



# VCU

Virginia Center on Aging

College of Health Professions

**Annual Update**

**January 24, 2024**

# Welcome



**Tracey Gendron, PhD**  
Executive Director  
Virginia Center on Aging

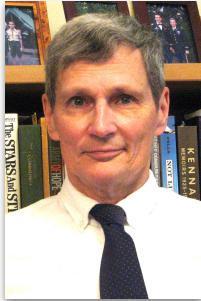
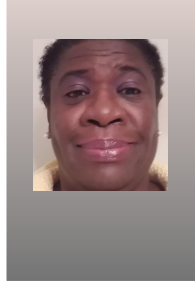


**Kiersten Ware, MS**  
Deputy Commissioner for Aging  
Virginia Department for Aging and Rehabilitative Services

# The Virginia Center on Aging and VCU Gerontology Team



# The Virginia Center on Aging Advisory Committee





**Thank you to the  
General Assembly for  
your continued support.**

Photo Credit:  
Charlotte Rene Woods, Times-Dispatch



Thank you to our funders.

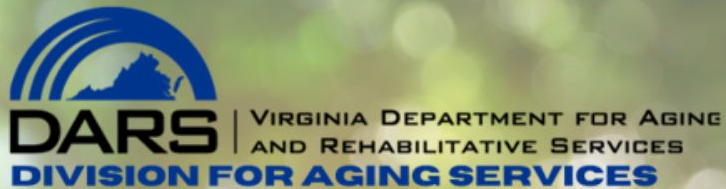


HERNDON FOUNDATION





**Kiersten Ware**  
**Deputy Commissioner**  
Division of Aging Services  
Virginia Department for Aging  
and Rehabilitative Services



# Connections



## **Presenter**

Rachel Ramirez, MPA

Executive Director

Lifelong Learning Institute in Chesterfield



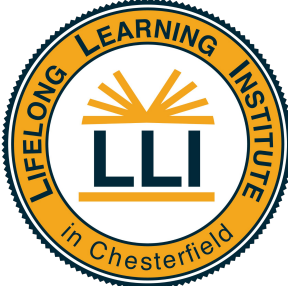
# Lifelong Learning Institute in Chesterfield



# Lifelong Learning Institute in Chesterfield



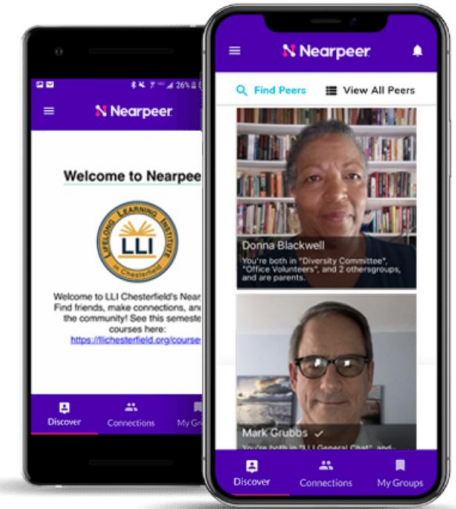
# Lifelong Learning Institute in Chesterfield



# UZURV



# Lifelong Learning Institute in Chesterfield



# Lifelong Learning Institute in Chesterfield

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Lifelong  
Learning  
Institute in  
Chesterfield



Instructors



Spread the Word



Membership

# Community and Continuing Education

“Equipping and affirming Virginia's eldercare workforce community to bring forth meaningful change”

Follow Us  
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VCU GeroCCE  
Webinars

Archived  
Training &  
Webinar  
Registration



Email: [GeroCCE@vcu.edu](mailto:GeroCCE@vcu.edu)

Each icon is clickable

# Social Health Connector

## VIRGINIA EASY ACCESS

Easy Access is your No Wrong Door to a supportive community. Here, you will find:

**Access** to thousands of local resources at your fingertips.

**Options** to explore tools on your own or with a certified professional.

**Answers** that you have been looking for.

Keep exploring to find services, supports, programs, and tools to make your life easier.



## SOCIAL HEALTH CONNECTOR

START YOUR JOURNEY



### SERVICE FINDER

Get help with housing, in-home services, transportation programs and more.

Service Finder

### SOCIAL HEALTH CONNECTOR

This tool encourages you to consider social connections in your life right now. You'll receive your own Social Connection Plan based on your responses to a short questionnaire.



Lets Go!

CLICK HERE



Social  
Health  
Connector



# Virginia HEAR: Helping Elders Access Resources

A Twin Track Approach to Address and Prevent Elder Mistreatment

**COMING SOON!**



Connects users to **local resources**, via web or phone, to **prevent and support** elders experiencing abuse.



Educates to **recognize, prevent, and address** elder mistreatment. Focus on **ageism and linking systems of care**.



# Introducing Elder Justice Learning & Research Hub

## Elder Justice Learning & Research Hub



### Abuse in Later Life

Abuse in Later Life Project

Project Portfolio

Education

Consultation

Lifelong Learning Institute

Senior Mentoring

Virginia Memory Project

Virginia LTC Clinicians  
Network

Welcome to the Elder Justice Learning and Research Hub. We address the abuse of adults 50 years of age and older across Virginia, and nationally. We bring professionals together from diverse fields, such as law enforcement, victim advocacy, social services, the faith community, criminal justice, housing, healthcare, aging services, and more. Through these collaborations we aim to piece together and address the whole story – the whole person – the whole system. Ultimately to improve the lives of those in our communities who have experienced abuse in later life.

We have compiled information for you to [learn how to safeguard against, and respond to elder abuse](#). We have also compiled a [range of resources to guide and support professionals and allies](#). You can also [find out how to get involved](#).

## Learn how to safeguard against, and respond to elder abuse

[\[Return to top of the page\]](#)

What is elder mistreatment?



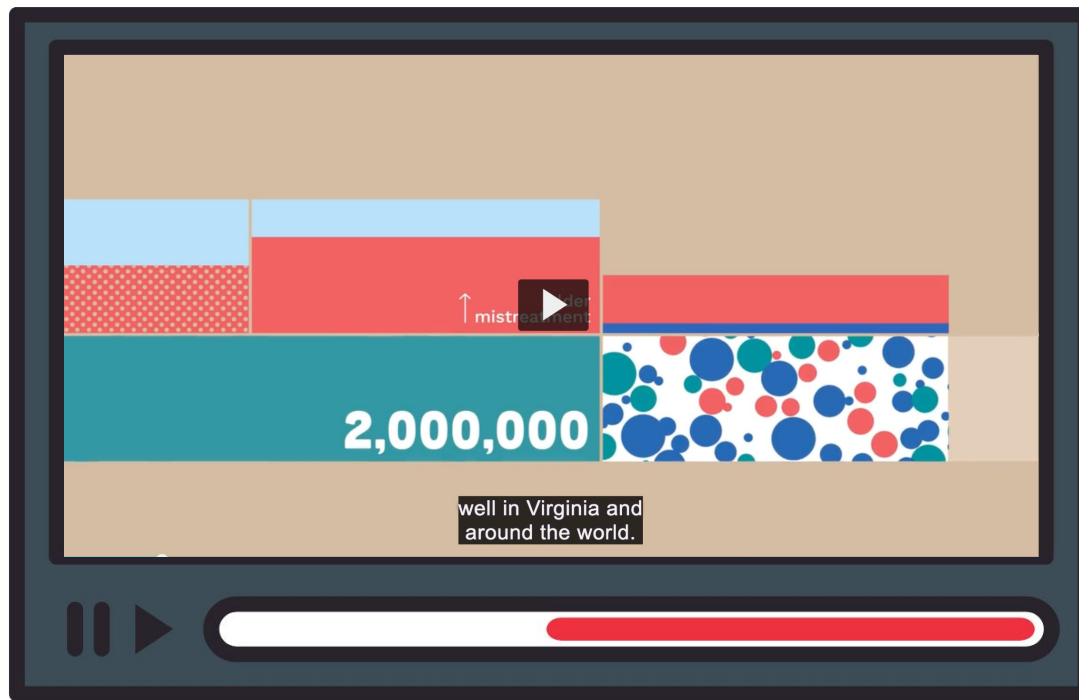
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[www.eldersafeVA.com](http://www.eldersafeVA.com)



# Making Virginia a Safe Place to Grow Old



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Virginia  
HEAR



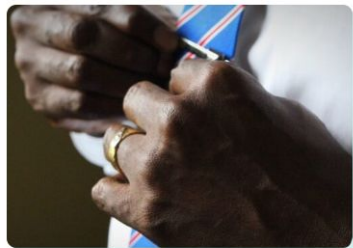


# ALTER™

INSPIRING AND EQUIPPING FAITH COMMUNITIES

## Creating Dementia Friendly Congregations

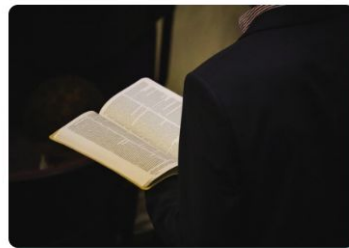
Inspiring and Equipping Faith Communities



Education



Toolbox



Consultation



# ALTER™

INSPIRING AND EQUIPPING FAITH COMMUNITIES



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**Alter**



# Communication



## **Presenter**

Andrea Price, MPS, MBA

Project Specialist for Aging and Wellness Promotion

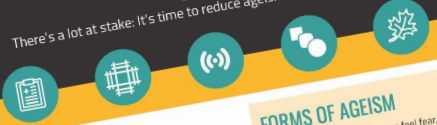
Virginia Center on Aging

# Issue & Research Briefs

**ISSUE BRIEF**

## Ageism

There's a lot at stake: It's time to reduce ageism and change thinking



Ageism is discrimination based on age. Ageism impacts how we think (stereotypes), how we feel (prejudices) and how we act (discrimination) towards others or oneself based on age ([Wikipedia](#)).

### WHY IS THIS SO IMPORTANT?

Ageism affects our health, happiness and longevity. People with more positive self-perceptions of aging live 7.5 years longer than those with negative views of aging. Positive age beliefs protect against the development of dementia, and are a protective factor for the development of chronic disease. Ageism harms the economy with an estimated \$850 billion in lost gains to GDP as a result of involuntary retirement and underemployment. Ageism costs \$63 billion in health care costs every year.

### HOW TO REDUCE AGEISM AND CHANGE THINKING

Education about aging and positive intergenerational engagement are powerful strategies to reduce ageism. We can learn how to stimulate internal dialogue and reflection and change our unconscious and conscious thoughts to have more positive attitudes about aging and growing older.

**Brief by VCU Gerontology and the Virginia Center on Aging**

### FORMS OF AGEISM

**Internalized ageism** – When we feel fear, dread or have shame about our aging or disassociate with being older/old.

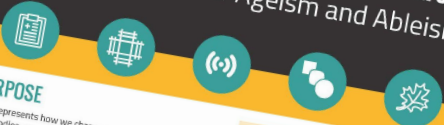
**Cultural ageism** – The everyday, invisible normalized negative messages about aging and being old embedded within the culture.

**Relational ageism** – When we are concerned about being judged or devalued based on age.

**Benevolent ageism** – Patronizing, paternalistic beliefs or behaviors that older people need to be protected or taken care of and can't make decisions by themselves.

**RESEARCH BRIEF**

## The Next Critical Turn for Ageism Research: The Intersections of Ageism and Ableism



### PURPOSE

Ageing represents how we change over time. Changes happen in our bodies, our minds, our emotions and in relationships and and prejudice toward disability (ableism) influence fear and anxiety about aging (ageism).

### ABOUT

**Key Words**  
Ageism, Ableism, Intersectionality

**Authors**  
Tracey Gondron, PhD, Alyssa Camp, MA, Gigi Amateau, PhD, Mia Mullen, Kirston Jacobs, MSW, Jenny Inker, PhD, Sarah Marrs, PhD.

**Published**  
The Gerontologist, Published June 2, 2023

**Link to article**

### FINDINGS

The intersecting elements of ability and age cannot be understood without one another, not only because with advanced age comes changing ability but also because much of the stigma and fear regarding aging appears to be grounded in ableism.

### WHAT'S NEXT

Ableism and ageism are inextricably intertwined. However, current research on ageism has largely ignored the influence of ableism. A better understanding of how the two are related will be important step forward for the field.

### CONTACT

Interested in learning more? Contact Dr. Tracey Gondron at [tgondro@vcu.edu](mailto:tgondro@vcu.edu). The researchers are available for:

- Guest lectures
- Collaborating on sessions
- Formal presentations
- Webinars
- Community presentations

**Brief by VCU Gerontology and the Virginia Center on Aging**

Gondron, T., Camp, A., Amateau, G., Mullen, M., Jacobs, K., Inker, J., & Marrs, S. (2023). The next critical turn for ageism research: The intersections of ageism and ableism. *The Gerontologist*, *63*(6).

CLICK HERE 

Issue & Research Briefs



# age *in action*

Quarterly publication with a distribution list of nearly 10,000.

To share a program or research with professionals across Virginia, send your content to the editor **Kim Ivey** at [ksivey@vcu.edu](mailto:ksivey@vcu.edu).



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Subscribe to  
Age in Action



# The Flower Project

## Research Opportunity

Focus groups for caregivers and people at risk for Alzheimer's disease and related disorders (ADRD). To find out **why and how people make decisions about treatment for ADRD**.

## Interested?

Contact **Maddie McIntyre** at VCU College of Health Professions, Dept. of Gerontology at [mcintyremm@vcu.edu](mailto:mcintyremm@vcu.edu)

**Brain Health Research**

**Research Opportunity**

Interested in helping researchers learn about dementia treatment? We want to ask you questions about dementia and acceptable treatment options! You will be asked to complete an interview with a researcher, you will be compensated for your time.

For more information and eligibility requirements contact Maddie McIntyre at VCU College of Health Professions, Department of Gerontology at [mcintyremm@vcu.edu](mailto:mcintyremm@vcu.edu)

**VCU**  
College of Health Professions



Commonwealth of Virginia

# ARDRAF

Alzheimer's and Related Diseases Research Award Fund

## 2023-2024 Award Recipients

### University of Virginia

Norambuena, A. | [Mitochondrial Metabolic Rewiring](#)

### Virginia Commonwealth University

Heise, R., and Sun, D. | [Inflammasome](#)

### Virginia Commonwealth University

Dautovich, N., and Dzokoto, V. | [Black Caregivers' Stress](#)

### George Mason University

Inoue, M., Hand, M., and Koizumi, N. | [Group Digital Gaming](#)

### Mary Baldwin University

Haberman, R. | [Resilience to Memory Decline](#)



CLICK HERE



Full Details  
of Awards



Commonwealth of Virginia

# ARDRAF

Alzheimer's and Related Diseases Research Award Fund

## Thank you to the 2023-2024 Awards Committee

**Paul Aravich, PhD**  
Eastern Virginia Medical School

**Severn Churn, PhD**  
National Institute of Health

**Christine Jensen, PhD**  
Riverside for Excellence in Aging and Lifelong Health

**Michael Pyles, PhD**  
Virginia Commonwealth University

**Patty Slattum, PharmD, PhD**  
Virginia Commonwealth University

**George Worthington, MS**  
Virginia Dept. of Aging and Rehabilitative Services

**Special thank you to  
Mrs. Russell Sullivan**  
for her generous contribution  
in memory of her husband  
who died of dementia.

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Full Details  
of Awards



Commonwealth of Virginia

# ARDRAF

Alzheimer's and Related Diseases Research Award Fund

## And thank you to the 2023-2024 External Reviewers

- **Frank Castora** PhD, EVMS
- **Tracey Davis** PhD, RU
- **Helen Fillmore** PhD, UoP
- **Kathleen Fuchs** PhD, UVA
- **Ethlyn Gibson-McQueen** DNP, EVMS
- **Rodney Guttman** PhD, UWFL
- **Elvin Price** PhD, VCU
- **Hamid Okhravi** MD, EVMS
- **Lindsey Ryan** PhD, UMich
- **Lana Sargent** PhD, VCU
- **Patricia Trimmer** PhD, VCU

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Full Details  
of Awards



Commonwealth of Virginia  
**ARDRAF**  
Alzheimer's and Related Diseases Research Award Fund

**Letters of Intent** due **February 2, 2024**  
**Applications** due **March 1, 2024**

For more information, email [ardraf@vcu.edu](mailto:ardraf@vcu.edu).

**COMMONWEALTH OF VIRGINIA**  
**ARDRAF**  
Alzheimer's and Related Diseases Research Award Fund  
**FUNDING OPPORTUNITY**

In 1982, the Commonwealth of Virginia established the Alzheimer's and Related Diseases Research Award Fund (ARDRAF) to encourage scientific research into:

- the underlying causes, epidemiology, diagnosis, or treatment of Alzheimer's and related diseases;
- policies, programs, and financing for care and support of those affected by Alzheimer's and related diseases;
- the social and psychological impacts of Alzheimer's and related diseases upon the individual, family, and community.

**Funding:** Awards of up to \$50,000 will be granted. The number of awards is contingent upon available funds.


**Eligibility:** Applicants must be affiliated with colleges or universities, research institutes, or other not-for-profit organizations located in Virginia. The Fund encourages partnerships between community-based agencies/facilities and academic institutions in Virginia.

**By February 2, 2024**, prospective applicants should submit a letter of intent that includes a descriptive project title, contact information for the principal investigator, the identities of other key personnel and participating institutions, a non-technical abstract, the specific aims, and 4-5 sentence description of the project in common, everyday language.

*After approval of the LOI, applicants will be emailed a link to submit the full application*

**Applications are due by 5pm on March 1, 2024.**

**Awardees will be announced by June 21, 2024.**

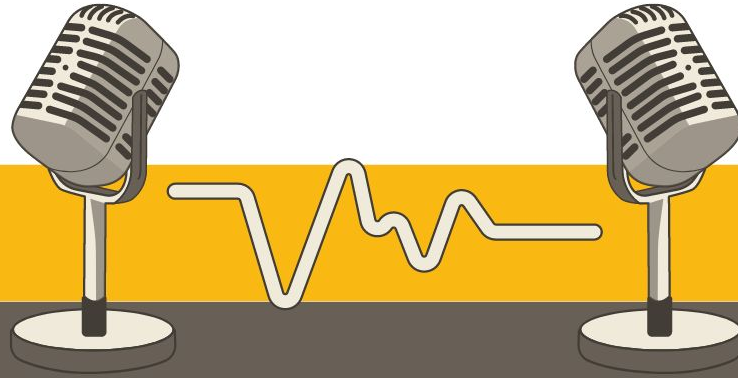
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Virginia Center on Aging  
College of Health Professions

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**Details of  
ARDRAF  
2024**

# Aging for All Podcast



# Collaboration



## **Presenter**

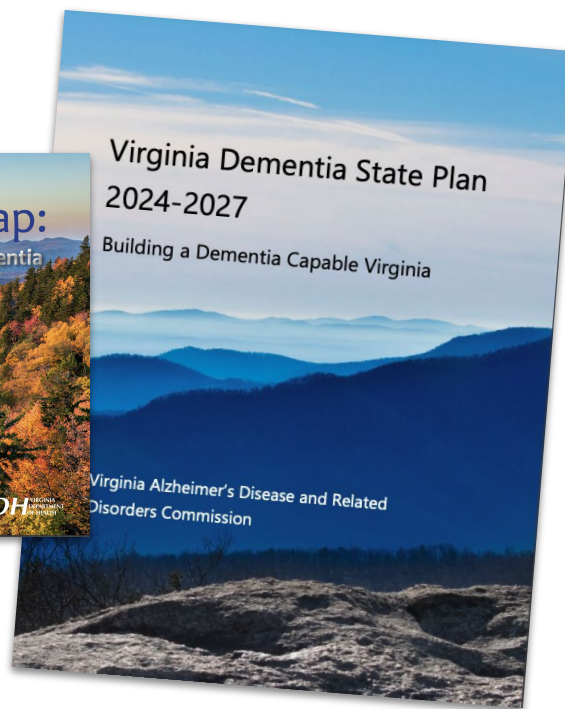
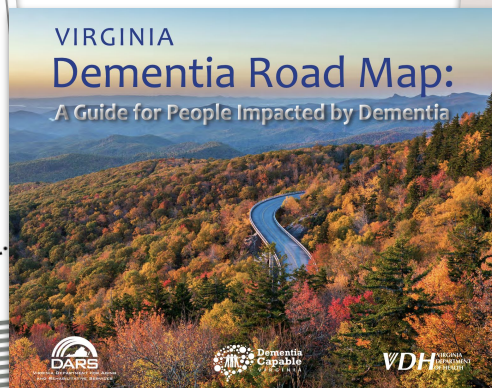
Annie Rhodes, PhD

Assistant Professor

Director, Virginia Memory Project

Virginia Center on Aging, VCU Gerontology

# Statewide Partners' Resources



Virginia  
Dementia  
State Plan  
2024-2027



Virginia  
Dementia  
Road Map



Dementia  
Capable  
Virginia



Each image and QR code is clickable

# Geriatric Training Education (GTE) Initiative

## 2023-2024 Award Recipients

### Virginia Pharmacy Association

**The 5M's, Polypharmacy and Deprescribing, Oh My!** Educating Pharmacists and Pharmacy Technicians

**Commonwealth Council on Aging, Dept. for Aging and Rehabilitative Services**  
**Addressing Awareness of Older Adult Malnutrition and Food Insecurity**

### Radford University

Enhancing Geriatric Care Competency: **A Virtual Reality Continuing Education Program for Social Workers**

### Senior Services of Southeastern Virginia

Training Homeless Continuum of Care Partners on **Best Practices in Working with the Older Adult Homeless Population**



CLICK HERE



GTE Awards  
2023-2024





# Age & Ability Inclusion Toolkit for Senior Living

Ageism and Ableism  
in Senior Living

How to Use  
This Toolkit

Organizational  
Assessment

Resources and  
Assessments for  
Individuals

Community  
Dialogue Guide

Glossary  
of Terms

About  
this  
Toolkit



Enhancing Age and Ability Inclusion

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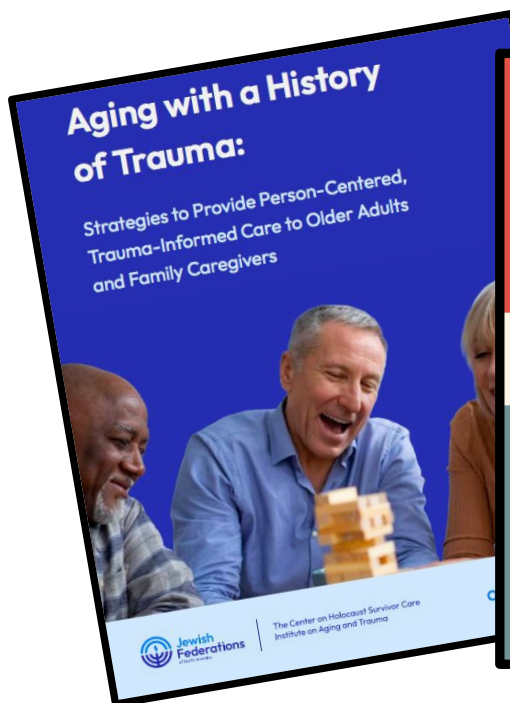
[www.ageismtoolkit.vcu.edu](http://www.ageismtoolkit.vcu.edu)

Ageism  
Toolkit









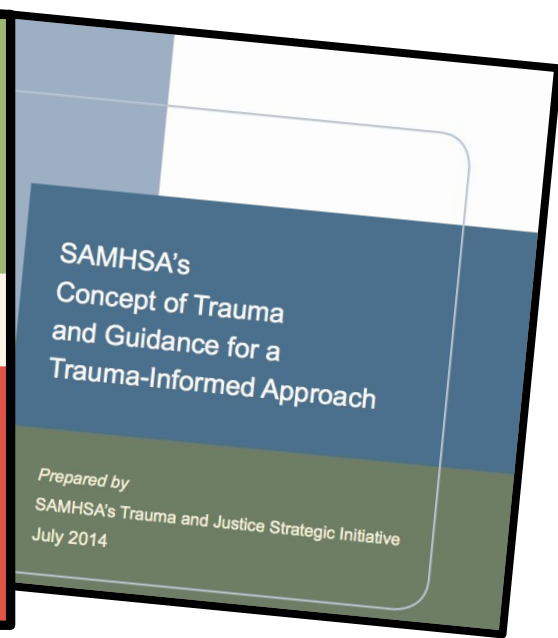
# Trauma-Informed Care Toolkit

**COMING  
SOON**



## 6 Principles of Trauma-Informed Approaches

 <p><b>SAFETY</b></p> <p>Physical and psychological safety are prioritized within the organization: for staff and people who are served. Understanding how people perceive safety is key.</p>	 <p><b>TRUSTWORTHINESS &amp; TRANSPARENCY</b></p> <p>In its operations and decisions, organizational business is conducted with transparency. A goal exists to build trust among all who interact with the organization.</p>	 <p><b>PEER SUPPORT</b></p> <p>People's stories and lived experiences are valued as key to building safety, establishing trust, and growth after healing. Mutual self-help and peer support are valued as vehicles for recovery and growth.</p>
 <p><b>COLLABORATION &amp; MUTUALITY</b></p> <p>Everyone has a role to play in a trauma-informed approach. Power differences between staff and people being served and within staff are leveled in favor of shared decision-making.</p>	 <p><b>EMPOWERMENT, VOICE, &amp; CHOICE</b></p> <p>Individuals' strengths and experiences are recognized throughout the organization. The culture fosters a belief in resilience and in the ability to promote recovery from trauma.</p>	 <p><b>CULTURAL, HISTORICAL, &amp; GENDER ISSUES</b></p> <p>Moves past cultural biases; leverages cultural connections for healing; gender responsive services; policies and protocols respond to racial, ethnic and cultural needs of people served; recognizes and addresses historical trauma.</p>





# VVGEC

Virginia Geriatric Education Center

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**VCU**

Virginia Center on Aging  
College of Health Professions

**EVM**  
FAMILY MEDIC



**UVA**

SCHOOL of NURSING



**VirginiaNavigator**

disAbilityNavigator | SeniorNavigator | VeteransNavigator



LIBERAL ARTS AND HUMAN  
CENTER FOR GER  
VIRGINIA TECH.



College of  
Public Health



**VCU**

# **VGEC: Teaching Collaborators in CIRCAA:** Creating Interprofessional Readiness for Complex and Aging Adults

**2023-2024 Cohort**



# VGEC: DEI Newsletter

**VGEC** | DIVERSITY EQUITY & INCLUSION  
Virginia Geriatric Education Center

## World Elder Abuse Awareness Day

June 15th is World Elder Abuse Awareness Day

**VGEC** | DIVERSITY EQUITY & INCLUSION  
Virginia Geriatric Education Center

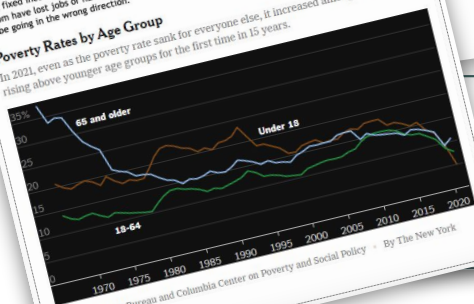
## National Poverty in America Awareness Month: January 2023

January is **National Poverty in America Awareness Month**, a time to shine a spotlight on one of the most pervasive and persistent problems in our society.

Aging older adults are often at a higher risk of experiencing poverty due to a variety of factors. These can include limited access to healthcare, difficulty finding employment, and reduced mobility. Additionally, older adults who have not saved enough for retirement may struggle to make ends meet on a fixed income. The COVID-19 pandemic has also disproportionately affected older adults, many of whom have lost jobs or have been unable to work due to health concerns. This alarming trend seems to be going in the wrong direction:

### Poverty Rates by Age Group

In 2021, even as the poverty rate sank for everyone else, it increased among seniors — rising above younger age groups for the first time in 15 years.



Source: Census Bureau and Columbia Center on Poverty and Social Policy • By The New York Times

## What is Good Dementia Care?

Free Two-Part Virtual Program for Caregivers on Best Approaches to Dementia Care

December 7 & 14, 2023  
12:30 p.m. - 1:30 p.m.

This program offers an interactive conversation between family caregivers and a team of healthcare professionals. After a brief presentation, the rest of the session is devoted to questions, discussion, and sharing stories.

**VGEC**  
Virginia Geriatric Education Center

Register Here: <https://forms.gle/M9uri...>

## Diversity Equity & Inclusion Newsletter

... Diversity, Equity, and Inclusion (DEI) can feel overwhelming. The [Virginia Geriatric Education Center](#) produces a newsletter that attempts to clarify important DEI concepts with practical resources. The [October issue](#) is now available.

**VGEC**  
Virginia Geriatric Education Center

For many, Diversity, Equity, and Inclusion (DEI) is a new concept. This newsletter attempts to clarify the terminology used in the monthly [VGEC CIRCAA](#) newsletter.

September is **Pain Awareness Month**. Taken from the American Chronic Pain Association, the month of September is dedicated to raising awareness of pain and pain management.

The first **Pain Awareness Month** was established by the **Partners for a Pain Free World**, a coalition of health care professionals and patients who supported the effort.

Read more about the history of Pain Awareness Month [here](#).

## Profiles in DEI History

September means Labor Day, so let's talk Labor. Specifically, the 4th United States secretary of labor, **Frances Perkins!** Look at some of her accomplishments:

- Longest serving secretary of labor (1933-1945)
- First woman to serve as secretary of labor and, as such, the first woman to enter the presidential line of succession
- Drafted the Social Security Act, passed as part of the New Deal
- Created the federal minimum wage and some of the first post-war regulations on child labor
- Former chemistry teacher, social worker, suffragette, and economist
- Witnessed firsthand the Triangle Shirtwaist Factory fire, a pivotal moment that forever altered her career
- Inducted into the **National Women's Hall of Fame** in 1982 and the **Government Hall of Fame** in 2019. Yes, there is a **Government Hall of Fame**.



**VGEC** | DIVERSITY EQUITY & INCLUSION  
Virginia Geriatric Education Center

## Black History Month: February 2023

February is **Black History Month**, an annual celebration observed in the United States and Canada to recognize and honor the contributions and achievements of African Americans throughout history. Older adults often have a unique connection to Black History Month, as they may have lived through significant events and changes in African American history. For this reason, Black History Month may hold special significance for the older generation, who may be able to provide valuable perspective and insights into the ongoing struggle for equality and justice. Additionally, events and activities organized during Black History Month may also serve as opportunities for intergenerational engagement, bringing together people of all ages to learn about and celebrate African American history.

Every year, the Association for the Study of African American Life and History (ASALH) chooses a theme around which to center their Black History Month celebrations. The theme for 2023 is "Black Resistance," acknowledging the people and organizations that have fought oppression. The National Museum of American History has an [excellent collection of digital resources](#) that document key moments in Black history and give us a glimpse into the time period in which they unfolded. Black Resistance in action.

CLICK HERE

Monthly DEI Newsletter



# VGEC: Senior Mentoring Program



**VCU's School of Medicine** and the **Virginia Center on Aging** pair medical students with community dwelling older adults for three interviews to positively influence the ability of future physicians.

94% of our Mentors stated that they are dedicated to participating in the program in the years to come.

CLICK HERE



**Senior  
Mentoring  
Program**



# Virginia Department of Health Elder Justice Campaign

Safe At  
Every Age

Live Free  
From Fear & Abuse



VDH VIRGINIA  
DEPARTMENT  
OF HEALTH

VCU

VDH VIRGINIA  
DEPARTMENT  
OF HEALTH

Live Free  
From Fear & Abuse

Let's end elder abuse. Everyone deserves  
to be safe, secure, and respected—at  
home and in the community.



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VDH VIRGINIA  
DEPARTMENT  
OF HEALTH



VCU

# Virginia Memory Project



VIRGINIA MEMORY PROJECT

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH

Healthy Brain Virginia





# Virginia Memory Project

A Registry with a Heart

Collecting Data and Connecting Services



1

## Education

**Caregiver Conversations:**  
Online forum to connect and educate caregivers.

**Age-Friendly Care and Dementia Learning Modules**

2

## Community

**Alter:** Dementia Faith Villages.

**Dementia Messaging Group:**  
Convening resources and collaborations.

3

## Data

**Claims Data** for monitoring hotspots and cold spots of diagnosis.

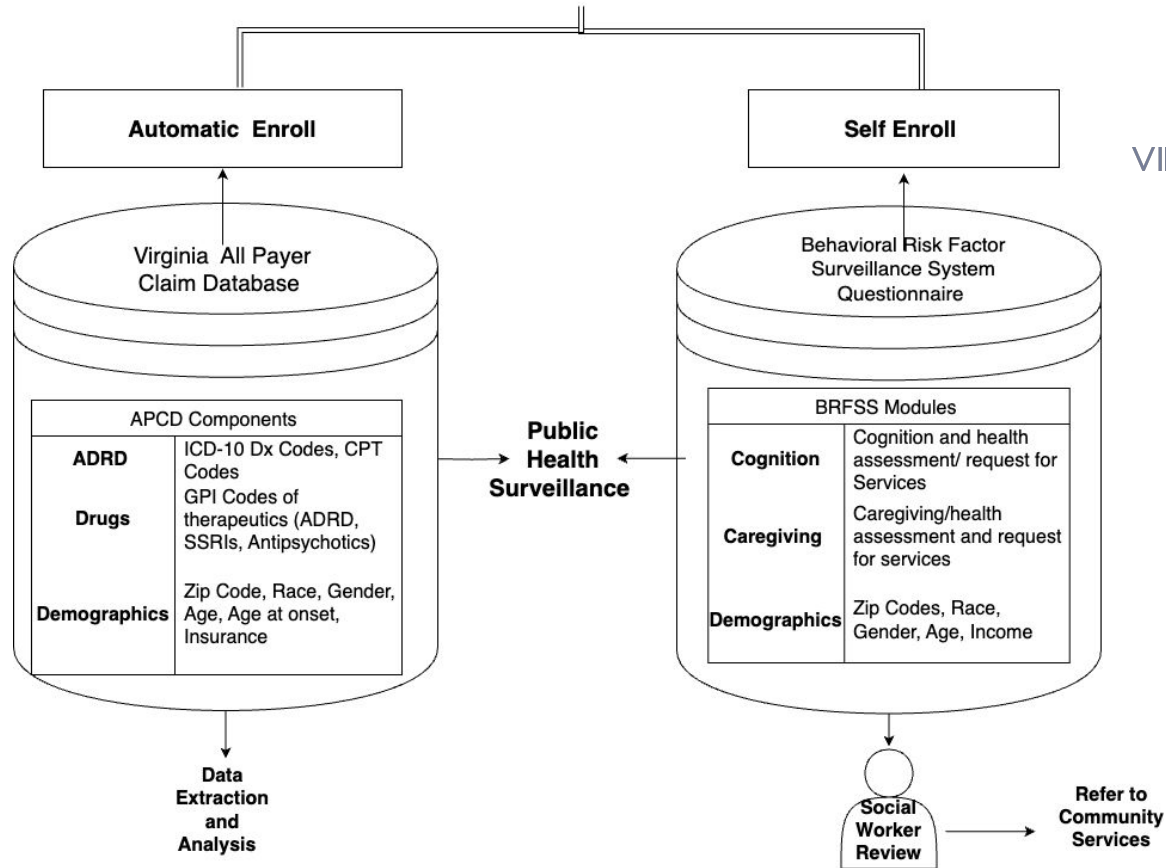
**Self-Enrollee Data** with education requests, memory assessment, and Social Determinants of Health.

4

## Connection to Services

**Social Work**, support to local community, and clinical services.

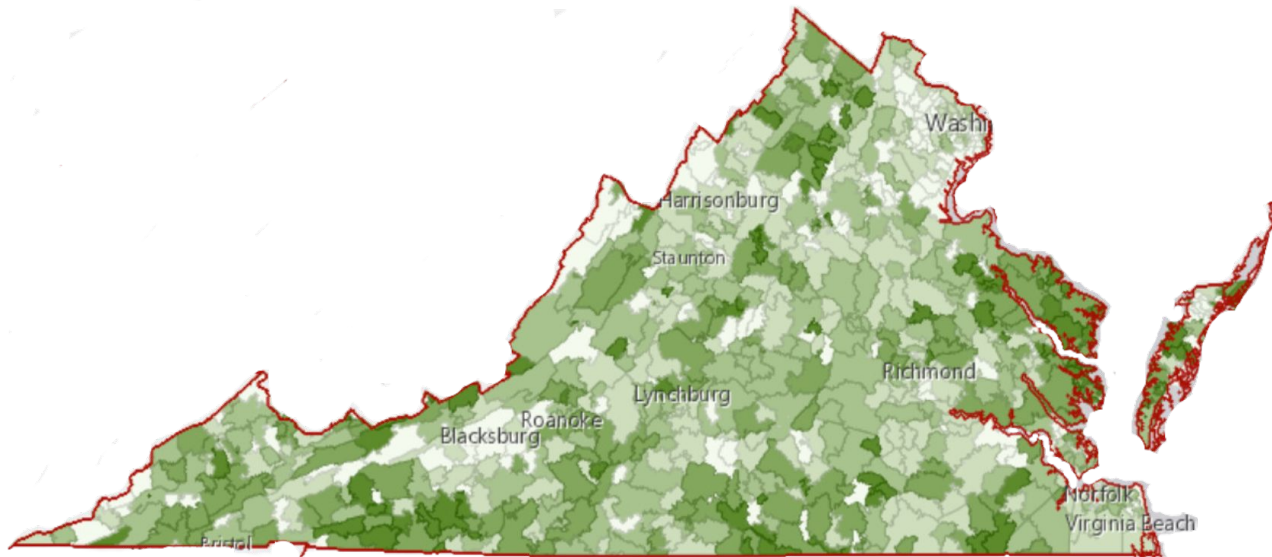
# Virginia Memory Project



# HealthLandscape Virginia



VIRGINIA MEMORY PROJECT



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Health-  
landscape  
Virginia



VCU

# Dementia in Virginia

Underdiagnosed, undercounted, undertreated:  
How a responsive registry addresses this urgent issue

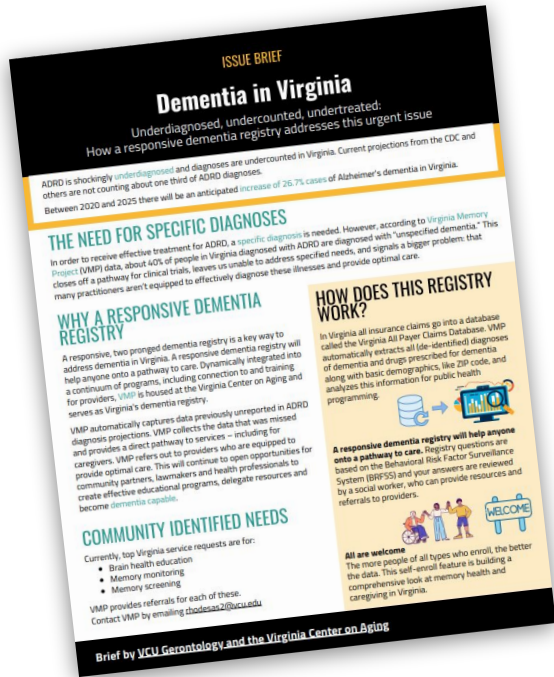


- VCOA Issue Brief
- Objective 2.2 of the Virginia Dementia State Plan 2024-2027

Objective 2.2 Support the Virginia Memory Project (VMP) as it builds the Pathway to Care ADRD registry. (HBI M-2)

### Strategies

- Advocate for legislation to codify Virginia's ADRD registry.
- Collaborate with VMP to increase awareness and understanding of the need for and uses of a statewide ADRD registry.
- Utilize data from the VMP to inform program and service development and delivery.



CLICK HERE



Virginia  
Memory  
Project



# Richmond Brain Health Initiative (RBHI)

## A Team of VCU Professionals

Providing brain health and memory support:

Over-the-phone health education, support, coaching, and navigation.

There is no commitment and **no cost**.

Email: [rbhi@vcu.edu](mailto:rbhi@vcu.edu) | Call: 804-828-1126

**RBHI  
Inquire**



**RBHI  
Refer**



# Thank you from the Virginia Center on Aging and VCU Gerontology Team

