



WEEKLY E-MAILING
September 8, 2021
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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 ADvancing States:

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

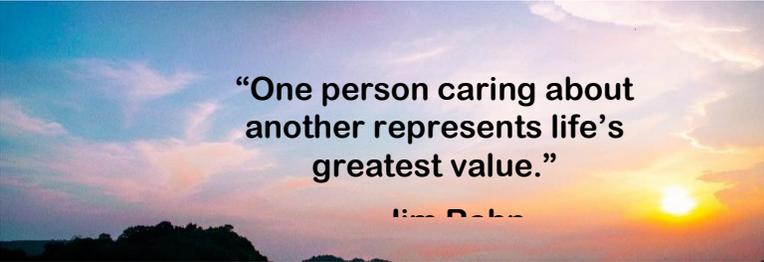
National Hispanic Heritage Month

Starting September 15th and through October 15th is recognized as National Hispanic Heritage Month! September 15th marks the anniversary of independence for several Latin American countries including Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. This month long holiday serves to honor and celebrate the Latin heritage, culture, and the contributions made by members of the community.

“The National Hispanic Council on Aging (NHCOA) celebrates Hispanic Heritage Month by launching its virtual campaign, Latino Empowerment, developed in collaboration with and sponsored by AARP. This campaign will raise awareness about the Latino culture and reflect on Latino role models by highlighting their contributions in disciplines such as science, medicine, and the arts, and how they are transforming the history of the United States.

“During the pandemic, Latinos have been the example of resilience in the face of adversity. A large part of our community has served as front-line workers or have created projects to help those in need, saving many lives while putting even their own at risk. Today is the time to celebrate them and to recognize their contributions to our society. We are grateful for their strength and courage while building a better country for all of us,” states NHCOA’s President and CEO, Dr. Yanira Cruz.

The digital campaign consists of five biography articles and commemorative social



“One person caring about another represents life’s greatest value.”

Jim Rohn

Preparing for a Hurricane or Tropical Storm by *Center for Disease Control and Prevention*

“If you live in areas at risk, the Centers for Disease Control and Prevention (CDC) encourages you to be prepared for hurricane season. The Atlantic hurricane season is June 1 through November 30 each year. It’s always important to be prepared for a hurricane.

Follow these important hurricane preparedness tips from CDC:

- Prepare for a hurricane: Take basic steps now to ensure your safety should a storm hit.
- Get a COVID-19 vaccine as soon as you can.
- Get emergency supplies: Stock your home and your car with supplies. Give yourself more time than usual to prepare your emergency food, water, and medicine supplies.
- Make a plan: Create a family disaster plan.
- Prepare to evacuate: Never ignore an evacuation order.
- Protect older adults: Understand older adult health and medical concerns.
- Protect your pets: Ensure your pet’s safety before, during, and after a hurricane.
- When you check on neighbors and friends, be sure to follow social distancing recommendations (staying at least 6 feet from others) and other CDC recommendations to protect yourself and others.”

How and Where to Get the COVID-19 Vaccine in Virginia by Catherine Maddux at AARP

“Who is eligible to get vaccinated?”

- Everyone age 12 and up.
- Third doses of the Pfizer-BioNTech and Moderna vaccines are recommended for certain immunocompromised people.

Where can I get vaccinated?

- Government-run community sites, hospitals, health clinics, local pharmacies, and other vaccination sites.
- Pharmacies including select [CVS](#), [Walgreens](#), [Walmart](#), and [Rite Aid](#) locations, don't require appointments for vaccinations.
- [Veterans Affairs facilities](#)

Will I need a booster shot?

- Starting Sept. 20, Americans who've received both doses of the Pfizer or Moderna COVID-19 vaccines should plan to get a booster dose eight months after their second shot, federal officials say. The data isn't yet available to determine whether a booster is warranted for Johnson & Johnson vaccine, although a booster is expected to be recommended soon.

What should I bring to my vaccination appointment?

- Some vaccination sites ask for proof of identity or eligibility. Officials recommend that you bring a driver's license or other state-issued ID that shows your name, age and state residency, and your health insurance card, if you have one. **You will not be charged**, but the vaccine provider may bill your insurer a fee for administering the vaccine.

Should I still wear a mask after getting vaccinated?

It takes two weeks to build immunity after the single-dose shot and after the second dose of the two-dose shots. Due to the continuing circulation of the Delta variant, the CDC is recommending fully vaccinated people in areas with high and substantial COVID-19 transmission wear a mask in indoor settings, including schools. The CDC recommends continuing to wear a mask on planes, buses and trains and other shared transport while traveling into, within or out of the United States.” For more information about COVID-19 and vaccinations, visit the [AARP](#) and [CDC](#) website

Full Articles Cited Below

Boone, Sam. “30+ Caregiver Quotes and Poems Sure To Buoy Your Spirits.” Scary Mommy, 2 September 2021, <https://www.scarymommy.com/caregiver-quotes/>

“Hispanic Heritage Month.” National Parks Service, U.S. Department of the Interior, www.nps.gov/subjects/npscelebrates/hispanic-heritage-month.htm.

“Hurricanes and Other Tropical Storms.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 1 Sept. 2021, www.cdc.gov/disasters/hurricanes/index.html.

Maddux, Catherine. “How and Where to Get the Covid-19 Vaccine in Virginia.” Virginia, 1 Sept. 2021, states.aarp.org/virginia/covid-19-vaccine-distribution.

Media, NHCOA. “NHCOA Launches Its Second Annual LATINO Empowerment Campaign Sponsored by AARP.” NHCOA, 2 Sept. 2021, nhcoa.org/nhcoa-launches-its-second-annual-latino-empowerment-campaign-sponsored-by-aarp/.

“Preparing for a Hurricane or Tropical Storm.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 16 Aug. 2021, www.cdc.gov/nceh/features/hurricanepreparedness/index.html.

September is National Preparedness Month

Chip Stratton, DARS Safety & Risk Manager

National Preparedness Month (NPM) is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2021 theme is **“Prepare to Protect. Preparing for disasters is protecting everyone you love.”**

Preparedness Checklist:

1. Make A Plan

Talk to your friends and family about how you will communicate before, during, and after a disaster.

2. Build A Kit

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly.

3. Know your risks

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area. Learn how to make your home stronger in the face of storms and other common hazards. Check your insurance coverage to make sure it is up-to-date.

4. Teach Youth About Preparedness

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

Additional Resources:

- [Accessible Emergency Information](#)
- [FEMA - Disability Page](#)
- [National Weather Service](#)
- [Watches, Warnings or Advisories for Virginia](#)

HHS Office of the Inspector General Reports

Charlotte Arbogast, MS. Policy Analyst

Medicare Beneficiaries Hospitalized With COVID-19 Experienced a Wide Range of Serious, Complex Conditions (OEI-02-20-00410)

During surges in hospitalizations, hospitals in the six localities treated Medicare beneficiaries with COVID-19 for a wide range of serious, complex conditions. Almost all of these beneficiaries were treated for acute respiratory issues, such as viral pneumonia. Many of these beneficiaries were also treated for other types of serious conditions including:

- almost half were treated for acute kidney failure,
- almost half had acute circulatory issues,
- almost two-thirds were treated for significant endocrine, nutritional, or metabolic issues, and
- more than one-third had sepsis.

More than 50 percent of Medicare beneficiaries hospitalized with COVID-19 received intensive care or mechanical ventilation. Additionally, dually eligible, Black, Hispanic, or older beneficiaries were disproportionately hospitalized with COVID-19 relative to the Medicare population in these localities.

[Read the Summary](#)

[Read the Full Report](#)

[Explore the interactive map that accompanies the report](#)

[Visit OIG's COVID-19 Portal](#)

2021 AARP Livable Communities Workshop: Engaging Older Adults

Charlotte Arbogast, MS, Policy Analyst

This free online event will take place on September 22 and 23. Register today!

[AARP Livable Communities](#)

People age 50-plus enhance communities through their skills and life lessons, influence and involvement.

Communities with engaged older residents are more livable for people of *all* ages.

This free, two-day, online AARP Livable Communities workshop will showcase effective strategies, initiatives and programs that engage older adults and solve pressing community problems.

If you have questions about the workshop, please email us at Livable@AARP.org. Use the subject line "Engagement Workshop."

Link to Register: <https://aarp.cvent.com/events/2021-aarp-livable-communities-workshop-engaging-older-adults-why-it-s-good-for-the-community/event-summary-4498561b58fc4b06b24e94e84b4ffe8b.aspx>

Wednesday, September 22, 2021 (Day 1)

1:00 – 1:10 pm ET: *Welcome Remarks*

1:10 – 1:55 pm ET: *Keynote Address – Purposeful Engagement*

- **Jay Pitter** is an award-winning placemaker, award-winning urban planning lecturer and author whose [practice](#) mitigates growing divides in cities across North America. Her two forthcoming books – *Where We Live* and *Black Public Joy* – will be published by Penguin Random House.
-

1:55 – 2:10 pm ET: *Innovation Showcase*

2:10 – 2:55 pm ET: *Plenary Panel – Collaborating with Community*

This panel will feature approaches for unearthing solutions to community challenges with residents and government leaders.

- **Jonathan Pacheco Bell**, Associate Planner, [Sagecrest Planning+Environmental](#), has served as a street-level urban planner in Los Angeles County since 2006. He created "Embedded Planning," a praxis that increases public participation for historically marginalized communities. (Read an [AARP interview](#) with Bell to learn more.)
- **Amanda O'Rourke**, Executive Director, [8 80 Cities](#), is a key architect of the 8 80 concept and has worked on numerous public space projects around the world. 8 80 Cities, a long-time AARP partner, is the co-author with AARP of [Creating Parks and Public Spaces for People of All Ages](#).
- **Doug Hooker**, Executive Director, [Atlanta Regional Commission](#), heads the planning organization for the Atlanta region, which consists of 11 counties and 75 cities. He oversees programs about transportation, community development, land use, aging services and more.

2:55 – 3:10 pm ET: Innovation Showcase

3:10 – 3:55 pm ET: Plenary Panel – Collectively Taking Action

This panel will discuss strategies for getting to work in order to generate results and trust.

- **Peter Holtgrave**, Senior Director for Public Health Infrastructure and Systems, [National Association of County and City Health Officials](#), oversees the association's Performance Improvement, Workforce Development, and Health Equity and Social Justice portfolios.
- **Atalaya Sergi**, Director, [AmeriCorps Seniors](#), leads the the federal grant-making office that promotes and engages people age 55 or older in outcomes-oriented service throughout the United States.
- **Ifeoma Ebo**, Urban Designer, Strategist and Founding Director, [Creative Urban Alchemy](#), is an internationally sought-after consultant on equitable design for governments and civic institutions. She has held leadership roles in initiatives funded by the United Nations, FIFA (the Fédération Internationale de Football Association) and the New York City Mayor's Office.

3:55 – 4 pm ET: Closing Remarks

Thursday, September 23, 2021 (Day 2)

1:00 – 1:10 pm ET: *Welcome Remarks*

1:10 – 1:55 pm ET: *Keynote Address – Innovative Engagement*

- **James Rojas** is an urban planner, community activist, artist and founder of [Place It!](#) He has developed an innovative public engagement and community-visioning method that uses artmaking, storytelling and objects to help individuals and communities find core values.
-

1:55 – 2:10 pm ET: *Innovation Showcase*

2:10 – 2:55 pm ET: *Plenary Panel – Celebrating Impact*

This panel will highlight examples of demonstrating and communicating success with real results.

- **Dionne Baux**, Vice President of Urban Development, [Main Street America](#), plays a key leadership role to expand technical service offerings to neighborhood commercial districts. She has expertise engaging community stakeholders in community economic development.
 - **Andy Toy**, Policy Director, [Philadelphia Association of Community Development Corporations](#), is the founder of [United Voices for Philadelphia](#), a civic engagement coalition. His recent projects with AARP include the launch of an Elders' Story Café in a neighborhood green space, led by the [Southeast Asian Mutual Assistance Association Coalition](#), and advocacy for housing solutions that benefit older residents. (Watch an [AARP video](#) about the café and read an [AARP interview](#) with Toy.)
 - **Beth Blauer**, Associate Vice Provost for Public Sector Innovation, [Johns Hopkins University](#), is an internationally recognized expert on government performance programs that can improve people's lives by bringing data into governmental decision-making processes.
-

2:55 – 3:10 pm ET: *Innovation Showcase*

3:10 – 3:50 pm ET: Fireside Conversation – Looking Forward: Inclusive Engagement and Recovery from the COVID-19 Pandemic

This conversation will focus on how mayors and local leaders have prioritized engagement throughout the pandemic and are engaging residents in their decision-making process as they allocate funds from the [American Rescue Plan Act](#).

- Speakers to be announced
-

3:50 – 4 pm ET: Closing Remarks

AARP: The American Rescue Plan & Older Adults: Opportunities and Resources for Local Leaders

Charlotte Arbogast, MS, Policy Analyst

The legislation is a once-in-a-generation funding opportunity to strengthen communities for the future. Learn how in this new, free report

The [American Rescue Plan Act](#) is a \$1.9 trillion law that includes \$350 billion in direct, flexible aid – available via the [State and Local Coronavirus Fiscal Recovery Fund](#) – to states, counties, cities and tribal governments with populations of more than 50,000 people. (Eligible local governments that are classified as "non-entitlement units" – typically those with populations under 50,000 – should expect to receive this funding through their applicable state government.)

The American Rescue Plan and Local Governments

The American Rescue Plan Act of 2021 – also referred to as the American Rescue Plan or ARPA – was signed into law by President Biden on March 11, 2021. In May, the U.S. Department of the Treasury released its initial guidance, called the [Interim Final Rule](#), which included some 150 pages of background, reasoning, spending categories and accounting guidelines for administering the legislation.

The funds are “intended to provide support to state, local and Tribal governments responding to the impact of COVID-19 and in their efforts to contain COVID-19 on their communities, residents, and businesses.” As part of that mission, the ARPA provides local government leaders with the chance to enhance the economic resilience of their communities by tapping resources that address persistent challenges while finding new and innovative solutions.

As local leaders weigh opportunities and make forward-looking investments, it's critical that spending decisions represent the voices of people of all ages, abilities, races and incomes. Input from the community can be ensured through a strong public engagement process.

The American Rescue Plan and AARP

The American Rescue Plan & Older Adults: Opportunities and Resources for Local Leaders – a free, 31-page downloadable report prepared by [Funkhouser & Associates](#) in partnership with AARP – provides an overview of the

Department of Treasury's guidance and highlights the ways local leaders can use the act to address community needs related to transit and mobility; open spaces; high-speed internet access; water, sewer and utility systems; housing and health.

The report can also help identify opportunities within the ARPA for enhancing a community's livability, and it explains how local leaders can work with AARP, including through:

- **Local Outreach, Engagement, and Visibility:** With 38 million members and tens of thousands of volunteers, AARP state offices in all 50 states, Washington, D.C., Puerto Rico and the U.S. Virgin Islands can help local officials reach and engage older residents. In addition, AARP's extensive communication channels and can help raise the visibility of promising work locally, statewide and nationally.
- **Connecting to a Network:** The AARP Network of-Age Friendly States and Communities – which currently includes eight states, one U.S. territory and nearly 600 towns, cities or counties – provides a framework and resources so communities can be livable for people of all ages. Enrolled communities interact often with AARP and peers throughout the country.
- **Technical Assistance and Resources:** AARP produces and provides free resources for local leaders, including publications, the weekly AARP Livable Communities e-Newsletter, articles about best practices, the interactive AARP Livability Index and more. These resources are often utilized by elected officials, influential stakeholders and community leaders.
- **Grant Funding:** Since its launch in 2017, the annual AARP Community Challenge has awarded \$9.3 million to 804 "quick-action" projects across every state, with AARP funding projects that help improve public spaces, transportation, housing , civic engagement and – by focusing on diversity, inclusion and disparities – the revitalization of communities adversely impacted by the pandemic.
- **Research and Data:** AARP Research and the AARP Public Policy Institute publishes and information about the needs and wants of older adults in local communities and can provide valuable insights about the ways specific policies may impact the lives of older residents.

The American Rescue Plan and Older Adults

The funding streams made available through the ARPA present an opportunity to make catalytic investments and improve livability for *all* residents.

However, since the health and economic consequences of the COVID-19 pandemic have impacted different communities and populations in different

ways, it's also important to recognize the necessity of some targeted approaches to policymaking and spending, including those prioritizing the needs of older adults.

The American Rescue Plan publication prepared by Funkhouser & Associates in partnership with AARP can better enable local governments and leaders to:

- Engage older residents in order to gain an understanding of their experiences throughout the pandemic – and their needs and priorities during the recovery
- Use the information and guidance presented to help inform their thinking and planning – particularly about improving livability around the needs of older adults – as they prioritize investments with funding under the American Rescue Plan Act.
- Work with AARP state offices to utilize local and national AARP resources. (Contact information for AARP's state offices can be found via [States.AARP.org](https://www.aarp.org/state-offices).)
- Share pressing challenges and requests for helpful resources by emailing AARP at livable@AARP.org.

View and Download the Report

[*The American Rescue Plan & Older Adults: Opportunities and Resources for Local Leaders*](#)

Care Transitions Intervention: Virtual Coach Training

Kathy B. Miller, Director of Aging Programs & Services

Care Transitions Intervention® (CTI)

Virtual Coach Training

Our Transitions Coach® training is meaningful "on the job" practice, highly experiential and an engaging online course. **93% of attendees agree/strongly agree that they are prepared to begin coaching after taking the virtual training!**

September 29 & 30

EST: 10:30 – 6:30 pm

CST: 9:30 am – 5:30 pm

MST: 8:30 am – 4:30 pm

PST: 7:30 am – 3:30 pm

Registration:

Sept Application

October 19, 20, 21, & 22

EST: 11:00 am – 3:00 pm

CST: 10:00 am – 2:00 pm

MST: 9:00 am – 1:00 pm

PST: 8:00 am – 12:00 pm

Registration:

Oct Application

Preventing hospitalizations is a critical need. Be a part of the health systems response. Offer a proven patient-centered service in your area.

Patients who received the CTI® were significantly less likely to be readmitted to the hospital, and the benefits were sustained for at least five months after the end of the one-month intervention.

Rather than simply managing post-hospital care in a *reactive manner*, **this**

Program Overview

model develops self-management skills which pays dividends long after the program ends.

Explore how CTI can help.

Online Coach Training Overview

- Pre-training modules
 - This will begin a persons initial understanding of the model.
 - About three (3) hours in our learning management system, **self-paced**, administered two-weeks prior to the virtual classroom training.
- 16-hours in a live virtual classroom
 - Held in either two full-day format or four half-days.
 - Where CTI concepts become a reality; a place to practice and apply information learned in the pre-training modules and develop new Coach skills to guide clients toward long-term better health management.
 - Highly interactive: engaging activities, role plays, case studies, and group breakout rooms, as well as a mailed training packet that includes a workbook, handouts, and practice forms to enhance learning.
 - Dive deeper into the CTI fundamentals
 - Enhanced telephonic coaching component
- Program Managers and intervention support staff are encourage to attend along with intended Transitions Coaches.

Please reach out with any questions.

Thank you,

Michelle Comeau

Visit our website to
learn more:

Care Transitions Intervention Program
Director

CareTransitions.Health

Care Coordination Systems

*Building Better Health with Community-
based Care Coordination*

P: 414-269-2664

E: michelle.comeau@ccspathways.com

CDC and AmeriCorps: New Program *Public Health AmeriCorps*

Sara Link, Director No Wrong Door

This new federal funding which will support the recruitment, training, and development of a new generation of public health leaders who will be ready to respond to the nation's public health needs.

Public Health AmeriCorps is a joint effort between the Centers for Disease Control and Prevention and AmeriCorps, the federal agency for volunteering and national service, and will build on the expertise, best practices, and lessons learned from existing AmeriCorps and other public health programs. The program will help meet public health needs of local communities by providing much-needed surge capacity for state and local public health agencies and develop pathways to public health-related careers through on-site experience and training with a focus on recruiting AmeriCorps members who reflect the communities in which they will serve.

Supported by a \$400 million investment from the American Rescue Plan, the project is anticipated to fund up to 5,000 AmeriCorps positions over the next five years. Grants will be awarded through a competitive process, with the first competition expected in fall of 2021. We anticipated the federal funding opportunity announcement will be released this week and will have a 60 day turn-around.

AmeriCorps will be hosting a call focusing on Public Health AmeriCorps on September 15 at 1 pm EST. This call is for prospective partners who may be working in the fields of public health and/or workforce development who may be interested in applying for funding. Registration can be found [here](#).

Once the federal notice is posted the Virginia Service Commission will be working with the AmeriCorps regional office to support any inquiries you might have.

AARP Foundation Grant Opportunity

Charlotte Arbogast, MS, Policy Analyst

AARP Foundation is seeking proposals from organizations for direct service, field-building projects. Pre-applications are due Friday, Sept 17.

<https://www.aarp.org/aarp-foundation/grants/info-2021/advancing-effective-solutions.html>

Project ECHO Series Fall 2021

On behalf of Tim Catherman, DMAS

Project ECHO

**Growing Older with Lifelong Intellectual Disabilities:
When Dementia is Suspected or Diagnosed**

Fall 2021

<https://tinyurl.com/ECHO-IDDwithDementia>

This Project ECHO series is a free, practical, case-based education program for health care and social service providers who want to enhance their knowledge, competence, and performance related to the care of people with intellectual and developmental disabilities affected by dementia. Each ECHO session will include a short presentation by a content expert, followed by a case study (submitted in advance by participants) and open discussion to teach and learn from one another.

[See the flyer here for more information!](#)

Thank you,

The Provider Network Listserv

Link to DARS Independent Living Monthly Newsletter

Kevin Koziol, Director of Independent Living

The current issue of IL Impact is available here:

<https://conta.cc/37prl2m>