healthcare services—the Affordable Care Act and the enhanced Culturally and Linguistically Appropriate Services Standards in Health and Health Care—are important for those working in programs addressing aging women's health and minority health issues. This webinar is designed for federal, state and local government partners, State Agency on Aging Directors, community-based health and social services program staff, public health professionals, and others. [Click here](#) for the agenda and to register.

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CMS Seeks Comments on Proposed Changes to Durable Medical Equipment Payments

The Centers for Medicare & Medicaid Services (CMS) continues to accept comments on different methodologies it may consider using with regard to applying information from the durable medical equipment, prosthetics, orthotics, and supplies competitive bidding



programs. CMS also seeks comments on ideas for potentially simplifying the payment rules and enhancing beneficiary access to items and services under the competitive bidding programs for certain durable medical equipment and enteral nutrition.

The deadline for submitting comments is March 28, 2014. [Click here](#) for the detailed Federal Register entry to learn how to submit comments. A downloadable fact sheet is found here: [CMS Seeks Input on Next Phase of Competitive Bidding Implementation](#).

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Don't Forget to Update Your Subscriber Preferences

Wondering why you are receiving this alert? As we shared with you last week, ACL has launched a new email news distribution and we want to make sure that we give you enough time to [update your subscription profile](#). Please [select your preferences](#) so that you will receive only the updates of interest to you.

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Dementia Study: University at Buffalo Institute for Person-Centered Care

Charlotte Arbogast, MSG, Dementia Services Coordinator

Below is information on a great opportunity to participate in translational research funded by Virginia's own **Alzheimer's and Related Disorders Research Award Fund** through the Virginia Center on Aging!

CCAL-Advancing Person-Centered Living and the University at Buffalo's (UB) Institute for Person-Centered Care are conducting a research study with people who work with people with dementia. Funding for the study comes from *Virginia's Alzheimer's and Related Disorders Research Award Fund*. Study participants will watch a video and give their thoughts and opinions about dementia care. Participation is confidential, brief, and entirely online.

We are reaching out to service providers, such as nursing homes, assisted living communities, adult day programs, home care agencies, hospitals, or other community-based agencies, who serve people with dementia throughout Virginia.



As a service provider, we would like your assistance in asking people within your organization to participate in the study.

Click [here](https://www.surveymonkey.com/s/ccal-dementia-study-interest-form) or go to: <https://www.surveymonkey.com/s/ccal-dementia-study-interest-form> to learn more about how you can help with the study and to tell us about your organization. This initial step for organizations only takes a few minutes. Once the research team receives organization information, the team will randomly assign organizations to the treatment or control video, and then send organizations the survey link to send to their staff. The estimated time commitment for survey participants is about 35 min per survey (there is an initial survey and video; and then a follow-up survey and video about a month later).

Please respond by March 17th.

Thank you!

From the CCAL/UB Dementia Study Research Team (ccalstudy@gmail.com)

For more information, feel free to contact the CCAL/UB Dementia Study Research Team at ccalstudy@gmail.com or Sonya Barsness at sonya@sbcgerontology.com or 757-773-7841.

Webinar Series on Dementia

Charlotte Arbogast, MSG, Dementia Services Coordinator

The Virginia Alzheimer's Disease and Related Disorders Commission is pleased to present a webinar series entitled "The Other Dementias: Virtual Training and Active Learning on Non-Alzheimer's Dementia." Funded by a grant from the Virginia Center on Aging's Geriatric Training and Education Initiative, this webinar series brings the following FREE webinars right to your office. Certificates of Attendance are available for the live webinars.

GENERAL DEMENTIA OVERVIEW *(recorded)*

Presenter: Ellen Phipps, MSG, *Alzheimer's Association Central and Western Virginia Chapter*

Introduction: Lynne Seward, *Virginia Alzheimer's and Related Disorders Commission*

VASCULAR AND MIXED DEMENTIA

Monday, March 17, 2014, 1:30 – 2:30 pm Eastern

Presenter: Carol Manning, PhD, ABPP-CN, *University of Virginia*

Moderator: E. AynWelleford, PhD, AGHEF, *Virginia Commonwealth University*



PARKINSON'S DISEASE DEMENTIA

Thursday, April 3, 2014, 1:30 – 2:30 pm Eastern

Presenter: Matthew Barrett, MD, MS, *University of Virginia*

Moderator: E. AynWelleford, PhD, AGHEF, *Virginia Commonwealth University*

LEWY BODY DEMENTIA

Thursday, May 29, 2014, 1:30 – 2:30 pm Eastern

Presenters: Charles Driscoll, MD, *University of Virginia* and Angela Taylor, *Lewy Body Dementia Association*

Moderator: E. AynWelleford, PhD, AGHEF, *Virginia Commonwealth University*

To register, visit: www.alzpossible.org.

Resources for National Nutrition Month and Nutrition Education

Elaine S. Smith, MS, RD, Program Coordinator

March is **National Nutrition Month®**, which is a nutrition education and information campaign created annually by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"Enjoy the Taste of Eating Right" is the theme for National Nutrition Month® 2014.

Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. While social, emotional, and health factors also play a role, the foods people enjoy are likely the ones they eat most. This year's key messages for NNM focus on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines for Americans recommendations.

Click the following link for resources from the Academy of Nutrition and Dietetics website:
<http://www.eatright.org/nnm/handoutsandtipsheets/>

You will find handouts and activities for adults and children, and tips for all ages, including older adults and Spanish language materials. Some of the activities and materials that are designed for students and classrooms are easily adapted for educational opportunities at congregate meal sites.



Choose My Plate

The food guidance tool for the general public was released in 2011 by the USDA. Along with the new MyPlate symbol, the system provides many options to help Americans make healthy food choices and to be active every day. My Plate website: <http://www.choosemyplate.gov/>

Download the MyPlate Symbol

http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf

You may order and download MyPlate materials from USDA. <http://www.choosemyplate.gov/print-materials-ordering.html>. They also have Spanish language materials.

The University of Florida developed a MyPlate Symbol for Older Adults

<http://edis.ifas.ufl.edu/pdffiles/FY/FY126000.pdf>

Tufts University developed a MyPlate symbol specifically for Older Adults

http://hnrc.tufts.edu/wp-content/uploads/81059_TuftsMyPLate.pdf

Read how the icon was developed by Tufts University Nutrition Scientists and learn how it corresponds with the federal government's 2010 Dietary Guidelines for Americans.

<http://www.nutrition.tufts.edu/research/myplate-older-adults>

The **Fruit and Veggies-More Matters** campaign offers nutrition education materials in English and Spanish. <http://www.fruitsandveggiesmorematters.org/cdc-resources>.

Although these materials tend to be more geared for families and children, rather than older adults, they may be helpful in your nutrition education efforts.

There are excellent nutrition education resources for older adults from NIH-National Institute on Aging:

[Eating Well As You Get Older](#) ^{NIH} (National Institute on Aging)

[What's on Your Plate? Smart Food Choices for Healthy Aging](#) ^{NIH} (National Institute on Aging)

Please let me know which **National Nutrition Month**® materials you find most helpful and which activities you implement to promote good nutrition choices in your congregate and home delivered nutrition programs during March and year-round.

Employer Elder Care Toolkit: Focus on Therapeutic Nutrition

Elaine S. Smith, MS, RD, Program Coordinator

Did you know that on average, caregiving costs each employee an estimated \$12,348 a year, and that by one estimate, U.S. businesses with employee caregivers suffer \$33 billion in



productivity losses annually? Good nutrition can shorten hospital stays and recovery – reducing complications by as much as 56% – and get caregivers back to work quicker.

The [Employer Elder Care Toolkit: Focus on Therapeutic Nutrition](#) toolkit was designed by the Families and Work Institute in partnership with Abbott to give free and helpful information to employers on therapeutic nutrition options and other care-related resources to support mature employees and employees who are caregivers. This information is designed for employers to enhance employee caregiving outcomes and speed recovery times for employees and their loved ones. The toolkit also provides resources to assist employers, community leaders and aging professionals in being advocates for caregivers, care recipients, and mature employees in their own communities. NANASP is a sponsor of and contributor to the toolkit.

Click the link [Employer Elder Care Toolkit: Focus on Therapeutic Nutrition](#) to access the toolkit. At first, I found the webpage a little hard to get into. On the upper right, click the box/button with 3 horizontal lines for the main menu. From the main menu you can access a list of topics which lead you to the tools and resources.

ABA/APA National Conference on Violence

Gail S. Nardi, Director Adult Protective Services Division, on behalf of Robert Franklin, VDH

American Psychological Association and American Bar Association to Hold Major National Conference on Violence, [May 1-3](#), in D.C.

This 3-day APA/ABA continuing education national conference, the first of its type, will address a broad range of issues related to the exposure of children, youth, and families to violence in and around the home, community, and society. It will provide an opportunity to examine how psychologists, attorneys, judges, policy makers, legal scholars, and others can better support healthy children and families in a safe society.

Featuring a keynote by Attorney General Eric Holder, the conference will include nearly 40 multi-disciplinary plenary and invited workshop sessions addressing prevention and intervention, such as: gun violence; physical and sexual violence against children, women, the elderly, LGBT individuals, and persons with disabilities; violence in neighborhoods, schools, residential facilities, and Tribal communities.

It will focus on violence across individual, family, community and social contexts and offer continuing education credits to both psychologists and attorneys (CE and CLE). Finally, the



conference will close with a networking session to give participants an opportunity to exchange information and views about critical issues and promote new strategies for addressing violence.

The link for registration, which includes before [March 31](#) a \$300 tuition rate for government employees and either APA or ABA members,

is: <http://www.apa.org/about/offices/ogc/apa-aba/conference.aspx>

More information can be had at the website listed above, including the complete three-day agenda with topics and presenters.

For inquiries, email: APAABAViolenceConf@apa.org

Financial Exploitation and Financial Planning Resources

Kathy Miller, MS, RN, MSHA, Director of Long-term Care (REPRINT)

We are reprinting this item to provide credit for the authors of the information because we inadvertently left out their names last week. We apologize for any inconvenience.

Money Management International, Consumer Financial Protection Bureau
www.consumerfinance.org Credit education and counseling.

Save and Invest www.saveandinvest.org basic info, debt control, planning for the future.

FINRA Investor Education Foundation <http://www.finrafoundation.org/> Investment education

National Education and Resource Center on Women and Retirement Planning
www.wiserwomen.org

Federal Deposit Insurance Corporation (FDIC)
<http://www.fdic.gov/consumers/consumer/moneysmart/OlderAdult.html> Money Smart online training for older adults; It can probably be printed out in color to share with clients.

The National Center for Victims of Crime <http://www.victimsofcrime.org/our-programs/financial-fraud> downloadable booklet: *An Advocate's Guide to Assisting Victims of Financial Fraud*.



US Postal Inspection Service <https://postalinspectors.uspis.gov/> Report incidents, see current scams and Most Wanted by state, resources for clients. Reshipping Scams <https://postalinspectors.uspis.gov/radDocs/consumer/ReshippingScam.html>

Office of Inspector General, USPS <http://www.uspsoig.gov/general/general-contact-information> hotline to report crimes.

Virginia Cooperative Extension, <http://pubs.ext.vt.edu/category/family-financial-management.html>. Free financial planning information.

US Senate Aging Committee Fraud Hotline, <http://www.aging.senate.gov/>. Report fraud, and obtain information on preventing Medicare scams.

Warning Signs of Diminished Financial Capacity

- ☑ Forgetting to pay bills
- ☑ Paying the same bills several times
- ☑ Misplacing financial and other documents at home
- ☑ Missing tax and other deadlines
- ☑ Declining checkbook management skills
- ☑ Trouble with basic math skills such as making change
- ☑ Loss of general knowledge about financial terms such as *mortgage*
- ☑ Impaired judgment about financial investments and use of money such as:
 - ✓ Interest in get-rich-quick schemes
 - ✓ Unfounded anxiety about the nature and extent of one's personal wealth

Tribel and Marson, *Generations*, Summer 2012

***Compiled by Andrea Barber, MSW, Fairfax Department of Family Services, and Andrea Jones, APS Division Consultant, Northern VA region, January 2014.**

Live Long and Strong Webinar Event

Tim Catherman, Director Aging Operations, on behalf of Carmen Sanchez, ACL

Subject: Live Long and Strong Webinar Event - March 14!!!

For your information and please share with your partners.



The U.S. Department of Health and Human Services (HHS) Administration for Community Living (ACL), in collaboration with the Office of Minority Health (OMH) and Office on Women's Health (OWH) in Regions I, II, and III will be co-hosting the webinar, LIVE LONG AND STRONG: Celebrating Aging and Minority Women's Health. This webinar is an opportunity to engage in a presentation on the Affordable Care Act and the enhanced National Culturally and Linguistically Appropriate Services (CLAS) Standards - two national policies promoting public health and healthcare services. Information on promising practices promoting health, wellness and resiliency for women 55 and over will also be shared.

DATE: Friday, March 14TH, 2014

TIME: 9am - 12 noon EST

Who Should Attend:

Federal, State and local government partners, State Agency on Aging Directors, community-based health and social services program staff, public health professionals and others working in programs addressing aging women's health and minority health issues.

Event Information: Please use the below event address to register for the webinar

Event address for attendees:

<https://aoa-events.webex.com/aoa-events/onstage/g.php?t=a&d=668096223>

- Event number: 668 096 223
- Participate Passcode: 123456

Audio Conference Call Information:

- Dial-in number: 800-475-0221
- Passcode: 5644066

We look forward to your participation on March 14th!!

Carmen Sanchez
Aging Program Specialist
Administration for Community Living



Appalachian Agency for Senior Citizens Wins New Toyota Prius!

Cecily Slasor, VDA, on behalf of Brian Beck, Chief Financial Officer AASC

Toyota Motors recently donated 100 new cars to local non-profit organizations based on votes from the public. Over a two month period, citizens could vote for the program they felt was most deserving of a new vehicle. Attached is information regarding Appalachian Agency for Senior Citizens and the Toyota Prius that the agency won. The new vehicle will be used in the Care Transitions program to assist staff in making home visits to clients.

**LIVE LONG AND STRONG:
CELEBRATING AGING AND MINORITY WOMEN'S HEALTH
U.S. Department of Health & Human Services (HHS)
REGIONS I,II,III**

SAVE THE DATE

DATE: FRIDAY, March 14th, 2014

TIME: 9AM-12PM ET

Our goal is to present the benefits of two national policies promoting public health and healthcare services — the Affordable Care Act and the enhanced Culturally and Linguistically Appropriate Services (CLAS) Standards in Health and Health Care. Information on promising practices promoting health, wellness and resiliency among minority women aged 55 and over also will be shared.

Target audience: Federal, State and Local Government partners, State Agency on Aging Directors, community-based health and social services program staff, public health professionals and others working in programs addressing aging women's health and minority health issues.



*U.S. Department of Health and Human Services,
Office on Women's Health*



For Immediate Release

AASC NAMED WINNER IN TOYOTA 100 CARS FOR GOOD PROGRAM

Toyota Donates Vehicles to Local Nonprofit Organizations Based on Public Votes

CEDAR BLUFF, VA – [MARCH 8, 2014] – Cedar Bluff based organization, Appalachian Agency for Senior Citizens has been named a winner in Toyota's 100 Cars for Good program, which awards new vehicles to 100 nonprofit organizations based on votes from the public from Oct. 1 – Nov. 19, 2013.

Toyota's 100 Cars for Good program showcases five nonprofit organizations each day for 50 days at www.100carsforgood.com. Visitors to the page may cast up to two votes per day for different organizations to select the organizations they feel are most deserving of a new Toyota vehicle.

AASC has received the most votes and has been named as a winner of a new Toyota Prius, which will be used to assist AASC's Care Transitions program in completing home visits for high-risk hospital readmission patients. The Prius will also be utilized by AASC's Nutrition Department in the delivery of meals as well as the agency as a whole in order to service client's needs to the highest standards.

Over the past two years of the program, Toyota has provided 200 nonprofits with new vehicles to support their work in the areas of disabled services, youth and educational programs, environmental services, veteran services, housing and disaster relief, among many others. For more information, visit www.100carsforgood.com.

About AASC

AASC is one of Virginia's 25 Area Agencies on Aging designated by the Virginia Department of Aging and Rehabilitative Services to carry out the department's mission to foster the dignity, independence and security of older Virginians by promoting partnerships with communities at the local level. AASC offers information and services for older adults residing in Buchanan, Dickenson, Russell and Tazewell counties. Visit our website at www.aasc.org or call toll-free at 1-800-656-2272.

About Toyota.

Toyota (NYSE: TM) established operations in the United States in 1957 and currently operates 10 manufacturing plants. Toyota directly employs over 31,000 in the U.S. and its investment here is currently valued at more than \$23 billion, including sales and manufacturing operations, research and development, financial services and design.

Toyota is committed to being a good corporate citizen in the communities where it does business and believes in supporting programs with long-term sustainable results. Toyota supports numerous organizations across the country, focusing on education, the environment and safety. Since 1991, Toyota has contributed nearly \$700 million to philanthropic programs in the U.S.

For more information on Toyota's commitment to improving communities nationwide, visit

<http://www.toyota.com/philanthropy>.

Media Contact:

Chase Meade-Patton

Appalachian Agency for Senior Citizens

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