



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



Virginia Aging Network

Kathryn Hayfield, Commissioner

WEEKLY E-MAILING

July 17, 2018

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ACL News & Information

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

<https://acl.gov/>

NASUAD Information

Here is a link to news and press releases from NASUAD:

<http://www.nasuad.org/newsroom/nasuad-news>

Note: The web links in this document may change over time. DARS 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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FEMA: Individual and Community Preparedness: Summer Safety

On behalf of Chip Stratton, ECO, Safety & Risk Management DARS

Individual and Community Preparedness eBrief

In this issue:

- Be Ready for Severe Summer Weather
- Keep Food Safe Outside
- Receive Real-Time Weather Alerts
- Important Dates to Remember

Be Ready for Severe Summer Weather



The summertime brings thoughts of bright, sunny days. However, the summer months also include extreme heat, hurricanes,

lightning, and wildfires.

Prepare your family for severe weather hazards. Stay safe at home or on vacation with information from the [Ready Campaign](#). Learn how to respond to the most common summer weather by clicking any of the links below:

- [Extreme Heat](#)
- [Floods](#)
- [Hurricanes](#)

- [Lightning](#)
- [Wildfires](#)

Visit the [National Weather Service](#) for more tips, such as [rip current](#) and [beach safety](#).

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Keep Food Safe Outside



[FoodSafety.gov](#) says that foodborne illnesses increase during the summer due to factors like the warmer weather.

When planning a picnic, or barbecue, stay healthy while enjoying the outdoors by following these

food safety recommendations from [FoodSafety.gov](#):

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. You can also use frozen food as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- Keep your cooler out of the direct sun by placing it in the shade or shelter. Remember that a full cooler will



maintain its cold temperature longer than a partially filled one.

- To keep your food cold longer, avoid opening the cooler repeatedly.

When cooking on the grill:

- Prevent cross-contamination from raw meat or poultry juices by washing counter tops and sinks with hot, soapy water. Wash hands after handling raw meat or poultry or its packaging because anything you touch afterwards could become contaminated.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures.
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve cooked food.

When serving food outdoors:

- Do not sit perishable food out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.
- Serve cold food in small portions, and keep the rest in the cooler.
- After cooking meat and poultry on the grill, keep it hot until served – at 140°F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

For more information, visit www.foodsafety.gov and learn fire safety for your next barbecue from the [U.S. Fire Administration](#).

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Receive Real-Time Weather Alerts



Keep your summer fun and safe from severe weather or other emergencies.

Be informed with weather and emergency alerts on your cell phone or tablet. Timely information about weather conditions or emergencies can help you stay safe. Review the [Know Your Alerts and Warnings](#) fact sheet.

Be prepared by signing up for alerts and warnings in your area. You can also [download the FEMA App](#) and receive weather alerts for up to five locations.

Share this information with your family, friends, and colleagues. Also, keep extra batteries for your device or consider purchasing other back-up power supplies such as a car, solar-powered, or hand crank charger.

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Important Dates to Remember

- July 15 - [National Pet Fire Safety Day](#)
- August 7 - [National Night Out](#)

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Disclaimer: The reader recognizes that the federal government provides links and informational data on various disaster



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preparedness resources and events and does not endorse any non-federal events, entities, organizations, services, or products. Please let us know about other events and services for individual and community preparedness that could be included in future newsletters by contacting FEMA-prepare@fema.dhs.gov.

Contact Us

EMAIL: FEMA-prepare@fema.dhs.gov | TWITTER: [@Citizen_Corps](https://twitter.com/Citizen_Corps)

NADRC Webinar: Addressing Health Disparities in People Living with Dementia



July 11, 2018

NADRC Webinar: Addressing Health Disparities in People Living with Dementia

July 31, 2018, 1:00 - 2:00 p.m. ET

[Register for the webinar](#)

In this web seminar, Andrea Garr will provide an overview of the United Family Caregivers project in Milwaukee, Wisconsin, and lessons learned from the project. She also will discuss best practices when working in cross-cultural environments with African American caregivers. Dr. Lisa Barnes' portion of the presentation will focus on disparities in Alzheimer's dementia and cognitive impairment as it relates to African Americans. She will discuss some of the most widely cited reasons for the disparities and describe findings on risk factors for cognitive decline from her cohort study, the Minority Aging Research Study.

About the Presenters

- Andrea Garr is a dementia specialist with professional expertise as a direct service provider, researcher and diagnostic screener. She is a contributor and collaborator in strategic planning for and efforts to build a dementia-friendly-dementia-capable Milwaukee County, Wisconsin.
- Lisa Barnes, Ph.D., is a cognitive neuropsychologist at the Rush Alzheimer's Disease Center and a professor of Neurological Sciences and Behavioral Sciences, both at Rush University, Chicago, Ill. She is principal investigator of three community-based cohort studies of older African Americans, and directs the Rush Center of Excellence on Disparities in HIV and Aging.

Registration is required to receive the webinar information. Visit the [webinar information webpage](#) to sign up and learn more.

Closed captioning is available for all NADRC webinars.

This webinar is part of the National Alzheimer's and Dementia Resource Center webinar series sponsored by the Administration for Community Living. It includes complimentary CEUs and is approved for AoTA contact hours in addition to CEUs approved for all ASA web seminars.



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**Older Veteran Behavioral Health Resource Inventory: New VA
Resource Aims to Address Unique Needs of Veterans**



July 16, 2018

Older Veteran Behavioral Health Resource Inventory: New VA Resource Aims to Address Unique Needs of Veterans

The [Older Veteran Behavioral Health Resource Inventory](#) provides an overview of resources for health and social service professionals interested in enhancing their outreach and support for older veterans who have or are at risk for behavioral health conditions.

The inventory, as well as other useful resources for professionals working with veterans, are available through the [VA Community Provider Toolkit](#).

This resource was created as part of a partnership on meeting the mental health needs of aging Veterans. This partnership included the:

- Veteran Benefits Administration (VBA)
- Administration for Community Living (ACL)
- Center for Medicare and Medicaid Services (CMS)
- Office of Minority Health (OMH)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Council on Aging (NCOA)

Resources for Integrate Care Webinar: Promising Practices for Meeting the Behavioral Health Needs of Dually Eligible Older Adults



July 19, 2018

Resources for Integrated Care Webinar: Promising Practices for Meeting the Behavioral Health Needs of Dually Eligible Older Adults

Thursday, August 2, 2018, 2:00-3:30 PM ET

[Register for the event](#)

In the U.S., 25% adults age 65 or older experience a behavioral health issue, yet only 3% of them report seeking treatment from a behavioral health professional. Those who are dually eligible for Medicare and Medicaid have high rates of behavioral health conditions compared to beneficiaries with Medicare only. For example, among individuals 65 or older, 19% of dually eligible beneficiaries were diagnosed with a depressive disorder compared to 8% of Medicare-only beneficiaries, and 11% of dually eligible beneficiaries were diagnosed with an anxiety disorder compared to 6% of Medicare-only beneficiaries.

This interactive webinar will discuss common behavioral health conditions and related challenges among dually eligible older adults, identify best practices for treatment options and care coordination, and demonstrate practical strategies for meeting beneficiary needs. Speakers will discuss firsthand experiences, lessons learned, and strategies to coordinate care across diverse settings.

Featured Speakers

- Neha Jain, MD, Assistant Professor of Psychiatry, University of Connecticut School of Medicine
- Molly Rees Gavin, President, Connecticut Community Care, Inc.
- Sabrina Wannamaker, MA, LPC, LPC/S, Clinical Manager, Absolute Total Care
- Susan W. O'Dwyer, RN, CCM, MHA/Ed, Case Management Director, Absolute Total Care



- Andrea Lovell, Family Caregiver

Registration and Details

Registration is required to receive the webinar information. Visit the [webinar information webpage](#) to sign up, view accreditation information, and learn more.

This webinar offers Continuing Medical Education (CME) and Continuing Education (CE) credit at no cost to participants.



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Link to DARS Independent Living Monthly Newsletter

Rhonda Jeter, MS, CRC, Director of Independent Living

Past issues of IL News Notes are posted on the DARS IL Public Forms Cabinet:

<https://www.vadars.org/formscabinet/Formscabinet.asp?pass=etl&tl=CIL&pg=>