Best Practice Awards 2006-2016

10 ANNIVERSARY

Commonwealth Council on Aging
Virginia Department for Aging
and Rehabilitative Services

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I. PURPOSE

The Best Practices Awards Program (Program) is designed to identify and recognize unique programs of excellence. The awards support programs and services that assist older adults to age in the community. The awards recognize creativity in services that foster "Livable Communities" and "Home and Community Based Supports" - from transportation to housing, from caregiver support to intergenerational programming.

These programs may be sponsored by providers of aging services, including non-profit organizations, universities, faith organizations and local governments. Applications may be submitted by single organizations or a partnership including any combination of the above. The programs are judged for their innovation, cost-effectiveness, ease of replication and their impact on the quality of life of older Virginians, caregivers and family members. Previous winners who have received honorable mention in a prior year without a cash award may resubmit an application or be nominated by another. The Commonwealth Council on Aging (Council) disseminates information on the award winning programs throughout the Commonwealth to encourage the replication of these model programs.

The Council wishes to congratulate award recipients and thank all former Best Practices Committee members as we mark the 10th anniversary in 2016 of this Program.

Thank you to Dominion Resources for their annual funding of the cash prizes since 2012.

Commonwealth Council on Aging 2016

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II. CRITERIA

Best Practice Awards
Community Need and Impact
Promotion of Aging in the Community
Quality Innovation
Inclusiveness
Goal Outcomes Evaluation
Cost Effectiveness and Sustainability
Potential for Replication

III. AWARD RECIPIENTS

2016 RECIPIENTS	
FIRST PLACE	"***You Can! Live Well, Virginia!***" **of Senior Connections, the Capital Area Agency on Aging** is blazing new ground behind prison walls with scores of Virginia offenders who have proven over the past several years to be remarkably receptive to personally pursuing healthy lifestyle alternatives even in the midst of their severely restricted living conditions. This program is provided in the Greater Richmond region modelled on Stanford University's evidence-based Chronic Disease Self-Management Program. The certified volunteer trainers have won repeated accolades from the themselves, generating heightened interest among wardens and officials at the Virginia Department of Corrections in efforts to expand the six-week CDSMP workshop to cover more prison locations. Much like the entire U.S. population, the inmate population in Virginia is rapidly aging bringing predictable cost increases for institutional inmate health care that is being borne directly by taxpayers. Every enrollee is already being treated for a chronic illness. Despite early, understandable skepticism about the potential degree of health efficacy and cost reduction within the proscribed and locked environment of a prison, where everything from diets to individual mobility is severely restricted, the skeptics have been happily relieved by the program's early and continuing success. www.seniorconnections-va.org/
SECOND PLACE	**Southern Area Agency on Aging's Miles 4 Vets** is a door-to-door, wheelchair accessible transportation service for senior and disabled veterans in the Martinsville, Henry County and Franklin County area. There is no cost to veterans who use the service. Miles 4 Vets transports local veterans from their home to the Salem Veteran Affairs Medical Center (SVAMC) in Salem and back home every Wednesday. The SVAMC is approximately two hours away from the Martinsville and Henry County area. Within the next year, there are plans for this program to provide an additional day of transportation on Mondays, to the Danville Community Based Outpatient Center (DCBOC) in Danville. Miles 4 Vets began operating in November 2014 and has already served 45 unduplicated veterans. This program is the only service that provides wheel-chair accessible and door-to-door service specifically for resident veterans. Miles 4 Vets hopes to expand until all of the West Piedmont Planning District (Counties of Franklin, Henry, Patrick and Pittsylvania; and the Cities of Danville and Martinsville) is served by the program. www.southernaaa.org/
THIRD PLACE	**Faith Works Home Repair** is a collaborative effort involving the faith community and the area agency on aging, **Mountain Empire Older Citizens, Inc. (MEOC)**, to address greatly needed home repairs and modifications for low-income older people who have no other place to turn for help. This effort promotes Aging in Place for hundreds of older people. Unsafe, inaccessible homes are made safer and more accessible thereby allowing the older person to avoid and delay having to move to a more restricted institutional setting. Additionally, the completed

	home repairs result in accessibility for family caregivers and professionals to provide the in-home support needed for older people to stay at home where they desperately want to remain. Faith Works matches the donated labor and supervision of faith volunteers with the care coordination department of MEOC and with donated funds for supplies to accomplish for older persons that which could not have been accomplished without collaboration and partnership. www.meoc.org/
HONORABLE MENTION	**Seniors Giving Back to Community** is a program of the **Burke/West Springfield Senior Center Without Walls (BWSSCWoW)**. BWSSCWoW is a public-private partnership to provide senior health programs in the Springfield District, the only district without a permanent senior center in Fairfax County. Initiated in 2007 by founding Chairman Corazon Sandoval Foley, BWSSCWoW has provided physical fitness, social interaction and intellectual stimulation through partnership with Fairfax County, along with churches and private groups donating facilities while senior volunteers donate services. BWSSCWoW Seniors Giving Back to Community program supports "Aging in Place" by strengthening "Aging" and "Place." It has bolstered self-confidence, pride and health of senior participants while enriching the community with free dance performances and seminars that educate audiences of all ages and enhance the community's diverse cultural treasures. http://scwow.org/
HONORABLE MENTION	The **Adults Plus Counseling** of **Family Services of Roanoke Valley** is a program that offers mental health counseling, case management, including financial management assistance and educational services, to couples or individuals aged 55+, their families and caregivers. Licensed counselors assess, treat and tailor interventions to the age, health and mental health status of older individuals. This program is the only one of its kind in the Roanoke Region providing services not only in-office, but "on the road" as well as for those who face transportation and health barriers. Services can occur in the client's home, including nursing home, assisted living facility or retirement community. The services allow seniors to remain in their homes and communities longer. Adults Plus serves insured and uninsured clients, as well as clients with Medicare or Medicaid. A sliding fee scale may also be utilized, thus making the services affordable and accessible. www.fsrv.org/
HONORABLE MENTION	The **Richmond Health and Wellness Program**, in partnership with housing communities and other service organizations, provides health and wellness promotion and care coordination services to low-income older and disabled adults at their place of living. The partnership consists of Dominion Place, the Better Housing Coalition, Virginia Commonwealth University and Richmond Redevelopment Housing Authority to provide services one day a week in five senior apartment buildings in urban Richmond. Supervised by the Virginia Commonwealth University School of Nursing clinical faculty, interprofessional student teams of nursing, pharmacy, social work, medicine, psychology and occupational therapy, provide an intergenerational component. Examples of

	services include help with medications, chronic disease monitoring and behavioral health counseling and referral as well as transitional care services with home visits for individuals that have returned from emergency room or hospitalization. Care coordination services focus on assistance with transportation, determining insurance needs, assistance with acquiring medications and connecting to primary care and other providers as needed. Through its partnership with the safety-net Lucy Corr Dental Program for Older Adults, on site dental screening are completed at the buildings and referrals are made to assist with obtaining dental care for the un-insured. Through a newly established partnership with Virginia Health Quality Center, preliminary data has demonstrated decrease in emergency room use utilization at the longest established partnership setting of Dominion Place. The program is gaining national attention as a model of integrated service provision that is replicable to other settings. http://wp.vcu.edu/nursing/2015/08/19/school-of-nursing-involved-in-geriatric-health-care-training-program/
2015 RECIPIENTS	
FIRST PLACE	**Faith to Fate Advance Care Planning Initiative of Senior Connections, the Capital Area Agency on Aging,** is an ongoing partnership between Senior Connections and five area churches that serve African American congregations and communities within the Greater Richmond and Tri-Cities regions. Ultimately enrolling 12 churches, its purpose is to deploy practical solutions to counter the alarming and widespread dearth of awareness, information, access and assistance with end-of-life medical and property asset legal discussions, planning and free legal documents execution. Consistently, national research has documented that this vital life-planning activity is done the very least among African Americans, as compared with every other ethnic subgroup. Research also shows that this problem is expanding and bringing about avoidable suffering and wasteful medical costs upon all Americans, as new state laws, technologies, treatment options and procedures have drastically altered the end-of-life medical landscape for everyone. Using the new professional advance care planning (ACP) program—Honoring Choices Virginia—as the best-practice "alternative to guardianship" for family members suddenly facing the incapacity of a family member, this is the first and only effort nationwide to leverage local African American churches as permanent ACP resource centers. www.seniorconnections-va.org/
SECOND PLACE	For the past 20 years, the **Central Senior Center (CSC) of Fairfax County** has provided a wide array of programs for thousands of frail older Korean Americans to help them stay in the community and enable them to be self-sufficient. It has grown to be the largest senior center with over 450 participants in Fairfax County. Koreans are Fairfax County's third largest immigrant community. CSC provides four major services: Congregate Meal and Senior Center Day Program, Korean Meals on Wheels, Personal Care Aide Certification program and Central Senior Center Home Care. CSC provides classes with cultural enrichment opportunities, physical exercise, development of hobbies, spiritual health and health education,

	as well as furnishes information about social services and naturalization in a culturally appropriate manner. In 1994, CSC started as a "Korean Senior Center," but non-Koreans began to participate as students and volunteers and the senior center was renamed the "Central Senior Center" in 1998. It is now open to all seniors regardless of religion, race or ethnicity. About 16 other senior programs modeled after the CSC Day Program have been developed by the Korean faith community in Virginia and Maryland. www.kcpc.org/
THIRD PLACE	**Volunteer Solutions (VS), Fairfax Area Agency on Aging** is a program that has expanded way beyond the Fairfax Area Agency on Aging (AAA) in which it is housed. The mission is to mobilize and connect volunteers with meaningful opportunities to improve the lives of older adults and adults with disabilities in the community. The program has nine staff that manage nearly 4,000 volunteers throughout Fairfax County and the cities of Falls Church and Fairfax. The volunteers serve AAA, Adult Services and Adult Protective Services clients within Fairfax County's Adult and Aging Services. VS also recruits, trains and manages volunteers for Fairfax County's adult day care centers and senior centers. Their Recruiters and Partnership Developer are constantly creating new partnerships to provide volunteers for services that will help residents maintain or enhance their quality of life and level of independence. Many volunteers provide services such as transportation and household tasks. The volunteers serve AAA, Adult Services and Adult Protective Services clients within Fairfax County's Adult and Aging Services. VS also recruits, trains and manages volunteers for Fairfax County's adult day care centers and senior centers. www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm
HONORABLE MENTION	**Hopewell Respite Care Group** is a community service for residents of Hopewell and surrounding areas for adult with disabilities ages 35 and above and seniors 60 and older. The program is designed for individuals with a mental, physical, or cognitive disability and/or requiring constant assistance from a caregiver. The program allows participants to engage in meaningful recreational, educational, community and social activities in a safe environment, among peers. It also creates a break for caregivers to recreate, socialize, or tend to their own personal needs. Families appreciate these services which alleviates the pressure to care for an elderly or adult with disabilities. Without this program, many individuals are placed in nursing homes, group homes, or mental institutions. There is a sense of empowerment for individuals that remain independent as long as possible. www.hopewellva.gov/recreation-and-parks/hopewell-respite-care-group-program/
HONORABLE MENTION	**New Freedom Mobility Management Program** is a transportation service designed to improve transit opportunities for people with disabilities and those over 60 years of age. The project currently serves twelve counties throughout the Northern Neck and Middle Peninsula in addition to New Kent and Charles City Counties. It allows people to become more actively engaged in social and recreational events, retail shopping, access to jobs, vocational training programs in addition to non-emergency medical appointments. New Freedom also offers

	expanded transit services outside of the public transportation service area and hours. Bay Transit, a division of Bay Aging, is the only public transportation provider to the ten counties of the Northern Neck and Middle Peninsula and the counties of New Kent and Charles City. Data from the 2014 Bay Transit Survey showed that public transportation continues to be a critical need in this largely rural region. Bay Transit also provides a travel training service for Seniors called "Seniors on the Go." The program is designed to educate seniors about transportation services and alleviate any fears they may have with hands-on experience to learn how public transportation works. http://baytransit.org/
HONORABLE MENTION	**Successfully Aging at Home in the New River Valley – a Grassroots, Community-Based Initiative**, was established to meet an unmet and growing need: the ability of residents to age in their homes and communities. The initiative is guided by the New River Valley (NRV) Aging in Place Leadership Team (Team) made up of eight community organizations. Initiative activities utilize the strengths of team members to bring together a wide range of sectors of the community to develop viable options to address two co-occurring needs that challenge older adults to remain in their homes and communities: home accessibility and supportive services. Also, the program develops new intentional housing options for the regions' rural and town areas that meet the needs and preferences of the aging population. The Team has sponsored innovative community projects and programs promoting aging in place including a Home Modifications Program partnership with Habitat for Humanity, development of a Time Bank program and establishing a regional Aging-in-Place Action Plan. www.vadars.org/vblc/awp.htm
2014 RECIPIENTS	
FIRST PLACE	**F.R.E.E. Foundation Equipment Reuse/Recycling and Gifting Program** helps Virginians achieve independence through mobility when they have no other way to attain their independence. Every day, adults across Virginia lose their mobility to injury or illness. Many are uninsured and cannot obtain the equipment they need. In Virginia, the number of uninsured adults remains very high, driven by unemployment and reductions in employer-provided healthcare. The F.R.E.E. Foundation is a volunteer-led non-profit that provides mobility rehabilitation equipment to help people regain their mobility and independence. F.R.E.E. collects, sanitizes, repairs and gifts donated mobility equipment to uninsured and underinsured adults in Virginia. When F.R.E.E. gifts equipment, falls and medical costs drop by over 80 percent. Those in need regain their mobility and independence and Virginians save millions of dollars annually. The majority of those served by F.R.E.E. are older Virginians. www.free-foundation.org/
SECOND PLACE	**Retired and Senior Volunteer Programs (RSVP) of Montgomery and Pulaski Counties and City of Radford's Supplies for Seniors** enhances the quality of life by providing basic necessities to homebound seniors during winter months. Homebound seniors are seniors who can't leave their home or rely on others to

	take them to do errands or bring meals, groceries and medication. The RSVP of Montgomery and Pulaski Counties and City of Radford each autumn have held a "Supplies for Seniors" drive to collect basic household and personal care items for seniors who receive home delivered meals through the New River Valley Agency on Aging and Radford/Fairlawn Daily Bread. Each January, RSVP volunteers sort and bag the donated supplies, then deliver them to an average of 250 homebound seniors residing in the five localities of the New River Valley. www.facebook.com/RSVPofMontgomeryCoandRadford
THIRD PLACE	**Alzheimer's Association Central and Western Virginia (CWVA) Chapter's Arts Fusion** offers creative and cultural opportunities for those affected by memory loss in the Alzheimer's Association CWVA Chapter area. Arts Fusion's mission is to employ the arts as a vehicle for promoting creative expression and quality of life experiences for persons with dementia and their caregivers. For those diagnosed with younger onset and early stage dementia, who are living at home with a family caregiver, Arts Fusion offers art museum and gallery visits, nature walks and opportunities to attend symphony and dramatic arts rehearsals. www.alz.org/cwva/in_my_community_58779.asp
HONORABLE MENTION	**Wills for Seniors** is an emotionally moving, empowering event providing seniors with a will, a power of attorney and an advance medical directive. Four legal teams, consisting of lawyers, law students and notary publics meet privately with each senior to prepare legal documents. The **Jefferson Area Board for Aging (JABA)** coordinates the event through promotions, completing applications, determining eligibility, scheduling appointments and guiding participants in preparing an advance questionnaire packet. The packet is reviewed and finalized on the Wills for Senior Day as each senior meets confidentially with their assigned legal team. www.jabacares.org/news/full/full-house-for-wills-for-seniors/
HONORABLE MENTION	Rural Madison County located in north central Virginia along the foothills of the Blue Ridge Mountains is home to an innovative program to benefit seniors age sixty or older named **The Nest Egg Thrift Store**. A national catalog company warehoused in Madison has generously donated returned items to the Madison Senior Center for repair and sale at the Nest Egg Thrift Store. Through coordination of 28 local volunteers and limited staff of the senior center, this program has provided substantial amounts of money ($76,130 in 2013) to expand the existing senior center site through construction of a 600 square foot addition. The program is coordinated by **Rappahanock Rapidan Community Services**. www.rrcsb.org/
HONORABLE MENTION	A collaborative effort formed in 2010, the **Greater Augusta Coalition Against Adult Abuse (GACAAA)** is an all-volunteer organization working to raise awareness of adult abuse in the community and improve reporting procedures and criminal prosecution of adult abuse crimes. GACAAA members include representatives from senior centers, assisted living facilities, healthcare, social service organizations, first responders, law enforcement, local financial institutions, Legal Aid, Commonwealth attorneys and APS representatives working

	in Augusta County, Staunton, Waynesboro and surrounding areas. GACAAA partners with state and local service providers to improve public understanding of adult abuse with the goal of increased reporting, treatment and prosecution of adult abuse. www.gacaaa.com/
HONORABLE MENTION	The **Northern Virginia Aging Network** (NVAN) is a collaboration of organizations and individuals that advocate for and serve older residents of the five Northern Virginia Area Agency on Aging (AAA) catchment areas: Alexandria, Arlington, Fairfax, including Fairfax City and Falls Church, Loudoun and Prince William, including Manassas and Manassas Park. Representatives of the AAAs, commissions on aging and non-profit organizations (those providing services to older adults) from these areas meet every other month, to exchange information, share knowledge and stay current with the needs of their constituents and the possibilities for legislative solutions. In October, NVAN presents its platform to the Norther Virginia legislative delegation at its annual legislative breakfast, which attracted over 200 attendees in 2013. NVAN's rigorous analysis of issues and understanding of the legislative process invariably attracts sponsors from the Northern Virginia delegation for its proposals. www.novaregion.org/index.aspx?NID=353
2013 RECIPIENTS	
FIRST PLACE	**Riverside Health System's Center for Excellence in Aging and Lifelong Health, "Caring for You, Caring for Me,"** is a 10-hour, five-session course to help improve the care and quality of life of older adults and people with disabilities. The program, launched by the Carter institute in 1996, aims to address the needs of family and professional caregivers by bringing them together to discuss common issues, share ideas and gain a better understanding of the other's perspective on what it means to be a caregiver. Through the "Caring for You, Caring for Me" program, the Riverside Center for Excellence in Aging and Lifelong Health in 2013 had served more than 211 caregivers, in 13 different venues, through direct participation in the program. An estimated 2,800 care recipients benefit each year, with more than 6,630 recipients since the program began, given that many caregivers care for more than one person at a time. www.riversideonline.com/cealh/
SECOND PLACE	**Growing Younger Program, a partnership of the YMCA of Greater Richmond, Senior Connections, The Capital Area Agency on Aging, Genworth Financial and the United Way of Greater Richmond and Petersburg,** provides wellness and arts activities that focus on improving physical, mental and social well-being. The program consists of chair based exercise classes that work on flexibility, strength and muscular endurance. Participants are evaluated through fitness testing and health screenings. The art component of the program is facilitated by Art on Wheels and the Visual Arts Center of Richmond, designed to encourage participants to express themselves, improve fine motor skills and stimulate cognitive growth. Although The Growing Younger Program is not offered at every

	Friendship Café, each café does have movement and exercise. www.seniorconnections va.org/services/nutritionfriendshipcafes/tabid/96/default.aspx
THIRD PLACE	**Community Dialogue on Financial Abuse among Older Adults by the New River Valley Agency on Aging in Pulaski** was developed by the Elder Justice Coalition of the New River Valley to improve awareness and enhance community response to Elder Financial Abuse (EFA). The dialogue format provides a forum to engage community leaders, professionals and citizens in interactive conversations about how communities can effectively prevent, detect and respond to incidents of EFA. The Community Dialogue format strengthens collaborative community responses by bringing people together who are dedicated to protecting the health and safety of older residents. www.nrvaoa.org/index.html
HONORABLE MENTION	The **F.R.E.E. Foundation Equipment Reuse/Recycling and Gifting Program**, of Roanoke, helps Virginians achieve independence through mobility when they have no other way to attain their independence. (See 2014 for additional info.) www.free-foundation.org/
HONORABLE MENTION	The **Fairfax County Family Caregiver Support Program** provides multiple services and supports to assist family caregivers. They offer an information hotline that is available Monday through Friday, a caregiver respite program, education and training in the form of seminars (on such issues as providing care, handling finances, coping with stress, legal issues, Medicare, etc.), adult day health center, in-person caregiver support groups, as well as telephone support groups offered in both English and Korean. www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm
HONORABLE MENTION	The **Senior Connections Family Caregivers Support Seminar** provides, at no cost, one- or two-day personalized programs to provide information, skills and knowledge for enrolled family members and volunteer caregivers. www.seniorconnections-va.org/Services/CaregiverSupport/tabid/62/Default.aspx
2012 RECIPIENTS	
FIRST PLACE	**Senior Resource Center's Emergency Preparedness Plan** is a joint effort among area residents, religious organizations, civic groups and the City of Virginia Beach. The Senior Resource Center aims to provide area residents with educational seminars, physical activity and social interaction. Volunteers answer phones, greet visitors, make friendly home visits and reassurance phone calls, as well run errands, do yard work and provide minor home repairs to seniors living in the southern part of the city, all for free. Its Emergency Preparedness Plan identifies older residents in the community who will need special assistance or contact during an emergency situation and builds relationships with them so they will accept assistance when needed. The volunteers identify those residents who might need certain supplies, or may lack transportation and family support. They

	pair them with other seniors who could help deliver supplies, or just check to make sure they are protected during a storm. www.vbsrc.com/
SECOND PLACE	**Beyond Clinic Walls, a volunteer program based at The Glennan Center for Geriatrics and Gerontology,** is a student-run, geriatric-centered service provided by Eastern Virginia Medical School's students in the city of Norfolk. Volunteers hail from varied medical disciplines and, working in teams and by referral, visit older citizens in Norfolk on a biweekly basis. The students spend time with their clients, talk about their medical issues and challenges and monitor their client's day-to-day lifestyle. While they do not function as home health aides, the student volunteers aim to develop meaningful relationships with their clients and help them maintain their independence and quality of life. The program provides organizational structure, resources and continuity of care to develop and support meaningful relationships between student volunteers and older adults in the Norfolk area. www.evms.edu/community/brock_institute/community_and_global_health_projects_database/beyond_clinic_walls/
THIRD PLACE	**Bedford Ride** is a volunteer- and community-led transportation program that provides non-emergency medical transportation to all Bedford County and Bedford City seniors and others with no other means of transportation available to them. The program operates using a volunteer force of drivers and dispatchers. Volunteers provide disabled, elderly and low income people in our communities with easy and affordable transportation. Drivers are carefully screened and thoroughly trained persons who are caring, compassionate and considerate. They drive safely, protect passenger confidentiality and treat everyone with respect. http://bedfordride-cvacl.org/
HONORABLE MENTION	**Roanoke Health Care Alliance** is made up of area executives, directors and CEOs representing different areas of care to provide basic information (including questions and answers) regarding acute care, nursing home care, skilled care, private duty care, hospice care, burial and cremation services, as well as basic wellness in order to assist the Roanoke Valley families navigate more comfortably through the healthcare system. This group of volunteers works with area companies, organizations, colleges/universities and churches to provide basic education to employees and employers regarding senior healthcare options available in and around the Roanoke Valley. The Alliance provides all-inclusive presentations, small group and individual presentations, individual workshops, scheduled one-on-one's and exclusive health fairs. These services are provided at no cost to employers. www.roanokehealthcarealliance.org/
HONORABLE MENTION	**All Things Digital** is an all-volunteer program offering computer and digital services to members of the **Senior Center Inc. of Charlottesville**. Services are consumer-driven and adjusted based on the daily needs of the clients. http://seniorcenterinc.org/calendar/event/2290/

HONORABLE MENTION	**Growing Younger Program,** a comprehensive health and wellness program of the YMCA of Greater Richmond, is designed to strengthen the body, mind and spirit of older adults through exercise classes, healthy lifestyle principles and artistic expression. (See 2013 for additional info.) www.yourunitedway.org/
2011 RECIPIENTS	
FIRST PLACE	**Arlington Aging and Disability Services Division (ADSD) and Culpepper Garden Retirement Housing** is a vital partnership for affordable assisted living. Arlington County has partnered with Culpepper Garden I and II, a 35-year old HUD financed retirement housing apartment that has 273 efficiency, 1-bedroom and 2-bedroom apartments for very low income elders. Most residents have multiple service needs; however, the housing facility is not in a position to provide any services in addition to meals and a HUD financed service coordinator. Through close cooperation with Arlington County staff, residents utilize a broad array of services, with services tailored to each resident's needs. Service utilization is so strong that the residents' profiles mirror that found in assisted living residences. Examples of services that are available to older residents generally, but can be delivered in a cost-effective manner are: (a) bi-weekly transportation service to grocery stores and pharmacies; (b) personal care/homemaker service available 7 days per week;. (c) nurses set up medications and coordinate with the individual's physicians. Residents and staff at Culpepper Garden communicate with ADSD regularly and serve as a bellwether for emerging issues and changing needs. http://culpeppergarden.org/
SECOND PLACE (TWO RECIPIENTS)	**Elderspirit Community** in Abingdon is about aging. It is also about living and housing and eventually about dying. It is about all of these things – not as an ending or as a failing – but as an opportunity, a possibility. The mixed-income cohousing, community consists of 29 homes (16 low-income rentals; 13 market-rate homes), a central Common House and a small Spirit Center. The community consists of 45 members. Eleven members live off site because there was no vacancy when they wanted to come. All members participate in the life of the community. Elderspirit is a community of mutual support and late – life spirituality. Mutual support is defined as neighborly care. Late-life spirituality is not religion, but the search for a meaningful life. Resident management is one of the principles of cohousing. The residents determine how they will live with one another, maintain the lawns and buildings, cook their common meals and live by the stated values. Committees report at the monthly meetings of the whole. http://elderspirit.net/
	Volunteer Money Management Program, Senior Connections, The Capital Area Agency on Aging, in partnership with AARP, assists seniors age 60 and over who need help with their monthly bill-paying responsibilities. Trained volunteers provide individualized bill-paying assistance including check writing along with services such as preparing a monthly budget, sorting mail, reviewing bills, creating a household filing system, balancing a checkbook and reviewing bank statements.

	The money management program enables older adults to live independently and with the peace of mind that their bills are paid in a timely fashion and no late fees or penalties are being assessed. The program also provides ongoing oversight to protect against financial exploitation by monitoring expenditures. All services are customized to the individual's needs and requirements. Volunteers typically work in the client's own home at least once per month. All volunteers must pass criminal background checks and training prior to assignment. There is no charge for Money Management services but donations are encouraged. www.seniorconnections-va.org/Services/MoneyManagement/tabid/65/Default.aspx
THIRD PLACE	None Awarded
HONORABLE MENTION	**Aging Together** was founded on the premise that collaboration is the key to successfully addressing the needs of the growing senior population. Within the framework of aging services, caregivers are a critical factor in successfully assisting their family members to a*ge* in the community. Aging Together's **Caregiver Training Series** supports family caregivers by providing them affordable and accessible hands-on training in their home communities. Facilitated by the local county teams of Aging Together, training is developed to address the needs and interests of caregivers in each community. This training is provided by local experts that can provide specific answers to group and individual questions. Implemented in 2007 this training reached over 250 caregivers in the five counties of the Rappahannock Rapidan region teaching skills including assistance with personal care, legal issues of caregiving, preparing for end of life, Alzheimer's Disease, dementia, medical issues of older adults, caring for the caregiver, financial planning and much more. Using the collaborative relationships of Aging Together, this training is provided entirely through donations and volunteers who assure a quality learning experience for family caregivers and acknowledge the stresses inherent in being a caregiver. The result is more skilled and confident family and friends who are better prepared to support their elder family members and who are better connected to a system of supports. www.agingtogether.org/
HONORABLE MENTION	**RSVP and Care-A-Van Driving Program offered through Rappahannock Rapidan Community Services Board (RRDSB)** is a local volunteer transportation programs to be coordinated under the umbrella of the RRCSB's RSVP Volunteer Program to address increases in the elder population in Planning District 9 (PD9). The five major "RSVP Driving Stations" are the VOLTRAN Program, St. Steven's "Road to Recovery," "RAPPMEDRIDES," as well as the RSVP Driving and Care-A-Van Programs. In 2010, the combined efforts of the volunteer transportation programs in PD9 resulted in 874 trips by 67 RSVP volunteers. These volunteers provided 43,077 miles of transport and spent 3,191 hours of service helping individuals with vital transportation services. www.rrcsb.org/
HONORABLE MENTION	**The Virginia Heart and Vascular Institute Heart Failure Clinic through Mary Washington Healthcare** provides patients with high-quality, ongoing care that significantly reduces the rate of hospital readmissions, enables patients to self-

	manage their condition and enhances their quality of life by allowing resumption of most daily activities. The Clinic's active patient census is around 200 with an average age of 69. Patients are seen three to five days after hospital discharge, regardless of ability to pay. Rigorous efforts are in place to help uninsured or underinsured patients gain access to transportation, primary care and medications. www.marywashingtonhealthcare.com/
2010 RECIPIENTS	
FIRST PLACE	**The At Home Program** provides rural citizens the choice to age at home and adds a new level to the Shenandoah Area Agency on Aging's core services for the homebound. The At Home program includes a part time case manager, a part-time rural health outreach nurse and 16 Shenandoah University physician assistant students each semester who bring information and support in chronic disease management to rural homebound elders. A compelling case is being made for cost savings resulting from reduced emergency room visits among this client population, improved access to basic medical services and increased patient compliance with physician orders and medication management. In 28 months, more than 840 in-home visits have been provided to 124 older home bound clients and reduced or eliminated visits to the emergency room. This initiative enlists the following collaborative partners: Shenandoah University, Shenandoah Memorial Hospital, United Way of the Northern Shenandoah Valley, Our Health and the Shenandoah County Free Medical Clinic. www.shenandoahaaa.com/
SECOND PLACE	**Connections: Innovative Home-Based Activity Programming through the Central and Western Virginia Chapter of the Alzheimer's Association** promotes "student-delivered volunteering" by pairing university students with individuals with dementia and related diseases to provide home-based programming (wherever home may be). The goals of the program are: 1) to reduce caregiver burden and stress through caregiver education and enhanced caregiver confidence; 2) to provide opportunities for engagement in meaningful activities for persons diagnosed with dementia; and, 3) to sustain community-based collaborations and intergenerational relationships. A "tool kit" titled *Connections: Engagement in Life for Persons with Dementia* was a recently published activities guide and includes the roadmap for implementing the program in the home. The program is unique in addressing the needs of both the caregiver and the person with dementia. http://alzpossible.org/new/webinars-2/orbiting-the-individual/connections/
THIRD PLACE	**Mountainside Senior Living (MSL)** is a unique assisted living facility in Crozet. It is a rare Area Agency on Aging in the assisted living business, but **JABA (the Jefferson Area Board for Aging in Charlottesville)** had no choice but to step up and prevent 143 frail seniors from being evicted from a bankrupt chain. In less than six months, JABA was able to stitch together local support from government, donations and lenders and became both the operator of the facility and a part owner of the real estate. Furthermore, MSL balances a mixture of private-pay and

	Auxiliary Grant (AG) or Medicaid-supported beds. The shortfall in revenue from Medicaid is compensated for by excess revenue from private-pay beds, which themselves are priced at approximately 80 percent of the prevailing local market. www.jabacares.org/page/full/affordable-assisted-living/
HONORABLE MENTION	**Generations Crossing Intergenerational Day Care** has created an intergenerational day care program where 24 adults enjoy daily interaction with children in a single facility. The building was designed to meet the unique needs of this multi-age population so that scheduled activities planned by an Intergenerational Program Coordinator are easily supplemented by casual interactions. Older adults light up with excitement when the infant buggy rolls into their room for a visit and preschoolers love having a ready audience when they want to perform a new song. The only adult day care service in the Harrisonburg and Rockingham County region, Generations Crossing was founded eight years ago through a collaboration of area agencies serving older adults. Funding from the Virginia Department for the Aging's Respite Care Grant, four local foundations and many individuals made the new building possible in 2008. Ongoing support from the United Way and our community hospital provides scholarship dollars to assure that no participant, child or adult, is turned away for financial reasons. Established as an independent non-profit agency, operations and financial management are closely monitored by a volunteer board of directors. www.generationscrossing.com/
HONORABLE MENTION	**Project Mend-A-House** is a volunteer-based free home repair and modification program that helps the needy, seniors and disabled of Prince William County and greater Manassas to maintain their cherished independence and allow them to remain in their homes by assisting these residents with small, medium and large home repair jobs and safety-enhancing projects. This program improves permanent residential structures that are occupied by low income persons. All of the clients' income limits fall within the extremely low-income to low-income categories per the Prince William/Greater Washington area median income tables. This much needed service organization reduces the leading cause of injury in seniors by preventing falls from occurring, creates awareness of safety needs and improves clients' living conditions. http://pmahweb.org/
HONORABLE MENTION	**Coalition of Preventing Elder Suicide (COPES), a program of the Virginia Beach Department of Human Services,** is comprised of a diverse group of community professionals and volunteers from organizations serving senior adults throughout the greater Hampton Roads area. The mission is to reduce the loss and suffering resulting from depression, suicide and suicidal behavior among older adults. COPES works to achieve this mission by providing educational programs for professionals, volunteers, older persons, family members and others. Presentations increase the awareness of depression and suicide and include information on the signs and symptoms of depression and suicidal behavior while offering referrals to community resources to address these behaviors. www.vbgov.com/government/departments/human-services/Pages/default.aspx

2009 RECIPIENTS	
EDUCATION	**TechWorld (Students/Alzheimer's Caregivers Technology Project) of Mountain Empire Older Citizens, Inc.** is an intergenerational initiative that provides computers, Internet access, information and training to the caregivers of dementia patients who are unable to participate in conventional caregiver support groups. These caregivers are often geographically isolated and virtually homebound by their caregiving responsibilities. They are unable to travel long distances to participate in a conventional support group meeting. TechWorld uses teen volunteers to provide training to the caregivers about how to access the internet to find reliable health care information, how to use email and how to participate in an online (virtual) support group. Caregivers are provided with computers donated by the Wise County School System and provided with internet connections for one year while they learn to use the technology. Teen and young adult volunteers from the local high school and community college provide one-to-one training and support to the caregivers so they learn to use their computer to access information, exchange emails with other support group members and participate in a virtual support group. http://meoc.org/
EDUCATION	**Independent Living Project, through the Fairfax Area Agency on Aging,** is a community education program designed to promote independent living for older adults and adults with disabilities. The six to eight week series of free activities include: exercise classes to increase strength and balance; workshops providing education on topics that address risks to independence (i.e., medication consultation with a pharmacist, fall prevention, nutrition); and in home assessments to identify safety risks and receive information and referrals. Workshops are offered in convenient locations such as faith-based organizations, senior centers and community centers. The program is made possible through its many partnerships which include the Department of Family Services, Division of Adult and Aging Services, Fairfax Area Agency on Aging, ElderLink, Fire and Rescue Department, Health Department, Community and Recreation Services, Library Services, Department of Transportation, Department of Housing and Community Development, Virginia Department of Health, Virginia Department for the Aging, Northern Virginia Resource Center for Deaf and Hard of Hearing Persons, Inova Health System, CVS pharmacy, RPJ Housing, Alzheimer's Association - National Capital Area Chapter and faith based communities in Fairfax County. www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm
COMMUNITY PARTNERSHIP	**Shenandoah Valley Compassionate Pharmacy (SVCP)** is a non-profit collaborative program between **Shenandoah University (SU)**, physicians at Winchester Medical Center and the Rite Aid. The goals of the program are to provide free chronic medications to senior patients who qualify for drug manufacturers' patient assistance programs and serve as a learning and research site for SU pharmacy students. Since the program's inception in February 2003, 765 seniors have received 16,248 free prescriptions valued at $5,514,448.49. Twenty pharmacy students have completed Service Learning at the SVCP and five have completed

	senior research projects using data from the SVCP; one student has studied and published SVCP patient outcomes. One part-time pharmacist and one patient advocate provide staff support for the independent pharmacy four days/week. The annual budget is about $60,000 with funding primarily from foundation grants, church donations, physicians and the City of Winchester. www.su.edu/
SENIOR SAFETY	For families and caregivers, exploring options of how to protect a loved one who wanders away from the safety of their home due to Alzheimer's, dementia, autism, intellectual disabilities or other wandering conditions, there is hope. Started in 1999, began from **Project Lifesaver International** the ranks of a Search and Rescue group affiliated with the Chesapeake Sheriff's Office known as the 43rd Virginia Search and Rescue Organization. It has expanded to more than 920 communities in 45 states, District of Columbia and Canada and Australia, to protect some of society's most vulnerable citizens ranging from our elderly to our children. People who are enrolled in the Project Lifesaver Program wear a personalized wristband that emits a tracking signal. When caregivers notify the local Project Lifesaver agency that the person is missing, a search and rescue team responds to the wanderer's area and starts searching with a mobile locater tracking system. Search times have been reduced from hours and days to just minutes, the average rescue time if notified is less than 30 minutes. Since Project Lifesaver International is a non-profit (501 (c) (3)) organization, funding is a result of private and corporate donations and grants. Donations are used directly for programs, rescues and educational expenses. This program has had more than 1,800 successful national search and rescue missions. www.projectlifesaver.org/
HOUSING	**Chesterbrook Residences, Inc.** is the first and only mixed income assisted living facility in Fairfax County. The facility is the product of a unique community partnership that worked together for seven years to convert a gift of 5 acres of land into a special facility. With financial support from Fairfax County, the Virginia Housing Development Authority and more than $1 million in private donations, the facility opened in late 2007. Of the 97 units available, 55 percent are offered to low income seniors at below market rates. Ongoing fundraising events assure that no resident has to leave because of financial concerns. www.chesterbrookres.org/cb2/
HEALTHY AGING	The **Sunnyside Wellness Center** teaches at least 20 group exercise classes each week including chair yoga, seated strength training, low impact aerobics, standing strength and stretch classes and water based aerobics and range of motion classes. Special healthy aging programs include classes on nutrition and health, golf, belly dancing, country line dancing, water volleyball, seated tai chi and others. To encourage participation in these classes, the Center holds a themed open house and motivational challenge each January. This year's theme was **"Escape to Paris."** The program included presentation that coordinated with the theme to enrich the mind and promote all dimensions of wellness. Volunteers from the surrounding community (as well as the Center's own residents) taught

	classes on French art, French cuisine and French language 101. The physical challenge encouraged residents to "climb" the Eiffel Tower through regular exercise programs. Sunnyside staff believes that these themed events spur the residents' imagination and increase participation and excitement around exercise and learning new information. www.sunnyside.cc/our-communities/sunnyside-harrisonburg/
LONG-TERM CARE	**Southside Geropsychiatric Services** (a collaborative project involving Chesapeake, Norfolk, Portsmouth, Western Tidewater and Virginia Beach Community Services Boards (CSBs)) offers free training and consultations to facility and family caregivers providing care for seniors with dementia or other mental health issues that put them at risk of psychiatric hospitalization. Services are provided on-site, either in the facility or in the home, as needed. The enhanced services and partnerships with local long term care facilities have helped to divert individuals who otherwise would have needed to go to the geriatric unit at Eastern State Hospital (recently downsized) and have helped to facilitate senior adults' return to the community from Eastern State and other psychiatric hospitals. Local in-home respite care services have also been expanded to underserved areas of Southside Hampton Roads, as part of this project. Since May of 2007, over 1700 people have attended the free training, including staff from local social services agencies, guardianship agencies, the area agency on aging, adult daycare, home health, CSB staff, 45 area long term care facilities and family caregivers. www.vbgov.com/government/departments/human-services/your-dhs/Pages/senior-adult-services.aspx
SENIORS AS VOLUNTEERS	**The Protective Money Management Program (PMMP)**, run entirely by trained volunteers, provides assistance to low-income seniors and individuals with disabilities who are unable to manage their financial affairs. The program operates under the auspices of the **Rappahannock- Rapidan Community Services Board** and is sponsored by the American Association of Retired Persons and the AARP Foundation. The Protective Money Management Program is an organizational representative payee working in partnership with the Culpeper office of the Social Security Administration and serves residents of Culpeper, Fauquier, Madison, Orange and Rappahannock counties. Almost all of the PMMP volunteers are fifty-five and older and for those who are retired or nearing retirement, this volunteer opportunity provides them with an ideal vehicle to give back to their community in a meaningful way while fitting into their work or retirement schedule. For individuals who are unable to take care of their finances, the program assumes representative payee responsibilities and full management of their funds (primarily their social security benefits) at no charge. PMMP volunteers also visit the five CSB-operated Senior Centers and offer on-site financial assistance and advice to those seniors requesting it. www.rrcsb.org/Services/ProtectiveMoneyManagement/tabid/145/Default.aspx

2008 RECIPIENTS	
TRANSPORTATION	**Mountain Empire Older Citizens (MEOC) Transportation Program** has spent 30 years building a Coordinated Transportation program. Through coordination, MEOC is able to provide service to more people without duplication of resources. For example, aging services, including congregate and home meal delivery, are provided on the same vehicle at the same time as public transit services, mental health and intellectual disability contract services, Medicaid services and transportation services for various other programs and clients. Rather than five or more agencies using separate vehicles and drivers to traverse the same area, a single agency is able to serve all these clients with far fewer total resources. This provides a savings to the participating agencies, as well as to the taxpayers who are not charged five or more times for transportation in the same geographic area, simply because each agency has its own separate funding stream. This economic efficiency does not reduce the attention to individual client needs. Extensive interagency training and cooperation and innovation in problem solving, keeps client needs uppermost in everyone's mind. http://meoc.org/meoc-transit.html
LONG-TERM CARE	According to a 2006 report, the population of older Koreans in Fairfax County is second only to the Latino population. Locating health care workers who can provide culturally and linguistically sensitive services to this population is a challenge for families. **The Korean Senior Center Certified Personal Care Assistants (PCAs) Program** addresses the need for these workers. The PCA Certification Program addresses three issues: it provides a pathway for Koreans to become certified as PCAs, it provides a program that will allow older and disabled Korean seniors to remain in the community, and it also provides immigrants with job skills and employment opportunities. The program is built on a unique partnership between the Korean Presbyterian Church, the Northern Virginia Community College, county health care agencies and private organizations such as the Inova Health System and Capital Hospice. Since its creation in 2004, more than 60 PCAs have graduated and been certified by the program. www.fairfaxcounty.gov/ncs/srctrs.htm
LONG-TERM CARE	**The Community Partnership for Improved Long-Term Care** was launched by the **Legal Aid Justice Center** in Oct. 2003 in response residents' family members and others who were frustrated about not being able to secure satisfactory nursing home care. High turnover rates (e.g. 142 percent for Directors of Nursing; 73.2 percent CNAs) and many other factors contribute to care that is not in compliance with federal standards. Residents, their loved ones, ombudsmen and other stakeholders needed a forum for mutual support and effective action to address long term care problems. The Partnership became that vehicle, offering safety and strength in numbers to speak out and work towards improving care. The Partnership operates on a consensus model, and its agenda is set and moved forward by talented volunteers from diverse backgrounds including social workers, the clergy and ombudsmen from all walks of life. It has built strong

	working relations with medical professionals and with other experts on aging and quality care such as the local Alzheimer's Association, the University of Virginia Department of Medicine's geriatric section, the UVA Institute on Aging, the Jefferson Area Board for Aging and other allies such as Piedmont Virginia Community College. www.justice4all.org/
SENIORS AS VOLUNTEERS	**Williamsburg Area Faith in Action Program** helps meet the needs of the elderly, chronically ill and disabled neighbors in Williamsburg, James City County and York County. Faith in Action is a unique organization that provides a support system through an interfaith coalition of volunteers from almost thirty-five area churches. They provide non-medical support services without fees or eligibility requirements to help residents maintain independence in their own homes. Some of the services include transportation to doctors, dentists, grocery stores, pharmacies, veterinarians and hair dressers, grocery shopping, light house and yard work, friendly visitors, telephone reassurance calls and respite care for caregivers. They have even been willing to transport clients to appointments over an hour away from Williamsburg, all with no charge to the client. All of these services require the coordination of over three hundred volunteers in this community. www.wfia.org/
SENIOR SAFETY	To respond to the community's need to protect older adults from financial exploitation, the Virginia Beach Office of the Commonwealth's Attorney and the Virginia Beach Department of Human Services Adult Protective Services Program launched the **Communities Against Senior Exploitation (CASE)** program in 2007. The program's goals are to prevent financial frauds and scams against senior citizens, increase fraud detection and reporting by human services and law enforcement organizations and provide victim support through partnerships with faith communities, advocacy groups and public agencies. The CASE partnership provides monthly fraud alerts to individuals, organizations, faith groups and agencies. CASE partners also provide training and education to faith groups, law enforcement personnel and advocacy groups and professional human services staff. By the end of 2007, 23 local churches and advocacy groups had signed partnership agreements with CASE and fraud alerts reach more than 9,000 individuals and organizations. www.vbgov.com/government/departments/human-services/Pages/default.aspx
EDUCATION	**Workplace Partners for Eldercare** is a collaborative project of **Senior Connections, The Capital Area Agency on Aging,** and the Richmond Area Caregivers Coalition. The program was started in 2006 with a grant from the Richmond Memorial Health Foundation. The purpose of the project is to work with employed caregivers and their employers to provide resources and encourage the provision of benefits that support working caregivers. Workplace Partners for Eldercare provides support for employers through education, awareness and resources. The goal of Workplace Partners for Eldercare is to enhance the wellbeing of employees who are providing care for older relatives and friends. Workplace Partners for Eldercare provides customized programs and services, community

	resource guides, speakers for seminars and general support for eldercare friendly companies. A product of Workplace Partners for Eldercare is *CareCompass*, a marketing and education campaign to help caregivers connect with services such as information and referral, transportation, respite breaks, temporary home care and adult day care. www.seniorconnections-va.org/Home/tabid/36/Default.aspx
HEALTHY AGING	Founded in 1960, **Senior Center Inc.** in Charlottesville is a nonprofit organization for adults 50 years or better with a mission to involve, enrich and empower seniors in our community. **Program for Independent Living** includes one hundred activities that are offered each month. There are twenty wellness activities, including aerobics, dancing, bowling, hiking, golf, walking, tennis, softball, yoga, Tai Chi and a water workout in partnership with ACAC Fitness Center. Special classes are offered for people with Parkinson's, ALS, or who have had a stroke or heart attack. Social activities include, card games, chess, singles' events, lunches, Red Hat Society and fishing. Lifelong learning opportunities include the Osher Lifelong Learning Institute, language lessons, Current Affairs discussions, book clubs, Socrates Cafe, travel and an active computer club and lab with both Macs and PCs with one-on-one instruction, classes, lectures and workshops. Creative and performing arts include the 60-piece Second Wind Band, singing groups, drama and a tap dancing troupe, all of which give concerts or performances in the community. Health promotion workshops include healthy cooking classes, blood pressure checks, health insurance counseling, various support groups and manicures and pedicures. They actively encourage volunteering, and last year our members donated 26,000 hours of service to the community in over 80 different locations and at the Center. Volunteer collaborations include making hats and mittens for Head Start children, Pinkie Puppets for children at UVA Hospital and Journeys Bearables to help children grieve. Through volunteering, dozens of community collaborations, and our multigenerational programs, we position seniors as active adults who are a vital part of the community, just older than most, but with essential wisdom to share with others. http://seniorcenterinc.org/
COMMUNITY PARTNERSHIPS	**Shenandoah Area Agency on Aging (SAAA)** partners with local schools, colleges and universities to provide its students with a place for them to conduct their clinical and to perform community service projects through its **Students and Seniors Program**. As part of their curriculum, they work with the aging population to provide health related programs in Active Living Centers, Respite Centers, the main office and with the homebound clientele. The partnership between SAAA and the educational community is a unique partnership that pairs students with seniors giving the students a hands-on introduction to the aging population and gives the seniors the benefit of connecting with the younger generation. www.shenandoahaaa.com/
2007 RECIPIENTS	
HOUSING	As there are no government programs to fund ramps and other home modifications for vulnerable homeowners, **ElderHomes** created the **Modular Wheelchair Ramp/Home Accessibility and Improvement Program** ("Modular

	Ramp"). To make this program work, ElderHomes created strong collaborations with 24 nonprofit groups, 15 businesses and 500+ individual volunteers. The modular ramps themselves are customized, fast and inexpensive to build and install. Since its inception in 1992, ElderHomes has served 6,700 households. http://projecthomes.org/
SENIOR SAFETY	**ElderFriends** is a volunteer-based friendly visitation program designed to help keep elders living in the community, in their own homes and remaining independent for as long as possible. ElderFriends is operating under the umbrella of the **Virginia Commonwealth University Department of Gerontology**, which has seen the benefits of a program like this in promoting the well-being of the elderly. ElderFriends was established in Richmond in the Fall of 2005. It was a replicated model of the successful program of the same name established in Seattle in 1996. ElderFriends is now delivering socialization services to address isolation and loneliness among Richmond's elder population. www.familylifeline.org/?page=elder-friends
HEALTHY AGING	**The Senior Advantage Program at Rockingham Memorial Hospital** is a membership program for adults 55 years or better. The main components of the program are health education, fitness, nutrition and social interaction. Ten separate activities are offered each month. The health education component is repeated in four different locations throughout the community. Healthy recipes, fitness tips, nutritious snacks and blood pressure checks are offered at each program. Additionally computer classes, a walking program, senior dining, a breakfast club and bingo are offered. Special interest programs such as craft classes, bus trips and driver safety are incorporated into the schedule. Health screenings and health promotions along with special discounts are all part of the membership package. Members receive a quarterly newsletter announcing upcoming events or they can call a hotline number listing all activities. http://rmhonline.com/Main/CommunityHealthSeniorAdvantage.aspx
EDUCATION	**Memory U: Education for Caregivers at Central and Western Virginia Chapter of the Alzheimer's Association** is a comprehensive educational, training and support program for caregivers of persons with dementia. The program seeks to increase caregiving skills and knowledge through the delivery of the latest scientific, medical and best-practices information; provide emotional support; recruit experienced and trained caregivers as volunteers; improve the quality of life for caregivers; and improve the quality of life for persons diagnosed with Alzheimer's disease or related dementia. Memory U ensures that those who care for persons with Alzheimer's disease and dementia will have the most current, scientifically and medically complete understanding of how to do so. Memory U offers a stimulating learning environment that fosters emotional support and well-being. http://ww.alz.org/cwva/index.asp
SENIORS AS VOLUNTEERS	Institutionalized older adults often suffer from low self-esteem which may be associated with their loss of roles and responsibilities gained throughout their

	lifespan. **The Helping Hands Project, Beth Sholom Home of Virginia,** was developed in an effort to help meet unmet psychosocial needs associated with such role loss. The project identifies individual and group opportunities for residents who suffer from a variety of mental and physical impairments to be successful in volunteering within their community. Additionally, students from Virginia Commonwealth University's School of Social Work have facilitated some of the group activities, providing clinical experience to expand upon classroom knowledge. Empowering participants to be successful with such opportunities has enhanced their self-esteem and self-worth, alleviated problematic behaviors and improved the value of the residents in the eyes of staff, family and the community. www.bethsholomcampus.com
TRANSPORTATION	**The Loudoun Volunteer Caregivers Assisted Transportation Program** began in 1995 with the mission of helping frail seniors and adults with disabilities to maintain independence and quality of life. The program provides assisted transportation to medical appointments and quality of life services. Help with walkers and other equipment as needed, escorting clients into appointments and help in filling out forms in medical offices are examples of the assistance provided. Transportation services include grocery shopping, general errands, food bank pick-up and delivery, prescription pick-up and other day to day needs. During 2006, more than 250 volunteers provided 5,000 transportation services to 380 Loudoun residents. www.lvcaregivers.org/default.asp?ContentID=3
COMMUNITY PARTNERSHIPS	**Aging Together**, a broad consortium of organizations and individuals in the five counties of the Rappahannock-Rapidan region, is a collaborative effort to help localities prepare for an unprecedented growth in the older population and to assure that local residents will have the services and supports they need as they age. This partnership is built on an alliance of more than 100 organizations and individuals who actively participate in one or more county-based teams and regional workgroups and collaborate across agencies, counties and interest areas. Members include seniors, caregivers, community hospitals, service providers, schools, representatives of the faith community and other concerned citizens. Aging Together does not provide direct services, but rather focuses on facilitating collaborations that will create and enhance supports for older persons delivered through various partner organizations. All seniors are valued and are able to move smoothly through a continuum of care in a manner reflective of their individual needs and preferences. www.agingtogether.org/index.html
LONG-TERM CARE	**Adopt A Nursing Home, The Far-From-Barbies Group,** is a diverse and community-service oriented group of more than 20 women who work with the Virginia Beach Citizens Committee to protect the elderly. Through this collaboration, the Far-From-Barbies have "adopted" one of the cities larger nursing homes whose residents are mostly Medicaid recipients with no families or friends. The group members make regular visits to the facility and provide their adopted patients with toiletries, clothing and special-needs items. They also provide regular monthly activities and programs for the residents. The result has

	been an improvement in the patient's physical and mental well-being. www.citizenscommittee.org
2006 RECIPIENTS	
COMMUNITY PARTNERSHIPS	**Central Virginia Taskforce on Older and Battered Women of Virginia Commonwealth University in Richmond** is an interagency partnership responding to the needs of middle-aged and older women in the community who are victims of domestic, sexual, or family violence. The needs of these women are often hidden and unrecognized resulting in available resources being targeted and oriented to younger female victims with children. Formed in 1998, the Task Force has promoted resource sharing and collaboration among community agencies and organizations to raise awareness, advocate for services and provide cross-training opportunities among organizations focusing on domestic violence and adult abuse issues. The Task Force's impact has been a more coordinated and trained system of responders to these issues. Since 2003, more than 729 local professionals and volunteers have been cross-trained including sexual assault program staff, area agency on aging staff, adult protective services workers, law enforcement officers, health care professionals (including emergency room nurses) and SALT Council and TRIAD program participants. www.sahp.vcu.edu/vcoa/
EDUCATION	**The Caregivers Community Network (CNN) at James Madison University (JMU) in Harrisonburg** is a unique campus community partnership program offering coordinated support for families who live with and care for frail elders in a four-county area. CNN recruits and trains community volunteers and students from within the health care and human services academic programs at James Madison University to provide respite services. Additionally, CNN is developing a unique "Growing Volunteers" program that pairs youth volunteers between the ages of 7 and 17 with an adult to serve during holidays and summer breaks when fewer student volunteers are available. CNN staff visits each family requesting services to carefully match needs with volunteer capabilities and provide follow-up support. This model creates intergenerational relationships while enhancing learning and establishing community connections for students in health and human services fields. www.socwork.jmu.edu/Caregivers
HEALTHY AGING, PHYSICAL	**Physical Activity Project** offered by **Mountain Empire Older Citizens, Inc., in Big Stone Gap** is an award winning, evidence based program aimed at improving health and quality of life for older persons in targeted southwest Virginia communities. Older adults in the far southwestern portion of the Commonwealth do not have access to YMCA's and other types of fitness facilities that offer structured physical activity programs for older persons. The Physical Activity Project integrates a daily regime of low-impact exercises into the structure of the Area Agency on Aging's community congregate nutrition sites. This makes the program accessible for elders who would not otherwise have transportation or the ability to afford a structured exercise program. The Project makes exercise fun with lively music, colorful t-shirts, team nicknames and other incentives that help generate enthusiasm and maintain motivation. http://meoc.org

HEALTHY AGING, MENTAL	**The Arlington County Senior Mental health Program** serves residents age 65 and older who have mental illness. It is designed to promote or enhance independent living through the stabilization of their illness. The program uses a multidisciplinary team approach to mental health treatment that includes a comprehensive assessment, medication services, psychotherapy, case coordination, outreach and consultation. Services are provided in the home for those older persons who are unable or unwilling to come into a community mental health center. http://aging-disability.arlingtonva.us/programs/mental-health
WELLNESS	**The Healing Zone Project** is a community action, advocacy and training program that promotes healthy aging among the African-American population. The project is a cooperative effort between the local Area Agency on Aging, **Senior Connections in metro Richmond,** and churches in the African American community to raise awareness about healthy aging strategies and ultimately improve the quality of life for Black elders. The project uses a "train the trainer" approach to energize seniors to adopt healthy aging practices while also encouraging them to become politically active. It provides information through the use of "healing circles" that meet in local churches. www.seniorconnections-va.org/Home/tabid/36/Default.aspx
HOUSING	Many frail or disabled elders who must use a wheelchair find that their homes are no longer accessible. The **Reusable Home Access Ramp Program at District Three Senior Services in Marion** provides an innovative, low-cost alternative for wheel-chair dependent elders to maintain their mobility and independence while living safely in their own homes. Most wooden access ramps are not constructed to be reused….certainly not constructed to be moved across the county for use at another home. This project designs ramps that can be disassembled into 16 foot sections, loaded on a truck and transported to another site. The design does not require the support posts to be cemented in place so they can be easily removed once the ramp is disassembled. The homeowner who receives one of these ramps signs an agreement to donate the ramp back to the project once it is no longer needed. Over 250 ramps have been installed during the last two years and many have also been disassembled and moved to new locations once they were no longer needed at their original location. www.district-three.org/index.php
LONG-TERM CARE	The private nonprofit **Citizens Committee to Protect the Elderly** sponsors the **Humanitarian Visitor Program** in a seven-city area of Tidewater. The program recruits and trains more than 600 volunteers who are matched with at-risk elders who are in a facility (both nursing homes and assisted living facilities) or in their own homes. The volunteers visit at least once a week for a minimum of one hour. They provide companionship, socialization and become an advocate for the persons they visit. This relationship improves the quality of life for the elder and offers a wonderful humanitarian role for the volunteer. http://citizenscommittee.org/programs.html

SAFETY	**Financial Exploitation Action Team, a community partnership in Virginia Beach.** This grassroots public awareness and training project is a collaborative effort involving the Virginia Beach Office of Consumer Affairs, local AARP/TRIAD, the Office of the Attorney General, the State Police, FBI, the Virginia Bank Security Association of Tidewater, the Virginia Bankers Association, Old Dominion University, the local department of social services, local law enforcement agencies, the Citizens Committee to Protect the Elderly, and the local office of the Social Security Administration. Formed in 1998, the Team's goal is to offer training to financial institutions and their employees as a first line of defense against the financial exploitation of the elderly. The training helps bank employees recognize and report suspected exploitation. The Team also provides training and information directly to elders to help them avoid becoming the victims of frauds, scams, or financial exploitation.
TRANSPORTATION	**The Four County Transportation Program of the Appalachian Agency for Senior Citizens, Inc., in Cedar Bluff** is a fully coordinated public transportation system serving a rural four-county region. The level of coordination achieved by Four County Transit and its partners provides low-income individuals, people with disabilities, and the frail elderly with access to health care, jobs, education and social networks. Four County Transit demonstrates that the deployment of technology to transportation services can increase mobility and create a more seamless, effective and efficient transportation system without new revenues. The technology includes the Transportation Resources and Coordinated Information (TRACI) computer program that provides advanced route scheduling capabilities, automated billing, automated reporting, a maintenance monitoring tool for vehicles and management reports to track ridership and plan for future needs. TRACI also allows the organization to track clients from multiple agencies and funding sources. www.aasc.org/services/transit.html