

Alzheimer's Disease and Related Disorders  
Commission Minutes  
March 11, 2025

Alzheimer's Disease and Related Disorders Commission  
Department for Aging and Rehabilitative Services  
8004 Franklin Farm Drive, Henrico VA 23229  
March 11, 2025  
MEETING MINUTES

**Members Present**

Michael Watson, Vice Chair  
Leslie Bowie  
Laura Marshall  
Margie Shaver  
James Stovall  
James Towey  
Zachary Wood  
Faika Zanjani

**Participating Electronically**

Vanessa Crawford, permission #4,  
personal issue  
Stephanie LaPrade, permission #3 60+  
miles from meeting

**Ex-Officio**

Annette Clark, DBHDS  
Rachel Coney, VDH  
Kathy Hayfield, DARS  
Tara Ragland, DSS (Samantha Fogt  
representing)

**Absent**

Bonnie Bradshaw  
Bea Gonzalez  
Lana Sargent  
Ishan Williams  
Jennie Wood

**Guests**

Catherine Bare, William & Mary,  
Dementia Friendly Action Team  
member  
Eve Flippen, Alzheimer's Association  
Dr. Jeff Goode, Carilion Clinic  
Lissa Greenlee, Alzheimer's Association  
Melissa Long, Insight Memory Care  
Center  
Guy Mayer, Alzheimer's Association  
Ambassador  
Josh Myers, Alzheimer's Association

**Staff**

Matt Jones, Director of Aging Programs.  
George Worthington, Dementia Services  
Director  
Heather Kidd, Dementia Services  
Specialist  
Cecily Slasor, Administrative Support

Agenda Items	Speaker
<b>Welcome and Introductions of Members and Guests</b> Vice Chair Michael Watson opened the meeting at 10:10 a.m. and announced those participating electronically. Mr. Watson also welcomed new commission member Laura Marshall. Mr. Watson welcomed members and asked them to introduce	<b>Michael Watson, Vice Chair</b>

<p>themselves. Following introductions, Mr. Watson reviewed the purpose of the Alzheimer's Disease and Related Disorders (ADRD) Commission.</p>	
<p><b>Review and Adopt Meeting Agenda</b>  <i>Action Item: Approve Agenda</i>  Vice Chair Watson asked whether there were any changes to the agenda; none were offered. Zachary Wood made a motion to accept the agenda as presented. This was seconded by Margie Shaver and approved by a unanimous vote.</p>	<b>Michael Watson</b>
<p><b>Review and Approval of Meeting Minutes: December 10</b>  There were no comments or edits proposed for the December meeting minutes so Vice Chair Watson declared the minutes approved as presented.</p>	<b>Michael Watson</b>
<p><b>Public Comment</b>  There were no public comments received or offered.</p>	<b>Michael Watson</b>
<p><b>Division for Aging Services Report</b>  Matt Jones shared that he was presenting an update on behalf of Deputy Commissioner Kiersten Ware.</p>	<b>Matt Jones  Director of Aging  Programs DARS</b>
<p><b>CCOA</b></p> <ul style="list-style-type: none"> <li>The CCOA 2025 Best Practices Awards winners will be announced tomorrow, March 12. The Program is designed to identify and recognize unique programs of excellence for older Virginians and their caregivers and to encourage the replication of model programs throughout the Commonwealth. Awards are based on innovation and impact of program to assist older adults to age in the community. The CCOA aims to recognize creativity in services, such as livable communities, home and community-based supports, transportation, housing, caregiver supports, intergenerational programming, care management or coordination, healthy aging, long-term care, safety and security, older adults as volunteers or community resources, or other activities.</li> <li>The next CCOA meeting will be held on Tuesday, June 10<sup>th</sup>, 2025</li> </ul>	
<p><b>DAS &amp; AAAs</b></p> <ul style="list-style-type: none"> <li>Department of Aging Services (DAS) Technical Support team has been focused on OAA final regulations and has been hosting very well-attended AAA input sessions.</li> <li>The new Area Plan template is in final draft form. Training and office hours for AAAs will begin mid-April.</li> <li>Work now begins on revamping DAS agency policies, procedures, and service standards.</li> </ul>	

- Next week the monitoring team begins work on revamping the monitoring tool used to evaluate the AAAs for compliance and technical assistance needs. The updates reflect new OAA rules and streamline processes.
- Continued AAA input sessions are scheduled through May 2025.
- Tentative date for a State Plan Virtual Public Hearing on April 11. More information to follow.

## DEMENTIA SCREENING TOOL INTEGRATION

- DAS has received a quote and will be moving ahead with a Dementia Screening tool in the PeerPlace database (used for documentation by No Wrong Door partners). It will be used for information and referral by Care Coordinators and Options Counselors in all AAAs.
- Two memory questions will be added to the client screen in PeerPlace. Answering yes to either question will prompt the user to move forward with the Dementia Screening tool.
- The expectation is that PeerPlace can deliver both projects by May or June.
- Next steps include providing training and information about the tool and resources for all AAAs.

## SENIOR COOL CARE

- Anticipated start date will be May 1, awaiting the notice of award from Dominion Power.

## 2024 VIRGINIA LIFESPAN RESPITE PROGRAM (VLRVP)

- We are still completing vouchers for 2024, as of today we have reimbursed a total of \$24,507.64 which is an additional \$23,935.65 since our last report.
- In 2025, the Virginia Lifespan Respite Program (VLRVP) has received 231 applications for vouchers.
- To date, 51 caregivers (VLRVP and kinship) have been reimbursed for a total of \$25,590.90 (VLRVP) in reimbursements.
- Currently, there are 20 applications that are likely to be approved within the week.
- If you have any questions, email Kamryn Faison [kamryn.faison@dars.virginia.gov](mailto:kamryn.faison@dars.virginia.gov)

## VGCOA

Save the date for the Virginia Governors Conference on Aging in **Williamsburg, VA May 19 – 20. Registration is underway!**

- FULL REGISTRATION: \$195
- ONE DAY REGISTRATION: \$120
- DEMENTIA CAPABLE SUMMIT: \$25\*

<ul style="list-style-type: none"> <li>• V4A (the Virginia Association of Area Agencies on Aging) will host their next quarterly meeting in Williamsburg on <b>May 21<sup>st</sup></b>.</li> </ul>	
<p><b>Dementia Services Director Report</b></p> <p>See Attachment.</p>	<p><b>George Worthington</b></p>
<p><b>Virginia Department of Health BOLD Report</b></p> <p>Ms. Coney provided an update on BOLD activities:</p> <p><b>Program Summary:</b> The HBV program is a comprehensive program designed to address the challenges of cognitive decline within the state. With a focus on risk reduction and early detection, the project integrates community outreach, education, and screening initiatives to promote brain health awareness and empower individuals to make informed lifestyle choices. Moreover, the program emphasizes effective management strategies for individuals diagnosed with cognitive impairments, offering tailored support services and resources for caregivers. Recognizing the significance of social determinants of health, HBV prioritizes reaching high-risk, high-burden populations, ensuring equitable access to care and support systems across diverse communities. Through collaborative efforts and targeted interventions, the program aims to foster a culture of proactive management of overall health statewide.</p> <p><b>Challenges:</b></p> <ul style="list-style-type: none"> <li>• Contracts are pending due to changes in guidelines. We will update as we learn more.</li> <li>• Partners are experiencing challenges related to outreach and education efforts within the Hispanic/Latino community. Given the recent political climate related to immigration, it has been even more challenging reaching these populations for education and services.</li> </ul> <p><b>Evaluation Updates:</b></p> <ul style="list-style-type: none"> <li>• HBV Annual Partner Survey. Due March 16<sup>th</sup></li> <li>• The ADRD Commission (ADRDC) concluded its annual member survey in December. Key findings include: <ul style="list-style-type: none"> <li>○ 36 completed surveys</li> </ul> </li> </ul> <p>Next steps are to work with our graphic designers to create a data visualization product to display the findings.</p> <p><b>Strategy 5: Educate the public about ADRD topics. *</b></p> <p>HBV continues to utilize the HBV community calendar, hosted on <a href="http://healthybrainva.com">healthybrainva.com</a>, to highlight upcoming educational opportunities, whether in-</p>	<p><b>Rachel Coney</b></p>

person or virtual for community members, caregivers, people living with dementia, and health professionals.

**Strategy 7: Increase the availability and use of data to improve knowledge, assess, plan and implement priorities\***

Data from the 2023 BRFSS has been analyzed into one-pager. Current results show that 16% of Virginians 45 years or older reported experiencing memory loss.

Different demographic groups were disproportionately affected in hospitalizations, in 2023 as well. Black/ African Americans, and those 75 years and older had higher age-adjusted rates than their counter parts (all other races/ ethnicities, those younger than 75 years, respectively).

Next steps for these data include:

- The development of a sharable infographic and complimentary social media content
- Sharing these data and making data publicly available to partners via the VDH chronic disease dashboard and data requests.
- Hosting a partner call in the spring to share these data
- Using the disparities data to inform partnerships and funding at the local level.

**Alzheimer's Association Update**

- Day on the Hill event took place January 21, 2025
- The Secretary of Health and Human Resources Kelly Gee presented a proclamation at the event
- 20<sup>th</sup> anniversary March 26 will be focused on caregivers
- Now providing research updates "Advancing the Science"
- International conference will be held in Toronto in July. It is the largest convening of researchers worldwide. The last conference has 5000 attendees. Anyone can join the virtual program
- New 10-year vision and new 3-year strategic plan

**Lissa Greenlee  
Josh Myers**

**ARDRAF Update**

- VA state funded research grant  
Increased to \$75,000 for 12-month period
- Trying to seek out increased number of applicants
- Received 48 applications
- Currently in the review process. June 11 applications will be discussed by peer review group, then external review, then an awards panel that reviews and ranks the applications, choosing the final four.
- A live Q & A was held with those that submitted Letters of Intent.

**Faika Zanjani**

<ul style="list-style-type: none"> <li>Ms. Zanjani provided a broad overview of the institutions that submitted, noting that there were a few new applicants.</li> </ul>	
<p><b>Workgroup Reports</b></p> <p><b>Coordinated Care Workgroup</b></p> <p>The Coordinated Care workgroup met on February 3, 2025, to discuss regulation reviews and other work related to achieving State Plan strategies that are included in the Implementation Plan.</p> <ul style="list-style-type: none"> <li>Members had a robust discussion about recommendations for creating a public comment regarding Assisted Living Facilities Regulations. Mr. Worthington reviewed the plan to prepare off-the-shelf recommendations that would be developed by the coordinated care work group to fulfill strategies of the Dementia State Plan under Goal 1. These recommendations would then need to be reviewed and approved by the full Commission in anticipation of the regulations being opened for review. This first discussion centered around wording, intent, and the overall goal of recommendations. Based on this discussion, Mr. Worthington and Heather Kidd will present an updated draft of a recommendation at the next workgroup.</li> <li>The group briefly reviewed two documents for the update of the Dementia Roadmap: a list of feedback survey questions drawn up based on the discussion at the November meeting and a first draft of palliative and hospice care language.</li> </ul>	<p><b>George Worthington (for Ishan Williams)</b></p>
<p><b>Data and Research Workgroup</b></p> <p>The Data and Research Workgroup met on February 4, 2025, to and discuss the research section of the Dementia Capable Virginia website.</p> <ul style="list-style-type: none"> <li>Mr. Worthington shared the State Alzheimer's Research Support (StARS) Center opportunity with the group. We are waiting to hear an update from StARS. The last communication was in January.</li> <li>Mr. Worthington and Annie Rhodes reported on a meeting they held previously to discuss a potential StARS project that would demonstrate the importance of care navigation across the state and make a cost-benefit case for care coordination.</li> <li>The group reviewed Mr. Worthington's drafts on the importance of participating in dementia research aimed at consumers as well as a list of ten outcomes resulting from individual participation in studies. The group</li> </ul>	<p><b>George Worthington (for Lana Sargent)</b></p>

<p>discussed how to highlight both personal and broader benefits stemming from research participation. This language is an effort to realize strategies in the dementia state plan around using the Dementia Capable Virginia website to promote awareness and use of existing mechanisms to link potential participants with research opportunities.</p> <ul style="list-style-type: none"> <li>• The group discussed working on the following activities to meet objective strategies as we start year two of our four-year plan: <ul style="list-style-type: none"> <li>◦ Develop a 2-page-toolkit for community health workers and other frontline workers. This toolkit would help meet Objective 5.3, the strategy to promote training to improve awareness of the value of research participation.</li> <li>◦ Use the website as a place for researchers to advertise their current research to make research opportunities approachable and accessible for possible participants. This project supports Objective 5.2, the strategy to build a research consortium network.</li> </ul> </li> </ul> <p>When asked if they have reached out to medically underserved communities, Mr. Worthington answered that they are planning to reach out to those communities.</p>	
<p><b>Training Workgroup</b>  The Training workgroup met on February 19,2025 to discuss priorities for the group to work on in the context of the Implementation Plan.</p> <ul style="list-style-type: none"> <li>• Members discussed the existing dementia training modules for AAA staff that were created about 10 years ago and need to be updated. The plan is for No Wrong Door to help with this update as part of the No Wrong Door dementia capability project. Currently the modules discuss three specific AAA roles that were specified by the federal grant that supported their creation. However, members discussed consolidating the information into two modules: one module will be aimed at all AAA program staff, and a second module will be specifically geared towards options counselors/ care coordinators. Both will include practical information that will help AAA staff better support the population they work with, and that will highlight the importance of memory screening and early diagnosis.</li> <li>• Members are reviewing the community health workers modules created as part of the Healthy Brain Virginia project before the next meeting in May.</li> <li>• Members discussed the plan to add an online screening tool similar to Maryland's. The tentative plan is to embed the AD-8 screening tool into the website. There was also a related discussion regarding the training of AAA staff who may be administering memory assessments.</li> </ul>	<p><b>George Worthington (for Jennie Wood)</b></p>

<ul style="list-style-type: none"> <li>• Other additions updates to the website were discussed, including: <ul style="list-style-type: none"> <li>◦ language explaining long term care (e.g., types, payment, questions to ask when choosing long term care)</li> <li>◦ calendar for community organizations to post dementia training information</li> <li>◦ more local links for care planning.</li> </ul> </li> </ul>	
<p><b>Brain Health Workgroup</b></p> <p>The Brain Health Workgroup met on January 16, 2025, to review the memory screening infographic and to discuss additional activities going forward.</p> <ul style="list-style-type: none"> <li>• The memory screening infographic was updated, reviewed, and finalized using member feedback from previous meetings.</li> <li>• This dovetails with plans to make a self-screening tool available online through No Wrong Door's Easy Access platform.</li> <li>• Karen Garner was the first to use this resource, distributing copies on Alzheimer's Advocacy Day, January 30, at the General Assembly.</li> <li>• Members also reviewed a draft flyer linking brain health to existing Area Agency on Aging (AAA) programs. Members provided feedback on both content and presentation. This flyer will be part of an effort to emphasize the relationship between brain health and various programs for staff and clients. Many existing AAA programs directly support brain health such as congregate meal programs providing nutrition and social engagement opportunities.</li> <li>• Staff will gather input from AAAs on the flyer and share with the workgroup at the next meeting.</li> </ul>	<b>Michael Watson</b>
<p><b>Nominating Committee: Appointment</b></p> <ul style="list-style-type: none"> <li>• 3 members – 2 elected by members and 1 appointed by the Chair.</li> <li>• Margie Shaver volunteered to serve.</li> <li>• Leslie Bowie volunteered to serve.</li> <li>• Annette Clark volunteered to serve.</li> </ul>	<b>Michael Watson</b>
<p><b>Legislative Committee: Appointments</b></p> <ul style="list-style-type: none"> <li>• 5 members – 2 elected by members, 2 elected by Chair and one member a rep from Alzheimer's Association (Josh Myers)</li> <li>• Bea Gonzalez may continue to serve</li> <li>• James Stovall volunteered to serve</li> <li>• Laura Marshall volunteered to serve</li> <li>• Margie Shaver volunteered to serve</li> </ul>	

<p><b>Dementia Friendly Virginia</b></p> <ul style="list-style-type: none"> <li>• LeadingAge Virginia and the Department for Aging and Rehabilitative Services (DARS) have been leading the Dementia Friendly effort since 2018</li> <li>• Dementia Friends Information Sessions have been provided to over 10,000 people over the last six years</li> <li>• Dementia Friendly goals are raising awareness around dementia and reducing the stigma about dementia via information sessions, website, and social media.</li> <li>• Over 750 people have been trained as Dementia Friends Champions (able to deliver the Dementia Friends Information Sessions) across Virginia</li> </ul> <p><b>Dementia Friendly Williamsburg</b></p> <p>Leslie Bowie and Catherine Bare provided an update on the activities of Dementia Friendly Williamsburg including strategic plans for building out the initiative.</p> <ul style="list-style-type: none"> <li>• Dementia Friendly Williamsburg is facilitated through a partnership between the Peninsula Agency on Aging and Williamsburg Chamber of Commerce</li> <li>• Marketing the initiative to all ages</li> <li>• Updated online training option</li> <li>• Involving student community at William &amp; Mary</li> </ul>	<p><b>George Worthington,</b></p> <p><b>Leslie Bowie, Catherine Bare</b></p>
<p><b>Working Lunch: Geriatric Emergency Department at Carilion (slides attached)</b></p> <p><b>Improving Geriatric Care in the Emergency Department</b></p> <p>Dr. Jeff Goode has been with Carilion Clinic for 22 years, working in the Department of Internal Medicine as a Hospitalist as well as the Department of Emergency Medicine. He has spent most of his time working at Carilion Clinic's tertiary transfer facility, Roanoke Memorial Hospital, but as well has had ample time working in Carilion's many community-based hospitals. He is the past Medical Director of the Department of Emergency Medicine Clinical Decision Unit (Observation). Currently, he functions as the Department of Emergency Medicine's Medical Director of Geriatric Emergency Medicine Quality and Innovation.</p> <p>Carilion Clinic's growth of Observation medicine has been instrumental in improving throughput, opening bed space, and creating quality of care directed protocols to ensure the highest-level of medical care and cost-efficiency for their patients. With the growth of Carilion Clinic's general and geriatric specific quality initiatives, Dr. Goode focuses primarily on appropriate Observation patient identification, quality delivery of medical care to the patient in the context of more efficient treatment regimens/diagnostic workup, and expedient delivery of care to improve capacity. He has published collaborative articles on the topic of</p>	<p><b>Dr. Jeffrey Goode</b></p>

Observation Medicine in HFMA and contributed chapters to Dr. Sharon Mace's 2nd edition of Observation Medicine: Principles and Protocols. He is a member of the American Geriatric Society and offers time as an independent editorial reviewer for articles focused on Geriatric Emergency Medicine.

More recently, his focus has broadened to a larger role in Geriatric Emergency Medicine to bring the same goals of improved healthcare delivery to this often-overlooked demographic. Elder care drives so much of what we must reckon with in acute healthcare and to that end, Dr. Goode has worked tirelessly to bring awareness along with reasonable and obtainable clinical goals for Carilion Clinic. His end-goal is to bridge value-based healthcare with Carilion Clinic's mission to improve the health of the community they serve.

Dr. Goode's presentation highlighted the important role geriatricians can play in the Emergency department stating, "The geriatrician's toolkit is powerful in the ED".

- Their ED sees an average 220 patients a day with 75-80 of those being 65 and older
- An average 52% of geriatric aged patients presenting to the ED is admitted, with the rest being immediately discharged to home or residential facility (compared to much larger numbers of people typically being admitted or held for observation).
- In last two years have had just over 1200 geriatrician ED consults
- The Hospital Elder Life Program (HELP) trains personnel target high risk patients.
- Following construction, in 2026 they plan to open an ED that will have a general area and a Geriatric area.

#### **Insight Memory Care Center (slides attached)**

**Melissa Long**

Melissa is a graduate of the University of Southern Maine with a B.S. in Therapeutic Recreation and Leisure Studies and a minor in Health Studies. Melissa is a certified recreational therapist, certified dementia practitioner and educator, certified best friends dementia trainer, certified dementia capable care specialist and trainer. and a Licensed BCAT® practitioner.

Melissa has been providing care to older adults for over 20 years. She is also the recipient of the ATRA Frank L. Basile Clinician of the Year 2016, 2024 Pride in Our Community Leader of Loudoun County Pride, and National Certified Alzheimer's Disease and Dementia Trainer (CADDCT) of 2024. She has presented at numerous conferences and has published evidence-based practice programing.

She has had the opportunity to live in Romania and provide sensory integration for orphans. She also held the position of Social Coordinator for participants in the

<p>Cerebral Palsy - International Sports and Recreation Association (CP- ISRA) World Championship. Through Melissa's experience both clinically and in the community, she brings and provides out of the box thinking and support to both clients and caregivers daily.</p> <p>Every 3.2 seconds someone in the world develops dementia</p> <p>1 in 9 people 65+ have dementia</p> <p>Insight Memory Care Center provides specialized care, support and education for individuals in all stages of cognitive impairment.</p> <ul style="list-style-type: none"> <li>• Established in 1984</li> <li>• Funded by several grants and donations</li> <li>• Average cost for a client is approximately \$6000 a month. Clients can use LTC insurance but not Medicare, Medicaid.</li> <li>• Contact <a href="mailto:Melissa.long@insightmcc.com">Melissa.long@insightmcc.com</a></li> </ul>	
<p><b>Future Meeting Dates (Tuesdays 10 am – 2 pm)</b></p> <p>June 10, 2025</p> <p>September 9, 2025</p> <p>December 9, 2025</p>	<b>Michael Watson</b>
<p><b>New Business</b></p> <p>There was no new business.</p>	<b>Michael Watson</b>
<p><b>Public Comment Period</b></p> <p>There were no public comments.</p>	<b>Michael Watson</b>
<p><b>Adjournment</b></p> <p>Vice Chair Watson adjourned the meeting at 1:50 p.m.</p>	<b>Michael Watson</b>