



COMMONWEALTH of VIRGINIA
Department for the Aging

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October 27, 2009

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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.



COMMONWEALTH of VIRGINIA
Department for the Aging

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: October 27, 2009

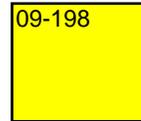
SUBJECT: Clothing Recall

I am sending this because it looks like something some of our older clients might wear. Please view the complete story at the following link:

<http://www.cpsc.gov/cpsc/pub/prerel/prhtml10/10017.html>

U.S. Consumer Product Safety Commission (CPSC) and Blair LLC, of Warren, Pa., are expanding Blair's voluntary recall of women's full length chenille robes to include additional chenille robes and three other chenille products all manufactured by A-One Textile & Towel.

In [April 2009](#), Blair recalled 162,000 chenille robes after it learned of three robes catching on fire, including one report of second degree burns. Blair then received several reports of deaths allegedly due to robes catching fire. This prompted a second news release in [June 2009](#) to again alert consumers to the burn hazard for the chenille robes. After this re-announcement, Blair received four additional reports of deaths allegedly due to the robes catching fire. Three of these victims were cooking and a fourth was tending a pellet stove; three of the four victims were in their 80s and one was in her 70s.



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

DATE: October 27, 2009

SUBJECT: Funding Opportunity

The National Chronic Disease Director's Association (NACDD) is offering **Action Communities for Health, Innovation, and EnVironmental ChangE** (ACHIEVE) funds.

Communities can apply for \$75,000 for a three year funding cycle (not \$75,000 per year) to create healthy communities by promoting local leadership and action to reduce chronic diseases and conditions through implementation of policy, systems and environmental change strategies specifically to increase physical activity, prevent tobacco use, and promote healthy nutrition.

ACHIEVE works through local coalitions or community organizations to facilitate sustainable improvements working in partnership. ACHIEVE works through a five-phase process: coalition building/commitment, assessment, prioritization and planning, implementation, and evaluation.

Please look at the ACHIEVE information at <http://www.chronicdisease.org/>. Other groups within a community (besides local health departments) may apply for this money. Anyone applying through the NACDD will need to send their application

Funding Opportunity
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through VDH, Division of Chronic Disease Prevention and Control, and they will submit all collected community applications in one package (this is a requirement of NACDD not VDH). This will assure that if communities are interested, the VDH division will be able to also apply for state support and be ready to provide technical assistance to communities.

The application is fairly easy. Please SHARE the word.
If you need any further information, please contact:

Ramona Dawn Schaeffer, Director
Division of Chronic Disease Prevention and Control
Virginia Department of Health
109 Governor Street, Richmond, VA 23219
804-864-7888
ramona.schaeffer@vdh.virginia.gov



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MEMORANDUM

TO: Executive Directors
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FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: October 27, 2009

SUBJECT: More Flu Resources

2009 H1N1 influenza vaccine and seniors

CDC answers questions regarding those aged 65 and older and the H1N1 influenza vaccine on this website with Frequently Asked Questions. To view this page and learn more about H1N1, please visit:

http://www.cdc.gov/H1N1flu/vaccination/vaccine_seniors.htm.

Influenza updates and information about H1N1

Flu activity is increasing in most of the United States with more than half of all states reporting widespread influenza activity. So far, most flu is 2009 H1N1 flu (sometimes called "swine flu"). CDC expects both 2009 H1N1 flu and seasonal flu to cause illness, hospital stays and deaths this season. CDC has issued recommendations regarding who should get vaccinated against seasonal flu and 2009 H1N1 flu, including adults aged 65 and older. To learn more, please visit: <http://www.cdc.gov/flu>

Following is a helpful chart explaining the differences between a cold and the flu that was sent by DHRM.

Know the Difference between Cold and H1N1 Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.



09-200

COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: October 27, 2009

SUBJECT: Project 2025 Free Audio Conferences

Free Audio Conference Series

Do your senior centers, congregate meal and housing sites and Area Agency on Aging clients need informative programs of interest to the elderly and their caregivers? Kathy Pryor, a lawyer at the Virginia Poverty Law Center and a member of the Virginia Caregiver Coalition, announces a series of **free** audio conferences sponsored by Project 2025 and the Virginia Poverty Law Center. Each audio conference will last one hour with time for questions at the end of the presentation.

Audio conference topics include: Foreclosure Rights; An Explanation of Medicare/Medicaid; Debtor's Rights; Guardianship, and Predatory Lending. The conferences are scheduled for November 10, 12, 17, 18 and 19. All presentations are at 11:00 A.M. with the exception of the 3:00 P.M. session on November 12. A flyer describing each audio conference, its presenter and registration information is attached to this email. It can be downloaded, copied and distributed to senior sites as well as to individual clients of your Area Agency on Aging. It can accompany a home-delivered meal or be distributed by providers to their in-home services clients. Spread the word about these free and informative conferences! For further information, contact Robert Gardner: 804-782-9430 Ext. 32 or Robert@vplc.org.

**Virginia Poverty Law Center and Project 2025 present:
Free Audio Conference Series**



Introducing a joint project between VPLC and Project 2025: Free Audio Conferences! Each Audio Conference will be a one hour presentation on the topic, designed with the elder lay person in mind. Each Conference will allow listeners to ask questions at the end.

**November 10, 2009, 11:00 A.M., Foreclosure Rights with:
Jim Naggles, Esq., VPLC
Paula Sherman, Housing Opportunities Made Equal, Inc. (H.O.M.E.)**

FORECLOSURE CAN BE AVOIDED! COME LEARN ABOUT YOUR RIGHTS WITH JAMES NAGGLES, ESQ., AND PAULA SHERMAN, FROM H.O.M.E. YOU CAN FIGHT FORECLOSURE AND ASSERT RIGHTS TO YOUR PROPERTY.

**November 12, 2009, 3:00 P.M., Medicare/Medicaid Explained with:
Jill Hanken, Esq., VPLC**

MEDICARE AND MEDICAID CAN BE A CONFUSING SET OF FEDERAL AND STATE LAWS AND REGULATIONS. JOIN JILL HANKEN, ESQ., NOTED EXPERT, AS SHE WORKS THROUGH SOME COMMON MISCONCEPTIONS ASSOCIATED WITH MEDICARE AND MEDICAID.

**November 17, 2009, 11:00 A.M., "What If I Can't Pay My Bills?" with:
Jay Speer, Esq., VPLC
Marty Wegbreit, Esq., Central Virginia Legal Aid**

IN THIS ECONOMIC DOWNTURN, SO MANY OF US ARE FINDING OUR FINANCIAL OBLIGATIONS HARDER AND HARDER TO KEEP UP WITH. HOWEVER, AS A DEBTOR, YOU DO HAVE RIGHTS! JOIN US FOR A ONE-HOUR PRESENTATION ON DEBTOR'S RIGHTS.

**November 18, 2009, 11:00 A.M., Strategies to Avoid Guardianship and
Demystifying the Guardianship Process If All Else Fails:
Kathy Pryor, Esq., VPLC
Paul Izzo, Esq., Thompson and McMullen, P.C.**

GUARDIANSHIP CAN BE A DIFFICULT DECISION FOR A FAMILY TO MAKE. PLANNING AHEAD CAN SOMETIMES AVOID THE NEED FOR GUARDIANSHIP, AND UNDERSTANDING THE PROCESS CAN LESSEN THE BURDEN IF IT IS NECESSARY. LEARN ABOUT ALTERNATIVES AND THE BASICS OF GUARDIANSHIP LAW FROM ELDER LAW ATTORNEYS PAUL IZZO AND KATHY PRYOR.

**November 19, 2009, 11:00 A.M., Predatory Lending
Jay Speer, Esq., VPLC
Dana Wiggins, VPLC**

PREDATORY LENDING IS A SERIOUS PROBLEM IN VIRGINIA. HOWEVER, TO KNOW YOUR RIGHTS IS TO BE ABLE TO FIGHT BACK AGAINST SUCH PRACTICES. JOIN DANA WIGGINS, VA PEARL RESPONSIBLE LENDING COORDINATOR AND JAY SPEER, ESQ., FOR A ONE HOUR DISCUSSION ON WHAT YOU NEED TO KNOW AND HOW TO PROTECT YOURSELF.

**TO REGISTER
CONTACT ROBERT GARDNER: 804.782.9430
EXT. 32 OR
ROBERT@VPLC.ORG**



09-201

COMMONWEALTH of VIRGINIA
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: October 27, 2009

SUBJECT: Caregiving and Veterans

The Centers for Medicare & Medicaid Services (CMS)

CMS will hold a **Caring for Veterans and Their Families Meeting** on Wednesday, November 4, 2009 from 9:00 a.m. – 12:00 p.m. at the American Legion Headquarters at 1608 K Street, NW in Washington D.C. The forum will review the efforts of various caregiver organizations, veteran service organizations and other groups to meet the needs of veterans and their families. You will have the opportunity to share information about your group's caregiver efforts on behalf of veterans and their families. To attend the event, you must register on-line by October 30, 2009. Please access [Please Click here to Register for the Caring for Veterans and Their Families Meeting](#). To request special accommodations, please contact Taye Hailu, Sr. at 301-577-0244, ext. 24, or thailu@blseamon.com.

Department of Veterans Affairs Hunter Holmes McGuire Medical Center

A Resource Fair will be held on Tuesday November 17, 2009 from 10 A.M. until 2:00 P.M. for veterans and their caregivers in the Multipurpose Room of the McGuire Veterans Medical Center located at 1201 Broad Rock Boulevard in Richmond, Virginia. The goal of this National Family Caregiver Month activity is to assist veterans and their caregivers with accessing resources at both the VAMC and in the community. If interested in providing your agency materials at this event, please contact me at Ellen.Nau@vda.virginia.gov

Aging Stories - Oldest Living Recipient of the Congressional Medal of Honor

The National Newsletter of the Sons and Daughters of Pearl Harbor Survivors, Inc. reports that a huge birthday celebration was held by the U.S. Navy for John William Flinn, the oldest living Medal of Honor recipient on July 25, 2009. Mr. Flinn is a member of the Pearl Harbor Survivors Association in the San Diego, California area and turned 100 on July 23, 2009. Lt. Flinn was stationed at Kaneohe Bay on December 7, 1941 and was a World War II recipient of the Medal of Honor. At his birthday party, Mr. Flinn was honored with proclamations from every state, with the Texas proclamation being delivered by Governor Rick Perry. Birthday greetings were conveyed to Mr. Flinn by the crew of the space ship Endeavor as it orbited over North Africa.

Lt. Flinn's citation for the Medal of Honor notes that he manned a .50-caliber machine gun mounted on an instruction stand in a completely exposed section of a parking ramp at the onset of the first wave of the Japanese attack on the Naval Air Station at Kaneohe Bay on December 7, 1941. He continued to man the machine gun and return enemy strafing fire although painfully wounded many times. After receiving medical attention, he returned to the aircraft squadron area and supervised the rearming of returning U.S. planes.

Mr. Flinn continues to age gracefully and actively. He attended the 2008 Sons and Daughters of Pearl Harbor Survivors/ Pearl Harbors National Convention and the 2009 reunion of Medal of Honor Recipients in New York City.