



# COMMONWEALTH of VIRGINIA

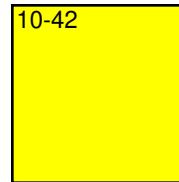
## *Department for the Aging*

[Click here to go to the Virginia Department for the Aging Home Page](#)

### TABLE OF CONTENTS AAA TUESDAY E-MAILING March 30, 2010

SUBJECT	VDA ID NUMBER
<a href="#">Survey</a> (Solomon Girmay)	10-42
<a href="#">Caregiving Information</a> (Ellen Nau)	10-43

Note: The web addresses (links) in this document may change over time. The Department for the Aging 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.



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Finance Directors  
Area Agencies on Aging

**FROM:** Solomon Girmay, Senior External Financial Auditor

**DATE:** March 30, 2010

**SUBJECT: Survey**

We are requesting each area agency on aging to complete the attached survey and submit by e-mail to [Solomon.girmay@vda.virginia.gov](mailto:Solomon.girmay@vda.virginia.gov) by Friday April 2<sup>nd</sup>.

***Please respond by Friday April 2<sup>nd</sup>***

We are working on the applicability of unemployment tax to non-profit and local government agencies. Please fill out the following questions.

Agency Name

1. Does your agency pay Federal Unemployment Tax (FUTA tax)?

☐ Yes

☐ No

If your answer to question No. 1 is "Yes", please state your reason

2. Does your agency pay State Unemployment Tax (SUTA tax)?

☐ Yes

☐ No

If your answer to question No. 2 is "No", please state your reason

***The following question only applies for agencies involved in the Title V program.***

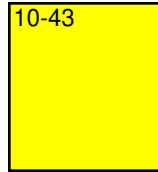
3. Is your agency paying FUTA/SUTA tax on earnings paid to Title V participants?

☐ Yes

☐ No

If your answer to question No. 3 is "Yes", please state your reason

***Note: Please respond by e-mail to [Solomon.girmay@vda.virginia.gov](mailto:Solomon.girmay@vda.virginia.gov)  
if you have any question please call Solomon Girmay 804-662-9347***



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** March 30, 2010

**SUBJECT:** Caregiver Information

**Virginia Department for the Blind and Vision Impaired**

Jane Ward-Solomon, Program Director for Teaching, Rehabilitation/Independent Living, at the Virginia Department for the Blind and Vision Impaired (DBVI) announces that the agency's Older Blind Grant Program (OBG) offers many free teaching services for seniors age 55 and older with vision loss to help them learn to maintain their independence, and to enable enhanced communication options. Individuals must be age 55 or older, and have a distance vision loss greater than 20/70 with best correction, verified by a recent eye exam report. Professional and informal caregivers as well as older individuals can contact the grant program by calling 800-622-2155. Basic demographic information on the client will be collected at this time. Clients will be connected to one of DBVI's six regional offices. A home visit will be scheduled with a vision rehabilitation professional and the client will be evaluated to determine how DBVI can help maintain the client's independence. Jane Ward-Solomon can be reached at 804 371-3112 or [Jane.Ward@dbvi.virginia.gov](mailto:Jane.Ward@dbvi.virginia.gov).

**ASK Medicare Newsletter for Caregivers**

The March edition of the newsletter is now available at [www.cms.hhs.gov/MyHealthMyMedicare/downloads/AskMedicare\\_Mar2010.pdf](http://www.cms.hhs.gov/MyHealthMyMedicare/downloads/AskMedicare_Mar2010.pdf)  
Topics discussed in the newsletter include: kidney disease education; managing stress, and planning for long-term care.

## **Announcement from the Rosalyn Carter Institute**

### **Mattie J. T. Stepanek Caregiving Scholarship**

Caregivers are often viewed as expendable resources in systems of care. As a result, many caregivers are overlooked, ill-prepared and will ultimately burn-out. The Rosalynn Carter Institute for Caregiving promotes the view that family, professional, and paraprofessional caregivers are the most valuable asset in any system of care, and they should be cultivated, preserved, developed, and valued.

The purpose of the Mattie J. T. Stepanek Caregiving Scholarship is to provide financial assistance to family, professional, or paraprofessional caregivers of any age who are seeking training or education in specific skills, procedures and strategies that lead to more effective care at the same time that they serve to protect the health and well-being of the caregiver.

Four \$2,500 scholarships will be awarded. Deadline for application is **June 1, 2010**. For more details and to download the application form, click [HERE](#)

### **Rosalynn Carter Leadership in Caregiving Award**

Named in honor of a great humanitarian, the Rosalynn Carter Leadership in Caregiving Award is the highest award given in the caregiving field. This award recognizes leadership in implementing innovative partnerships between community agencies and caregiving researchers that bridge the gap between science and practice. These partnerships help move effective caregiver support programs to widespread use in the community more quickly and efficiently.

The award winning team will be announced at the RCI's National Summit to be held October 20 - 22, 2010 at Georgia Southwestern State University in Americus, Georgia. In addition to a beautiful statuette executed by renowned sculptor Frank Eliscu, designer of the Heisman Trophy, former First Lady Rosalynn Carter will present the team with a cash award of \$20,000. This special cash award is to support the team's efforts in implementing effective caregiver interventions at the community level.

Application deadline is **July 1, 2010**. For more information and to download the application form, click [HERE](#)

## **United Hospital Fund – New Guide on Caregiver Self-Identification**

Carol Levine, Director, Families and Health Care Project of the United Hospital Fund notes the reluctance of caregivers to self-identify and announces the United Hospital Fund's new guide, "The First Step in Care: Becoming a Family Caregiver" on the Next Step in Care website – [www.nextstepincare.org](http://www.nextstepincare.org). The guide can be downloaded in English, Spanish, Chinese, and Russian.

## **Emblem Health and the National Alliance for Caregiving – *Care for the Family Caregiver: A Place to Start***

Emblem Health and the National Alliance for Caregiving have updated their popular resource booklet, *Care for the Family Caregiver: A Place to Start*. The booklet is designed to give you an overview of the basic aspects and issues involved in caregiving and is available for download at [www.caregiving.org](http://www.caregiving.org).

## **National Lifespan Respite Funding**

The Administration on Aging should be issuing a RFP for funding during the first full week of April. A press release and enews will announce the RFP.

## **Prince William Area Agency on Aging – 17<sup>th</sup> Annual Caregiver's Conference**

Courtney Tierney, Executive Director of the Prince William Area Agency on Aging reminds us of the agency's April 24, 2010 Caregiver Conference, *Caregiver's Toolkit: Becoming Empowered*. The conference will be held at Westminster at Lake Ridge and start at 8:30 A.M. Registration is due April 16, 2010. The fee of \$25.00 includes a continental breakfast and lunch. Attached to this email is the conference agenda, registration and other information.

## **Alzheimer's Conference – Virginia Beach**

Kathleen B. O'Connor, M.P.A., City of Virginia Beach/DHS/MHSA, Administrative Supervisor, Senior Adult Services, Coordinator, Southside Geropsychiatric Services announces that an Alzheimer's Conference will be held on Friday, May 7, 2010 at 8:00 A.M. at Virginia Beach Oceanfront. Entitled *Living with Alzheimer's Disease: You are Not Alone*, the workshop is geared to family caregivers and clergy. A \$10.00 fee will cover lunch and materials. Registration is due by April 26, 2010. For further information, please see the attachment to this email.

## Who Should Attend

Family and Professional Caregivers  
Professionals in aging and related areas  
Volunteers working with older adults



## Sponsors

### Gold

Westminster at Lake Ridge

### Silver

BestCare Home Care, Inc.

Birmingham Green

Evercare Hospice & Palliative Care

Potomac Place

Prince William Area Agency on Aging

Contact the Prince William Area Agency on Aging at  
703-792-6374 for additional information.

## Caregiver Conference

### Committee Members:

Lorraine Eckhardt, Chair

Tina Addo	Jennifer Bolles	Stuart Evans
Kathleen Harding	Marilyn Pietrie	Emily Rubsamen
Karen Turchiano	Barbara Watts	Tom Weaver

## Agenda

- 8:30a - 9:00a Registration, Visit Vendor Expo
- 9:00a - 9:15a Welcome  
Lorraine Eckhardt, MSW  
Chairperson  
Caregivers' Conference Committee  
Prince William Area Agency on Aging
- 9:15a - 10:15a "Caregiving: A Life Deferred"  
- Dr. Richard W. Lindsay
- 10:15a - 11:00a "How to be a Terrific Tea Bag -  
Finding Yourself in Hot Water and Loving It!"  
- Vicki Graham
- 11:00a - 11:15a Break, Visit Vendor Expo
- 11:15a - 12:00p "Connections: A Unique Approach to  
Engagement in Meaningful Activities for  
Persons Diagnosed with Dementia"  
- Ellen Phipps
- 12:00p - 12:45p Lunch
- 12:45p - 2:15p Interactive focused presentations by  
community experts who will address specific  
caregiver issues featuring:
- Elder Law: Mark Christopher, Esq.  
Universal Design: Robert Dale Lynch, FAIA
- 2:15p - 2:30p Break, Visit Vendor Expo
- 2:30p - 3:15p Expert Panel continues with Morning  
speakers present for questions
- 3:15p - 3:45p Relaxation Techniques and Coping Strategies  
- Barbara Watts, R.N., CHPN
- 3:45p - 4:00p Evaluation & Adjourn
- 4:00p - 4:30p Visit Vendor Expo



## Registration

### Caregivers Toolkit: "Becoming Empowered" April 24, 2010



Registration & payment by April 16, 2010

Fee: \$25 per person/\$40 per couple  
(includes continental breakfast and lunch)

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Telephone: \_\_\_\_\_

Work Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Free respite care required \_\_\_\_\_

Vegetarian meal required \_\_\_\_\_

Make Checks Payable to:

Prince William A A A

Mail Payment and Registration Form to:  
Prince William Area Agency on Aging  
13850 Church Hill Drive  
Woodbridge, VA 22191

attn: Lorraine Eckhardt



## Directions To Westminster at Lake Ridge:

**From Interstate 66:** Take exit number 53, Route 28 Centreville-South/Dulles-North. Follow signs toward South/Centreville and Manassas. Remain on Route 28/South for about 6 to 7 miles then turn left onto Liberia Avenue. Follow Liberia Avenue for 2 miles to the Prince William Parkway. Turn left on to the Parkway. Follow Parkway 8.5 miles to Old Bridge Road. The Parkway veers to the right but you must stay straight to go onto Old Bridge Road. Follow Old Bridge Road 3.7 miles to Clipper Drive. Turn left on to Clipper Drive. Follow the entrance of Westminster at Lake Ridge.



**From Interstate 95:** Take exit number 160, VA-123 N toward Occoquan/Lake Ridge. Follow on to VA-123 N/Gordon Boulevard. Follow .1 of a mile to Old Bridge Road. Turn left on to Old Bridge Road. Follow 1.2 miles to Clipper Drive. Turn right on to Clipper Drive. Follow to the entrance of Westminster at Lake Ridge.



Prince William Area Agency on Aging  
Caregivers' Conference Committee  
13850 Church Hill Drive  
Woodbridge, VA 22191



## 17th Annual Caregivers' Conference Caregiver's Toolkit: "Becoming Empowered"

Saturday, April 24, 2010  
8:30 a.m. - 4:00 p.m.



12191 Clipper Drive  
Lake Ridge, Virginia 22192  
Phone: 703-496-3446



**LIVING WITH ALZHEIMER'S DISEASE:**  
**You Are NOT Alone**  
Friday, May 7, 2010 8:00 AM to 3:00 PM

**CLERGY AND CHURCH LEADER**  
Registration Information  
(\$10:00 Includes lunch and materials)

**Registration Deadline:**  
**Clergy with CEU request - April 12<sup>th</sup>**  
**Clergy & Church Leaders without**  
**CEU request - April 26<sup>th</sup>**

☐ Request CEU ☐ NO CEU

Name \_\_\_\_\_

Email \_\_\_\_\_

Day Phone \_\_\_\_\_

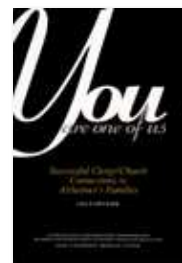
Evening Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

LUNCH CHOICE ☐ Regular or ☐ Vegetarian

**CEU Information for Clergy:**



A three hour pre-conference work study is required for CEU's. When you return your registration information you will receive the book, "You Are One of Us" by Lisa P. Gwyther and a work study book that must be completed prior to the Conference. Upon completion of this work study and conference

attendance, you will be given a certificate for 8 contact hours from The Virginia United Methodist Conference of the United Methodist Church.

Contact Rev. Art Woltz, 757-340-5015,  
wolz@verizon.net, for further information.

Make checks payable to "VBUMC." and return this form with your \$10.00 registration fee to:  
Virginia Beach United Methodist Church  
212 Nineteenth Street,  
Virginia Beach, VA 23451  
Attn: Alzheimer's Conference

**CLERGY SESSION 1**

"Living with Alzheimer's Disease:  
The Role of the Faith Community.

Features a panel of family caregivers and care receivers, clergy and professionals all with a personal story to share.

**CLERGY SESSION 2**

Strategies for Ministry and Mobilization of the Faith Community.

- Starter Ideas
- Minister's Tool Box
- Task Force

**CHURCH LEADERS:**

- Clergy sessions are open to church leaders.
- Church leaders may choose to attend caregiver sessions.

Non Profit Organization  
U.S. Postage  
PAID  
Virginia Beach, VA  
Permit No. 83

**You Are  
NOT Alone**



Alzheimer's Conference  
Virginia Beach United Methodist Church  
212 Nineteenth Street,  
Virginia Beach, VA 23451

**LIVING  
WITH  
ALZHEIMER'S  
DISEASE:**

**You Are NOT  
Alone**



**A  
Dual-Track  
Workshop for  
Family Caregivers,  
Clergy & Church Leaders**

**FRIDAY, MAY 7, 2010  
Virginia Beach Oceanfront**

"Two are better off than one...  
If one of them falls down,  
the other can help him up."

Good News Bible, Ecclesiastes 4:9-10

alzheimer's  association

LIVING WITH ALZHEIMER'S DISEASE: You Are NOT Alone

LIVING WITH ALZHEIMER'S DISEASE:  
You Are Not Alone

CONFERENCE SCHEDULE

Friday, May 7, 2010

- Registration ..... 8:00-8:45 AM
- Continental Breakfast ..... 8:00-8:45 AM
- Welcome ..... 8:45-9:00 AM
- Keynote Address ..... 9:00-10:00 AM
- Break ..... 10:00-10:15 AM
- Caregivers Workshops ..... 10:15-11:45 AM  
Workshops 1, 2, 3, 4 and 5
- Clergy/Pastoral Care ..... 10:15-11:15 AM  
Session 1
- Caregiver Lunch ..... NOON-12:45
- Clergy Lunch ..... 11:45-12:30 PM
- Caregivers Workshops ..... 12:30-1:45 PM  
Workshops 1, 2, 3, 4 and 5
- Clergy/Pastoral Care ..... 12:45-1:45PM  
Session 2
- Break ..... 1:45-2:00 PM
- Call to Action Presentation,  
Dedication of Prayer Shawls  
for Care Receivers ..... 2:00-3:00 PM

alzheimer's association®

Conference Sponsors:  
Alzheimer's Association  
Southeastern Virginia Chapter  
Virginia Beach United Methodist Church  
and the Virginia Conference of the  
United Methodist Church  
Virginia Beach Dept. of Human Services  
Virginia Wesleyan College

KEYNOTE SPEAKER



DR. STEPHEN SAPP  
Professor and Chair of Religious  
Studies at the University  
of Miami; author of *When  
Alzheimer's Disease Strikes!*

Dr. Sapp is recognized nationally  
and internationally as an expert  
on aging and bioethical issues.  
Widely sought as a speaker  
on aging issues, Dr. Sapp is an ordained Presbyterian  
minister and the author of numerous books and  
publications including *When Alzheimer's Disease Strikes*.  
He was the recipient of the 2002 American Society of  
Aging Award in recognition of his contributions to the  
field of gerontology. His research interests include ethical  
issues in Alzheimer's Disease, the role of religion and  
spirituality in aging and  
end-of-life care.



Prayer Shawls available  
upon request.

WAYS TO REGISTER

- Complete this form and return it with  
your check.
- Download additional registration forms  
at [www.vbumc.org](http://www.vbumc.org), return completed  
forms with payment.

Registration Deadlines:

Clergy with CEU Request - April 12<sup>th</sup>  
All others - April 26<sup>th</sup>

For more information contact  
Janice Cagle, 757-428-7727 or  
[jcagle@vbumc.org](mailto:jcagle@vbumc.org).

CAREGIVER WORKSHOPS

Workshops begin at 10:15 AM or 12:30 PM  
Two workshop opportunities are available  
for participants; one in the morning and one  
in the afternoon. Workshops are interactive  
and allow time for questions and answers.

- **Behavior Management**  
**Speaker:** Sonya Barsness, MSG - Assists various  
organizations, including AASV, in programming  
for seniors and those with dementia and  
promotes awareness of the special needs of  
those in the early stages of dementia-related  
illness.
- **Caregiver Empowerment**  
**Speakers:** Patricia Lacey, MBA; Douglas Panto,  
Alzheimer's Assoc., Southeast Virginia Chapter
- **Late Stage Care**  
**Speaker:** Wendi Steinberg, MPS, M.Div., BCC  
Adjunct Faculty: VA Commonwealth University,  
Richmond, VA
- **Spiritual Focus**  
**Speaker:** Rev. Cynthia Duarte - After  
participating as a family caregiver for her  
mother who had Alzheimer's disease, Cynthia  
wrote, "Yet, I Will Love Thee," a compilation of  
caregiving stories focusing on the underlying  
spiritual lessons she learned in that role.
- **Where To, When To, How to Get Help**  
**Speaker:** Carole M. Gurioli, M. Ed., Family  
Services Specialist, Alzheimer's Association  
Southeast Virginia Chapter

During lunch and breaks, participants  
will have the opportunity to gather  
additional materials from vendors.

LIVING WITH ALZHEIMER'S DISEASE:  
You Are NOT Alone

Friday, May 7, 2010 8:00 AM to 3:00 PM  
Registration Deadline: April 26<sup>th</sup>

CAREGIVER Registration Information  
(\$10:00 Includes lunch and materials)

Name \_\_\_\_\_  
Email \_\_\_\_\_  
Day Phone \_\_\_\_\_  
Evening Phone \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ ZIP \_\_\_\_\_

• Please choose one workshop from each  
session - indicate 1<sup>st</sup> and 2<sup>nd</sup> choice:

SESSION 1 Workshops 10:15 to 11:30 AM

- 1<sup>st</sup> 2<sup>nd</sup> Choice
- ☐ ☐ Behavior Management
  - ☐ ☐ Caregiver Empowerment
  - ☐ ☐ Late Stage Care
  - ☐ ☐ Spiritual Focus
  - ☐ ☐ Where To, When To, How To Get Help

SESSION 2 WORKSHOPS 12:30 to 1:45 PM

- 1<sup>st</sup> 2<sup>nd</sup> Choice
- ☐ ☐ Behavior Management, or
  - ☐ ☐ Caregiver Empowerment, or
  - ☐ ☐ Late Stage Care
  - ☐ ☐ Spiritual Focus, or
  - ☐ ☐ Where To, When To, How To Get Help

LUNCH CHOICE ☐ Regular or ☐ Vegetarian  
☐ Check enclosed with registration form.

Space is limited. Early registrations encouraged.  
Make checks payable to "VBUMC." and return  
this form with your \$10.00 registration fee to:  
Virginia Beach United Methodist Church  
212 Nineteenth Street,  
Virginia Beach, VA 23451  
Attn: Alzheimer's Conference