



Central Texas Veteran Direction

JUNE 2010

VOLUME ONE ISSUE 7

PALCO News

Our monthly consult call with PALCO went well this month. Jon Sweeney, PALCO representative noted that he has started to mail out forms for those veterans who have power of attorneys or designated representatives. Some of the forms have had a change in how they must be filled out and the forms needing changes have been sent out with directions of how they are to be signed.

If you have received these forms please follow the directions and complete the signature lines again. If you have any questions please call Sharri at PALCO 1-877-710-0457 and she will talk you through the form and answer any questions you have.

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.

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 that 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.

Remember that large purchases may have to be reimbursed over several months as your funds become available.

Our third quarter reconciliation will be sent out in July for the months April through June, please assure that you have all the expenses mailed in before the end of the month of June for this quarter.

PALCO INFORMATION:

Phone: (501) 753-4933

Toll Free Number:
1-877-710-0457

Fax: (501)753-4535 or
(501) 753-2616
ATTN: Sharri Briley

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

AACT Special Events

- ◆ **The Savvy Caregiver**
Group meets every Wednesday 10am-Noon
- ◆ **A Matter of Balance Class:**
Managing Concerns about Falls
call 254-770-2334 to register for the next class.
- ◆ **June 16 10 am What is the VDHCBs Program**
by Thom Wilson LMSW
CTCOG Meeting Room
2180 North Main
Belton TX 76513



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*Thank You Veterans of
D'Day June 6, 1944*



June



From the Consultant's Desk

It's hot, and humid, and for some reason the old Rogers and Hammerstein song comes to mind, "June is Busting out all over" now that we are in the heat of June.

It looks like we will be in for a scorcher this summer. Remember to keep out of the heat during the middle of the day, have fans to circulate the air around you to help cool you off, and drink plenty of water to avoid dehydration.

Our enrollment numbers are currently resting at 33 active veterans and a total enrollment of 38. It looks like we will be here for a while as the Central Texas Veterans Health System has capped enrollments this month like they did in April.

This is not always a bad situation as 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.

In the meantime, now is a good time for me to get an opportunity to schedule some face to face visits to assure that your program is working well for you.

If you have not had a chance yet to complete the VDHCBS Satisfaction Survey attached to this newsletter, please take time to fill it out and mail it back to me.

We will be using these forms to tweak the program and make it a better program for you and possibly be able to streamline enrollment processes.

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: AAAct (VD-HCBS)
PO Box 729
Belton TX 76513

June and July Payroll Dates

5/28 to 6/11

Time Sheet due 6/16

Payroll processed 6/18

6/12 to 6/25

Time Sheet due 6/30

Payroll processed 7/02

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

Any Questions about VDHCBS?

VD-HCBS Consultant Thom Wilson will be at the Central Texas Council of Governments Assembly Room to present an Introduction to the Veteran's Directed Home and Community Based Program and answer questions about the program from members of the Community. This is a great time to have you or your family members get answers about this pilot project of the Department of Veterans Affairs and the Administration on Aging. For information call 254-770-2359.

Avoiding Falls in the Bathroom

If you have fallen lately, you are not alone. More than 11 million people over the age of 65 fall every year -- that's 1 of every 3 senior citizens. Falls can be a serious problem -- they are a major cause of injury, restricted mobility, and loss of independence. One of the major places that people have falls is in the bathroom.

Here are some hints to avoid those falls:

- Grab bars to get into and out of the tub
- Use a bath chair or stool in the shower
- Don't use throw rugs or wax on the bathroom floor

- Use a raised toilet seat with arm rails
- Buy soap on a rope, or put a bar of soap in a nylon stocking with one end tied to a towel bar

The good news is that many falls can be prevented. Falls prevention programs can start by looking around the patient's or elderly person's home. Let's see what the fall prevention experts say.

- The most important step you can take to prevent falls is to maintain as much strength and coordination as possible by following your doctor's instructions on taking your medications, eat-

ing properly, and exercising.

- The next step is to look around your home for hazards that could lead to a fall, and correct them.

The area Agency on Aging of Central Texas offers a special program to prevent falls called *A Matter of Balance Class: Managing Concerns about Falls*.

Register for the next free class by calling 254-770-2334 .



Helping the elderly beat the heat

News tips from the Harvard Health Letter

BOSTON--As the population ages, a growing number of people become more vulnerable to extreme summer heat. In 2003, a heat wave was blamed for 14,800 deaths in France. The July issue of the Harvard Health Letter offers tips for the elderly to beat this summer's heat. In addition to heading for the air conditioning, staying out of the sun, and wearing loose, light clothes:

REVIEW YOUR MEDICATIONS

Painkillers, for example, can reduce awareness of the heat. Talk to your doctor about your medications if temperatures are climbing, especially if you're not protected by air conditioning. Older people are also more likely than younger folks to be taking medications that cause fluid loss (and therefore dehydration), including some laxatives, furosemide (Lasix) to counteract water retention, and other diuretics for blood pressure control.

CHECK UP ON A NEIGHBOR

Social isolation is a major risk factor for heat-related illness and death.

STAY HYDRATED

Thirst declines with age, and older sweat glands don't produce as much sweat as they used to. The sweat that is produced tends to contain more salt, and lack of salt in the body can lead to sudden drops in blood pressure.

LISTEN TO YOUR BODY

Muscle cramps, fatigue, weakness, impaired concentration, confusion, lightheadedness, nausea, labored breathing, chest discomfort, and a rapid or erratic pulse can all be signs of trouble. If you feel ill -- even just a little -- get to a cool place, drink plenty of cool water, and seek medical help if you don't improve promptly.

**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

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



**Up-Coming
Holidays For the AAACT**



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