



January 2004

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Message from the Assistant Secretary: The New Year Brings New Opportunities for Enhancing Collaborations

The New Year in 2004 brings new opportunities to enhance our collaborations. AoA will be focusing on expanding our capacity through partnerships, something that members of the National Aging Services Network have been doing effectively for a long time. The new Aging and Disability Resource Centers Grant Program represents an example of such collaboration, as an historic joint partnership between AoA and the Centers for Medicare and Medicaid Services. This collaboration will build upon the consensus we've reached that long-term care in America should consist of an integrated system that is responsive to consumers and that offers streamlined access to all available long term support services. We continue to learn from your successes and applaud you in broadening your reach and expanding your partnerships. I wish a 2004 filled with health and happiness for each and every one of you, your family, and the clients you serve.

Josefina G. Carbonell

HHS Provides Help for Low-Income Households with Energy Costs

On December 19, HHS Secretary Tommy G. Thompson announced the release of \$598 million to states to help low-income citizens with their heating bills. These funds represent grants to states, tribes and territories under the Low Income Home Energy Assistance Program. A total of \$272.8 million was released immediately, completing first quarter allocations; and an additional \$325.1 million was released on

January 1, representing the states' full second quarter requests. For more information visit: <http://www.hhs.gov/news/press/2003pres/20031218.html>.

HHS Secretary Announces Modernization of Federal Grants Process

On December 9, HHS Secretary Tommy G. Thompson unveiled a new government-wide Web site that allows organizations to find and apply for federal grant programs. The site is a key part of President Bush's electronic government or e-gov initiative. Twenty-six federal grant-making agencies will post grant opportunities of more than \$360 million in annual grants on this Web site. For more information go to www.grants.gov.

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AoA News

Tribal Regional Training and Listening Sessions Scheduled for 2004

AoA will conduct two regional training sessions to provide training and technical assistance to Title VI grantees (Grants for Native Americans) during 2004. In conjunction with these meetings, AoA will also conduct a half-day Tribal Listening Session. The Tribal Listening Session will be a time for official representatives from AoA to hear directly from American Indian, Alaska Native and Native Hawaiian leadership regarding their concerns. For this next year the Tribal Training and

Listening Sessions are scheduled as follows: February 24-26, 2004 in Phoenix, Arizona and April 27-29, 2004 in Rapid City, South Dakota. To register for the February Sessions go to:

<http://www.olderindians.org/index.cfm?page=registration.cfm>.

New Information about two AoA Grant Programs Now Online

New information about two AoA grant programs is now available on the AoA Web site. These AoA grant programs, awarded in September 2003, are the *Evidence-Based Disease Prevention Grants Program* and *Aging and Disability Resource Center Grant Program*. The prevention grants are designed to demonstrate the efficacy of delivering evidence-based prevention programs for the elderly through community-based aging service provider organizations. The Resource Center grants are intended to create "one stop shop" centers to help consumers learn about and access long-term supports ranging from in-home services to nursing facility care. Additional resources on single point of entry systems to long-term care are available through the AoA funded Aging and Disability Resource Center Technical Assistance Exchange, and can be found on a new web site located at www.adrc-tae.org. For more information on the prevention grants visit:

<http://www.aoa.gov/prof/evidence/evidence.asp>, and on the Resource Center grants visit: http://www.aoa.gov/prof/aging_dis/aging_dis.asp.

Policy and Program Updates

Get Involved in National Women's Check-Up Day

HHS will celebrate National Women's Health Week on May 9-15, 2004 and its signature event, National Women's Check-Up Day, on May 10, 2004. AoA and the Department hope to expand the impact of National Women's Health Week this year by inviting your organization and others across the country to become National Women's Check-Up Day providers, or to host an event during the week. The celebration complements and supports our efforts to help all women take advantage of important preventive health care services and furthers the President's long-range initiative to expand health care services for people without health insurance through local health centers. Last year, more than 1,000 events, proclamations and health screenings occurred in every state, and thousands of women received preventive health information and services. All providers and event hosts will be listed on the National Women's Health Information Center Web site and may order free promotional and educational materials while supplies last at

<http://www.4woman.gov/whw>.

New FDA Resource for Older Supplement Users

The Food and Drug Administration has posted a new resource on its Web site, "Tips for Older Dietary Supplement Users." This new tool, specifically designed for older consumers, will help them become better informed about how dietary supplements decisions can affect their health and about the importance of consulting their health care team regarding supplement use. To download this information go to:

<http://www.cfsan.fda.gov/~dms/ds-savv2.html>.

Flu Update

The most recent information from the Centers for Disease Control and Prevention indicates that the U.S. exceeded the epidemic threshold for influenza for the last week in December. Availability of flu shots (trivalent inactivated influenza vaccine) is limited; additional doses of the vaccine previously purchased by CDC will be shipped to state and local public health agencies in January. The nasal spray flu vaccine (live, attenuated) continues to be available in both the private and public sectors. Given the limited supply of flu shot vaccine, what are the priorities for vaccinating adults and older children this season? CDC recommends that emphasis should be placed on targeting flu shots to persons at highest risk for complications from influenza, including all children aged 6-23 months, adults aged 65 years and older, pregnant women who are in their second and third trimester during influenza season, and persons aged 2 years and older with underlying chronic medical conditions. The next priority should be to give flu shots to those individuals at greatest risk for transmission of disease to high-risk individuals, including household contacts and health care workers. For more information visit: <http://www.cdc.gov/flu/>.

SAMHSA Consumer Scholarships Available for NMHA 2004 Conference

The Center for Mental Health Services within the Substance Abuse and Mental Health Services Administration is providing financial support to consumers of mental health services who wish to participate in the annual conference sponsored by the National Mental Health Association. Interested consumers should complete an application and letter or recommendation that must be received by March 5, 2004 in order to be eligible for this scholarship. The National Mental Health Association 2004 Annual Conference will be held June 9-12, 2004 at the Hyatt Regency Washington on Capitol Hill, Washington, DC. For conference information call 1 (800) 969-6642 or visit www.nmha.org.

Grant Funding Available for Intergenerational Caregiving Programs

The Johnson & Johnson/Rosalynn Carter Institute Caregivers Program is pleased to announce the availability of grant funding for communities to initiate, expand, and replicate caregiving programs with an intergenerational focus. The following states are eligible to submit abstracts for 2004 funding: Georgia, New Jersey, Mississippi, Ohio, and Oklahoma. Abstracts are being sought from groups that wish to work in partnership with organizations within communities and states to further the development of an infrastructure that supports intergenerational caregiving programs. Five awards will be made through a competitive grant process, one in each state listed above. The award amount is \$30,000 per site for one year. Deadline for receipt of abstracts is February 13, 2004. For more information, visit www.rci.gsw.edu/jj2004pracact.html, or contact Laura Bauer, Project Director for the J&J/RCI Caregivers Program, at laura@rci.gsw.edu.

Upcoming Real Choice Systems Change Conference

Register now for the next Real Choice Systems Change Conference sponsored by the Centers for Medicare and Medicaid Services. The conference, "Building Systems so that Money Follows the Person," is scheduled for March 1-3, 2004 in Baltimore, MD. This event is intended to showcase CMS-funded Real Choice grantee efforts, including the AoA/CMS Aging and Disability Resource Center grantees, to improve services and supports for individuals with disabilities and long-term illness, and to facilitate the sharing of lessons learned across states. The conference will also highlight important CMS initiatives and New Freedom Initiative activities across

Federal departments. The conference is open to Real Choice grantees and other interested individuals as space is available. Registration is free. For more information and to register on-line go to:
<http://www.nashp.org/cmsconference2004/>.

Making A Difference

Health Promotion Curriculums Win a 2003 NCOA Best Practices Award

An important mission of senior centers and senior living communities is to provide members and residents with access to ongoing health promotion education. Seniors Unlimited received a 2003 "Best Practices Award" from the National Council on the Aging's Health Promotion Institute for Health Education Curriculums. NCOA recognized Seniors Unlimited for providing everything necessary (power point slide shows, activity handouts, tri-fold information brochures, promotional flyers and descriptions of how to present the topic) to present two 30-minute seminars on important health topics for older adults. Developed by company president Kay Van Norman, expert in the field of health and wellness for older adults, curriculums include; *Living well with Arthritis, Living well with Osteoporosis, Living well with Diabetes, Physical Activity & Independence, Whole Person Wellness, Stress Management, and Fall Prevention*. For more information contact Kay Van Norman at (406) 587-0786 and/or check the SENioRS Unlimited website at www.seniorsunlimit.com

South Florida Model Respite and Adult Day Service Program

The Seymour Gelber Adult Day Care Center in South Dade County, Florida is a model program, in that it serves the community through a public-private partnership and serves a very impaired population of clients. The Center provides structured daytime care for functionally impaired citizens who are over 60 years of age, and respite care services to caregivers. The Center, in effect, provides respite for families during the day and allows caregivers the opportunity to work while the Gelber Center provides a safe, nurturing, and stimulating environment for their loved one. This center offers tremendous caregiver support, health promotion, and community interventions. Services include nursing, counseling, social services, restorative services, medical and health care monitoring, exercise, field trips, recreational activities, access to physical, occupational and speech therapy, medication administration, well-balanced meals, and transportation to and from the facility. The adult day care programs offer a variety of programs and activities, including yoga, horticulture therapy, music therapy and reminiscence activities, arts and crafts, sing-a-longs, dancing, puzzle solving, and special monthly activities and holiday programs. The Gelber Center's Intergenerational and Volunteer Programs also are critical to the success of the Center. For more information contact Ela Goldfarb at Egoldfarb@jcsfl.org.

A Call to a Senior Legal Helpline Results in Multiple Benefits

A simple call for information to an AoA-funded Senior Legal Helpline can result in a positive effect on the quality of life of those seniors served. Take the case of 72-year old Mrs. N. from western Iowa who recently lost her husband. She contacted the Legal Hotline for Older Iowans to find out how to get her home transferred to her name. The Helpline attorney advised her about how to accomplish this and referred her case to the Volunteer Lawyers Project to complete the required probate. Mrs. N paid no attorneys' fees because she had virtually no assets and a very limited

income. The Helpline attorney also advised Mrs. N. to apply for the Low-Income Home Energy Assistance Program and for Supplemental Security Income. When Mrs. N. applied for SSI, she was told that she would be eligible when the probate was complete. The Helpline attorney determined that Mrs. N. in fact owned the property beginning at the time that her husband died and faxed this information to the local social security office to demonstrate that Mrs. N. owned the property. Mrs. N. was then determined to be eligible for SSI and her monthly income increased by almost one-third. For more information about legal helpline services go to: http://www.aoa.gov/eldfam/Elder_Rights/Legal_Assistance/Legal_Hotline.asp.

Of Interest

New Brochure Designed to Protect Seniors from Predatory Lending

As part of an AoA grant, the National Consumer Law Center recently produced the consumer education brochure "High-Cost Home Loans: Don't Be a Target." Many seniors have substantial equity in their homes, but live on fixed incomes and need help covering the costs of home repairs or unforeseen expenses. Predatory lenders try to capitalize on this need for cash by offering loans with high interest rates, excessive fees, and unnecessary add-ons. When seniors get loans they can't afford, they quickly fall behind and ultimately face foreclosure. The NCLC brochure provides seniors with easy-to-understand information that can help them to avoid predatory home loans. Prevention is key because it is very difficult to recover a home lost through foreclosure. By disseminating this brochure widely, aging services providers can play a critical role in protecting seniors from this threat to their well-being and independence. The brochure is available in English, Spanish, and Chinese. To download the brochure go to:

http://www.consumerlaw.org/initiatives/seniors_initiative/content/highcost_homeloans.pdf or request copies at nclc@consumerlaw.org.

Utah Senior Technology Showcase Delivers Workshops to Sellout Crowd

Senior Technology Showcase conducted demonstrations and workshops to a sellout crowd of 2,000 seniors, with participation of more than 60 vendors. Sponsored by the State of Utah's Division of Aging and Adult Services, the Showcase was held in Sandy, Utah, a suburb of Salt Lake City on November 21-22. The Showcase was conceived as a way to demonstrate to older adults how they can successfully use computer technology to remain engaged with their families, community and with their local, state and national government. Older adults attended workshops where they learned how to use computers and then access web sites. Demonstrators and workshop leaders illustrated how older adults and their families can successfully use computer technology to gain the information and products that they will need to make their retirement years more meaningful, enjoyable and productive. For example, demonstrations included how computer technology can be used to safely conduct electronic banking and electronic purchases while safeguarding privacy. Showcase sponsors would like to make the Showcase an annual event and expand to other locations in Utah and to other states. For more information contact Sheldon Elman at selman@utah.gov.

Hospice Foundation of America National Bereavement Teleconference

The Hospice Foundation of America's 11th Annual National Bereavement Teleconference will focus on "Living With Grief: Alzheimer's Disease." This program,

moderated by Cokie Roberts of ABC News, will be broadcast Wednesday, April 28, from 1:30pm to 4:00pm EDT. An expert panel will discuss what is known medically about the diagnosis, progression, and treatment of the disease. The panel also will explore some innovative programs for patients and caregivers coping with Alzheimer's; focus on the particular grief issues that patients and families face during the course of this illness; and examine the challenges and opportunities that Alzheimer's disease presents to clinicians, caregivers, hospice workers, and policy advocates. The panel also will discuss dementias other than Alzheimer's disease. For more information and to register visit:
<https://www.hospicefoundation.org/teleconference/registration.htm>.

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http://www.aoa.gov/press/enevletter/archive/enevletter_archive.asp

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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 www.aoa.gov.

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