



PALCO News

Everyone at PALCO wishes you a very safe and happy Fourth of July Holiday!

This month the April-May-June 2010 Quarter Statements will be mailed out to the Veterans after July 6 at their listed addresses.

Over the past month we have noted that some people are having problems when they fax items to PALCO, just a reminder we have two Fax numbers you may use:

(501)753-4535

(501)753-2616

Just a reminder that for employees mailing or faxing their time sheets, the deadline for a check to bank payment is the Wednesday before Pay Day Friday. If a fax or mail is received after that date, only a hard copy check will be sent. Hard copy checks will usually go out on the Monday after Pay Day Friday.

Reimbursement Requests

If you are sending in anything other than a time sheet (i.e. requests for mileage reimbursement, reimbursement for other services or goods) please make sure to add a cover-sheet noting what you are wishing reimbursement for, what part of your budget it is listed under, the amount requested, and attach all receipts.

Veteran Employers, please make

sure that when you send in requests for reimbursement or other bills to be paid, note what portion of your budget it is to be taken from and the address to which you wish the check to be sent.

Any requests for mileage, reimbursement for services or goods sent in separately from the time sheets will be paid by check as quickly as they can be processed.

Do not send in mileage if you do not have mileage on your budget, it will be unpaid if not on your signed budget. When in doubt, look at your budget to verify that the expense you submit is on the budget. If it is not, please contact Thom Wilson, your VDHCBS Consultant and he will change your budget to provide the mileage, service, or goods that you wish to be reimbursed for.

PALCO Information:

Phone: (501) 753-4933

Toll Free Number:
1-877-710-0457

Fax: (501)753-4535 or
(501) 753-2616

ATTN: Shari Briley

Address:
PALCO Inc
ATTN: VD-HCBS
PO Box 13280
Maumelle, AR 72113

AAACT Classes and Group information

◆Community Now—

Caregiver Support Group
Starts July 7@10 am Info:
(254)770-2339

◆Taking Control of Your Chronic Illness

starts July 12 for Info call:
(254)770-2339

◆AAACT Monthly Class Nursing Home Medicaid

July 21 @10am
CTCOG Building
Room B-D9 Belton
Info (254)770-2357

◆Matter of Balance Class

Registration Classes start:
August 4 in Temple
Info: (254)770-2334

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From the Consultant's Desk

Our enrollment numbers are currently resting at 32 active veterans (we had one veteran pass away in June) and a total year enrollment of 38. We are still awaiting a decision from the VA in Washington pertaining to additional funding to restart enrollment. In the meantime, if you have a veteran friend who may be appropriate, have them contact their VA physician and request the HHA consultation and mention VDHCBS as an option. The HHA Coordinator, Anna Hauser is maintaining a waiting list for VDHCBS applicants.

I want to remind you that you are fully funded and your personal VD-HCBS program is in no danger. We will await further funds coming from Washington to add additional veterans to the program.

This month PALCO will be sending out the Third Quarter (April thru June 2010) Statement on your program expenses. I will be calling later in July to schedule your reconciliation meeting to see where you are on your program.

We now have our own web page located at the AAAC Webpage:

www.centexaaa.com

Log on to that page and click on the Veterans Directed Services area and our webpage will appear. Missed back issues of the newsletter? You can find them there. Want to receive the newsletter electronically? You can sign up for it there.

I am happy to announce another caregiver support group called Community Now in which, the AAAC and S&W have joined forces to provide a free pro-

fessionally led caregiver support group / See the Article on the next page for more information.

Any questions about your VDHCBS program or Budget please contact your Consultant :

Thomas Wilson, LMSW
254-770-2359 Or 1-800-447-7169 ext 2359 (message service available)

Cell phone: 254-721-2626 (no message service available)

Email: thomas.wilson@ctcog.org
mail: AAAC (VD-HCBS)
PO Box 729
Belton TX 76513

July and August Payroll Dates

6/25 to 7/9

Time Sheet due 7/14

Payroll processed 7/16

7/10 to 7/23

Time Sheet due 7/28

Payroll processed 7/30

7/24 to 8/6

Time Sheet due 8/11

Payroll processed 8/13

8/7 to 8/20

Time sheet due 8/25

Payroll processed 8/27

8/21 to 9/03

Time Sheet due 9/8

Payroll processed 9/10





Community Now is an exciting new opportunity for Caregiver Education & Self Help for Community Living. It will replace an AAA caregiver support group; the "Come & Go Group," which was developed by Peggy Naugle and the Caregiver Education and Training Program.

Community Now will continue to draw resources established under CLP and the Central Texas ADRC. It is an educational and self-evidence based program that offers Respite for group Participants when they attend the group meetings.

The two-hour **Community Now** sessions offer two distinct components, currently not offered in Caregiver Education & Training workshops: an education and training piece and a self-help support group.

Education and Training will provide skills training by the CLP Long Term Care Specialist team, Guest Speakers, and Client Interaction and Participation.

Some of the topics that will be explored each week include:

- Taking Care of You; Caregiver Wellness and Personal Care
- Providing Hands-On Care in Your Home
- Home Safety; Identifying Risks and Hazards in the Home
- Legal Issues

- Financial Issues, Medicare/ Medicaid 101, Budgeting a Fixed Income
- Changes in Relationships; From Spouse to Caregiver, Grief and Loss
- Engaging Activities for Caregivers and Care Recipients
- Care giving Skills, Training and Caregiver Safety
- Dementia and Memory Problems: What is Dementia?
- Communication Skills Between Caregivers and Persons with Dementia
- Developing Strategies for Coping with Strong Feelings and Emotions
- Stress Management Strategies, Relaxation Techniques, Identification
- Depression and Related Emotional Disorders
- Dementia Related Behaviors: Wandering, Aggression, Sundowners, etc.
- Grief and Loss
- Medications
- Dealing with Driving (this is also a component of loss)
- Community Resources
- Caregiver Abuse and Elder Abuse
- Choosing and Hiring a Care

provider

- Long-Term Care Facilities and Community Living Alternative

Community Now meetings are scheduled every Wednesday at 10:00 AM at the CTCOG building 2180 North Main, Belton Texas beginning July 7th, 2010.

An evening session of **Community Now** has tentatively been scheduled for August 19th, 2010. The venues for evening sessions are to be announced at Scott & White CDM at 5:00 PM.

Topics for each week will be disclosed in a bi-monthly newsletter calendar mailed to participants and posted on an on-line calendar.

Participants are asked to commit to at least 12 weeks of the program, full attendance is strongly encouraged to establish a more productive and supportive group. Four Respite hours per week are available to caregivers in order for them to attend the group weekly.

For more information or to register please call: Peggy Naugle (254)770-2339 or 1-800-447-7169 ext 2339.



Heat Stress in the Elderly and the Disabled

Elderly people (that is, people aged 65 years and older) and the physically disabled are more prone to heat stress than other people for several reasons:

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- If disabled, they are more likely to have a chronic medical condition that changes normal body responses to heat. They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke

Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced

replacement of fluids.

Signs and Symptoms of Heat Exhaustion

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

What You Can Do to Help Protect Elderly Relatives and Neighbors

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Encourage them to increase their fluid intake by drinking cool, nonalcoholic beverages regardless of their activity level.
Warning: If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot.
- Take them to air-conditioned locations if they have transportation problems.

What You Can Do for Someone With Heat Stress

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.



Hill Country Community Action offers Weatherization Assistance

Through the Weatherization Program, energy conservation measures are addressed to help eligible families reduce fuel consumption for heating and cooling.

This program uses the EASY Audit to determine what measures need to be done to the home, i.e., insulation, weather stripping, new doors and windows, replacing inefficient heating and cooling appliances.

Health and safety instruction is also provided, as well as checking homes for the presence of carbon monoxide. Both carbon monoxide and smoke detectors are installed in all weatherized homes.

Households receiving TANF or SSI are categorically eligible for weatherization. Other households' income must be below 125% of the Federal Poverty Income Guidelines to be eligible.

Weatherization services are provided in the following thirteen counties: Bell, Coryell, Hamilton, Lampasas, Llano, Mason, Milam, Mills, San Saba, Erath, Somerville, Burnet, and Williamson.

To apply for services, contact the *HCCAA Center in your area, the Central Office in San Saba or one of the following locations:

Bell County Human Services Center
11 North 2nd St Temple TX 76501
(254) 770-6842

Bell County Human Services Center
201 E. Ave D, Killeen TX 76541
(254)519-2260

Bea's Kitchen
101 E Main, Cameron TX 76520
(254)697-2243

Hill Country Community Action
Central Office
2905 West Wallace,
San Saba TX 76877
phone: 325-372-5167



Health Tips for Beating the Heat

Hot and humid weather can be more than just uncomfortable, it can pose a threat to people's health.

To avoid heat-related illness on hot days:

- Drink plenty of water or fruit and vegetable juices. Seniors should have plenty of water intake like 4-8 glasses a day even though they do not feel thirsty. It is recommended also to minimize their intake of alcohol and caffeinated drinks, grab a glass of water or any sports drink instead. Also, eating fresh fruits and vegetables can help hydrate the body as well as keeping the body

healthy. In order to know that there is proper hydration, the urine must already be in clear color.

- Limit your time outdoors, especially in the afternoon when the day is hottest.
- Be careful about exercising or doing a lot of activities when it is hot. Stay out of the sun, take frequent breaks, drink water or juice often, and watch for signs of heat exhaustion or heat stroke.
- Dress for the weather. Loose-fitting, light-colored cotton clothes are cooler than dark colors or some synthetics.
- This is a time for ice cream — Give everyone, even the seniors, a cool treat like ice creams, popsicles, and any other frozen refreshing treats to keep everyone cool during the hot season
- Drinking a drink with ice will help to keep the you cool in the heat.

If you live in a home without fans

or air conditioning:

- open windows to allow air flow
- keep shades, blinds or curtains drawn in the hottest part of the day or when the windows are in direct sunlight.
- Try to spend at least part of the day in an air conditioned place like a shopping mall, a senior citizen center, a store, the library, a friend's house, or the movies.
- Cool showers can help, too.
- Do not use a fan when the air temperature in the room is above 95 degrees — it will blow hot air, which can add to heat stress.

If you live alone or are alone during the day arrange for friends or family to visit or call several times a day to assure that you are doing well and able to handle the heat. Do not be afraid to ask for help or support from others.

**AREA AGENCY ON
AGING OF CENTRAL
TEXAS**

**VETERANS DIRECTED
HOME & COMMUNITY
BASED SERVICES**

2180 North Main
PO Box 729
Belton Texas 76513

VDHCBS Consultant:
Thomas Wilson, LMSW
254-770-2359 Or 1-800-
447-7169 ext 2359
(message service available)

The Area Agency on Aging of Central Texas (AAACT), under the federal Older Americans Act, is administratively responsible for the development of a comprehensive and coordinated system of services for the population over age 60.

The Veterans Directed Home and Community Based Services Program is administered by the AAACT under a joint pilot program funded by the Department of Veterans Affairs and the Administration on Aging. The Veterans Directed Home and Community Based Services Program is open to Veterans of all ages who meet criteria for the program

**Upcoming
Holidays For the AAACT**



**AAACT/ VDHCBS Office
will be closed in observance
of Independence Day on
July 5, 2010**

**WE ARE ON THE WEB:
WWW.CENTEXAAA.COM**

