



VDA WEEKLY E-MAILING

February 12, 2019

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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 state technical assistance from NASUAD:

<http://www.nasuad.org/state-technical-assistance>



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Senior Community Service Employment Program

Megan C. Grey, Title V Project Director

The Senior Community Service Employment Program offers job training to those who are unemployed, 55 or older, and at or below 125% of the federal poverty level. If your agency does not provide SCSEP services, you can direct interested parties to their local SCSEP office. The national directory for SCSEP local offices can be found at

<https://www.careeronestop.org/LocalHelp/EmploymentAndTraining/findolder-worker-programs.aspx>.

If you have questions about the program, you may contact the DARS SCSEP Project Director, Megan Grey, at 804-663-7095, or megan.grey@dars.virginia.gov



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Commonwealth Council on Aging 2019 Best Practices Awards

Charlotte Arbogast, MS, Senior Policy Advisor

The Commonwealth Council on Aging is sponsoring the 2019 Best Practices Award Program targeted to organizations serving older Virginians and their families. The awards will be given to innovative programs and services that assist older adults to age in the community. The Commonwealth Council on Aging aims to recognize creativity in services, such as livable communities, home and community based supports, transportation, housing, caregiver supports, intergenerational programming, and more. The Council believes the door is wide open for creative best practices.

Complete instructions, nomination forms, and information on previous Best Practices Award winners are on the Virginia Division for Community Living – Aging Services Boards and Councils website:

<https://www.vda.virginia.gov/boardsandcouncils.htm>.

Nominations for the 2019 awards must be received by 5:00 p.m. on Friday, March 1, 2019.

The Council is pleased to support the following awards to the top winners: 1st Place, 2nd Place, and 3rd Place. The Council will also recognize up to three honorable mention programs.

The Commonwealth Council on Aging 2019 Best Practices Award Program Nomination Form

Please read the "2019 Best Practices Award Instructions" prior to completing this form.

I. Information about the Nominated Program

Nominee is: (Check appropriate box below)

- Agency
- Partnership
- Re-nomination (If this program was submitted in the past, provide a brief statement (< 150 characters including spaces) of changes or enhancements since the last submission. Previous award recipients may not submit an application for the same program.)

[Begin typing here]

Name of Program: [type here]

Name of Agency or Leader of Partnership: [type here]

Name of Executive Director or CEO: [type here]

Address: [type here]

E-mail: [type here]

Phone: [primary] (primary)

[alternate] (alternate)

II. Information about the Nominator (Person nominating this program or project)

Nominator is: (Check appropriate box below)

- Individual
- Agency
- Partnership [list all partners here]

Name: [type here]

Name of Contact Person, if Nominator is an Agency or Partnership:

[type here]

Title: [type here]

Address: [type here]

E-mail: [type here]

Phone: [primary] (primary)

[alternate] (alternate)

Relationship to Nominated Program: [type here]

III. Summary of the program

Please provide a description of the program (maximum 250 words). If your program wins an award, we will disseminate this summary with your contact information throughout the Commonwealth.

[Begin typing here]

IV. Please provide information about the following components and characteristics of the program:

- 1) **Community Need and Impact:** How important is the program to the community's overall welfare? What impact did the program have on the quality of life for community residents? How many people have been served or impacted? Is the impact ongoing or one-time-only? Did the program have a multiple impact (benefits to more than one group, organization, client, community, area of interest)? (Please limit your response to **900** characters, including spaces.)

[Begin typing here]

- 2) **Concept of “Aging in the Community”:** How does the program promote or support “Aging the Community”, foster services in Livable Communities and/or Home and Community Based Supports (HCBS)? Which specific program components or services assist older adults in remaining in their homes and communities for longer and how is this achieved? (Please limit your response to **900** characters, including spaces.)

[Begin typing here]

- 3) **Innovation:** Describe the program’s unique aspects. How did the idea for this program develop? Was there a creative process in its design or implementation? (Please limit your response to **700** characters, including spaces.)

[Begin typing here]

- 4) **Inclusiveness:** How was the program developed to be inclusive regarding disability, geographic barriers, race, ethnicity, culture, language, gender, religion? Describe your outreach to the community. What is the program audience? (Please limit your response to **600** characters, including spaces.)

[Begin typing here]

- 5) **Goals/Outcomes/Evaluation:** What were the goals/outcomes? Were the goals/outcomes clearly defined prior to implementation? Were the goals/outcomes achieved? What were the results? How were the results measured or evaluated? (Please limit your response to **1,000** characters, including spaces.)

[Begin typing here]

- 6) **Cost Effectiveness/Sustainability:** Include a list of the following program budget expenses (not agency expenses): personnel (salary and benefits),

travel, equipment, other supplies and materials, administrative, and contractual (if contractual, explain). How will this program be sustained over the coming years? What plans are in place to assure that the program continues to receive financial support? How has the cost-effectiveness been evaluated, demonstrated, and documented? (Please limit your response to **1,000** characters, including spaces.)

[Begin typing here]

- 7) **Potential for Replication:** What was learned that would be helpful to others? Include explanations of changes or lessons learned during the program that could positively impact the program in the future. Address resources and timing issues associated with replicating the program. (Please limit your response to **700** characters, including spaces.)

[Begin typing here]

V. Anecdotal Story

Also, please attach one anecdotal story (not more than one typed, double-spaced page) about someone who has benefited from the program. You should change the name and personal identifying information to protect the confidentiality of the recipient/client.

Incomplete applications will not be considered. Please check below that you have provided all required information:

- I. Information about the Nominated Program
- II. Information about the Nominator
- III. Program Summary
- IV. All information about the Components of the Program:
 - Community Need and Impact
 - Concept of "Aging in the Community"
 - Innovation
 - Inclusiveness
 - Goals/Outcomes/Evaluation
 - Cost Effectiveness/Sustainability
 - Potential for Replication
- V. Anecdotal Story

Thank you for nominating a program for the Commonwealth Council on Aging's Best Practices Award. ***No additional materials are necessary.*** If you wish to include letters of support, testimonials, newspaper clippings, brochures, pamphlets, etc., these must be in electronic format or scanned and included as additional attachments to the emailed nomination package. **These items are not to exceed five additional pages (including brochures & pamphlets).**

See the 2019 Best Practices Award Instructions for additional submission guidance.

**All nomination packages must be received by
5:00 PM on Friday, March 1, 2019.**

Email to: bestpracticesawards@dars.virginia.gov

Commonwealth Council on Aging 2019 Best Practices Award Instructions

The 2019 Best Practices Award Program is sponsored by the Commonwealth Council on Aging. The Council is committed to the independence, dignity, and security of the people it serves and helps state government meet the needs of older Virginians and their families.

CASH AWARDS TO THE TOP PROGRAMS

The Council will provide awards for three (3) of the winners as follows:

1st Place

2nd Place

3rd Place

There will also be up to three (3) awards in an “Honorable Mention” category.

PURPOSE OF THE AWARD: The Best Practices Award Program is designed to identify and recognize unique programs of excellence for older Virginians and their caregivers and to encourage the replication of model programs throughout the Commonwealth. These programs may be sponsored by local governments, municipalities, community organizations, aging services providers, universities, or faith organizations. Applications may be submitted by a single organization or partnership including any combination of the above. Programs will be judged for their innovation, cost-effectiveness, sustainability, ease of replication, and their impact on the quality of life of older Virginians, caregivers, and family members. The Council will disseminate information on the award winning programs throughout the Commonwealth. Winners will be asked to coordinate efforts to host media and community stakeholders for a formal presentation of the award in their respective community.

ELIGIBILITY: Awards will be based on innovation and impact of program to assist older adults to *Age in the Community*. The Commonwealth Council on Aging aims to recognize creativity in services, such as livable communities, home and community based supports, transportation, housing, caregiver supports, intergenerational programming, care management or coordination, healthy aging, long-term care, safety and security, older adults as volunteers or community resources, or other activities.

To be eligible for nomination and consideration, programs must meet the following requirements:

1. Targeted to adults age 60 and/or older, their families, and/or caregivers;
2. Demonstrate active operation at the time of the award and continuous operation for the 12 months preceding March 1, 2019;
3. Be prepared and willing to support other organizations interested in replicating the program (support could include technical assistance and education); and
4. Provide all information requested in the official application. (Incomplete applications will not be considered. Please answer all the questions.)

2019 Best Practices Award Program INSTRUCTIONS

Individuals and organizations may nominate more than one program, but you must use a separate nomination form for each program. Organizations may nominate themselves and may submit more than one application.

Programs (not agencies or organizations) that have received a previous Best Practices Award will not be considered for the 2019 Awards Program. However, previous winners who have received honorable mention in a prior year without a cash award may resubmit an application or be nominated by another. Programs previously nominated but not recognized at all may be resubmitted for the 2019 awards program.

SELECTION CRITERIA: Programs will be judged on the following seven criteria:

Community Need and Impact: How important is the program to the community's overall welfare? What impact did the program have on the quality of life for community residents? How many people have been served or impacted? Is the impact ongoing or one-time-only? Did the program have a multiple impact (benefits to more than one group, organization, client, community, area of interest)?

Concept of Aging in the Community: How does the program promote or support aging in the community, livable communities, and/or home and community-based supports? Which specific program components or services assist older adults in remaining in their homes and communities for longer and how is this achieved?

Innovation: Describe the program's unique aspects. How did the idea for this program develop? Was there a creative process in its design or implementation?

Inclusiveness: How was the program developed to be inclusive regarding disability, geographic barriers, race, ethnicity, culture, language, gender, religion? Describe your outreach to the community. What is the program audience?

Goals/Outcomes/Evaluation: What were the goals/outcomes? Were the goals/outcomes clearly defined prior to implementation? Were the goals/outcomes achieved? What were the results? How were the results measured or evaluated?

Cost Effectiveness/Sustainability: Include a list of the following program budget expenses (not agency expenses): personnel (salary and benefits), travel, equipment, other supplies and materials, administrative, and contractual (if contractual, explain). How will this program be sustained over the coming years? What plans are in place to assure that the program continues to receive financial support? How has the cost-effectiveness been evaluated, demonstrated, and documented?

Potential for Replication: What was learned that would be helpful to others? Include explanations of changes or lessons learned during the program that could positively impact the program in the future. Address resources and timing issues associated with replicating the program.

2019 Best Practices Award Program
INSTRUCTIONS

NOMINATION PROCEDURE: All nominations must be made on the official nomination form, which may be downloaded by going to the Virginia Division for Community Living's website: <https://www.vda.virginia.gov/boardsandcouncils.htm>.

DEADLINE FOR SUBMISSION: The nomination form must be received by the Virginia Division for Community Living by **5:00 PM on Friday, March 1, 2019**. Nominations should be emailed as an attachment to bestpracticesawards@dars.virginia.gov. Please include "Best Practices Award" in the subject line of your email and include the name of the contact person and telephone number in the email message.

QUESTIONS: Please contact Charlotte Arbogast, Virginia Department for Aging and Rehabilitative Services (DARS), at 804-662-7093 or via email at bestpracticesawards@dars.virginia.gov with questions relating to the application process.

AWARDS PRESENTATION: If your program is chosen as a 1st, 2nd or 3rd Place award winner, the Virginia Division for Community Living in DARS will work with you to schedule an awards presentation and recognition ceremony during May 2019. Winners may wish to include local elected officials, program board members, media representatives, and others who will help to highlight the impact of the program in your recognition ceremony. The Council will use the brief summary requested in the Nomination Form to disseminate information on the winning programs using various media throughout the Commonwealth.

Applicants will be notified of the award winners by March 15, 2019.

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Free Training Opportunities – Geriatric Mental Health Partnership

Kathy B. Miller, Director of Programs

Please see the flyer regarding FREE training opportunities from the Geriatric Mental Health Partnership. There are two training webinars coming up in February and March that will present information applicable to all populations and organizations. Please consider registering and watching either individually or as a group.

These events are made possible through a grant from the Virginia Center on Aging's Geriatric Training Education Initiative and supported by the Riverside Center for Excellence in Aging and Lifelong Health and Virginia Geriatric Mental Health Partnership.

Mental Health and Aging Training Initiative

Live Webinar Series VII

Review past webinars and register online
(free for all to attend) at

worldeventsforum.net/mhati

TARGET AUDIENCE:

These presentations are intended for staff from many levels, disciplines, and settings (both facility and home-based), including staff involved in providing long term care (e.g., nursing facility and assisted living nursing staff and administrators), as well as behavioral health staff who work with older adults. Additionally, staff from Adult Protective Services, home health, adult day healthcare, respite care, area agencies on aging, Emergency Department staff of acute care hospitals, hospital discharge planners, and others serving older adults could benefit from the training. As always, students in any field of aging are encouraged to attend!

Certificates of attendance will be issued upon request

Opioid Use in Older Adults: The Double-Edged Sword

Wednesday, November 28, 2018, 1:30-2:45pm

This webinar will review special considerations for the use of opioids for pain management in older adults as well as the challenge of opioid misuse in this population. Learners will be able to describe physiological changes in older adults as they impact choice of opioid therapy, select appropriate opioid therapy for older adults, and describe opioid misuse and management of opioid use disorder in older adults.

SPEAKERS: *Laura Morgan, PharmD, MEd*, Assoc. Professor and Vice Chair of Education, VCU School of Pharmacy and *Ericka L. Crouse, PharmD*, Associate Professor, Dept. of Pharmacotherapy and Outcomes Science, VCU School of Pharmacy

MicroLearning: Little Messages with a Big Impact

Thursday, February 21, 2019, 1:30-2:45pm

Adopting a person-directed culture in health care means a commitment to ongoing learning. We need to challenge traditional learning so that education itself is person-directed. Through 5-8 minute videos that are memorable and practical, microlearning offers a new culture of education that meets people where THEY are in their busy lives of caring. Presenters will share how Virginia nursing homes have been breaking new ground using microlearning, its impact, and lessons learned. Participants will experience microlearning through a variety of relevant, interactive learning resources they can apply right away and will discover in the process, new pathways for person-directed education.

SPEAKERS: *Mary Martha Stewart, MA*, Director of Culture Change & ClearPath, Riverside Health System and *Christine J. Jensen, PhD*, Director of Health Services Research, Riverside Center for Excellence in Aging and Lifelong Health

Developing a Culturally Competent Workforce for a Culturally Diverse Population

Wednesday, March 13, 2019, 1:30-2:45pm

This webinar will initiate the discussion of changing the organizational culture for providers and identify opportunities to provide culturally competent care and supports. The session will address many State and Federal regulations, including but not limited to, Title VI, the Centers for Medicaid and Medicare (CMS) provider requirements, U.S. Department of Justice: Civil Rights Division, the Americans with Disabilities Act and as applicable the Joint Commission Requirements.

SPEAKERS: *Susan A. Elmore, MBA/HCM*, Special Projects Coordinator, Virginia Dept of Behavioral Health and Dev. Services and *Karla Almendarez-Ramos*, Mgr of City of Richmond's Office of Multicultural Affairs

SERIES MODERATOR: Jenny Inker, MS (Gerontology), MBA, LALFA, PhD

Gerontologist, Instructor & Joint Program Director
Assisted Living Administration Specialty Area
Virginia Commonwealth University
College of Health Professions
Department of Gerontology



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News & Events

Federal Trade Commission Scam Warning

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

- The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-7721213), but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.



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- Never give your Social Security number to anyone who contacts you in this way. Do not confirm the last 4 digits. Do not give a bank

account or credit card number – ever – to anybody who contacts you by phone asking for it.

- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1800-772-1213.

If you have spotted a scam, then tell the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

To learn more, you can go to [Fake Calls about your SSN](#).



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News & Events

February 11, 2019

Webinar: Building Age-Friendly Health Systems

Wednesday, February 20, 2019, 1:00 PM ET

[Register for the event.](#)

In America's current health system, older adults may experience inappropriate care and a lack of attendance to their wishes. To address this problem, The John A. Hartford Foundation and its partners are implementing the Age-Friendly Health Systems (AFHS) initiative, in which every older adult gets the best possible care; does not experience healthcarerelated harms; and is satisfied with the healthcare he or she receives.

The webinar presented by the [Aging and Disability Business Institute](#) outlines the initiative and demonstrates how Maryland-based Anne Arundel County Department of Aging and Disabilities is working with Anne Arundel Medical Center to implement an Age-Friendly Health System in that state. Participants will learn about the partnership, the initiative's early results, and how professionals working in the field of aging can promote this movement in their communities.



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Participants will be able to:

- Describe the Age-Friendly Health Systems model and its interventions;
- Identify ways in which they can contribute to the development of Age-Friendly Health Systems in their communities; and
- Describe the role of community-based organizations in implementing Age-Friendly Health Systems.

This webinar is presented as part of the Aging and Disability Business Institute Series, a collaboration of n4a and ASA.

Learn more about the [Aging and Disability Business Institute](#).

Learn more about [ACL's Business Acumen Initiative](#) to help states and communitybased organizations build networks and respond to delivery system changes, including technical assistance, building business capacity for successful contracting with integrated care entities, and developing pathways to sustainability



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News & Events

Webinar 2/20: Understanding Opioids and Signs of Addiction

The Christopher & Dana Reeve Foundation Paralysis Resource Center (PRC) continues hosting a [three-part webinar series](#) focusing on pain medication education and resources.

The next webinar on February 20 at 12 pm will focus on understanding opioids and recognizing the signs of addiction. The topics covered in the session include a brief summary of [the first webinar](#), discussing the origin of opioids, how they work, and the causes and treatments of opioid use disorder. There will also be a brief overview of what the final webinar will feature on March 13, which includes opioid tapering options.

Hosting the session is Jay Gupta, RPh, MSc, MTM Specialist & C-IAYT. He is the Director of Pharmacy and Integrative Health at Harbor Homes in Nashua, NH, as well as an MTM consultant and Yoga Therapist. Jay also is the co-founder of RxRelax, LLC and YogaCaps, Inc.

All webinar sessions be archived on the Reeve Foundation's Youtube channel for viewing. **Registry for the webinars can be found on the [Reeve Foundation's events page](#).**

ACL funds the [Paralysis Resource Center](#) to provide comprehensive information for people living with spinal cord injury, paralysis and mobility



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related disabilities and their families. Resources include information and referral by phone and email in multiple languages including English and Spanish; a peer and family support mentoring program; a military and

veterans program; multicultural outreach services; quality of life grants; and a national website.



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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 available on the DARS Intranet:

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