



## VDA WEEKLY E-MAILING

May 20, 2014

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### ACL Weekly Update

Here is a link to news & information from the Administration for Community Living (ACL):

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

### 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>

### ACL Webinar on Older Americans Act Title IIID Funds

*Tim Catherman, Director Aging Operations*

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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**May 14, 2014**

**Webinar on OAA Title IIID Funds**

*MOVING ON UP! Older Americans Act (OAA) Title IIID Funds - Disease Prevention and Health Promotion Webinar on the Evidence-Based Requirement*

Wednesday, June 4, 2014 from 3:00 p.m. - 4:00 p.m. Eastern

The focus of this webinar is to give guidance to the Aging Services Network in “moving on up” to provide only the highest-level criteria evidence-based interventions with OAA Title IIID funds.

Webinar Objectives:

- Provide background, current status, and a look ahead regarding OAA Title IIID
- Highlight ACL’s [Aging and Disability Evidence-Based Program and Practices \(ADEPP\)](#) review process
- Inspire movement to highest-level criteria
- Provide the Aging Services Network with an opportunity to give feedback and have questions answered

[Register](#). Note: Space is limited, so please register as early as possible.

This webinar will also be recorded and posted on the [AoA OAA Title IIID webpage](#) soon after the webinar.



## Webinar: Addressing Isolation Among Older Adults – the Role of Social Connectedness in Healthy Aging

*Tim Catherman, Director Aging Operations*

### Aging Briefings

Webinars Jointly Sponsored by  
**NATIONAL COUNCIL ON AGING**  
and **ILLUMINAGE**

# Addressing Isolation Among Older Adults -- the Role of Social Connectedness in Healthy Aging

May 22, 2014; 1:30 to 2:20 p.m. Eastern Time

#### [About the Webinar](#)

Gain a better knowledge of social isolation along with some helpful resources to expand your community outreach. What is the difference between social isolation and loneliness? How does isolation effect certain populations? How can your senior center reach more isolated individuals?

A core mission of senior centers has always been to provide opportunities



for social interaction and to prevent social isolation. In addition to providing a wide range of programs and services we'll take a look at how some senior centers specifically address community outreach.

Participating in this webinar will give you:

- A better understanding of social isolation, loneliness, and how they affect older adults
- A better understanding of the importance of senior centers in preventing social isolation
- Outreach examples and resources used by senior center professionals to connect with isolated older adults

Our presenters for this webinar will be: **Maureen O'Leary**, Program Manager, National Institute of Senior Centers, and **Conor F. McGovern**, Senior Research Associate, Economic Security.

[REGISTER NOW!](#)

## Virginia Caregiver Coalition Elects New Officers

*Ellen M. Nau, MA, Program Coordinator*

The Virginia Caregiver Coalition elected new officers at its May 15, 2014, meeting. Sharon Brandau was elected Chairman; Brenda Mitchell, Vice Chairman; and Cassie Mills, Secretary. DARS remains the fiscal agent for the organization.



Sharon Brandau served as Vice Chairman of the Coalition and is Director of Social Work at the Peninsula Agency on Aging located in Newport News, Virginia. Ms. Brandau has a Bachelor of Arts in Sociology, Meredith College, and Master of Science in Rehabilitation Counseling from Virginia Commonwealth University.. She can be contacted at [swdirector@paainc.org](mailto:swdirector@paainc.org). Ms. Brandau is featured in the Ask the Expert section of the Monday, May 19, 2014, issue of the Daily Press serving the Hampton Roads area of Virginia. The article can be viewed at: <http://www.dailypress.com/health/dp-hl-independentliving-main-sept-08,0,2061905.story>

Brenda Mitchell, RN, MSN, CS, CHPA, is the Chief Executive Officer at Crater Community Hospice in Petersburg, Virginia. She has been in that position for 17 years. Ms. Mitchell previously served as Secretary for the Coalition. Ms. Mitchell's email is [bmitchell@cratercommunityhospice.org](mailto:bmitchell@cratercommunityhospice.org).

Cassie Mills is Program Director and Assistant to the Executive Director of the New River Valley Area Agency on Aging located in Pulaski, Virginia. She is a graduate of Bluefield College. Ms. Mills can be reached at [cmills@nrvaog.org](mailto:cmills@nrvaog.org).

The Coalition thanks Mary Ann Johnson of the Greater Richmond Alzheimer's Association for her service as Coalition president.



## Author Rosemary Rawlins to Speak at VA Caregiver Coalition Meeting

*Ellen M. Nau, MA, Program Coordinator*

Rosemary Rawlins, author of *The Accidental Caregiver*, will be the featured speaker at the Virginia Caregiver Coalition July 17, 2014 meeting. The meeting will begin at 9:15 AM in the DARS/VDA Conference Room and various video conference sites (TBA). *The Accidental Caregiver* is Ms. Rawlins account of her experience of caring for her husband who suffered a near fatal bike crash. Ms. Rawlins is a project consultant and advisory board member for the TBI Model System of Care at Virginia Commonwealth University Health Systems, and was appointed to the Governor's Commonwealth Neurotrauma Initiative(CNI) Advisory Board in Virginia in July, 2013. She blogs weekly for [BrainLine.org](http://BrainLine.org), an award winning WETA multimedia site. Ms. Rawlins and her husband were featured in the 2013 Bronze Telly Award-winning video about [Relationships after TBI](#). They were also featured on the front page of the [New York Times](#) Science Section in January 2012.



Think Piece Publishing released a condensed, excerpted version of *Learning by Accident* under a new title, *Beneath the Armor: A Caregiver's Story* as a Kindle Single in April 2013 to benefit the Brain Injury Association of Virginia.

## Best Practice - Agencies Collaborate to Operate Caregiver Help Line

*Ellen M. Nau, MA, Program Coordinator*

The Eastern Shore Caregiver Coalition developed a curriculum and training manual for volunteers who answer phone calls from local caregivers on a variety of issues. All volunteers have been caregivers themselves and receive a two-day training from the Coalition. The Help Line is located at the local Hospice Office where a nurse is always on duty to assist with questions about medical issues. The curriculum provides the volunteers with training in communication skills and a knowledge of local resources for caregivers. Common caregiver issues are identified and discussed in the curriculum. Volunteers are coached as to what issues may need professional help. Role playing is an essential part of the training and on the second day of the training the volunteers practice calls and receiving feedback. Main partners in the Caregiver Coalition are the Eastern Shore Area Agency on Aging, Hospice, Riverside Hospital, Rural Health, the local Alzheimer's Association Chapter, and Eastern Shore Community College.

For further information, please contact Diane Musso, Executive Director, Eastern Shore Area Agency on Aging, Community Action Agency, Inc. [esaaa12@gmail.com](mailto:esaaa12@gmail.com)

## News from the National Stroke Association

*Cecily Slasor, Administrative Assistant*



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Play to Learn the Signs of



## Stroke

To help you learn the warning signs of stroke and stroke symptoms, we have created four fun, interactive games for you to play. [Test your knowledge](#) today. Quickly identifying the early warning signs may help save your life or the life of someone else. Share your score on Facebook and challenge your friends to beat your score.

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## Raising Stroke Awareness Year-round

During **National Stroke Awareness Month** there are many activities and events happening across the country. But raising stroke awareness is important year-round. Our presenters Janine Mazabob and Linda Kuhrt have great information and tips to share with you for hosting successful events through the year. Their presentation covers:

- Why stroke awareness is needed
- Who to partner with for a successful event in



### New Resource in Spanish

Our most popular brochure is now available in Spanish! ¡Nuestro folleto más populares ya está disponible en español!

» [Descargue su copia.](#)

### Video Tip of the Week



[Hear what Marketing Manager Kevin Vicker wants you to know about risk factors for stroke.](#)

### Resources for Healthcare Professionals

Check out the **Stroke**



your community

- Examples of successful programs
- Tips and ideas for spreading the word about stroke

» [Watch the webinar today.](#)



Nicholas'  
Story

Nicholas  
experience

He had his stroke at the exact time he was trying to catch the big wave surfing. He found life after stroke challenging and lonely. He now had to embrace a new life. [Read what inspired him not to give up and continue to push through all the hard days – even after losing people he cared about.](#)

» [Submit Your Story](#)

**Awareness and Planning Guide**, a step-by-step tool that will help you build a successful stroke awareness campaign. Visit [www.strokeawareness.com](http://www.strokeawareness.com).

## 2014 Virginia Elder Rights Award – REMINDER!

*Cecily Slasor for Kathy Pryor, Virginia Poverty Law Center*

It's time to nominate a great advocate for the Virginia Elder Rights Award!! The annual Elder Rights Award recognizes individuals who have significantly advanced the fundamental civil and



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AND REHABILITATIVE SERVICES

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legal rights of elders in the Commonwealth, and the empowerment of older persons to exercise their rights. Here is your opportunity to recognize someone who is a strong advocate on behalf of elders - perhaps someone working at the grassroots level who previously has not been honored! See <http://www.vplc.org/verc-award> for more information and a nomination form. Please complete the VERC Award Nomination Form and send it to Kathy Pryor ([kathy@vplc.org](mailto:kathy@vplc.org)) by June 15. (Members of the VERC Board are not eligible for nomination.)