



WEEKLY E-MAILING

June 21, 2023

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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>

2023 Best Practices Awards: Advancing Innovation in Aging Programs

Charlotte Arbogast, MS, Senior Policy Analyst

June 27, 2023

1:00 pm – 2:00 pm

The Commonwealth Council on Aging, Virginia Department for Aging and Rehabilitative Services and the Virginia Association of Area Agencies on Aging cordially invite you to join us as we celebrate the **Council's 2023 Best Practices Award Winners!** The Best Practices Awards serve to encourage organizations across the Commonwealth to develop and support programs and services that assist older adults to age in their community. Established in 2006, the Best Practices Awards recognize and encourage the replication of model programs, particularly those that foster aging in place, livable communities, and home and community-based services.

The upcoming webinar will highlight this year's amazing winners:

- **FIRST PLACE:** Mountain Empire Older Citizens, Inc. (MEOC) for its METGo! Program
- **SECOND PLACE:** Joyful Voices Chorus
- **THIRD PLACE:** Virginia Department for the Blind and Vision Impaired (DBVI) for its Live Active, Live Healthy, Live Modern Senior Retreat ("LIVE") Program

Webinar attendees will learn more about these award-winning programs, how the programs can be replicated, and how programs can be nominated for the Council's 2024 Best Practices Awards.

Real-time captioning will be provided via Zoom.

For More Information on the Council or the Best Practices Awards:

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

To request additional accommodations or for questions: Charlotte Arbogast, Council Staff, (804) 662-7093, charlotte.arbogast@dars.virginia.gov

To Register:

https://us02web.zoom.us/webinar/register/WN_jYMJW1G0Soe3MZr8I26gUA#/registration

Virginia Farmer's Market News

Cecily Slasor, Administrative Program Support



June 2023

Virginia Farmers Market News



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Farmers Market Shopper Survey

[View your shoppers data in real time](#)

We are working to bring more people to Virginia's farmers markets. As part of that mission, our Board President, Dr. Omar Faison of Virginia State University, is leading an effort to collect farmers market customer data. This will give all of us a better understanding of market shoppers.

With that in mind, we're asking you to help us share our farmers market survey at your market. You will have immediate access to the responses across the state as they come in.

The survey allows us to get information about the demographics of people who are attending the markets, how they found out about it, what it is that they were interested in, what brought them there, how often they attend as well as their purchasing activity.

We have signs we are asking you to download and display at your market. Encourage shoppers to use the QR code to access the Google Forms survey. And then check out the data on your market.

If you have any questions, feel free to [email Dr. Omar Faison](mailto:omar.faison@vafma.org).

The survey link is: https://bit.ly/vafma_visitor_survey

Signage for the markets is here: https://bit.ly/vafma_survey_folder

A video providing guidance on the survey and contents of the folder is here: <https://youtu.be/tZxTtLEAmv0>

Market Signs



Promoting Virginia's Farmers Markets
VAFMA Visiting 40+ Farmers Markets in 2023

Last year we visited 50+ farmers markets. We're on track to visit 50 more in 2023. VAFMA and our agriculture partners are also visiting 400+ market farms across the state for the Senior Farmers Market Nutrition Program.

We like to post videos and photos from our visits. Check out these recent posts on Instagram:

- [Sunset Market at IX Art Park](#)
- [The Market at Second Stage](#)
- [Little Hat Creek](#)


We're also spotlighting the markets of VAFMA Members through social media features.

Are you following us on social media? We're probably following you! And if we're not, please let us know.

- [Facebook](#)
- [Instagram](#)
- [Twitter](#)


Tag VAFMA in your social media posts so we can share them too.

Make sure you've updated your market's profile on Farmspread so we can find it too!



Other Types of Food Products

- ▶ Virginia Egg Law: sell up to 150 dozen eggs/week of your own eggs and up to 60 dozen eggs/week of another producer's eggs without inspection
- ▶ Eggs must be clean, unbroken, and free of dirt and manure
- ▶ Properly refrigerated at 41 degrees F or below at all times
- ▶ Labeled with: name and address of producer/packer, the word "eggs," safe handling instructions, and the term 'ungraded' or the appropriate grade
- ▶ The term "fresh eggs" can only be used if the eggs are graded
- ▶ Eggs can be graded by the producer - the link below is from the USDA website (Egg-Grading Manual)
- ▶ <https://www.ams.usda.gov/sites/default/files/media/Egg%20Grading%20Manual.pdf>



"Safe Handling Instructions: To prevent illness from bacteria, keep eggs refrigerated, cook eggs until yolks are firm, and cook foods containing eggs thoroughly."

Eggs Must Be Kept at 41 Degrees F or Below at Market

Do not leave eggs on your market tables this summer

During the Food Safety Summit, VDACS shared these requirements for selling eggs at farmers markets:

Eggs must be:

- Clean, unbroken, and free of dirt and manure
- Properly refrigerated at 41 degrees F or below at all times
- Labeled with: name and address of producer/packer, the word "eggs," safe handling instructions, and the term 'ungraded' or the appropriate grade

Virginia Egg Law: sell up to 150 dozen eggs/week of your own eggs and up to 60 dozen eggs/week of another producer's eggs without inspection.

The term "fresh eggs" can only be used if the eggs are graded

Eggs can be graded by the producer – the link below is from the USDA website ([Egg-Grading Manual](#))

Food Safety Summit



Farm Market Fresh

Senior & WIC Farmers' Market Nutrition Program (S/FMNP)

Spend Five & Thrive

for local, seasonal fruits, vegetables & herbs

Try These Ideas to Spend Your Entire \$5 Voucher

Bee Joy

Spread Joy.
Invite friends over to enjoy a meal made with fresh produce.

Bee Well

Get Well.
For Good Health Eat 5-7 Produce Items a Day.

Bee Kind

Show Kindness.
Make Extra Salad and share with a Someone in Need.

Bee Love

Love You.
Love Yourself by Eating More Produce for a Mind, Body, & Spirit You Will Fall in Love With.

Bee Tasty



Scan for Recipes



FARM MARKET FRESH
Virginia Farmers' Market Nutrition Program (S/FMNP)
Department for Aging & Rehabilitation Services
1515 N. 1st St., Suite 100
Richmond, VA 23219
800-552-0325

300001

FIRST DATE TO USE: June 1, 2023
LAST DATE TO USE: Nov. 18, 2023
FARM MARKET FRESH \$5.00 VOUCHER

SAMPLE



Download Posters to Promote Senior & WIC Vouchers

Created by Dr. Theresa Nartea of VSU

Dr. Theresa Nartea of Virginia State University & Virginia Cooperative Extension created three posters to help farmers markets promote the Senior Farmers Market Nutrition Program.

If you have farms accepting these programs, download and print these posters from the links below:

[We Proudly Accept SFMNP](#)

[Spend Five and Thrive](#)

[Senior & WIC FAQs](#)



Produce Farmers: There's Still Time to Apply to Accept Senior & WIC Vouchers

Application is open!

The [Senior & WIC Farmers Market Nutrition Program](#) is expanding across the state and VAFMA is leading the team making that happen.

Farmers - now is the time to apply to be authorized to accept the vouchers from older adults for fresh fruits, vegetables, and fresh cut herbs.

Market Managers - spread the word about this program to your market's produce farmers.

[Details and Applications are on our website](#)

[More Info](#)

Supporting Partners

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Our mailing address is:

Virginia Farmers Market Association

14241 Midlothian Tpke # 153

Midlothian, VA 23113-6500

Department of Health & Human Services: Medicare Part D Low Income Subsidy

Charlotte Arbogast, MS, Senior Policy Analyst

The U.S. Department of Health & Humans Services is taking action to increase awareness of and enrollment in the Medicare Part D Low-Income Subsidy (LIS), also known as “Extra Help.” New data shows that [3 million older adults and people with disabilities are eligible for but not enrolled in Extra Help](#). The data includes key demographic information like age, gender, race and ethnicity, marital status, living arrangement, metro status, limited English proficiency, and disability status, to help identify disparities and underserved populations. To reach these individuals and enroll them in Extra Help, the Administration for Community Living (ACL) and the Centers for Medicare & Medicaid Services (CMS) are using new national data, SHIPs, and other grantees to target people in rural and underserved communities.

The Extra Help program covers Part D premiums and cost-sharing for prescription drugs for people with limited resources and income below 150% of the federal poverty level ([\\$21,870 in 2023](#)). Thanks to the Lower Cost Prescription Drug Law that was part of the Inflation Reduction Act, everyone who qualifies for Extra Help will be eligible for Part D plans with no premiums, no deductible, and lower fixed co-pays in 2024. The expanded Extra Help benefit will save people who are currently only eligible for the partial subsidy [\\$300 per year on average](#), and some people who need high cost prescription drugs will save thousands of dollars due to the full LIS’s use of copays instead of coinsurance.

CMS has created new outreach tools for advocates and aging services providers to promote Extra Help to the older adults and people with disabilities they serve. Check out the [Extra Help social media toolkit](#) and [Cut your Medicare prescription drug costs with “Extra Help” flyer](#), and find all these materials and more in [this HHS fact sheet](#).



Virginia Premier is Becoming Optima Health

Virginia Premier will become part of Optima Health as of July 1, 2023. If you have Virginia Premier as your Medicaid managed care health plan, you will receive information from Optima Health as your new managed care provider. This change will not impact your health benefits or coverage.

As a Virginia Medicaid member, you have the right to choose a different health plan. If you want to keep Optima Health as your health plan, you do not need to do anything. If you would like to change your health plan, call the managed care helpline at [1-800-643-2273](tel:1-800-643-2273) (TTY: [1-800-817-6608](tel:1-800-817-6608)), weekdays 8:30 a.m. to 6 p.m., no later than September 30, 2023.

To learn about other plans or see if your providers are in network, visit the enrollment website at www.VirginiaManagedCare.com.

[Compare Health Plans](#)