



Division for Community Living

Kathryn Hayfield, Commissioner

WEEKLY E-MAILING

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Helpful Links

ACL News & Information

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

<https://acl.gov/>

Advancing States (NASUAD) Information

Here is a link to state technical assistance from AAdvancing States:

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

AARP Awards Grants to Seven Virginia Organizations as Part of its Nationwide Program to Make Communities More Livable

Charlotte Arbogast, MS, Senior Policy Analyst

Today, AARP Virginia announced seven organizations throughout the state will receive 2023 Community Challenge grants – part of the largest group of grantees to date with \$3.6 million awarded among 310 organizations nationwide. Grantees will implement quick-action projects that help communities become more livable by improving public places; transportation; housing; digital connections; diversity, equity and inclusion; and more, with an emphasis on the needs of adults age 50 and older.

“AARP Virginia is committed to working with local leaders to improve residents’ quality of life through tangible changes,” said AARP Virginia State Director Jim Dau. “We are proud to collaborate with this year’s grantees as they make immediate improvements in their communities to jumpstart long-term change, especially for Virginians 50 and over.”

Here in Virginia, projects funded include:

- Roanoke River Rails to Trails will conduct walk audits along the Tobacco Heritage Trail branch in Boydton, with the goal of identifying safety improvement opportunities.
- Town of Fries will turn underutilized property beside the town farmers market into an accessible community garden available for use by older adults and all town residents.
- City of Roanoke will stage an accessory dwelling unit design competition that will result in a set of actionable plans for ADU development.
- **Arlington Neighborhood Village will create a Senior Ambassador Program to connect older residents with information about local services and will compile both an English and Spanish-language Senior Resource Guide.**
- **Appalachian Agency for Senior Citizens will convert an underutilized lot to a Fit for Life multigenerational park for exercisers of all ages, especially older adults.**

- Blue Ridge Habitat for Humanity, Inc. will create and distribute a printed Quick Look Reference Guide, a one-page directory of services for older adults in the region.
- Local Office on Aging will create an outdoor fitness area at the existing Center for Health and Wellness, including installation of a walking track and fitness equipment suitable for use by older adults.

AARP Community Challenge grant projects will be funded in all 50 states, Washington, D.C., Puerto Rico, and the U.S. Virgin Islands. True to the program's quick-action nature, projects must be completed by November 30, 2023.

This year, the AARP Community Challenge accepted applications across **three different grant opportunities**, including existing *flagship grants* in addition to new *capacity-building microgrants* for improving walkability and community gardens. New *demonstration grants* will focus on improving transportation systems, with funding support provided by Toyota Motor North America, and housing choice design competitions.

AARP is also bolstering its investment in rural communities, mobility innovation, transportation options, and health and food access.

"These grants continue to lead to long-term, positive changes in communities across the country," said Nancy LeAMond, AARP Executive Vice President and Chief Advocacy & Engagement Officer. "This year, we are proud to support the largest number of projects in the program's seven-year history, which will improve residents' quality of life through tangible changes so everyone can thrive as they age."

The grant program is part of AARP's nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods and rural areas to become great places to live for people of all ages, especially those age 50 and older. Since 2017, AARP Virginia has awarded 28 grants and \$303,797 through the program to nonprofit organizations and government entities across the state.

View the full list of grantees and their project descriptions at aarp.org/communitychallenge and learn more about AARP's livable communities work at aarp.org/livable.

<https://states.aarp.org/virginia/aarp-awards-grants-to-seven-virginia-organizations-as-part-of-its-nationwide-program-to-make-communities-more-livable>

The Lindsay Institute for Innovations in Caregiving News Service
On Behalf of Kim Tarantino,

In this edition: VT CareEx Research Study, Technology use for Caregivers of people with Dementia, Medical use of ChatGPT, Remote Work as a tool for Caregivers.



Virginia Tech CareEx Project
By: Virginia Tech

Our partners at Virginia Tech are looking for care partners for participation in a research study. CareEx is a research project funded by the National Institute on Aging that aims to understand the experiences of grandchildren, siblings, nieces/nephews, and step-family caregivers of relatives with dementia. [Read more...](#)

5 Ways Technology Can Make Life Easier for Caregivers of Dementia Patients
By: Edward C. Baig, AARP

Everyday technology that people use around the house — including doorbell cameras, smart speakers and wrist-worn trackers — can help those suffering

from cognitive decline. The tech may ease the burden on caregivers, too. [Read more...](#)

[What it's Like to Care for Your Kids and Your Chronically Ill Partner](#)

By: Molly Wadzeck Kraus, Yahoo! Life

In the United States, only 12% of the estimated 47.9 million unpaid family caregivers of adults care for their spouse or partner. According to disability studies scholar Laura Mauldin, spousal caregiving is often overlooked, as most family caregivers are adults caring for aging parents. Young caregivers looking after children and spouses tend to get lost in the statistics and are not commonly associated with caregiving. [Read more...](#)

[When Doctors Use a Chatbot to Improve Their Bedside Manner](#)

By: Gina Kolata, New York Times

Despite the drawbacks of turning to artificial intelligence in medicine, some physicians find that ChatGPT improves their ability to communicate empathetically with patients. [Read more...](#)

[Be an Effective Caregiver No Matter Where You Are](#)

By: Kelli Finger, NextAvenue

According to Shane Burley, a freelance writer from Portland, Oregon, Susan Engúidanos, Ph.D. and Melissa O'Connor, Ph.D., for many older adults, caregiving is a difficult word and a topic not easy to discuss. There are ways to shift (or start) this conversation and establish good caregiving practices. [Read more...](#)

[Remote Work: An Underestimated Benefit for Family Caregivers](#)

By: Joanne Kenen, KFF Health News

Employers and co-workers understand the need to take time off to care for a baby. But there's a lot less understanding about time to care for anyone else. "We need to destigmatize it and create a culture where it's normalized, like birth or adoption," said Karen Kavanaugh, chief of strategic initiatives at the Rosalynn Carter Institute for Caregivers. [Read more...](#)

Library of Virginia StoryCorps One Small Step Project
Cecily Slasor, Administrative Program Support



Let's Talk, Richmond! StoryCorp's One Small Step Visits the Library this Fall



**You can apply to participate in a conversation for
StoryCorp's One Small Step Richmond project**

StoryCorps' **One Small Step**, a national effort to bring our country together one conversation at a time, is currently focusing on Richmond and will record conversations at the Library of Virginia Oct. 2-6, 2023.

The program, which pairs strangers with opposing political views to get to know each other as people, is looking for individuals in the Richmond metro area who would like to participate in 50-minute conversations about their lives.

If you're interested in participating, you can apply to be matched for a recorded conversation at the Library of Virginia.

LEARN MORE & APPLY TO BE MATCHED