



## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**  
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### **LeadingAge Virginia receives grant to address social isolation among nursing home residents**

*Collaboration includes 30 Virginia nursing homes, Java Group*

**GLEN ALLEN, VA** – LeadingAge Virginia announced today that it has received a \$356,640 grant from the Civil Monetary Penalties Reinvestment Fund (CMP) to administer a two-year program, called the Java Project, that will improve the quality of life among residents in 30 Virginia-based nursing homes.

This program will focus on building a positive change in culture in long term care communities with peer support and mentoring programs to engage residents in providing emotional support to their peers.

“Loneliness, social isolation, and associated depression continue to be serious concerns in many nursing home settings, affecting over half of the residents,” said Dana Parsons, vice president and legislative counsel at LeadingAge Virginia. “Research on the Java programs has demonstrated reductions in loneliness and depression and a 60% increase in engagement of socially isolated residents.”

Adaptations of the programs have been made to respect physical distancing required by COVID-19 safety protocols. For example, small peer support groups can happen with physical distancing in place.

“Our Virginia nursing home residents will benefit from the Java programs by developing stronger social and emotional bonds with each other. Through sharing grief, sorrow and happiness in the Java groups, empathetic connections are built, and these social relationships carry over to other activities and nursing home life,” said Parsons. “Residents will directly benefit from new, close relationships and from having a meaningful purpose in helping their peers.”

The CMP is a federal fund collection of imposed penalties against certified nursing homes deemed non-compliant. The funds are used for projects that help protect and improve the quality of life and care for individuals in a nursing home.

For more information about the JAVA Project, please visit <http://javagp.com/cmp-grants/>.

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**About LeadingAge Virginia**

LeadingAge Virginia is an association of not-for-profit aging services organizations serving residents and clients across the senior care continuum including life plan/continuing care communities, senior housing, assisted living, nursing homes, adult day centers, and home and community-based services. For more information, please visit <https://leadingagevirginia.org/>.