

April 2003, Volume I, Issue 2

The U.S. Administration on Aging is pleased to send you this second issue of AoA e-news, an e-newsletter filled with key information and news for the National Aging Services Network.

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Message from the Assistant Secretary

Steps to a HealthierUS Initiative

The HHS Secretary Tommy G. Thompson will unveil a bold new *Steps to a HealthierUS Initiative* this month at a two-day summit, April 15-16, in Baltimore. The summit will feature new prevention priorities and programs and is sponsored by the HHS Office of Disease Prevention and Health Promotion. The new HHS initiative advances President Bush's goal to help Americans live longer and healthier lives as part of his *HealthierUS Initiative*. It represents a major shift in the approach of the health of Americans from a disease care system to a health care system. AoA is participating as a full partner and taking an active role in designing the *Steps to a HealthierUS Initiative*. Our participation as a cross-cutting steering committee member will ensure that the initiative serves all populations and ages. We look forward to working with our National Aging Services Network partners as part of the new HHS initiative.

Josefina G. Carbonell

What's Happening at AoA

Older Americans Month Materials Now Online

AoA offers new online resources for Older Americans Month activities in May. Check the AoA website for new Older Americans Month materials. A copy of the Older Americans Month kit, including poster and CD, will be mailed to you shortly. Please look for materials and information at http://www.aoa.gov/press/oam/May_2003/Materials_Downloads.asp. For more information, contact Sherri Clark, Sherri.Clark@aoa.gov

Your Chance to Be Heard: April Town Hall Listening Session

The Assistant Secretary for Aging invites you to comment at the next Town Hall Listening Session as part of the California Association of Area Agencies on Aging Leadership conference in Orange County, California. The session will be held on Wednesday, April 23, from 10:00 am - noon. The Assistant Secretary is holding a series of national Town Hall Listening Sessions to hear from older people, families, caregivers, and members of the National Aging Services Network about how to strengthen our long-term care system. Pre-registration is required to comment in person. You may also submit written comments up to one week following the event. To pre-register to give oral comments at the Town Hall Listening Session or to find out more about future Town Hall Listening Sessions, visit www.aoa.gov/press/town_hall_meetings/thm.asp.

Save the Date: AoA Long-Term Care and Caregiving Conference in September

Meet us in Florida! Mark your calendar for the AoA event of the year. AoA is sponsoring a conference, *Making a Difference for an Aging America: Creating Caring Communities*, this September. The conference will feature sessions on expanding home and community-based services, caregiving, and more. Join us September 21-23, 2003, in Orlando, Florida. Details

will be forthcoming on the AoA website. For more information, contact Rick Greene, [Mailto:Rick.Greene@aoa.gov](mailto:Rick.Greene@aoa.gov) or Mindy Freedman, [Mailto:Mindy.Freeman@aoa.gov](mailto:Mindy.Freeman@aoa.gov).

AoA e-Cards: A Virtual Way to Show You Care

AoA now offers you another way to show someone you care. Try out our new AoA e-Cards in April. Send an e-Card to a business colleague, friend, or loved one. Our newest e-Card offers you a great way to celebrate National Volunteer Week (April 27-May 3rd) and thank someone you know who volunteers to help older Americans. To send an e-Card, go to www.aoa.gov/press/multimed/ecard/ecard.asp.

Policy and Program Updates

Surgeon General's Workshop on Osteoporosis and Bone Health Report

A new report on the Surgeon General's Workshop on Osteoporosis and Bone Health held on December 12 and 13, 2002, has been posted on the Surgeon General's website. The purpose of the workshop was to identify the most important issues in bone health to be used as a foundation for the writing of the upcoming *Surgeon General's Report on Osteoporosis and Bone Health* to be released in the summer of 2004. The workshop report provides the proceedings of the workshop, including recommendations from break-out groups and from public comments submitted to the Surgeon General's website prior to the workshop. The workshop recommended ways that health and community-based services could interact to address osteoporosis. To access the proceedings, go to www.surgeongeneral.gov/topics/bonehealth/.

National Alcohol Screening Day—April 10

As part of National Alcohol Screening Day (NASD) on April 10, the Screening for Mental Health, Inc. is offering free trainings across the country on screening for alcohol and brief intervention. NASD provides clinicians with the tools and information to screen and educate their patients and the public about alcohol use disorders, at-risk drinking, and the impact that alcohol has on overall health and well-being. The program is free and is funded by NIAAA and SAMHSA. Last year, for the first time, the program expanded its program to address the needs of the older adult population. For more information about the alcohol screening and intervention trainings, visit <http://www.mentalhealthscreening.org>.

HIPAA Privacy Rule and Program Services

Are you looking for guidance about the applicability of the Administrative Simplification provisions of the Health Insurance Portability and Accountability Act of 1996 to Older Americans Act programs and services? If so, AoA has information that is designed to be of help to State and Area Agencies on Aging. Visit the website at <http://www.aoa.gov/network/2001/hipaa092701.html>.

Making A Difference

AoA is launching a new AoA e-news column, *Making a Difference*, this month. Beginning in May, we encourage members of the National Aging Services Network to submit stories about how they make a difference in the lives of older Americans. The deadline for story submissions is the 15th of each month. Send submissions to e-news@aoa.gov.

Building Schools with Older Americans in Mind

A number of schools have made room for Older Americans, resulting in win-win intergenerational activities. The Jefferson County School Board, for example, operates a thriving senior center program at four schools in Louisville, Kentucky. At the Pleasure Ridge Park High School Nutrition Program more than twenty-five older participants tutor students. They also chaperone at school dances, participate in school field trips, and audit classes. Students reciprocate by delivering meals to homebound elderly on Fridays. The Pleasure Ridge Park High School Nutrition Program received Kentucky's Senior Center of the Year award in 2002 because of its intergenerational initiatives. The National Clearinghouse for Educational Facilities highlights a number of other examples of school facilities that are shared with community programs on their website. To see other examples of the benefits of co-locating services for older Americans with schools, visit www.edfacilities.org/pubs/agewave.pdf.

Grantee Spotlight

Award-Winning Georgia Nutrition and Physical Activity Program

The Georgia Division of Aging Services and its partners are tackling grim statistics in Georgia. They have developed the *Take Charge of Your Health* program because Georgia tops the charts for obesity rates and ranks at the bottom for participation in leisure time physical activity. Funded by AoA and others, the program reaches a target audience of older persons who participate in congregate meals programs with fun and lively messages, materials, and activities. The program resonates with audiences, based on positive results from a formal evaluation. The project is now being replicated in more than 20 states. The Dannon Foundation, The American Public Health Association, and USDA have all given awards to the *Take Charge of Your Health* program. Project educational materials are available by contacting Wellness Incorporated at (800) 786-1730 or visit <http://www.organwiseguys.com>. For more information about the program, contact Sudha Reddy at sureddy@dhr.state.ga.us.

News from the Field

State Directors on Aging Designated

Please join AoA in congratulating and welcoming new State Directors on Aging who will be serving in new roles as members of the National Aging Services Network. We look forward to working with these new State Directors in providing much-valued resources to older Americans and their caregivers. New State Directors include the following:

Jennifer Davis Carey, Massachusetts Secretary of Elder Affairs
Irene B. Collins, Executive Director, Alabama Department of Senior Services
Nora Dowd, Pennsylvania Secretary on Aging
Jeanette Hensley, Colorado Director of Aging and Adult Services
Charles Johnson, Director of the Illinois Department on Aging
Pamela Johnson-Betts, Secretary of the Kansas Department on Aging
Adelita Orefice, Director of the Rhode Island Department of Elderly Affairs
Patricia Polansky, Assistant Commissioner on Aging, New Jersey Department of Health
and Human Services
Jean W. Roesser, Maryland State Secretary for Aging
Carol Sala, Nevada Administrator of Aging Services

Aging States Project Report Just Released

A report released in March identifies recommendations and opportunities for collaboration between the Public Health and National Aging Services Network. The report resulted from a collaborative project between the Chronic Disease Directors and the National Association of State Units on Aging, with funding from AoA and CDC. The report notes that most states have fragmented and limited health promotion and disease prevention programs and services for older persons. One cause of fragmentation identified in the report is the lack of collaboration between state agencies that are responsible for health and those responsible aging programs. The report can be accessed at http://www.nasua.org/aging_states_project.pdf. For more information, contact Rick Greene, Rick.Greene@aoa.gov.

Senior Medicare Patrol Brochure Now in Seven Languages

The Outreach Resource Center for Culturally Diverse Elders has translated the AoA *Be Informed, Be Aware, Be Involved* Medicare fraud prevention brochure into six languages. The Center has translated the brochure into German, Korean, Laotian, Russian, Tagalog, Japanese, and Vietnamese to better serve the large number of older persons with language barriers. More than four million elders, age 65 and older, speak a language other than English at home, comprising 13 percent of the population aged 65 and older. AoA originally developed this brochure in English, Spanish, and Chinese. It also funded the Center to translate the brochure. The Center supports Senior Medicare Patrol projects funded by AoA as a national technical assistance resource center created to conduct outreach to culturally diverse and non-English speaking populations. To request copies of the brochures, contact the Center via the toll-free number 1(866) 367-2335 or e-mail force@elderaffairs.org. For more information, contact Doris Summey at Doris.Summey@aoa.gov.

Consumer News and Research

New HHS Bi-lingual Hispanic Helpline

The Department of Health and Human Services' Secretary Tommy Thompson announced the creation of the Su Familia National Hispanic Family Health Helpline in March. Su Familia will help Hispanic families get basic health information to help them prevent and manage

chronic conditions, and refer them to local health providers and federally supported programs. Su Familia is supported by the HHS Health Resources and Services Administration and the HHS Office of Minority Health. It was developed and is operated by the National Alliance for Hispanic Health. The toll-free helpline is open Monday through Friday, 9 a.m. to 6 p.m. Eastern Time. The phone number is (866-783-2645 / 866-SU-FAMILIA).

NCOA BenefitsCheckup Website

Consumers may want to check out The National Council on the Aging BenefitsCheckup website. This website helps people ages 55 and older who pay for some of their costs for prescription drugs, health care, utilities, and other essential items or services. Visitors can access two personal tools to find financial, health, and prescription drug resources. The BenefitsCheckup tool helps visitors find financial, health, and savings programs. The BenefitsCheckup Rx tool helps visitors find prescription savings. The website is a free and confidential service. For more information, please visit <http://www.benefitscheckuprx.org/>.

New NCI Publication for Hispanic Cancer Survivors

The National Cancer Institute (NCI) has created a new publication for Latino cancer survivors, their families and friends, and health care professionals. *Siga adelante: la vida después del tratamiento del cáncer* is a unique adaptation of *Life After Cancer Treatment*, a resource that offers scientific information from health professionals and coping tips from cancer survivors to help survivors face the challenges of life after treatment. The book is also now available online at <http://www.cancer.gov/espanol/vida-despues-del-tratamiento>. To order free copies, call 1-800-4-CANCER (1-800-422-6237).

Bazon Center for Mental Health Law Report

The Bazon Center for Mental Health Law recently released its latest report, *Last in Line: Barriers to Community Integration of Older Adults with Mental Illnesses and Recommendations for Change* supported by the Retirement Research Foundation. For a copy of the report, please visit <http://www.bazon.org>.

Of Interest

New Reports on Caregiving from the Family Caregiver Alliance

The Family Caregiver Alliance has recently published three new reports related to caregiving. They include the following:

The State of the Art: Caregiver Assessment in Practice Settings
Selected Caregiver Assessment Measures: A Resource Inventory for Practitioners
Insuring Your Future: What Caregivers Need to Know About Long-Term Care Insurance

The first two reports may be of particular interest to states because they address assessment tools and procedures. These reports can be downloaded at the following link:
http://www.caregiver.org/national_center/monographs.html.

On-line Aid for Participating in Federal Rulemaking

A Federal government website started this year makes it easier for our stakeholders and customers to participate in Federal rulemaking. On this site, you can find, review, and submit comments on Federal proposed and final rules that are open for comment and published in the Federal Register. The "Proposed Rules" section includes Notices of Proposed Rulemaking, Advance Notices of Proposed Rulemaking, and Extensions of Comment Periods. The "Rules" section includes Final Rules with Request for Comment, Interim Final Rules, Direct Final Rules, and Reconsiderations of Final Rules. Documents published in the general "Notices" category of the Federal Register, such as Sunshine Act meeting notices, environmental impact statements, and information collection notices are not listed. For more information, visit <http://www.regulations.gov/>.

Applying for Government Grants Online

Electronic Government or e-Government is one of the Presidential Management Agenda Initiatives. The government is moving toward conducting all business with the government electronically. If you are planning to submit a government grant application online through FedBizOps, a DUNS number is required. A DUNS number is a unique, nine-digit identification number that provides unique identifiers of single business entities. To obtain a number, go to the D&B website, <http://www.dnb.com/us/>. Look on the right side of the screen for the following question: Are you in D&B's database? Click the second bullet, Get a D&B D_U_N_S number for your business. Follow the instructions from there. You may also call D&B at 1-800-234-3867 to obtain a number.

Programs Designed to Help Seniors with Transportation

The *Supplemental Transportation Program for Seniors* (STP) report describes programs designed to assist seniors with transportation. The report covers the problems encountered and solutions provided by both grassroots and professional organizations. Award-winning systems are profiled. The STP approach gives professionals, older people, and their families a way for communities to develop viable transportation solutions for seniors. As the population ages and transportation demand increases, it is likely that more communities will experiment with STPs. The Beverly Foundation and the AAA Foundation for Traffic Safety developed the report and it is available on line at <http://www.seniordrivers.org/research/stp.pdf>.

Help Shape the National Agenda on the Environment and Aging

Administrator Christine Todd Whitman has made protecting the health of older Americans a priority for the Environmental Protection Agency. She is asking for public participation in the development of a National Agenda on the Environment and the Aging. Six public listening sessions – jointly cosponsored by local Area Agencies on Aging and Colleges of

Public Health – are being held to help identify environmental health threats that affect older persons, examine the impact that a rapidly aging population has on our environment, and encourage more older Americans to volunteer in their communities to reduce environmental hazards. Public comment also is being solicited through May 16, 2003. The Federal Register published a notice for public comment on March 4. For more information, visit EPA's new aging website at <http://www.epa.gov/aging>.

About AoA

AoA works with a nationwide network of organizations and service providers to make support services and resources available to older persons and their caregivers. For more information about AoA, please contact us by mail at U.S. Department of Health and Human Services, Administration on Aging, Washington, DC 20201; by phone at (202) 619-0724; by e-mail at aoainfo@aoa.gov; or visit us on the Web at <http://www.aoa.gov/>.

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