

Virginia Center on Aging's 40th Anniversary: Selected Highlights from 1978 to 2018

Before the Beginning

The Virginia Center on Aging is the inspiration of many visionaries who anticipated both the wave of aging ahead and the need for comprehensive responses to the opportunities and needs that an older Virginia would pre-sent. Prominent members of the General Assembly, especially Delegate Mary Marshall, championed legislation to create VCoA formally as a statutory center in the Code of Virginia. Successful, Governor Dalton signed VCoA into law on March 23, 1978, the date we celebrate as our birthday. Before this, however, there was a VCoA.

The Virginia Center on Aging at Virginia Commonwealth University (VCU) was launched on October 1, 1977 with receipt of a two-year grant from the U.S. Administration on Aging (AoA) for the development of a "Multi-disciplinary Gerontology Center," one of 24 such awards that AoA made that year. This award supplemented a one-year grant being given by the Virginia Office on Aging and university overhead funds made available from the Office of Research and Graduate Affairs at VCU. None of these sources was permanent, but they offered the first critical sparks of life.

The actions of the General Assembly and the Governor in early 1978 confirmed and encouraged this life. In the months before March 23, 1978, the Center was established as an organizational unit under the Office of the Associate Vice President for Research and Graduate Affairs, for Drs. John Salley (VP, Research), Lauren Woods (VP, Health Sciences Campus) and John Andrako (Assistant VP, Health Sciences Campus) had decided that a statewide center required a high administrative reporting line. Then-Vice President (and later President of VCU) T. Edward Temple had urged creation of a statewide center earlier while he was Secretary of Administration under Governor Godwin.

Dr. Gregory Arling, a sociologist with a specialization in social gerontology, was appointed Director of the Center on November 1, 1977; VCU leased the old Collegiate School building at 1617 Monument Avenue in Richmond, housing VCoA on the first floor. VCoA's staff and supporters drew up an ambitious list of activities to bring aging to the attention of the general public, researchers, educators, and policy makers.

The first and early staffs and associates of VCoA included Greg Arling, Cindi Bowling, John Capitman, Char-lotte Carnes, Ruthie Finley, Jean Gasen, Ron Holtzman, Jim McAuley, Cheri Nutty, Gerald Oster, Joe Porter, Michael Priddy, Michael Romaniuk, Debbie Snyder, and Jodi Teitelman.

VCoA created an Advisory Board and formed Technical Advisory Committees to set priorities for research and education on aging-related health, economics, transportation, and housing. These first actions were to: award five small grants (\$2,500 each) competitively to faculty at institutions of higher education across Virginia to produce "state of the art" reports on policy areas related to health, living environments, minority aging, and more; conduct workshops and briefings across Virginia based on these state of the art reports; assess staff development needs of public agencies across Virginia; provide technical assistance to Virginia's Area Agencies on Aging; establish an aging-related lending library; initiate a gerontological newsletter, and more.

The list of intentions is dizzying. Remember that these actions were being undertaken in a state and a country dominated by a youth culture, with the last of the Baby Boomers just entering their teenage years. It is all the more remarkable that VCoA accomplished its intentions and set ever higher goals for research, education, training, and technical assistance to benefit older Virginians and their families. The General Assembly and the Governor made this possible. They gave VCoA its permanence, its foundation on which to build.

Our Legislative Patrons in the Virginia General Assembly

On January 30, 1978, the following Delegates offered House Bill 503, a bill to create a Virginia Center on Aging to be located at VCU: Mary Marshall, Thomas J. Michie, Robinson B. James, Lewis P. Fickett, Sr., C. Jefferson Stafford, George W. Grayson, George W. Jones, J.S. Lambert, Franklin P. Hall, James S. Christian, Sr., Kenneth R. Plum, Walter H. Emroch, Orby L. Cantrell, Dorothy S. McDiarmid, Alson H. Smith, Jr., James F. Almand, Franklin M. Slayton, and George E. Allen, Jr. On February 6, 1978, the following patrons offered Senate Bill 534, a companion bill to HB 503: Sen. Edward Holland, Del. Mary Marshall. The bills were consolidated into SB 534, which was reported and passed by the General Assembly, signed into law by Governor Dalton, and became incorporated in the Code of Virginia as 23-50.15.

There's No Place Like Home

The Virginia Center on Aging has changed its address several times over the years. VCoA's first location, a former Collegiate School building at 1617 Monument Avenue, was leased from Grace Covenant Presbyterian Church. Director Emeritus Bill Egelhoff recalled that a Collegiate graduate once told him that, during cold spells, students would head up to the icy flat roof for some skating. No word on whether VCoA staff members ever practiced speed-skating on the roof. Thereafter, VCoA was housed for a time at Scherer Hall, on VCU's Monroe Park Campus. Since moving to the Medical College of Virginia (VCU Health Sciences) Campus, VCoA has spent time in the Samuel Putney House, the Stephen Putney House, the Grant House (formerly Sheltering Arms), the old East Hospital (razed and now the site of the Kontos Medical Sciences Building), the Lyons Dental Building (for over 10 years), the West Hospital, and, since summer 2007, the Theater Row Building at Broad and Eighth.

VCoA's Directors

The Virginia Center on Aging at Virginia Commonwealth University has had three directors since its enactment by the General Assembly. They are:

Gregory W. Arling, Ph.D., July 1978 - June 1986

William F. Egelhoff, M.B.A., M. Div., July 1986 - October 1989

Edward F. Ansello, Ph.D., November 1989 – Present

Here and on the next several pages are some additional facts about the early and subsequent days in VCoA's progress.

The Virginia Center on Aging - Selected Highlights 1978-2018

March 23, 1978 Governor John N. Dalton signs legislation approved by the General Assembly creating the Virginia Center on Aging.

1978 VCoA, in partnership with the Department of Gerontology of Virginia Commonwealth University (VCU), Capital Area Agency on Aging, and RSVP of the United Way of Richmond, develops the *Widowhood Peer Counseling Program*, with funding by the State Agency for Title I, Higher Education Act.

1978 –1979 VCoA evaluates the Virginia Nursing Home Pre-Admission Screening Program, the first statewide pre-admission screening program in the United States. The federal Administration on Aging (AoA) funds the study. This screening instrument becomes known as the UAI (Uniform Assessment Instrument) and continues in use.

1978-1980 VCoA conducts the *Statewide Survey of Older Virginians*, which provides the first comprehensive data (demographic, housing, service, caregiving, etc.) on Virginians 60 years of age or older. The survey is funded by Title XX of the Social Security Act, via the Virginia Department of Social Services and the Virginia Office on Aging. It remains the key reference and benchmark on older Virginians for 20 years.

1979 VCoA assumes the State Directorship of Elderhostel, a lifelong learning program for older adults. VCoA and Marymount College offer the first programs in Virginia. 1979-1980 VCoA develops a training manual for employment counselors in state agencies and conducts training aimed at assisting the older job seeker. The Governor's Employment and Training Council funds this educational program.

1981-1982 VCoA conducts *Job Clubs for Older Adults*, a project to develop and coordinate four clubs to assist middle aged and older disadvantaged workers to locate work. The Governor's Employment and Training Council funds the project.

1982 Delegates Kenneth Plum and Joan Munford sponsor House Bill 863, approved by the General Assembly, which establishes the Alzheimer's and Related Diseases Research Award Fund (ARDRAF), a special resource for innovative pilot studies on dementia (Code of Virginia § 2.1 373.9), and denotes VCoA as administrator. The annual appropriation is \$10,000. Two grants of \$5,000 are to be awarded each year.

1982 VCoA has now produced eight state-of-the-art publications in its Education Series, including *Geriatric Medical and Nursing Education; Model Programs in Mental Health and Aging; Drug Use and the Elderly*; and *Gerontology in Virginia: A Compilation of Course Syllabi*; six publications in its Research Series, including *The Final Report from the Study of Adult Day Care Programs in Virginia* and *Natural Support Systems for Preserving Independence of Older Persons*; five publications in its Public Policy Series, including *Property Tax Relief Programs for the Elderly*; and eight publications in its Special Series on findings from the *Statewide Survey of Older Virginians*.

1982-1984 VCoA conducts *Model Training for Service Providers in Mental Health and Aging*, which trains approximately 60 providers in two regions of Virginia in mental health services to the elderly and intersystem collaboration. AoA funds this project.

1983 VCoA becomes the first site in the nation to hold an Elderhostel program at a medical school, specifically, the Medical College of Virginia (MCV) of VCU.

1984 The General Assembly increases the annual appropriation for the Alzheimer's and Related Diseases Research Award Fund (ARDRAF) to \$40,000. Four grants of \$10,000 are to be awarded each year.

1984-1985 VCoA conducts the *Long Term Care Alternatives Study*, comparing the cost and effectiveness of home care in the community and nursing home care in Virginia. The study's Final Report proposes pre-admission screening, uniform assessment instruments, and a system of case management as the most economical means of guiding the appropriate level of services. The Long Term Care Council funds the study.

1985 VCoA conducts a study of the Virginia Medicaid Nursing Home Reimbursement System, examining assessment forms, comparing patients' conditions, and evaluating intensity of care. VCoA's Final Report recommends a new formula for reimbursement based on care requirements. The Virginia Department of Medical Assistance Services (DMAS) funds the study.

1985-1987 VCoA develops case mix measures for comprehensive long-term care. This study, funded by the AARP Andrus Foundation, involves re-analysis of data from the South Carolina Community Long Term Care Demonstration.

1985-1988 VCoA collaborates with the VCU Department of Gerontology, which secures support to establish a Geriatric Education Center (GEC), a multi-institutional, multidisciplinary consortium based at VCU. The U.S. Department of Health and Human Services (DHHS) funds the GEC.

1986-1988 VCoA conducts the *Outpatient Mental Health Study*, evaluating Medicaid policies and procedures. It is funded by DMAS.

1986-1989 VCoA evaluates the *Aftercare Needs of Elders with Mental Illnesses* who have been deinstitutionalized and are now residents in adult homes. The Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services (DMHMRSAS) funds this project.

1987-1990 VCoA evaluates *Project Reach*, a community peer support program for elders with mental health problems. The project is conducted by the City of Richmond Community Services Board and the City's Department of Health, and is funded by the National Institute of Mental Health through the Office of Geriatrics, DMHMRSAS.

1988 VCoA sponsors its first Legislative Breakfast to report to the General Assembly and interested aging-related colleagues on its activities. These continue each January.

1988 VCoA and the GEC jointly publish in the fall the inaugural issue of *Age in Action*, replacing the *Virginia Center on Aging Newsletter* published since 1978.

1988-1990 VCoA collaborates with the VCU Department of Gerontology in the latter's successful competitive renewal proposal for the Geriatric Education Center (GEC), which is funded by the U.S. Department of Health and Human Services.

1989 VCoA develops and tests the *Second Career Program for Mid Life and Older Virginians*, and trains Virginia Retirement System counselors who will incorporate the techniques into their programming. The General Assembly funds this effort.

1989-1990 VCoA conducts *Geropharmacy and Gerontology for Rural Community Pharmacists: Models for Dissemination*, funded by the AARP Andrus Foundation, through a subcontract with the University of Maryland. The project conducts model training programs at partner institutions across the United States.

1989-1991 VCoA partners with the VCU Department of Gerontology on *A Detection and Prevention Program for Geriatric Alcoholism*, aimed at educating elders, their families and caregivers, and professionals in aging, medicine, and mental health. AoA supports this work.

1990-1992 VCoA conducts *Improving Planning and Services for Older Persons with Developmental Disabilities (Partners II)*, a statewide project to address the aging of Virginians with lifelong disabilities, through cross-training, consumer and family education, and intersystem collaboration. It is funded by AoA through the Virginia Department for the Aging (VDA).

1991 VCoA and VDA develop and publish *The Older Person as a Resource: A Position Paper*, which is initially distributed at the federal Region III Conference, Future Directions in Aging.

1991 VCoA collaborates with the VCU Department of Psychology in the research project, *Relation of Older Adult Attributes to Self Directed and Leader Directed Career and Life Planning Interventions*, which studies different types of personal planning strategies. The AARP Andrus Foundation supports the study.

1991 The Interfaith Coalition for Older Virginians (ICOV) becomes a reality. After hosting an organizational meeting in November 1990, VCoA helps develop the mission and structure of this ecumenical organization to enable faith communities to better serve older Virginians. ICOV hosts its first conference in 1992 and inaugurates a newsletter in 1993.

1991-1992 VCoA studies the balance of work and family caregiving among 10,000 VCU employees through *Elder Caregiving among University Employees: Responsibilities and Needs*, funded through VCU Grants-in-Aid to Faculty.

1991-1992 VCoA collaborates with the Center for the Study of Pharmacy and Therapeutics for the Elderly, University of Maryland School of Pharmacy, as evaluator of the *Maryland Caregiver Program*, a research and training initiative for the family caregivers of 1,400 frail elders. The Governor's Office of Justice Assistance, State of Maryland, supports this project.

1991-1994 VCoA collaborates with the VCU Department of Gerontology in a proposal to fund the Virginia Geriatric Education Center (VGEC), which is awarded by the Bureau of Health Professions, Health Resources and Services Administration, USDHHS.

1991-1996 VCoA serves on the Geriatric Subject Matter Committee in the School of Medicine, Medical College of Virginia, VCU, for geriatrics/gerontology content to be developed and introduced into the medical students' basic sciences curriculum.

1992 VCU becomes an Elderhostel Supersite because of VCoA's offering 20 or more programs annually.

1992-1993 VCoA partners with the VGEC and the VCU School of Pharmacy to conduct *Gerontology and Geropharmacy for Rural Community Practice*, an on-site seminar program for Virginia pharmacists and nurses, in the Northwest, Southwest, Southside, and on the Eastern Shore.

1992-1995 VCoA develops and field tests in Central and Southside Virginia the project *Families Who Care*, a curriculum for family caregivers of minority and rural elders with dementia. The project is designed to prepare trusted community leaders to be trainers of and resources to family caregivers and ties curriculum content to the progressive stages of dementia. AoA funds this intervention.

1993 VCoA helps establish and is a charter member of the Virginia Coalition for the Prevention of Elder Abuse.

1993 VCoA and its Advisory Committee host VCoA's 15th anniversary reception in July at the Valentine Museum in Richmond to honor the many colleagues and partners in its work for older Virginians, with a special recognition of Senator Benny Lambert and Delegate Frank Hall who have served on VCoA's Advisory Committee. VCU President Gene Trani participates. VCoA's first Director, Greg Arling, and original staffers Cindi Bowling and Sherry Nutty return to join the celebration.

1993-1996 VCoA and VDA jointly develop and test a model project for intersystem cooperation, *An Integrated Model for Collaborative Planning and Services to Older Adults with Developmental Disabilities* (popularly known as Partners III). This project establishes a replicable model, with three key elements, for effective inter-system collaboration to benefit older adults with lifelong disabilities, their families, and direct service staffs. AoA funds this project.

1994 VCoA enrolls its 5,000th Elderhostel lifelong learning student.

1994-1997 VCoA develops and implements in 15 counties and 12 cities across Virginia *A Consumer Driven Model for Improving Home and Community Based Care (HCBC)*, an educational intervention to build up the capacities of older Virginians to remain in their homes. AoA supports this initiative.

1995 VCoA establishes the Professional/Consumer Advocacy Council (PCAC) on Aging and Developmental Disabilities, a grass roots organization of individuals with lifelong disabilities, family caregivers, and academic and agency professionals for inter-agency cooperation and public education.

1996 VCoA collaborates with the VCU School of Social Work Graduate Program on a research study of *Sheriffs as Guardians of Last Resort*, which is funded by VCU Grants in Aid to Faculty.

1996 VCoA initiates national dissemination for the publications resulting from the Families Who Care project. Resources include *Families Who Care: Assisting African American and Rural Families Dealing with Dementia*, a training manual, and a replication plan.

1996 In June, the Virginia Department for the Aging (VDA) joins VCoA and the VGEC as a third partner in publishing *Age in Action*, which now has a circulation of over 4,000.

1996 VCoA enrolls its 10,000th Elderhostel lifelong learning student.

1996 VCoA completes a systematic revisit to the 1990-95 recipients of the ARDRAF seed grants to determine consequences of their awards, especially subsequently funded research and scientific publications. VCoA documents more than \$1.7 million in subsequent funding and 49 published research articles.

1996 In October, in anticipation of the 15th anniversary of the ARDRAF that he sponsored in the General Assembly, VCU and VCoA honor Delegate Kenneth Plum at a special program at the Annandale campus

of Northern Virginia Community College. VCU Vice President John Jones, fellow Delegates and Senators, and previous ARDRAF awardees are speakers.

1996-1997 VCoA conducts a national assessment, a two-wave survey of all 50 states, of state level mental retardation and aging services directors to determine their critical issues, priorities, funding, and practices related to public services for older adults with lifelong, developmental disabilities. This study is self-funded.

1997 The General Assembly increases the annual appropriation for ARDRAF to \$66,000. Four grants of \$16,500 are to be awarded each year.

1997 VCoA publishes *Partners: Building Inter-System Cooperation in Aging with Developmental Disabilities*, a detailed manual based on supervised field-testing in Virginia and Maryland, and distributes it to agencies across Virginia and to over 700 state and area agencies on aging nationally.

1997-1998 VCoA joins with VCU Internal Medicine, Neurosciences, and MCVH Administration in VCU's Geriatric Services Task Force, an initiative to increase community awareness of MCV's geriatric services. The Task Force develops outlines for an elder-oriented MCV "Healthline," "Seniorline" for information and referral, and "Senior Subjects Speakers Bureau."

1997-1998 VCoA sponsors a 13-week radio discussion and call in show, *Tune into Life*, on WNDJ-FM to help bring issues of health, lifelong learning, caregiving, and other aging-related matters to listeners in Virginia's Northern Neck.

1997-2000 The Bureau of Health Professions, U.S. Health Resources and Services Administration, DHHS, awards the VCoA a grant for the *Geriatric Interdisciplinary Team Training (GITT)* project. VCoA conducts the project's evaluation components.

1997-2002 VCoA collaborates with the VCU Department of Gerontology to conduct a five-year follow up to *A Model Detection and Prevention Program for Geriatric Alcoholism*. The project is self-funded.

1998 As part of its 20th anniversary celebration, VCoA partners with area agencies on aging across Virginia in conducting educational lifelong learning programs in Hopewell, Isle of Wight, Richlands, and Waynesboro; and honors in Richmond Delegate Frank Hall and Senator Benjamin Lambert for their years of commitment to Virginia's elders and their families. VCU Vice President Hermes Kontos emceeds the Richmond event.

1998 VCoA enrolls its 15,000th Elderhostel lifelong learning student.

1998 VCoA leads a partnership of organizations in developing a pioneering, multi-state conference in Richmond entitled *Aging with Cerebral Palsy: Meeting Everyday Needs*, focusing on research and best practices related to health care and personal well-being within this population.

1998-1999 VCoA conducts the research investigation, *Cost-Effectiveness of Family Caregiver Training*, to determine the effect of caregiving of elders and mid-life adults with disabilities on hours in the labor force and work probability. This research is funded by VCU Grants-in-Aid to Faculty.

1998 VCoA co-founds the Central Virginia Task Force on Older Battered Women, a collaboration of aging and domestic violence service providers, to increase awareness of and capacity to respond to older

women who experience domestic and sexual violence. This coalition continues today as the Central Virginia Task Force on Domestic Violence in Later Life.

1999 VCoA conducts an extensive follow-up study of all previous recipients of small grants from the Alzheimer's and Related Diseases Research Award Fund (ARDRAF) to determine consequences of funding, and learns that ARDRAF stimulates substantial research publications and enables many large federal and foundation grants, returning over \$9 in subsequent awards for every \$1 appropriated to ARDRAF.

2000 VCoA completes an upgrade of its web page, complying with VCU and "Bobby's" protocols and including past and current issues of *Age in Action* on-line, all past awards in the ARDRAF and call for applications, a catalog of all audiovisual holdings for loan, etc.

2000 In March VCoA welcomes its 20,000th Elderhosteler.

2000 VCoA leads a partnership in developing a second, multi-state conference, held in Richmond, on *Meeting Everyday Needs: Aging with Cerebral Palsy and Other Developmental Disabilities*.

2000 VCoA hosts the first Alzheimer's research conference based on the valuable contributions of the Alzheimer's and Related Diseases Research Award Fund. It features 12 previous ARDRAF awardees, six each in basic and applied research, who discuss their projects and consequences.

2000-2001 VCoA partners in an initiative led by the Virginia Department of Health and the Virginia Chapter of the Arthritis Foundation entitled the Virginia Arthritis Task Force (VATF). It assesses arthritis awareness in Virginia and issues the *2001-2005 Virginia Arthritis Action Plan*. The U.S. Centers for Disease Control and Prevention funds the VATF.

2000-2005 VCoA directs evaluation of the Virginia Geriatric Education Center Core Grant, federally funded by the Health Resources and Services Administration, USDHHS to improve geriatrics training of pre-service and in-practice health professionals.

2001-2004 VCoA partners with the VGEC, the VDA, the Alzheimer's Association Chapters, and the Nursing Assistant Institute in a multi-year, multi-part project, *Dementia-Specific Training of Long-Term Care Personnel*, to train nursing assistants and develop a core of leaders within them.

2001-2004 VCoA and VCU's Department of Gerontology jointly are funded by the State of Delaware for the project, *More Life Left to Live: Educating Older Adults about Healthy and Unhealthy Lifestyles*, to assist elders to break habits of gambling, smoking, substance abuse, etc., and to substitute healthy behaviors.

2002 VCoA welcomes its 25,000th Elderhosteler, and now conducts educational programs at sites in Hampton, Hampton/Yorktown, Richmond, Petersburg, and Natural Bridge.

2002 VCoA partners with the Alzheimer's Association – Greater Richmond Chapter and the Virginia Geriatrics Society in hosting *Discovering Treatments and Improving the Care of Persons with Dementia: The Second Biennial Conference of the Alzheimer's and Related Diseases Research Award Fund*.

2002 The Alzheimer's and Related Diseases Research Award Fund (ARDRAF), which VCoA administers with third party professional screening, has now awarded \$1 Million in small seed grants for innovative

studies into the causes and consequences of dementia. ARDRAF study findings have resulted in a documented \$8.9 Million in subsequent, directly related grants from non-state sources.

2002 VCoA receives funding from the VDA to evaluate a train-the-trainer educational intervention that prepares nursing assistants to provide in-services for their co-workers on three dementia caregiving skills, as part of AoA's *Alzheimer's Disease Demonstration Grants to States*.

2002 VCoA's work since 1999 to help establish a needed senior center in Chesterfield County culminates in the grand opening in June of the Senior Center of Richmond at Chesterfield, with the Senior Center receiving support from Chesterfield County, businesses, organizations, and individuals.

2002-2003 As part of its 25th anniversary celebration, VCoA conducts a variety of special "birthday" educational programs across Virginia, including "Gadgets and Gizmos and Other Cool Stuff: Adaptive Products for Older Virginians" (co-sponsored with Virginia Assistive Technology System, VDA, the Virginia Association of Area Agencies on Aging, and VDSS) in Pulaski, Williamsburg, and Fredericksburg; "25 Years of Partnering for Elders and Their Families" in Richmond and Lynchburg; and "Lewis and Clark: The Journey Begins in Virginia" in Big Stone Gap.

2003 VCoA and the VCU Police Department obtain and administer a grant awarded to the Central Virginia Task Force on Older Battered Women to raise awareness of domestic violence and sexual assault against older women and to improve the capacities of agencies in Richmond and three surrounding counties to respond. The Virginia Department of Criminal Justice Services (DCJS) funds this.

2003 In February VCoA holds its tenth *Love of Learning* program, its traditional Valentine's Day introduction to lifelong learning for older Virginians.

2003 Governor Mark Warner officially declares VCoA's 25th legislative anniversary, March 23, 2003, as *Virginia Center on Aging Day in the Commonwealth of Virginia*.

2003 VCoA continues its partnership with the VCU School of Dentistry to help prepare dentists for geriatric practice, addressing upper level students on health, family, disability, and other characteristics with implications for practice.

2003 After the 2003 session of the General Assembly decreases the ARDRAF appropriation to \$77,500 annually, a generous one-time gift by the Alzheimer's Association-Greater Richmond Chapter enables VCoA to make a fourth award possible.

2003 VCoA, with two gubernatorial appointed commissioners on the Virginia Alzheimer's Disease and Related Disorders Commission, plays a prominent role in formulating a virtual statewide Comprehensive Alzheimer's Disease Center, chairing two of its subcommittees.

2003 In August, VCoA helps to launch the Area Planning and Services Committee (APSC) on Aging with Developmental Disabilities, a broad coalition of family caregivers and leaders across metropolitan Richmond in disabilities, health care, aging services, faith communities, parks and recreation, and more, to address challenges and opportunities of aging with lifelong disabilities.

2003 VCoA is a member of the federally funded project *Abuse and Neglect of Children and Adults with Developmental Disabilities: A Problem of National Significance*, directed by the Partnership for People

with Disabilities at VCU, to develop a web-based course for health care professionals. During 2003 the project develops and field-tests 13 interactive modules.

2003 In December VCoA, with Chesterfield County, Chesterfield County Public Schools, the Brandermill Woods Foundation, and the Brandermill Woods Retirement Community as co-sponsors, hosts a ribbon-cutting ceremony to open the Lifelong Learning Institute (LLI) in Chesterfield, modeled on the Elderhostel Institute Network, to foster learning opportunities for adults ages 50 or better.

2004 VCoA and the VCU Police Department, in partnership with the Central Virginia Task Force on Older Battered Women, receive a second year of funding from the Virginia Department of Criminal Justice Services (DCJS) to co-direct the project on domestic violence against older women.

2004 The Lifelong Learning Institute (LLI) in Chesterfield begins offering classes in March.

2004 VCoA sponsors three well-attended, related events in March on spirituality and the quest for meaning, each featuring renowned author Harry R. Moody, Ph.D.: *Conscious Aging; The Journey of the Soul: Spirituality in the Second Half of Life*, developed with colleagues at VCU and Union-PSCE; and *Spirituality and the Search for Meaning in Geriatric Practice*, a Combined Grand Rounds with VCU's Departments of Psychiatry and Patient Counseling and the School of Social Work.

2004 VCoA's Director represents VCU in a series of events in Tokyo to help launch educational gerontology in Japan, including delivering the keynote address in the *Gerontology International General Symposium* for government ministers and business leaders.

2004-2005 VCoA serves on the Geropsychiatric Work Group, in the Task Force charged by the Commissioner of DMHMRSAS with "Restructuring Virginia's Mental Health, Mental Retardation, and Substance Abuse Services System."

2004-2007 VCoA directs evaluation of the project *Recognition, Respect, and Responsibility: Transforming the Direct Service Community*, awarded to the Virginia Department of Medical Assistance Services (DMAS) by the U.S. Centers for Medicare and Medicaid to focus on recruitment and retention of direct service workers.

2005 VCoA's co-published quarterly *Age in Action* begins its 20th volume.

2005 The Area Planning and Services Committee (APSC) on Aging with Developmental Disabilities conducts training workshops on Down syndrome and Dementia and hosts its first statewide conference. These conferences and workshops continue today.

2005 VCoA, in partnership with more than 15 organizations, including the American Lung Association of Virginia, CrossOver Ministries, and the Virginia Association of Free Clinics, helps launch a national initiative in Virginia, *Partnership for Prescription Assistance (PPARx)*, for qualifying patients who lack drug coverage.

2005-2008 In July, VCoA applies for and receives additional support from the Domestic Violence Victim Fund of DCJS to expand operational focus from intimate partner domestic violence to family violence, and to conduct this work statewide. VCoA, a leading agency in the renamed (2007) Central Virginia Task Force on Domestic Violence in Later Life, successfully applies for refunding of both projects for calendar years 2006, 2007, and 2008.

2005-2008 VCoA directs evaluation of *Workplace Partners for Eldercare*, directed by Senior Connections: The Capital Area Agency on Aging, and funded by the Richmond Memorial Foundation; it assists some 20 employers in central Virginia in helping caregiving employees.

2006 The General Assembly increases the annual appropriation for ARDRAF to \$200,000.

2006 VCoA welcomes the 30,000th Elderhosteler to its programs for older learners.

2006 Delegate Jack Reid successfully patrons a bill in the General Assembly to provide \$375,000 annually for operation of the Virginia Geriatric Education Center, after the Congress eliminates funding for GECs nationwide in the middle of their cycles. VCoA is to administer these funds.

2006 The Central Virginia Task Force on Older Battered Women, which VCoA administers, receives a *2006 Best Practices Award* from the Commonwealth Council on Aging.

2006 In response to House Bill 110 of the 2006 General Assembly that requires all state agencies to prepare annual reports on their continuous preparation for the aging of Virginia, VCoA begins working with the Virginia Department of Alcoholic Beverage Control (ABC) and helps establish the Alcohol and Aging Awareness Group (AAAG).

2006-2009 VCoA competes successfully for one of only 10 grant awards nationally from the U.S. Department of Justice, Office of Violence Against Women (OVW). The grant of \$429,075 for the *Central Virginia Training Alliance to Stop Elder Abuse, Neglect, and Exploitation* allows VCoA and collaborators to offer multidisciplinary elder abuse training to police officers, prosecutors, and court officials in the metropolitan Richmond area, focusing on building cross-sector collaboration (investigation to prosecution).

2007 The Virginia Geriatric Education Center operated by VCU's Department of Gerontology ceases operation. VCoA is named administrator of an annual appropriation from the General Assembly for what VCoA calls Geriatric Training and Education (GTE).

2007 The Alzheimer's and Related Diseases Research Award Fund (ARDRAF) celebrates its 25th anniversary, honoring its original patron Delegate Ken Plum at VCoA's Legislative Breakfast in January.

2007 VCoA co-directs development of an international invitational conference for Japan and Southeast Asian nations on aging and quality of life that takes place in Okinawa in March. Partners include Nippon Care-Fit Service Association, Obirin University in Tokyo, the World Health Organization, and representatives from the USA, Europe, and Asia.

2007 VCoA begins a successful new Elderhostel site in Staunton, offering programs in cooperation with the American Shakespeare Center.

2007-2008 Geriatric Training and Education (GTE) funds, which VCoA administers, enable 15 different initiatives across Virginia, including training of: non-geriatric physicians statewide in geriatrics; rural pharmacists on the Eastern Shore, Northern Neck, and Southside in advanced medication management for geriatric patients; family caregivers of relatives with dementia in Southwest Virginia; long-term care nursing assistants in medication and alcohol interactions; and geriatric nurses statewide in end-of-life care.

2007-2008 VCoA collaborates in conceptualizing and launching the *Older Dominion Project*, a broad undertaking by businesses, government, and non-profits, led by the Southeastern Institute of Research, to understand the aging of Virginia, create appropriate business opportunities, and increase public awareness of the implications for Baby Boomers and other generations.

2007-2008 VCoA evaluates the impact of *Workplace Partners for Eldercare*, its partnered project with Senior Connections funded by the Richmond Memorial Health Foundation to assist employers in central Virginia, including the VCU Health System, who wish to help their employees who are family caregivers. VCoA assists in securing re-funding for the project.

2007-2008 VCoA faculty and staff publish eight peer-reviewed journal articles, special issues, and book chapters on a variety of topics, including family caregiving, intersystem collaboration, domestic violence in later life, aging and disabilities, and geriatric care provision.

2007-2009 VCoA evaluates the Virginia Respite Care project, funded by the Virginia Department for the Aging. The project provides respite services to caregivers through scholarships for adult day care, in-home personal care, etc. and trains these caregivers in coping strategies. VCoA's evaluation documents changes in caregiver stress and the need for supportive services.

2007-2009 VCoA represents VCU in an ongoing, pioneering effort to introduce applied educational gerontology in Japan and Southeast Asia. After launching a successful international gerontology synthesis conference in Okinawa in March 2007, VCoA works with colleagues from universities in the U.S., Japan, China, India, the World Health Organization, and others to conduct an international invitational gerontology conference in March 2009 at Andhra University, Visakhapatnam, Andhra Pradesh, India.

2007-2012 VCoA is part of the Virginia Department of Health's Sexual Violence Prevention Planning Team, which includes disciplines from VCU, the Health Department, Sexual Assault Centers, and others. This team completes plans for a sexual violence prevention program for 2007 through 2012, which will for the first time include prevention planning for underserved populations such as elders. This program is funded by a grant from the federal Centers for Disease Control and Prevention (CDC).

2007-2014 VCoA is partnering with the Virginia Department of Criminal Justice Services (DCJS), which, with grant support from the U.S. Department of Justice, is leading the development of the *Virginia Victim Assistance Academy*, a continuing residential academy for law enforcement and victim/witness personnel that begins in summer 2008 at the University of Richmond.

2008 In February, VCoA develops and submits through its partner, Senior Connections, a successful two-year, \$150,000 continuation funding request to the U.S. Department of Justice, Office of Violence Against Women (OVW) to provide additional trainings, conduct a community needs assessment, and plan for and implement outreach and service delivery to older victims.

2008 VCoA conducts the *City of Richmond Needs Assessment Survey of Older Adults*, producing a report that suggests policy-related actions for the City.

2008 VCoA is a partner in the I-CAN Project, organized by the VCU School of Social Work, the Partnership for People with Disabilities, and the Resources for Independent Living. I-CAN will provide easier access

through the Internet and other means to obtain information about protective orders and other court functions for people with disabilities. This program is supported by the Supreme Court of Virginia.

2008 VCoA conducts its periodic follow up survey, in the spring, of past awardees of ARDRAF seed grants. Since 1982, VCoA has awarded 111 small grants, averaging \$16,700 and totaling \$1.8 million. These have produced over 242 scientific research publications and a documented \$17.9 million from non-state sources, a return on investment of \$10 for each \$1 appropriated to ARDRAF.

2008 Membership in the Lifelong Learning Institute (LLI) in Chesterfield reaches 400.

2008 The Alcohol and Aging Awareness Group (AAAG), with VCoA a leading member, conducts a successful statewide conference *The Hidden Epidemic* for 300 professionals in April and publishes information on alcohol misuse, medications, and aging, distributed through ABC outlets across Virginia.

2008 VCoA launches *A 21st Century Chautauqua*, a new summer offering at Natural Bridge with 14 instructors coming from four of VCoA's Elderhostel sites. It receives special recognition from the President's Office of Elderhostel, Inc. for its intriguing concept and creative design reminiscent of its namesake 19th century learning camp in upstate New York.

2008 VCoA this year is engaged in six new grant or contract projects that are externally funded: Domestic Violence in Later Life; Family Violence; Workplace Partners; Respite Care; City of Richmond Needs Assessment; and Mindfulness Based Stress Reduction.

2008-2009 VCoA collaborates with SeniorNavigator on two funding proposals, totaling approximately \$200,000, to launch the project *Take Back Your Life*, an innovative, positive, community-based and interactive confidential Internet project focused on faith community leaders in the Tri-Cities area. The initiative raises awareness about both domestic violence in later life, and how faith-based leaders and community-based leaders can help people in abusive situations take back their lives. Key components include convening focus groups; developing a training module on preventing and responding to elder abuse and domestic violence in later life; and designing and launching an online "Solution Center" for faith community members, service providers, and victims. The Cameron Foundation funds this work.

2008-2009 VCoA, as member of the Alcohol and Aging Awareness Group (AAAG), has developed a website, written and produced informative brochures for the public, and initiated training forums for service providers on assessing, screening, and referring older adults at risk. This fiscal year the Group sponsored the *Get Connected* Toolkit Training in September 2008, to teach use of this effective federal product, and conducted the second *The Hidden Epidemic* conference in April 2009 for a statewide audience of social workers, nurses, and other service providers on the signs and symptoms of alcohol misuse in older adults and the potential risk of alcohol and medication interactions.

2008-2010 The Central Virginia Training Alliance to Stop Elder Abuse, Neglect and Exploitation, which VCoA administers, receives continuation funding from the U.S. Department of Justice, Office of Violence Against Women (OVW), for October 2008 through September 2010, for additional program activities, including a workshop for circuit court judges, two-day local law enforcement trainings, in-service sessions at the Richmond Police Academy, prosecutors attending national prosecutor training, and more.

2009 VCoA is re-funded through December to continue its evaluation work on the partnered project *Workplace Partners for Eldercare*.

2009-2010 VCoA evaluates *Virginia Respite Care*, funded by the Virginia Department for the Aging, to provide respite services to caregivers through scholarships for adult day care, in-home personal care, etc. and to train these caregivers in coping strategies; VCoA's evaluation documents changes in caregiver stress and the need for supportive services.

2009-2010 VCoA is significantly involved in a multi-party effort to conceptualize and establish the *Four-Year Plan* of the Virginia Department for the Aging.

2009-2011 VCoA is re-funded by the Department of Criminal Justice Services (DCJS) to continue its V-STOP (Virginia Services, Training, Officers, Prosecution) regional project addressing domestic violence and sexual assault in later life, and to continue its Domestic Violence Victim Fund statewide against family violence.

2010 Elderhostel, which briefly changed its name to Exploritas, renames itself Road Scholar. All current Elder-hostel providers, including VCoA, follow suit. At the time, VCoA is operating Road Scholar lifelong learning programs in Harrisonburg, Natural Bridge, Richmond, and Staunton.

2010 VCoA staff contribute technical assistance, knowledge transfer, and other professional assistance in response to community needs by working with at least 22 community organizations and groups. This continues a commitment to community service dating to VCoA's beginning. Current involvement includes: Alzheimer's and Related Disorders Commission; Area Planning and Services Committee (APSC) on Aging with Lifelong Disabilities; Family and Children's Trust Fund, Advisory and Editorial Committees; Governor's Domestic Violence Advisory Board, Commonwealth of Virginia; Older Dominion Partnership; Virginia Arthritis Action Coalition, Executive Committee; and Virginia Sexual and Domestic Violence Action Alliance, Governing Board.

2010-2015 VCoA successfully competes for a five-year, \$2.4M interprofessional geriatrics training award from the Health Resources and Services Administration, USDHHS, to lead the *Virginia Geriatric Education Center*, a consortium of faculty and staff from VCU, the University of Virginia, and Eastern Virginia Medical School. Program initiatives include faculty development, virtual case training of pre-clinical students, evidence-based practice training in falls prevention, and dementia training for professionals and family caregivers across Virginia. An "all-in" interprofessional Plenary oversees all programs.

2011 VCoA welcomes its 35,000th Road Scholar (Elderhosteler) to its programs for older learners

2011-2013 VCoA successfully competes for three continuing awards: *VGEC Supplemental Funding: Education about Alzheimer's Disease*, funded by the U.S. Health Resources and Services Administration, DHHS; FY 2012 (\$42,221) and FY 2013 (\$92,683); *Central Virginia Task Force on Domestic Violence in Later Life Project*, funded by the Virginia Services, Training, Officers, Prosecution (V-STOP) Violence against Women grant program, administered by the DCJS; calendar years 2011 (\$38,760) and 2012 (\$38,760); and the *Family Violence Project*, funded by the Virginia Domestic Violence Victim Fund, DCJS; calendar years 2011 (\$9,318) and 2012 (\$9,318).

2012 Recognizing the milestone of 30 years of awards distributed under the Alzheimer's and Related Diseases Research Award Fund (ARDRAF), VCoA conducts its periodic follow up survey of past awardees of ARDRAF seed grants. Since 1982, VCoA has competitively awarded 136 small grants, averaging \$20,200 and totaling \$2.75 million, which have produced over 242 scientific research publications and a documented \$24.7 million from non-state sources, a return on investment of \$9 for each \$1 appropriated.

2012-2016 VCoA successfully competes to receive funding, \$400,000, from the US Department of Justice for the project *Virginia Elder Justice Training and Services*, focused on Washington County and the City of Bristol to build local inter-agency relationships and to identify, prosecute, and adjudicate cases of elder mistreatment. Project staff conduct or coordinate training for law enforcement, prosecutors, and judges; partner with more than a dozen local and statewide partners; participate in Coordinated Community Response teams; and more.

2013-2014 VCoA faculty and staff are serving on the boards of 10 national professional organizations. These include: Board of Directors, National Association for Geriatric Education/National Association for Geriatric Education Centers; Conference Committee, National Adult Protective Services Association; Editorial Board, *Journal of Applied Gerontology*; Editorial Board, *Journal of Elder Abuse and Neglect*; Editorial Board, *Journal of Policy and Practice in Intellectual Disabilities*; Editorial Board, Gerontology and Geriatrics Education; Editorial Board, *The Gerontologist*; M. Powell Lawton Awards Committee, The Gerontological Society of America; and the Association for Gerontology in Higher Education.

2013-present VCoA is an active member of the *Mature Driver Study*, a response to a call by the House and Senate Transportation Committees for the Department of Motor Vehicles (DMV) to establish a stakeholders group to study "whether the Commonwealth should adopt additional objective criteria in current license renewal requirements as a means of assessing mature drivers' continued capability to remain active, safe, independent, and mobile." The Study has produced renewal screening guidelines, public education materials, and more.

2013-present VCoA's ongoing work to address abuse in later life in Virginia is recognized and reinforced, with annually renewed funding from DCJS for both *the Central Virginia Task Force on Domestic Violence in Later Life Project* and the statewide *Family Violence Project*.

2014 Membership in the Lifelong Learning Institute (LLI) in Chesterfield reaches 800.

2014-present Mrs. Mabel Sullivan, widow of Russell Sullivan of Fredericksburg, makes a generous \$50,000 gift to VCoA's Alzheimer's and Related Diseases Research Award Fund (ARDRAF) in memory of her husband. VCoA designates the highest reviewed ARDRAF applications as Sullivan Awardees. The Sullivan Family continues these gifts, enabling more research into the causes, consequences, and treatments of dementing conditions.

2015 VCoA's quarterly *Age in Action* begins its 30th volume.

2015-2018 The Virginia Geriatric Education Center (VGEC), which VCoA leads, successfully competes for a *Geriatrics Workforce Enhancement Program (GWEP)* award from the Health Services and Resources Administration, USDHHS. It is one of only 44 in the country. GWEPs are intended to integrate geriatrics into primary care. The \$2.5M GWEP award enables the VGEC to deploy the Medicare Annual Wellness Visit as a two-way training tool, and to conduct faculty development, pre-clinical, and on-site evidence-

based training in the community, as well as expanded dementia-related education, and focused interprofessional training of health professions faculty and students who engage in the Richmond Health and Wellness Program for low-income, at-risk elders.

2016 VCoA collaborates with the VCU Schools of Nursing and Pharmacy and other colleagues at VCU in a successful proposal to establish a VCU-funded iCubed (Inclusion. Inquiry. Innovation) transdisciplinary program. It develops a strategic core of faculty and community partners to create communities that enhance the daily social and health lives of older adults.

2016 Membership in the Lifelong Learning Institute (LLI) in Chesterfield reaches 1000.

2016 VCoA joins the Virginia Department of Health, other units of VCU, and state and local substance abuse and safety-focused organizations to offer training programs for healthcare providers on responsible case management of the substance-exposed mature driver, i.e., alcohol and drug interactions in the older adult; screening, referral, and treatment; the Virginia Division of Motor Vehicles medical review process; driver safety among mature adults; and relevant, accessible state and local resources.

2017 VGEC initiates and collaborates in a successful proposal to the Hartford Foundation for a funded Region 3 Small Networking Meeting of GWEP awardees, focused on best practices for implementation and integration of the Medicare Annual Wellness Visit as a tool for improving geriatric primary care delivery. The meeting is held at Johns Hopkins University.

2017 VCoA conducts its periodic follow up survey of past awardees of ARDRAF seed grants. Since 1982, through independent third party reviews, VCoA has awarded 173 small grants, averaging \$24,450 and totaling \$4.23 million, to 24 recipient organizations. These have, in turn, produced a documented \$39.7 million in subsequent awards from non-state sources, a return on investment of \$9.40 for each \$1 appropriated to ARDRAF.

2017 VCoA collaborates with the VCU School of Nursing, the leading partner, and several city and non-profit agencies in a successful proposal to engage the Richmond Health and Wellness Program to improve health outcomes and quality of life among older adults in the East End of Richmond, especially public housing residents. The Richmond Memorial Health Foundation funds the project to establish the *East End Coalition*.

2017-2018 VCoA receives funding from DCJS, \$54,302, for *Abuse in Later Life: A Judicial Education Project*, a nine-month project to conduct workshops across Virginia for circuit and district judges, and magistrates on judicial procedures in such cases. VCoA collaborates with the Virginia Supreme Court in planning and promoting these at three different venues. Retired Judge Janice Martin of Kentucky conducts the workshops.

2018 VCoA upgrades its website and adopts a new logo, a continuous circle containing the colors commonly associated with the subject matter of each of VCoA's four principal programs. These are green for lifelong learning, purple for Alzheimer's and dementia, violet for abuse in later life, and blue for geriatrics/gerontology.

2018 The Richmond Health and Wellness Program, affiliated with the VGEC, is selected by the VCU's Council for Community Engagement to receive its 2017-18 Currents of Change Award, as the Exemplary Partnership in Community Engaged Research.

2018 VCoA has now solicited, screened, and third party-reviewed hundreds of applications for geriatric/gerontology workforce development grants under the Geriatric Training and Education (GTE) initiative it administers for the Commonwealth. Since 2007, VCoA has awarded 167 small grants (\$1,000-\$25,000) to respond to identified community-based needs across Virginia.

2018 VCU's School of Allied Health Professions officially becomes the College of Health Professions in recognition of its multidisciplinary units.

2018 Membership in the Lifelong Learning Institute (LLI) reaches 1300.

2018 VGEC successfully competes for funding, \$26,274, from the Hartford Foundation for a Small Networking Meeting of GWEPs, focused on *GWEP-QIO (Quality Innovation Organization) Partnerships* to be held in Richmond in the fall.

2018 VCoA and the VGEC receive a fourth year of new funding, \$880,658, from the Health Resources and Services Administration, USDHHS, for the *Geriatrics Workforce Enhancement Program*, to continue successful initiatives in interprofessional geriatrics and dementia-related education and training, as well as a new emphasis on addressing opioid misuse among elders.