



Central Texas Veterans Direction

VOLUME TWO NUMBER 3

DECEMBER 2010

AAACT INVITES YOU FOR THESE SPECIAL DECEMBER AREA EVENTS

December 6 6pm
Temple Christmas Parade

December 4,5, 11 & 12
7pm The Christmas Carol
Salado Tablerock Theater

December 3,4,5 & 10,11,12
The Salado Christmas Stroll

December 11 4pm
Killeen Christmas Parade

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PALCO NEWS

The entire staff at PALCO, Inc want to wish you a Happy and safe Holidays!

Larry, Jonathan & Sharri

With the Holiday Season upon us, it is very important that you submit your bills in a timely manner to assure that you are not caught at the end of the month with a handful of receipts that are not submitted and short funds for the Holidays.

If you fax your timesheets and receipts make sure you use a cover-sheet that includes:

Palco Inc
Attn: Sharri Briley
Fax: (501)753-4535 OR
(501) 753-2616

This will assure they get to the proper people at PALCO.



*We wish you the Happiest of
Holiday Seasons!*

PALCO Information:

Phone:
(501) 753-4933
Toll Free Number:
1-877-710-0457

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



Giving your Employee a Holiday Bonus ?

It is still not too late. If you submit a 2010 Holiday / Christmas Bonus with your time-sheets for the period ending December 12, your employee would receive their bonus in the December 17 Paycheck in time to use it for their last minute Holiday Shopping.





From the Consultant's Desk

The Area Agency on Aging and the Aging and Disability Resource Center of Central Texas who sponsor the Veterans Directed Home and Community Based Services Program wish you a Happy and safe Holiday Season!

about the effectiveness of the program. The surveys indicate reduction of the use of the Emergency Room and a significant reduction in the hospitalizations for most veterans enrolled in the VDH CBS program..

Just a Reminder

Some of our Veterans have called recently because they have not gotten their reimbursements in what they see as a timely manner. Please remember that PALCO reimbursement for a your veteran expenses incurred each month will be processed on the 8th of the following month and limited to the amount budgeted and available in your account. Each month a proportionate amount from your monthly funds is divided among all of your budget items.



HANUKKAH

I have certainly been busy this past month with the renewal of our Veterans reenrolled in the VDH CBS Program. We have several pending applications for increasing some Veteran's budgets based upon their 2060 evaluations indicating the need for additional care.

When it is time to renew your enrollment, I will contact you to do an AAA 2060 assessment that will determine your needs for Activities of daily Living and your Independent Activities of Daily Limit. This results in a score that will note that you are at basic, intermediate, or severe levels of need. The VA will then determine how much funding you will receive for the rest of FY 2011 through September 30, 2011.

To Contact Your VDH CBS Consultant

Thom Wilson, LMSW
Phone: 254-770-2359 or
1-800-447-7169 ext 2359
(message service available)

Email: thomas.wilson@ctcog.org

mail: AA ACT (VD-HCBS)
PO Box 729
Belton TX 76513

The response to our mailed out Satisfaction Survey was gratifying. We had more surveys returned this time than we had on our first survey in the spring. From the Survey we were able to provide valuable information to the CA



PAYROLL SCHEDULE

11/13 to 11/26

Time Sheet due 12/01
Payroll processed 12/03
Send your Employee
Holiday Bonuses in



11/27 to 12/10

Time Sheet due 12/15
Payroll Processed 12/17
Last Chance Holiday Bonus
submission

12/11 to 12/24

Time Sheet due 12/28
Payroll processed 12/31

12/25 /2010 to 1/8/2011

Timesheet due 1/13/2011
Payroll processed 1/15/2011

Questions about
Payroll issues?
Call PALCO at
1-877-710-0457

BRUSHING TEETH-TRAINING YOUR PERSONAL CARE AIDE

Brushing teeth is an important part of personal care. If routine care of the teeth is overlooked, problems may develop that affect your veteran's ability to chew and eat.

Teeth should be brushed at least twice a day. A soft bristle toothbrush is preferable and is gentle on the gums.

If you must assist your veteran to brush teeth, gloves should be worn. The mouth contains bacteria that can be harmful if transmitted to others.

Encourage your veteran to do as much for themselves as they can.

If your veteran has memory loss, gentle reminders such as putting the toothbrush up to their mouth is often enough to prompt them to complete the task as an assisted independence task.

It is important to look in the mouth of your Veteran for any problems.

A penlight may be used to inspect the mouth for signs of redness or swelling that may indicate a problem. Use caution when placing your fingers near the veteran's mouth.

Special Mouth Care

In some cases you may not be able to use a toothbrush. For these cases a physician or dentist may recommend that you use sterile cotton swabs or Toothettes (soft sponges on a stick that are disposable after each use). These are used either soaked in mouthwash or plain water or with professionally directed hydrogen peroxide, salt water solution. If your veteran has dry lips a cotton swab with petroleum jelly will help.

Some signs of mouth pain can include spitting out food, crying or moaning at mealtime, or refusal to eat. Veterans with loose or broken teeth need to be taken to a dentist. Short acting sedatives may be needed if the Veteran has dementia and refuses needed dental care.

Toothbrushes should be stored in an upright position and open to the air to prevent mold or bacterial growth. It is recommended that toothbrushes be changed out every three months. Drinking cups should be routinely disinfected by run through the dishwasher.

Denture Care

Denture care is an important part of oral care. If dentures are not cleaned routinely and properly the Veteran can develop sore gums.

Here are specific tips to help you clean and sanitize your Veteran's dentures:

- Clean your veterans dentures every day. Cleaning dentures daily with a denture brush and soaking them in a cleanser solution will help keep your veteran's dentures looking white and bright, while preventing plaque buildup and denture odor.
- Rinse and brush your veteran's dentures in clean, warm water with a denture brush.
- When cleaning dentures, don't brush too hard; you don't want to damage any plastic or metal parts of the dentures. If needed, moisten the denture brush to avoid damages or scratches to the denture surface. Brush with water or the denture cleaning solution. Do not use toothpaste it is too abrasive for the polyacrylic used in most dentures.
- Brush your veteran's gums, tongue, and natural teeth with a

fluoride toothpaste, before reinserting the dentures. This will help remove plaque from the teeth, stimulate circulation in the mouth, and help maintain good oral health.



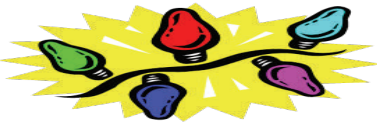
- After brushing, rinse with a mouthwash, to give your veteran's mouth a refreshed feeling.
- Never try to adjust your veteran's dentures yourself. This might cause harm to your veteran's mouth or damage to the dentures.
- Schedule six month visits to your veteran's dental professional regularly as recommended by the American College of Prosthodontists (ACP). Rely on him or her for advice and answers to specific questions about your veteran's oral care .

Careful!!! Dentures Break

Dentures can be very delicate. They may break or otherwise become damaged if they are dropped, even from a height of just a few inches. As a way of making an accident less likely to happen, you should consider employing one of the following two safety measures when you brush your Veteran's dentures.:

1. Hold the dentures over a sink or dishpan that has been filled with several inches of water.
2. Hold the dentures over a towel that has been folded over once or twice.

The idea associated with each of these is that if you do drop your denture, its fall will be cushioned by the towel or water and therefore will be less likely to be damaged.



HOLIDAY SAFETY



Holidays can be a time of fun and an ideal opportunity to shop, decorate, and socialize. Holidays also seem to bring with them unexpected accidents and mishaps. Whether the holiday is Christmas, Hanukkah, Kwanzaa, New Years or any holiday that you find yourself decorating, shopping or going out to celebrations, some common sense and a few tips to remember can help avoid many of these mishaps:



Decorative lights

Decorative lights are not just for Christmas anymore, but all the rules that apply to Christmas lights should apply. Check for frayed wires, if you find any, discard them. Check whether lights you are using are indoor or outdoor. Use accordingly. Look for and use the newer 'cool' burning lights. Do not run cords where they will trip someone.

Be careful if you are climbing a ladder to hang Christmas Lights or decorations around the home. If you find yourself to be unsteady or dizzy, perhaps you should ask a relative or family friend to assist you in decorating your home. We often have a decorating party in our home and use our grown children and agile grandchildren to help us to decorate our home.

For those with small children or grandchildren, you will want to assure that your electrical cords are not accessible to the small children or your pets. These cords pose an additional threat of electrocution or strangulation to both. Lights should not be strung on metal poles or other metal objects.

Indoor and Outdoor Decorations

Indoor decorations offer their own set of mishaps. Children and adults alike get used to a room layout from day to day. Any disturbance or addition to this familiarity can lead to a fall or bump. Try to not put any decorations in common walk areas. Avoid rearrangement of furniture to accommodate decorations unless necessary. If there are elderly or disabled people in the home or someone that has inhibited vision take special care and warn them of any changes.

Outdoor decorations should follow these same rules, plus: Do not block pathways. Do not block views associated with driveways. Make sure any decoration outside is secured to avoid it becoming a 'flying' hazard if there is wind. Do not rely on electrical cords for this purpose.



Holiday Candles

The Holiday season is full of lighted candles. The menorah of Hanukkah, the Advent Candles of Christmas, and the Unity Candles of Kwanzaa are all significant parts of these holidays. Open Flames are dangerous and should not be left unattended when lit.



Here are a few safety rules to use when using a lit candles for the holidays:

- Candles should be in/on a sturdy nonflammable container/base that is large enough to collect dripping wax
- Candles should be blown out or extinguished before you leave or go to sleep
- Candles, kids and pets don't mix. Keep them away from each other
- Never put candles on a tree, in windows or near exits

As an alternate to a lit and burning candle, there are now unscented and scented electric/battery operated candles and votive candles that you can use instead of the traditional candles. Some of these even have the same smell as a scented holiday candle and will flicker in the same manner as a candle with an open flame.

HOLIDAY SAFETY (CONTINUED)

**Christmas Trees**

If you have a live tree, place away from heat sources, such as fireplaces or heaters. Keep watered.

As visually appealing as many of the new light up decorations are, never place them by the tree. They can cause an additional threat of fire. Make sure tree is secure in stand. Never allow children to play with or by the tree, it can fall or ornaments can cause choking hazards. Remove tree right after the holiday. And discard the Christmas Tree properly; do not leave it by the house, as this is also an additional threat of fire.

Plants and Small Ornaments

Plants and small ornaments offer their own set of hazards. Some plants, like Poinsettias and Mistletoe are poisonous and you should never have them in a house where children are present. Not even 'just for the holiday'! Pets can also fall

prey to poisonous plants. Small ornaments or even the hooks used to hang them can pose a choking threat to children and pets. Keep well out of reach of children. Children also love to climb and there is nothing more tempting to entice a child to climb where they should not be, than decorations up high. Keep this in mind when planning your overall decoration scheme. Materials that ornaments are made of should be considered. If you have a choice of glass or soft fabric ornaments, again, think of them and go with the fabric.

Shopping

Elderly persons shopping on foot are urged to take caution during the holiday season.



Common crimes include purse snatching, picking pockets, & store employee theft. Seasonal thieves target elderly and disabled persons – particularly females – as easy victims. Elderly and disabled people often have mobility problems and most don't see as well as they used to. The frail appearance and inattention of older persons makes seniors particularly vulnerable to crime. Seniors can easily fall victim to purse-snatching thieves and pick-pockets in shopping centers, malls, or other public places. It's not just the grab-and-run thief that scores big during the holidays. A thief can pose as a

Good Samaritan, store clerk or cashier.

Here are a few tips to have a happy and safe shopping trip:

- Take a younger adult relative or companion along on the shopping trip.
- Consider using a walking cane or other mobility device as a weapon if necessary, or carry an umbrella. Elderly men and women that don't use a cane might consider carrying one for protection.
- Don't carry large amounts of cash. Take only the cash or credit card(s) or checkbook needed and leave the extra cards and money at home. Leave personal information cards at home. Don't write a PIN number on a credit/debit card or in a checkbook. Don't carry a PIN in a wallet or purse.
- Park close to the store entrance.
- Avoid shopping after dark or early in the morning.
- Don't carry a wallet in a back pocket (or at least button the pocket).
- Women should carry a purse that can be zipped closed (as opposed to one that has drawstrings or a single snap opening).
- Be cautious about accepting help from strangers eager to load groceries or packages into a car.

**May you Have a
Happy & Safe
Holiday Season!**

*Area Agency on
Aging of Central Texas
Veterans Directed Home &
Community Based Services*

**2180 North Main
PO Box 729
Belton Texas 76513**

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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.**

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

Upcoming Holidays

The AAACT/ VDHCBS
Office will be closed in
observance of

**Christmas
December 24
New Years
December 31**

