



## WEEKLY E-MAILING

November 20, 2018

Table of Contents

[ACL News & Information Link](#)

[NASUAD Information](#)

[DARS Division for Community Living Staffing Announcements](#)

[No Wrong Door Virginia Announces New Staff Members](#)

[FEMA News: Individual and Community Preparedness](#)

[Jefferson Area Board for Aging Program Receives National Recognition](#)

[Piedmont Senior Resources AAA Receives Award](#)

[National Healthcare Decisions Day Update](#)

[ACL: Webinar 11/28: Preview of Findings & Conclusions from the Outcome](#)

[Evaluation of the National Family Caregiver Support Program](#)

[Link to DARS Independent Living Monthly Newsletter](#)

### **ACL News & Information**

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

<https://acl.gov/>

### **NASUAD Information**

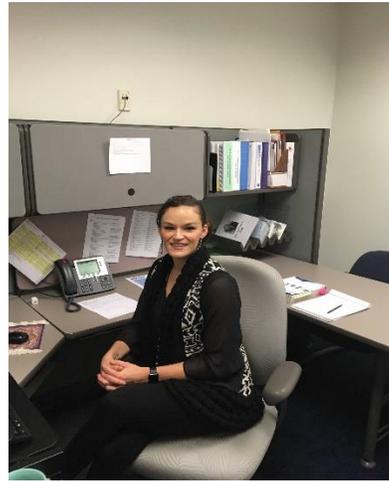
Here is a link to news and press releases from NASUAD:

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



## **DARS Division for Community Living Staffing Announcements**

*Kathy B. Miller, Director of Programs*



### **Please Welcome Two New DARS Division for Community (DCL) Living Employees**

#### **Lifespan Respite Voucher Grant Coordinator**

Please join the DCL Office for Aging Services in welcoming Nickolas Slentz as the new Lifespan Respite Grant Coordinator. Before moving to Virginia in 2017, Nick was a Social Welfare Examiner in Cooperstown, New York. In that capacity he managed a caseload of 400 clients and, therefore, possesses a great understanding of Medicaid policies, SNAP and LIHEAP. Since coming to Virginia, he had been working as a Grower at Strange's Florist where he was responsible for research, planning, data collection and analysis of all crops, as well as, merchandizing products and inventory.

Nick graduated from the State University of New York at Fredonia with a Bachelor of Arts in Political Science and a minor in Psychology. He holds certifications as an Emergency Medical Technician and in Basic Life Support for Healthcare Providers.

Nick is already busy responding to inquiries and requests for voucher applications. He will be helping to facilitate the Virginia Caregiver Coalition as Liz Havenner leaves her current position to join the No Wrong Door team. Nick can be reached at [nick.slentz@dars.virginia.gov](mailto:nick.slentz@dars.virginia.gov) or (804) 588-3978.

#### **Prevention Program Coordinator**

DCL is also very pleased to announce the newest member of our Office for Aging Services team.



Savannah Butler began last week as the Coordinator of Prevention Programs for Older Adults. In this capacity, she will be overseeing the Chronic Disease Self-management Education Program (CDSME). Savannah comes to us with experience in several prevention programs for older adults. She was a master trainer in both CDSME and Diabetes Self-Management Education Program (DSMP). She also completed master training for the *A Matter of Balance* Program. She is certified in Aerobics through the Aerobics and Fitness Association of America (AFAA). She was the CDSME Coordinator at Senior Connections in Richmond for nearly 2 years where she administered these programs.

In addition to her work with prevention programs, Savannah has also been an underwriter for two insurance companies in the region. She graduated from Radford University with a Bachelor of Science in Merchandising and a minor in Marketing.

Savannah is excited to return to the aging network, and she is well-prepared to assume the responsibilities of her new role. She can be reached at [savannah.butler@dars.virginia.gov](mailto:savannah.butler@dars.virginia.gov) or (804)662-7631.



### **Farewell to April Holmes**

As we welcome our new employees, we must also fondly say farewell to April Holmes who is retiring as the Coordinator of Prevention Programs for Older Adults. April joined VDA in 2010 with the first Chronic Disease Self-Management Program grant, and under her steadfast leadership, DARS received two subsequent CDSME grants. During her tenure, she has overseen the expansion of the program to all 25 AAAs and the development of partnerships with HQI (formerly VHQC), the Virginia Department of Health and Virginia Premier. Virginia can now boast over 12,000 completers and a completer rate higher than the national average. We thank April for her tireless dedication and significant contributions to ensure the growth and fidelity of the program and wish her a well-deserved retirement filled with relaxation and enjoyment.



## **No Wrong Door Virginia Announces New Staff Members**

*Sara Link, No Wrong Door Director*

**No Wrong Door (NWD) Virginia is thrilled to announce two new members to the statewide team. Please join us in extending them a warm Welcome!**



The newest addition to the statewide team is **Ms. Gigi Amateau, No Wrong Door Project Manager & Technical Specialist**. In this new role, Gigi will be instrumental in supporting development and implementation of key projects for the existing and newest grant through the Administration for Community Living to enhance No Wrong Door Systems and pilots for a statewide “Return on Investment” calculator. Gigi brings a wealth of knowledge and experience to our NWD statewide team.

A Mississippi native, Gigi has worked in health and human services for thirty-years in program administration, information and referral, advocacy, and philanthropy at organizations such as Virginia Interfaith Center for Public Policy, Virginia Department of Social Services, Homeward, SeniorNavigator, United Way, and Greater Richmond Age Wave Coalition. Gigi received her undergraduate degree in Urban Studies and Planning, her master’s degree in gerontology, and is currently working toward a PhD in health-related sciences at VCU. She is a past recipient of the Teresa Pollak Award for Excellence in the Arts and is the YWCA Richmond’s 2017 Pat Asch Social Justice Fellow. Additionally, she is an award-winning author of seven books for children and teens. She and her family live in the city of Richmond.

Gigi can be reached at [gigi.amateu@dars.virginia.gov](mailto:gigi.amateu@dars.virginia.gov) or (804) 662-9325



Starting in a new role within the Division for Community Living on November 26<sup>th</sup>, **Ms. Elizabeth "Liz" Havenner** will be the **No Wrong Door Trainer & Options Counseling Specialist**. In her new role, Liz will lead and support training(s) of No Wrong Door partners (both new and existing) as well as oversee the initiative's Options Counseling efforts.

If Liz's name sounds familiar, it's because she has been a DARS employee since 2010, where she has served as VICAP Director and, most recently, as the Human Services Program Coordinator. Before entering state government, Liz



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

---

served as adjunct faculty for Virginia Commonwealth University and as a Social Worker/Admissions Coordinator at the Hermitage at Cedarfield. Liz also maintains a social work license granted by the Virginia Board of Social Work.

Liz can be reached at [Liz.havenner@dars.virginia.gov](mailto:Liz.havenner@dars.virginia.gov) or (804)-662-7047

We are delighted to continue to work with you and your team and look forward to improving streamlined access and quality of life for individuals across the Commonwealth.



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

## **Emergency Plans for Holiday Guests, Travel Preparedness and Community Evacuation Routes**

*Chip Stratton, Safety & Risk Management WWRC/DARS*

### Individual and Community Preparedness eBrief

November 15, 2018

**In this issue:**

- Celebrate Safely With Your Family this Holiday Season
- Kitchen Safety Tips
- Winter Care for Seniors
- Important Dates to Remember

## Celebrate Safely With Your Family this Holiday Season

Thanksgiving is almost here! If you're traveling to see family or hosting guests at your home, it is important that everyone knows what to do in the event of an emergency. Use these tips to have a safe holiday:



- Decide on a family emergency meeting spot and make sure your guests know how to get there.
- Make sure you have working smoke alarms in any rooms where guests are sleeping.
- Know two ways out of a room in case of a fire, even if you're staying in someone else's home.

For more tips on staying safe this holiday season, visit <https://www.ready.gov/holiday-toolkit>.

[back to top](#)

## Kitchen Safety Tips

Did you know most home fires start in the kitchen? Whether you're making turkey or pie this holiday season, it is important to be careful when you're cooking. Use these tips to make sure your Thanksgiving is safe and delicious:



- Keep an eye on food when cooking.
- Wear short sleeves or roll them up. Long sleeves can catch on fire.
- Never leave frying food alone. Most home cooking fires start when food is left unattended.

To learn more about staying safe over the holidays, visit <https://www.ready.gov/holiday-toolkit>. Join the conversation on



social media by following @Citizen\_Corps and @Prepreathon. Share your holiday safety tips with #HolidaySafety!

[back to top](#)

### Winter Care for Seniors



During winter, it's important to look out for seniors in your family and neighborhood. Older adults are at higher risk in cold weather. Here are some tips to ensure older adults are prepared for winter

weather:

- Make sure to prepare an emergency kit before winter arrives. Include medication.
- Connect with your family, friends, and neighbors to make sure you (and they) have a strong support system in case of an emergency.
- Check on your neighbors after any disaster or emergency, including when it's freezing.

Be careful after a storm. Limit your time outside in the cold. Reduce the risk of heart attack by making sure you don't overexert yourself when shoveling snow.

[back to top](#)

### Important Dates to Remember

- November – [Critical Infrastructure Security and Resilience Month](#)
- November 22 – Thanksgiving

[back to top](#)

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



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

*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](mailto:FEMA-prepare@fema.dhs.gov).*

#### Contact Us

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



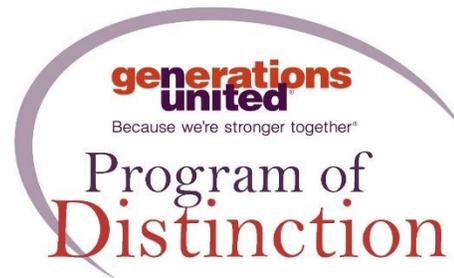
## Jefferson Area Board for Aging (JABA) Intergenerational Program Earns National Recognition

*On behalf of David McNair, JABA*

### JABA's FISH Intergenerational Mentoring Program Earns National Recognition

JABA's [FISH \(Friends in Schools Helping\) Program](#) has been selected as a Program of Distinction by [Generations United](#), a national non-profit organization dedicated to promoting intergenerational collaboration, public policies, and programs for over 30 years. According to Generations United, the Program of Distinction designation serves as the U.S. benchmark for intergenerational programs and is based on the criteria that underpin the effectiveness of high quality intergenerational programs.

"The FISH Program is in an elite class as a program recognized with a designation of this stature," said Donna Butts, Executive Director of Generations United. "This year we received a number of outstanding applications, and JABA's FISH program was one of five to be selected by our outside review panel."



[Read full press release here.](#)



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

---

**Piedmont Senior Resources Area Agency on Aging, Inc. Receives  
Corporate Partnership Award**

*On behalf of Justine Young, CEO Piedmont Senior Resources AAA*

## Corporate Partnership Award given

Piedmont Senior Resources (PSR) and Navona Hart and Real Living Cornerstone recently received the Corporate Partnership Award from the Southeastern Association of Area Agencies on Aging (SE4A), a multi-state organization that encompasses area agencies on aging across nine states in the southeastern portion of the United States.

The award was bestowed to the two entities on Oct. 1 in Louisville, Kentucky during the SE4A's annual meeting.

The award was given to PSR and Real Living Cornerstone in recognition of their contributions to the lives of older persons across the counties of Amelia, Buckingham,

Charlotte, Cumberland, Lunenburg, Nottoway and Prince Edward counties.

According to SE4A's website, "The purpose of this award is to recognize outstanding contributions of organizations that have enhanced the quality of life of older persons in the Southeast region."

PSR Chief Executive Officer Justine A. Young says Hart has been an avid supporter of the agency for many years.

"In every event we organize to raise awareness or funds to help the seniors in the seven-county service area, Navona and Real Living Cornerstone are there for us," Young said. "The time, funds, energy, promotion and support Real Living Cornerstone and Navo-



PSR Chief Executive Officer Justine Young, right, and Navona Hart, of Real Living Cornerstone, accept the Corporate Partnership Award from the Southeastern Association of Area Agencies on Aging.

na have given us over the years has helped so many seniors in this area in a profound way.

PSR is truly blessed to have community partners like Navona and the many, many others we work with."

Real Living Cornerstone continues to help sponsor and organize A Racy Affair, PSR's annual fundraising event held in May, the Senior Santa, an annual distribution of more than 400 baskets of toiletries and other needed items for seniors, delivered right before Christmas.

Hart, the leading Realtor at Real Living Cornerstone, located in Farmville, said she is a proud supporter of the mission of PSR, which is advocating, advancing and achieving independence for the aging community.

"It's so important that businesses and other entities support our

local nonprofit organizations, such as PSR, not only because of the vast services they provide to those who need assistance and a hand up, but because they operate on very, very limited budgets," Hart said. "Real Living Cornerstone is proud to do just that. We pride ourselves on helping our neighbors – both young and old – through nonprofit partnerships that include fundraisers, volunteerism, promotion and advocacy."

For more information on what PSR offers to the senior population of the community, call (434) 767-5588, stop by PSR's office in The Shoppes at College Park, 1413 South Main St., Farmville, VA 23901 or email [psr@paraa.org](mailto:psr@paraa.org).



## **National Healthcare Decisions Day Update**

*Kathy B. Miller, Director of Programs*

Dear National Healthcare Decisions Day Team,

Today marks five months to NHDD 2019, on April 16!

### **Use the Theme**

As you continue planning your NHDD events, don't forget to incorporate the existing theme of: "**It always seems too early, until it's too late.**" Note: I'll be asking creative ways for us to use 2020 for a date-specific theme for the following NHDD. Think 20/20 hindsight..... Be creative and send me some theme options (remember to keep them short so they will be punchy and easily fit in various marketing materials).

### **Lead by Example with your Family Gathered for Thanksgiving.**

As I believe you all know, "lead by example" has always been a core theme of NHDD, and Thanksgiving is a perfect time to have a conversation with your loved ones about advance care planning. By engaging in your own advance care planning now, you will ensure that you are all set for NHDD. Need help to get started? Don't forget that we've got all sorts of resources for engaging in conversations and for documenting wishes on the NHDD website:

[www.nhdd.org](http://www.nhdd.org). Furthermore, as always, best of luck to the many NHDD



participants that have specific initiatives planned for Thanksgiving. Please keep me posted about your successes.

### **Gratitude Moment**

You've probably seen myriad recent references to the importance and power of gratitude. To that end, please know how grateful I am for all you do for NHDD. At most, I'm the Marshall of the NHDD Parade, but **YOU** make it happen. Furthermore, I guarantee there are countless people who have had better healthcare (particularly end-of-life) experiences because of our collective effort. I'm sure these people would be expressly grateful if they knew how much you helped them, but they'll probably never know it. Indeed, I like to imagine the invisible hand of advance care planning making lives better, and that is what NHDD is all about. So, please share my confidence that there is a ton of other gratitude out there about our work that exists but will never be expressly articulated.

### **NHDD Participation Ideas**

Looking for some inspiration from others as you plan for National Healthcare Decisions Day? Check out the below ideas for this month. In the coming months we will list more ideas from community members, coast-to-coast, who shared with us what they were planning for NHDD 2018. And, if you need more ideas, check out these [suggested activities](#). Or, listen to [The Conversation Project's Feb 2018 community call to hear more on what groups are doing to promote NHDD](#).

### **Coordinate with those already doing ACP work in your community or tap into community groups where you already have a (non-ACP) connection:**

One organization in Pennsylvania was considering a collaborative initiative with local community partners. Another noted while she wasn't running something herself, she planned to share NHDD information, resources, and ideas with local healthcare organizations she worked with. One community member in Illinois noted she was on the Board of a local domestic violence shelter and planned to connect with them about conversations and importance of Advanced Directives for victims of domestic violence that are married to their abuser. Several other community members noted they would host one-



time events targeting a specific group they were tied to in the community, such as a retirement center or faith congregation.

**#ISaidWhatIWant**

This year, nursing specialty organizations representing more than 700,000 nurses and other healthcare professionals are working to promote advance care planning (ACP) through a campaign titled "#ISaidWhatIWant". The initiative encourages all nurses to lead by example by establishing their own advance care plan. #ISaidWhatIWant starts with nurses.

While all members of the interdisciplinary team provide patient care and engage in treatment discussions, due to the amount of time and ongoing conversations that nurses routinely have with patients, nurses are in a unique position to champion ACP. What better way for nurses to demonstrate the value of advance care planning than to lead by example? Say what you want and establish your own advance care plan - and discuss your plan with families and loved ones. For further information, see the Hospice and Palliative Nurses Association's Position Statement on Advance Care Planning available at [advancingexpertcare.org/position-statements](http://advancingexpertcare.org/position-statements).

There are many online resources available to assist with ACP, such as [The Conversation Project's](#) free resources.

Thanks, again, for making NHDD what it is.

Cheers,  
Nathan Kottkamp  
Chair  
National Healthcare Decisions Day Initiative  
[www.nhdd.org](http://www.nhdd.org) or [www.nationalhealthcaredecisionsday.org](http://www.nationalhealthcaredecisionsday.org)



## UPDATES

November 14, 2018

### **Webinar 11/28: Preview of Findings and Conclusions from the Outcome Evaluation of the National Family Caregiver Support Program**

**Register for the webinar on Wednesday, November 28 at 2-3 pm ET.**

Join ACL for a webinar presenting a preview of the results and conclusions from the Outcomes Evaluation of the [National Family Caregiver Support Program](#) (NFCSP) that describes NFCSP participants demographic and caregiving characteristics, as well as examines the impact of the program on key caregiving outcomes such as burden and caregiving confidence.

Established in 2000, the Older Americans Act Title III-E National Family Caregiver Support Program (NFCSP) is a federal program designed to support the needs of family or other informal caregivers as they lend assistance to aging adults, as well as grandparents and older relatives caring for minor children or adults with disabilities. The Administration on Aging (AoA) within the Administration for Community Living (ACL) of the U.S. Department of Health and Human Services (DHHS) administers the NFCSP, which aims to help individuals remain in their homes and communities as long as possible. Through the NFCSP, states and territories offer the following five core services for caregivers, in partnership with Area Agencies on Aging (AAA) and local service providers: information about available services; assistance in gaining access to services; education/training, individual counseling, and support groups; respite care; and supplemental services.

The Outcome Evaluation of the NFCSP was undertaken with a focus on the following research questions:



- What types of organizational structures and/or approaches for NFCSP services are associated with the best participant-level outcomes?
- Are services reaching the groups targeted by the Older Americans Act (OAA), including caregivers serving older adults with greatest social or economic need?
- To what extent do NFCSP participants also receive other home- and community-based long-term support and services?
- To what extent do NFCSP caregivers' outcomes differ from those of caregivers who do not receive support and services from the NFCSP?

**Webinar agenda:**

- **Introductory Remarks from ACL:** Heather Menne, PhD, Office of Performance Evaluation, Center for Policy and Evaluation, ACL
- **Preview of Outcome Evaluation and Results, Westat Evaluation Team:** Joanne Campione, PhD, Project Director; Dwight Brock, PhD, Senior Statistician; and Kate Zebrak, PhD, Lead Researcher
- **Concluding Remarks from ACL:** Greg Link, MA, Director, Office of Supportive and Caregiver Services, Administration on Aging, ACL

*Space is limited. In order to participate please RSVP to Lan Marshall at [Lan.Marshall@acl.hhs.gov](mailto:Lan.Marshall@acl.hhs.gov) by November 21.* You will receive an Outlook meeting invitation with Webex and conference call information upon your reply.

Learn more about ACL's [Supportive and Caregiver Services Programs](#).

---

[Back to top](#)



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

---

**Link to DARS Independent Living Monthly Newsletter**

*Rhonda Jeter, MS, CRC, Director of Independent Living*

Past issues of IL News Notes are available on the DARS Intranet:

<https://intranet/docrepo/DARSCILDocViewer.html>