



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

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**Note:** The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.



09-125

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen M. Nau

**DATE:** May 12, 2009

**SUBJECT:** Care Coordination

**REMINDER: June 3, 2009 Training**

**Care Plans**

Are you ready to refresh your knowledge of writing good client care plans? Do your planned services meet your clients' needs? Can you see your care plan evolve in your clients' notes? Faye Cates will aid you in answering all these questions at 9:00 A.M. on June 3, 2009 either in the VDA conference room or via video-conferencing.

**Money Follows the Person**

Do you know a client who has been in a long-term care facility for six months or more who may be capable of living with supports in the community? Is the client willing to leave the facility? Jason Rachel of DMAS will explain how you and the Money Follows the Person Program can help these individuals achieve independent living.

Please let me know if you plan to attend the training at VDA or via video-conferencing. For video conferencing, I will need to know the name and location of the site. I will need the name of a contact person at the site as well as their phone number – **NO LATER THAN COB on May 18, 2009. (I would recommend reserving the video-conference site until 1:00 P.M.)** I will consult with our expert trainers as to the length of their presentations. Most local offices of the Virginia Department of Health have video conferencing capability.



09-126

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

May 12, 2009

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Tim Catherman  
Director Administrative Services

**RE:** 2010 Area Plan

VDA will make available the 2010 Area Plan documents on the web next week. Group training was last conducted by VDA in 2008. Since there have been very few changes from last year, we don't see the need for group statewide training this year. However, if you have new staff completing the forms, we can see about holding a conference call or individual training if needed.

If you have this need, please contact me.



**COMMONWEALTH of VIRGINIA**  
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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors  
Health Promotion and Disease Prevention Coordinators

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** May 12, 2009

**SUBJECT: Health Promotion Resources**

**May is Older Americans Month**

A meeting with the National Council of Senior Citizens resulted in President John F. Kennedy designating May 1963 as Senior Citizens Month, encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter's proclamation changed the name to Older Americans Month, a time to celebrate those 65 and older through ceremonies, events and public recognition. For interesting facts about older adults in America, please visit:

<http://tinyurl.com/c42ddm>, and for further information, please also see:  
[http://www.aoa.gov/AoARoot/Press\\_Room/Observances/oam/oam.aspx](http://www.aoa.gov/AoARoot/Press_Room/Observances/oam/oam.aspx)

**May is also Stroke Awareness Month**

Stroke is the third leading cause of death in the United States. It is also a leading cause of serious long-term disability. While most strokes occur in people aged 65 years and older, strokes can occur at any age. New treatments are available that can reduce the damage caused by a stroke for some victims. But these treatments need to be given soon after the symptoms start. Knowing the symptoms of stroke, calling 9-1-1 right away, and getting to a hospital are crucial to the most beneficial outcomes after having

a stroke. The best treatment is to try to prevent a stroke by taking steps to lower your risk for stroke. For more information, please visit:

[http://www.cdc.gov/dhdsp/announcements/stroke\\_awareness\\_month.htm](http://www.cdc.gov/dhdsp/announcements/stroke_awareness_month.htm)

### **May is also High Blood Pressure Education Month**

May is National High Blood Pressure Education Month. About 73 million people in the United States have high blood pressure, which is also called hypertension. High blood pressure increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. Researchers estimate that high blood pressure will cost more than \$73 billion in direct and indirect costs in 2009. World Hypertension Day is May 17. For more information about how you can prevent or control high blood pressure, please see:

[http://www.cdc.gov/DHDSP/announcements/hbp\\_education\\_month.htm](http://www.cdc.gov/DHDSP/announcements/hbp_education_month.htm)

### **QuickStats: Life Expectancy at Age 65 Years, by Sex and Race -- United States, 2000-2006**

CDC's MMWR, released on May 8, 2009, found that from 2000-2009, the most recent years for which data are available, life expectancy at age 65 years increased by 0.9 year for the overall U.S. population. A figure and link to the complete report may be found at:

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5817a7.htm?s\\_cid=mm5817a7\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5817a7.htm?s_cid=mm5817a7_e)

### **CDC's Healthy Aging Program At-A-Glance 2009**

The CDC Healthy Aging Program has released its annual "At-A-Glance" document entitled *HEALTHY AGING: Improving and Extending Quality of Life Among Older Americans*. This document addresses critical opportunities to improve older adults' health and quality of life, as well as what CDC is doing to promote healthy aging. A few CDC-funded programs are also highlighted. Please learn more at:

<http://www.cdc.gov/nccdphp/publications/aag/aging.htm>