

Alzheimer's Disease and Related Disorders Commission
Department for Aging and Rehabilitative Services
8004 Franklin Farm Drive, Henrico VA 23229
March 14, 2023
MEETING MINUTES

Members Present

Laura Bowser, Chair
Karen Darner
Karen Garner
Rick Jackson
Kim Kutner
Destiny LeVere
Carol Manning
Margie Shaver
Ishan Williams

Stephanie Shanks, OMA
Dr. Dianne Simons, OMA
Dana Parsons, LeadingAge Virginia
Cindy Paullin, Art for the Journey
Jenna Burns, VCU Doctoral Researcher
Faika Zanjani, Richmond Brain Health
Initiative, VCU
Annette Clark, DBHDS
Rachel Coney, VDH

Members participating electronically

Sheriff Vanessa Crawford

Staff

Marcia DuBois, Deputy Commissioner,
Division for Community Living
George Worthington, Dementia Services
Coordinator
John Carpenter, Director of Admin.
Kathy Miller, Director of Aging Programs
Cecily Slasor, Administrative Support
Catherine Harrison, Policy & Legislative
Director

Members Absent

Lana Sargent
Pam Teaster
Travonia Brown Hughes

Guests

Josh Myers, Alzheimer's Assn

Agenda Items	Speaker
Welcome and Introductions of Members and Guests Chair Laura Bowser opened the meeting at 10:10 a.m. Ms. Bowser announced members who are participating electronically and where they are joining from: Travonia Brown-Hughes, Hampton, residing more than 60 miles from meeting location. Sheriff Vanessa Crawford, Petersburg, for personal reasons.	Laura Bowser, Chair

<p>Ms. Bowser told members that members present would need to agree to electronic participation in the meeting. There were no objections. Chair Bowser welcomed members and asked them to introduce themselves. Following introductions, Ms. Bowser reviewed the purpose of the Commission.</p>	
<p>Review and Adopt Meeting Agenda</p> <p><i>Action Item: Approve Agenda</i></p> <p>Ms. Bowser asked whether there were any changes to the agenda. Chair Bowser requested the addition of a Nominating Committee item. Carol Manning moved to approve agenda as amended and Karen Garner seconded the motion. A voice vote was taken with a unanimous affirmative response. The agenda was adopted as amended.</p>	<p>Laura Bowser, Chair</p>
<p>Review and Approval of December 13, 2022 Minutes</p> <p><i>Action: Adopt Minutes</i></p> <p>There were no comments or edits proposed for the December 2022 meeting minutes. Ms. Bowser stated that the minutes were adopted as presented.</p>	<p>Laura Bowser, Chair</p>
<p>Public Comment Period</p> <p>There were no public comments.</p>	<p>Laura Bowser</p>
<p>Division for Community Living Report</p> <p>Ms. Dubois provided an update on DARS and the Division for Community Living.</p> <p><u>2023 Governor's Conference on Aging</u></p> <p>May 8-9, 2023 - Richmond Marriott Downtown</p> <ul style="list-style-type: none"> Presented by Virginia Housing & Dominion Energy Conference Partners, Virginia Department for Aging & Rehabilitative Service and Virginia Association of Area Agencies on Aging <p>• Special one-day post-Conference session: Virginia Dementia Capable Summit - May 10, 2023</p> <p>The Summit, presented by the Alzheimer's Disease and Related Disorders Commission, DARS, and the Virginia Department of Health, will have a particular focus on advancing brain health and dementia risk reduction and will be a great opportunity to learn about the Dementia State Plan and to provide input into the next version of the Plan</p> <p>• VGCOA 2023 Theme: Shaping the Future of Aging in Virginia: Informed. Inclusive. Innovative.</p>	<p>Marcia DuBois</p>

This conference will explore the spectrum of aging services in Virginia, providing a forum for discussion about what is currently happening, how we responded over the past two years, and what we see on the horizon. Join all who see themselves as aging advocates for a two-day conference in Richmond that will yield recommendations to policymakers and create a vision for the future of aging in Virginia.

- The committee is chaired by Marta Keane, Executive Director, JABA.

Annual Update on Aging Virtual Event January 25, 2023:

DARS partnered with the Virginia Center on Aging to host the Annual Update on Aging virtual event. During the event, which was attended by over 350 professionals, older adults, and caregivers, VCOA and DARS highlighted the important and exciting work they are doing to advance the health, well-being and equity for the elders of today and tomorrow. Specifically, Commissioner Hayfield highlighted recent DARS/VCOA collaborations, new aging services funding that the General Assembly appropriated in the 2022 Appropriation Act, new Senior Farmers' Market Nutrition Program federal grant funding to expand the program, and the upcoming Southern Gerontological Society Conference in Norfolk (April 11-15, 2023), the Governor's Conference on Aging in Richmond (May 8-9, 2023), and the Dementia Capable Summit also in Richmond (May 10, 2023). DARS staff Sara Link, No Wrong Door Director, shared how No Wrong Door is making it easier than ever for Virginians to get connected to the services they want and need, and Senior Policy Analyst Charlotte Arbogast highlighted the findings of the agency's recently completed comprehensive needs assessment that surveyed older adults across the Commonwealth and included a partnership with VCOA to solicit input from older adults, caregivers and professionals via listening sessions. The needs assessment findings will be integrated in the next State Plan for Aging Services which is under development now. Numerous community members have reached out to the DARS staff to share how much they enjoyed the event and the presentations

No Wrong Door

No Wrong Door convened the first in-meeting of community partners who will be completing an Accelerator Plan for the CDC's Social Determinants of Health grant project. Anchored by two of our Area Agencies on Aging (Prince William and Rappahannock-Rapidan Community Services), the core group of approximately 11 organizations will co-create a shared plan to address food insecurity and social connectedness in their local communities. Driven by data and existing

Community Needs Assessments, the overarching goal is to reduce health disparities and inequities, and to improve health outcomes for both physical and mental health chronic conditions. No Wrong Door is excited to elevate community voices as we also disseminate new tools like a refreshed Easy Access website, artificial-intelligence (AI) Social Health Connector survey, and an enhanced DETERMINE Nutrition Screening with our partners in Aging Services. The project runs through August 31, 2023.

No Wrong Door Virginia presented to 526 CCC Plus Care Coordinators during a virtual session hosted by DMAS on March 2nd, demonstrating the use of tools on Virginia Easy Access. They highlighted new and user-favorite features with objectives to:

- Learn about No Wrong Door, person-centric design, and partnerships across state agencies and organizations to streamline information into a “one-stop shop” website on the social determinants of health for older adults.
- Learn about innovative assistive technology that helps older adults and individuals with disabilities live safe, comfortable, and autonomous lives.
- Demo Access to the Assistive Technology Toolkits for falls prevention, emergency preparedness and social health.

They asked the Care Coordinators to name the services that they frequently get asked about while supporting individuals, and housing was mentioned the most. During the presentation QR codes were provided to pages on Easy Access featuring VATS services as well as a summary page explaining how to connect to resources. Reviewing the web analytics afterwards we saw a 18% spike in the visitor numbers the afternoon of the presentation.

Nutrition

On February 9th, DARS’ Office for Aging Services continued its Senior Farmers’ Market Nutrition Program (SFMNP) Expansion planning discussions with its community partners to create the monitoring structure for the upcoming season. These community partners include: Virginia State University (VSU), Virginia Department of Agriculture and Consumer Services (VDACS), Virginia Farmers’ Market Association (VAFMA) and Virginia Fresh Match (VFM). The grant deliverables were reviewed; including the federal requirement to monitor 10% of the authorized farmers. In the past, VDACS provided this service; however, that agency does not have the capacity to provide this in the expansion

regions. VSU discussed creating a needs analysis and a framework for this expansion. VSU will discuss the options with its representatives from the small farm outreach program's network of regional leads that may be able to assist with the grant deliverables. Monthly trainings will be established for approved farmers to participate in, to assist with the anticipated influx of new farmers. This will offer an opportunity to familiarize farmers with the program and trouble shoot any issues that arise. VFM recommended the inclusion of the hunger action coalition and the local food hubs as outlets to promote the expansion opportunity. Press releases will be created and distributed through DARS' and VDACS' Communications Departments.

On March 9, the Nutrition & Senior Farmers' Market Nutrition Program (S/FMNP) Coordinator met with representatives from Virginia Farmers' Market Association and Virginia State University (VSU) to discuss the role of VSU in the Farmer Approval process for S/FMNP. VSU also offered to assist with spreading the news about the SFMNP expansion to the farmer participants in their Small Farm Outreach program, as well as in their newsletter. DARS staff provided marketing materials for VSU to share with their network. DARS also collaborated with representatives in Petersburg and Northern Virginia regarding food access and bringing the S/FMNP to their regions. This process is ongoing.

New Staff

DCL welcomes:

Roxanne Saunders, Assistant Director, Programs & Services
Hollie Lutz, NWD Project Specialist

Legislative Update

Ms. Harrison shared an update on activity in the recently concluded General Assembly. There were several bills related to guardianship: One bill that would require training for all guardians to be developed by DARS died in committee. Other bills passed, including a requirement for a periodic review of guardianships – a year after a guardianship is made and every three years after that. Another addressed the publication of identifying information in an effort to mitigate identity theft. Another bill sought to address recommendations on visitation from the JLARC report in 2021. Guardians will have the final say on who can visit the incapacitated person, but will need to provide notice to restricted person and incapacitated person, local DSS and court. Another bill laid out requirements for guardians to visit their clients at least three times per year, starting July 1. One visit must be in person, the second visit can be

**Catherine Harrison,
Director of
Legislative &
Policy Affairs**

<p>in person or virtual, and the third can be in person, virtual, or by a representative of the guardian.</p> <p>Minimum staffing requirements for nursing homes were enacted that would require 3.08 hours per resident per day, less than the 4.12 recommended.</p> <p>Long-term care screening for Medicaid should occur before nursing home entry as facilities were not getting paid until that happened.</p>	
<p>Alzheimer's Association Legislative Update</p> <p>Two major bills supported by the Alzheimer's Association.</p> <p>The first bill addressed the sunset of the Alzheimer's Commission and the addition of new agency representatives as non-voting members of the Commission, beginning July 1. The new agencies to be represented are DARS, DBHDS, VDH, DSS and DMAS.</p> <p>A further bill will require dementia training that covers all dementias, not just Alzheimer's disease. The Department of Criminal Justice Services training committee will work with the association on training of first responders. DCJS will likely use the curriculum it had developed in coordination with DARS through a contract with Niagara University in 2017 as a starting point.</p>	Josh Myers, Alzheimer's Association
<p>Dementia Services Coordinator Quarterly Report</p> <p>1. Outreach and Education</p> <p><i>Attended:</i></p> <p>Numerous webinars including:</p> <ul style="list-style-type: none"> • National Alzheimer's Disease Resource Center <ul style="list-style-type: none"> ◦ Dementia Equity Programs in the Hispanic and LGBTQI+ Communities (Dec 13) ◦ Alabama's PANDA project (Jan 18) • Innovations in ADRD Caregiver Support Programs (Dec 14) • Preventing Dementia: Is it Possible? (Jan 4) • Integrating Age- and Dementia-Friendly (Jan 10) • National Family Caregiving Strategy: A State Roadmap for Supporting Family Caregivers (Oct 3) • Physical Activity and Dementia, Brain Health Academy (Oct 19) • Public Health Center of Excellence for Dementia Caregiving: RAISE National Strategy (Jan 12) • Lecanemab in Early Alzheimer's Disease (EVMS—Jan 17) • VCOA Annual Update on Aging (Jan 25) • Disparities in dementia (Insight Memory Care Center, Feb 22) <p><i>Conferences:</i></p> <p><i>Presented:</i></p> <ul style="list-style-type: none"> • For the Love of Our Seniors (Richmond City Aging Services, Feb 14) • Virginia Caregiver Resource Fair (Veterans Administration, Feb 17) • VCU Grand Rounds: Virginia Dementia Infrastructure and Resources (Feb 22) • LLI Chesterfield Dementia 101 (Mar 2-Mar 16, three 60-min sessions) 	George Worthington

- OLLI Charlottesville Dementia 101 (Mar 1-Mar 15, three 90-min session)
- Health Occupation Students of America (HOSA)—two dementia friends information sessions (Mar 10)

Training

- Dementia Friends Champion training session (virtual) (Jan 30) *8 participants
- What is Good Dementia Care? VCU (attended) (Jan 4)

Upcoming presentations/conference/training:

- University Village, Charlottesville, community presentation: Brain Health and Dementia Risk Reduction (Apr 4)
- Southern Gerontological Society conference (April 12): Using Dementia Friends in Dementia Friendly Efforts
- Virginia State Police Academy Training (April 17)
- Stafford Community Presentation: Dementia Resources and Supports (Apr 18)
- Virginia Governor's Conference on Aging (May 9): Virginia's Dementia State Plan 2020-2024 (with Lana Sargent)
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2. Data

- CMS Medicare Beneficiary Chronic Conditions data—updated for 2018 (data available to 2018)
- BRFSS Cognitive Decline and Caregiver modules—Caregiving module (2022), Cognitive Decline (2022) (awaiting data)

3. Collaboration and Partnerships

Virginia

- Virginia Caregiver Coalition: *meetings Jan 19. Executive Committee meeting on Oct 18.*
- Virginia Brain Injury Council: *Jan 27.*
- AARP Age Friendly State Meeting: *Feb 3*
- Piedmont Dementia Education Committee (ongoing)
- Richmond Brain Health Initiative (ongoing).
- Department for Behavioral Health and Developmental Services (ongoing):
- Virginia Department of Health: *Collaboration with Partners in Prayer and Prevention (P³): are including messaging on brain health and offer brain health and Dementia Friends training/information sessions to faith-based communities. This collaboration is an integral part of the BOLD Act Grant project.*
- Advisory Committee on Health Disparities and Health Equity (VDH)—*Jan 10*
- Commonwealth Council on Aging (Jan
- Dementia Friendly Virginia:
 - *Quarterly virtual Dementia Friends Champion trainings*
 - *Developing brain health module for Dementia Friends (BOLD project)*
- Dementia Friendly Central Virginia (DFCV): *bimonthly meetings*
 - Charlottesville Area Alliance (spearheading Age-Friendly/Livable Community initiative)
 - Charlottesville TRIAD

National/Interstate

- District of Columbia Brain Health Initiative (ongoing when able)
- Advisory Council on Alzheimer's Research, Care and Services (National Plan) *Jan 30/31*
- RAISE Family Caregiver Council:

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4. Grant Writing and Administration

CDC BOLD Public Health Programs to Address Alzheimer's Disease and Related Dementias (ADRD)

- Grant awarded to VDH September 8, 2020.
- Project period is September 1, 2020 through August 31, 2023. Monthly meetings with VDH and Alzheimer's Association. Weekly meetings with VDH Brain Health Coordinator (Rachel Coney)
- Enhanced grant required a published Dementia State Plan, Alzheimer's or dementia advisory committee active for at least two years, and a 30% match.
- \$150,000-\$500,000 (total project \$195,000-\$650,000 including match)
- VDH working with DARS, Alzheimer's Association, Hampton University and other partners
- Goal is to develop a strong public health approach to ADRD
 - Risk reduction
 - Early diagnosis
 - Using data for priority setting and action
 - Support for caregiving for persons with dementia, including addressing social determinants of health

GTE Grant Virginia Dementia Capable Summit (awarded Nov 15)

- \$12,500 awarded to support the Summit.

GTE Grant proposal (currently developing—submission due Apr 3)

5. Tracking Policy

General Assembly 2023

- SB952: Modifies composition of the ADRD Commission to include Commissioners of Department for Aging and Rehabilitative Services (DARS), Department of Social Services (DSS), Department for Behavioral Health and Developmental Services (DBHDS), and the Director of the Department for Medical Assistance Services (DMAS), or their designees, and extends the sunset of the ADRDC to June 30, 2026. Passed House and Senate. Governor's action deadline March 27.
- HB2250: Requires the Department of Criminal Justice Services, under the direction of the Board, to establish training standards and establish a model policy for the identification of, communication with, and facilitation of the safe return of individuals diagnosed with dementia by law-enforcement personnel. Under current law, such training standards and model policies are focused solely on individuals diagnosed with Alzheimer's disease. (March 7, enrolled in House, passed in Senate Feb 22).
- HJ544 Study: Joint Commission on Health Care, ADRDC: Treatment of Alzheimer's disease. Left in House Rules committee.

United States 118th Congress (S=Senate, HR=House of Representatives)

- S.626: Recommend that the Center for Medicare and Medicaid Innovation test the effect of a dementia care management model (text not received). Read twice and referred to Committee on Finance (3/2/23)
- S.134/H.R. 620: Alzheimer's Accountability and Investment Act. This bill requires the National Institutes of Health to annually submit, beginning in

<p>FY2024, an estimate of its budget and personnel needs for carrying out initiatives pursuant to the National Alzheimer's Project directly to the President for review and transmittal to Congress. The Department of Health and Human Services and the Advisory Council on Alzheimer's Research, Care, and Services may comment on the budget estimate but may not change it. S: Read twice and referred to the Committee on Health, Education, Labor and Pensions (1/30/23). HR: Referred to the House Committee on Energy and Commerce (1/30/2023).</p> <ul style="list-style-type: none"> • <u>S.133/H.R.619: NAPA Reauthorization Act.</u> This bill extends through 2035 and makes other changes to the National Alzheimer's Project. This project supports coordination of federal planning, programs, and other efforts to address Alzheimer's disease and related dementias. In particular, the bill incorporates a focus on promoting healthy aging and reducing risk factors associated with cognitive decline. The bill also expands the Advisory Council on Alzheimer's Research, Care, and Services to include additional members, such as (1) a researcher with experience recruiting and retaining diverse clinical trial participants, (2) an individual diagnosed with Alzheimer's disease, and (3) representatives from additional federal agencies (e.g., the Department of Justice and the Office of Management and Budget). S: Read twice and referred to the Committee on Health, Education, Labor and Pensions (1/30/23). HR: Referred to the House Committee on Energy and Commerce (1/30/2023). • <u>S.141: Elizabeth Dole Home Care Act:</u> to improve certain programs of the Department of Veterans Affairs for home and community based services for veterans, and for other purposes. Committee on Veterans' Affairs. Ordered to be reported with an amendment in the nature of a substitute favorably (2/16/2023). • <u>S.10: VA Clinician Appreciation, Recruitment, Education, Expansion and Retention Support (CAREERS) Act.</u> Committee on Veterans' Affairs. Ordered to be reported with an amendment in the nature of a substitute favorably (2/16/2023). 	
<p>BOLD Grant Commission Involvement (Attachment) Action Item: Letter of Support</p> <p>Mr. Worthington provided an overview of the new BOLD funding opportunity, which requires states to address three strategies related to the Commission: expanding membership, developing an education plan for the Commission, and developing an implementation plan for the Dementia State Plan. The Commission discussed the proposed letter to Vanessa Walker Harris, MD, Director of the Office of Family Health Services. The letter provides information on the commission and commits the Commission to endeavouring to work on the three strategies. One change to the letter was proposed, to include 'cognitive <i>and</i> brain health' in the final sentence. A motion to accept the letter as amended was made by Margie Shaver. Seconded by Dr. Manning. A voice vote was unanimous in favor of the amended letter.</p>	<p>George Worthington</p>
<p>Nominating Committee The bylaws require a three-member Nominating Committee to be appointed at the March meeting of odd-numbered years. The Committee</p>	<p>Laura Bowser</p>

will develop a slate of officers to provide to the Commission for a vote at the June (Annual) meeting on June 13. The Committee will meet the morning of that meeting. Destiny LeVere, Kim Kutner and Karen Garner were appointed to the Committee. Laura Bowser has served two terms of chair and will rotate off the Commission at the end of June. Lana Sargent has similarly served two terms as vice-chair and would not be eligible to remain in that role.

Dementia State Plan Committee/Summit Committee Report

Although the Dementia State Plan workgroup did not meet this quarter, the Summit planning committee has met monthly.

Highlights from the committee this quarter:

- The Committee has invited Bonnie Wattles, executive director of Hilarity for Charity, to provide a keynote speech at the Summit. Hilarity for Charity, founded by comedian Seth Rogen and his wife Lauren, is 'a national non-profit on a mission to care for families impacted by Alzheimer's disease, activate the next generation of Alzheimer's advocates, and be a leader in brain health research and education.' This mission statement shows a strong alignment with the goals of the Summit to widen and broaden stakeholder engagement and advocacy for the Dementia State Plan, and to discuss how best to include brain health and dementia risk reduction messaging into the State Plan.
- Dr. Paul Aravich of Eastern Virginia Medical School, will be providing the educational segment on brain health and risk reduction during the plenary session of the Summit. Dr. Aravich will be familiar to most Commission members. He has worked tirelessly to raise the level of knowledge and understanding around the brain disorders that cause dementia.
- The Committee met with Martina James-Nalley of the Governor's Conference for the Aging in November. This meeting helped clarify the division of tasks and raised some issues for the Committee to consider. Most important to come out of this meeting was the decision to charge attendees a nominal \$25 to attend the Summit. This will help reduce the likelihood that people will register and then not attend, as might happen if the Summit were entirely cost-free. It will also offset a portion of the cost of the Summit.

Margie Shaver

<ul style="list-style-type: none"> • The Committee and the Conference will work on developing a Memorandum of Agreement for the Summit. • DARS received \$12,500 through a Geriatric Training and Education grant from the Virginia Center on Aging to support the Summit. Additional funding will come from the Virginia Department of Health through the BOLD grant. There may be a shortfall that will need to be made up through sponsorship opportunities, and these were discussed with the Conference in November. 	
<p>Workgroup & Committee Reports</p> <p>Mr. Worthington reported that with FOIA changes, it has been difficult for the workgroups to meet given the inability of members participating electronically in the absence of a physical quorum. Mr. Worthington will canvass members to see whether they would be willing to meet on the days of Commission meetings. The Legislative Committee will aim to meet in April.</p>	<p>Margie Shaver, DSP Committee</p> <p>Kim Kutner, Training Workgroup</p> <p>Ishan Williams, Coordinated Care Workgroup</p> <p>Lana Sargent, Data & Research Workgroup</p>
<p>Working Lunch: Opening Minds Through Art: An evidence based program</p> <p>Opening Minds Through Art (OMA) is a research based, best practice intergenerational art program for people living with dementia. The OMA program was developed in 2007 by Dr. Elizabeth Lokon and the Scripps Gerontology Center Miami University-OH. The program has been replicated through training across the US, Canada, and now Indonesia as part of a Fulbright Scholarship awarded to the founder.</p> <p>Intergenerational engagement Powerful and meaningful social stimulation Person Centered approach Volunteer partners receive training how to understand dementia & support the resident's artistic and communication abilities Strength-based rather than illness focused.</p>	<p>Cindy Paullin, Art for the Journey</p> <p>Stephanie Shanks, OMA Program Director</p>

The principles of OMA:
Inspired by abstract art
Failure Free
Unique results – process driven
The ratio of volunteers to residents is one-to-one.
“The brilliant OMA art process uses a series of easy steps and multiple layers that result in a complex and beautiful final product and
The resident makes all the artistic decisions.
Once certified, OMA facilitators conduct in-depth volunteer training to educate and support volunteers who work one on one with the artists.
The data on the program overwhelmingly supports the positive impact that it has on people.
A special exhibit is held each year for the Virginia General Assembly.
Criteria for eligibility for the program:

- (1) LTC community
- (2) SNF
- (3) Medicare/Medicaid certified

Who should be certified?

Activities professionals
Dementia care workers

Art for the Journey

A non-profit organization based in Richmond VA
Transforming lives through art and community.

People served through Art for the Journey Art Programs:
School children living in low-income housing
Aging adults with and without dementia (OMA)
Incarcerated women
Women in recovery
Veterans living with PTSD/polytrauma
Third-year medical students
The general public

Also produce “The Creative Corner” an educational tv show for teachers and students in partnership with PBS.

Purchased a bus for Art for the Journey program during Covid.
Targets children – transform lives through art and community.
Work with third year medical students. (physician self-care course) Many of them later became volunteers for the program.

LeadingAge asked Art Through the Journey if they would like to partner on a grant. It was approved for over \$1 million. They have 65 more grants to award.	
Future Meeting Dates May 10, 2023 Dementia Capable Virginia Summit June 13, 2023 September 19, 2023 December 12, 2023	Laura Bowser
New Business There was no new business.	Laura Bowser
Public Comment Period There were no public comments.	Laura Bowser
Adjournment Laura Bowser adjourned the meeting at 1:10 p.m.	Laura Bowser