



VD-HCBS Program Observes First Year Anniversary

We have reached the First Anniversary of the Veterans Directed Home and Community Based Services Program here in the Area Agency on Aging of Central Texas.

In the past year we have served 39 Central Texas Veterans as they have self-directed their home and community services. Currently we have 30 Veterans who are being served by the VDHCB program.

We have only had two veterans that have had to leave their homes to enter into a Long-Term Care Facility on a permanent basis. These veterans had to disenroll due to major medical changes in their care that required additional skilled and custodial services on a 24 hours a day basis that the family and paid caregivers could not provide.

We have had 5 veterans who moved from intermediate service levels to intensive levels over the past year. In order to progress from intermediate to intensive level of services another 2060 ADL Assessment was completed. Should you experience a greater need for assistance with your ADLs please contact your consultant to arrange for a reassessment.

With the beginning of the second year there are several things that I need to remind you as VDHCB participants.

1. Assure that you continue to meet regularly with your VAMC Primary Care Physician (at least every 6 months) to assure your physician's support for continued HHA and VD-HCBS services for you.

2. Remember that the month prior to your renewal for the year, your VD-HCBS Consultant will visit you to determine your current care needs and ADL level for the next year of VD-HCBS Services. During this assessment your ADL needs may remain the same or be shown to need have a lower or higher care need than the previous year. This assessment will determine the rates for your next year's program rates.
3. All enrollment periods for FY 2011 will end on the same date 30 September 2011 as this is the end date of the VDHCB pilot program. We will know by July or August what level of VDHCB programs will continue to be offered by the Central Texas veterans Healthcare System (CTVHCS).



Thank you for your active support during our first year. I look forward to continuing the honor of serving as your VDHCB Consultant over the next year.

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

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

AAACT PROGRAMS OF INTEREST:

- **Obstructive Sleep Apnea, Restless Leg Syndrome & Insomnia**
October 6, 2010
9am-11:20 am
AAACT—Belton
- **Welcome to Medicare**
October 20th, 2010
9:00-12:00
AAACT—Belton
- **Planning Ahead For All The Right Reasons**
October 26th, 2010
10:30am—noon
AAACT—Belton

More Classes on page 4



INSIDE THIS ISSUE:

<i>PALCO News</i>	2
<i>Payroll Dates</i>	2
<i>Flu Season</i>	3
<i>Upcoming Classes</i>	4
<i>Community Now</i>	5
<i>Training Your Care-giver about Bed Bugs</i>	6
<i>Holidays</i>	8
<i>Timesheets</i>	9



PALCO News



We can hardly believe that a year of serving you in the VDHCBS Program has been completed. We at PALCO congratulate you on the first anniversary of the VDHCBS Program and look forward to continuing to provide your financial management services over the next fiscal year 2011.

With the end of September we have concluded the fourth quarter of FY 2010. You will be receiving in the mail your quarterly statement for this time period. Your VDHCBS Consultant, Thom Wilson, will be visiting with you to discuss your program expenses and accounts in October and November.

With November and December coming, We would like to remind you that you may have holiday pay and Holiday bonuses that will be scheduled for pay out in either November or December.

Make sure that if you have these budgeted you should clearly indicate Holiday Pay or Holiday Bonus both on the coversheet of the timesheet and on the time sheet to assure that it is paid how and when you want it to be paid to your employee. It is important to assure that you have a budget in which Holiday Pay or Holiday Bonuses are clearly in the Budget prior to sending them in.

Remember, if it is not in the Budget, we can not pay it out.

For Christmas Bonuses Make sure you submit it on the time sheet and clearly note what it is for and when it is to be paid.

In preparing for your budgets for the next FY 2011, remember that only one month minus \$100 can be forwarded to the next year. If you have not spent all of your fund those funds can be forwarded to fully fund your next years Emergency Plan. We highly recommend doing that with any funds left over from one year to the next. See your VDHCBS Consultant Thom Wilson to discuss this during your next program renewal meeting.

Need to contact PALCO:

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

9/18 to 10/01
Time Sheet due 10/06
Payroll processed 10/8

10/02 to 10/15
Time Sheet due 10/20
Payroll processed 10/22

10/16 to 10/29
Time Sheet due 11/03
Payroll processed 11/05

10/30 to 11/12
Time Sheet due 11/17
Payroll processed 11/19

11/13 to 11/26
Time Sheet due 12/01
Payroll processed 12/03

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



Maintaining Your Health

During the Flu Season

The Food and Drug Administration (FDA) has approved the vaccines that will be available this fall to protect people against several seasonal flu (influenza) viruses expected to be in circulation this fall and winter. This 2010–2011 seasonal influenza vaccine contain the following three vaccine viruses:

- A/California/7/2009 (H1N1) virus
- A/Perth/16/2009 (H3N2) virus
- B/Brisbane/60/2008 virus.

Influenza is a respiratory infection that sickens millions of people each year and can cause serious complications, especially in children and older adults. Fortunately, the flu vaccine — available in the form of a flu shot — offers protection against the flu. Here are the answers to common questions about flu shots.

When is the flu vaccine available?

The flu vaccine is generally offered between September and mid-November, which is typically before the late-fall to early winter start of flu season. However, getting a flu shot even later in the flu season may still protect you. It takes up to two weeks to build immunity following a flu shot.

Why do I need to get vaccinated every year?

You need annual flu protection because the influenza virus changes from year to year. The flu vaccine you got last year wasn't designed to fight the virus strains in circulation this flu season.

Who should get the flu vaccine?

Most people who want to reduce the risk of getting influenza can get a flu shot. The CDC recommends the flu vaccine each year if you:

- Are age 6 months up to 19 years
- Are pregnant
- Are 50 years old or older
- Have a chronic medical condition such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system such as from some medications or HIV infection
- Are a resident of a nursing home or other long term care facility
- Are a child care worker or health care worker or live with or care for someone at high risk of complications from the flu

Who shouldn't get the flu shot?

Don't get a flu shot if you:

1. Have had an allergic reaction to the vaccine in the past.
2. Are allergic to chicken eggs.
3. Developed Guillain-Barre syndrome, a serious autoimmune disease affecting the nerves outside the brain and spinal cord, within six weeks of receiving the vaccine in the past. People who have experienced Guillain-Barre after the flu vaccine are at higher risk than are others of developing it again.
4. Have a fever. Wait until your symptoms improve before getting vaccinated.

What are my options for the flu vaccine?

The flu vaccine comes in two forms, a shot and a nasal spray. The Flu shot is the recommended method for those over 50 or with a chronic health condition as it contains an inactivated vaccine made of killed virus. The injection is usually given in the arm. Because the viruses in the vaccine are killed (inactivated), the shot won't cause you to get the flu, but it will

enable your body to develop the antibodies necessary to ward off influenza viruses. Can be used in people at increased risk of flu-related complications, including pregnant women and those with chronic medical conditions

I heard the flu shot isn't very effective for older adults. Is it worth getting vaccinated if you're over 65?

If you're over age 65, the vaccine doesn't offer as much protection as it would to someone younger because older adults produce fewer antibodies in response to the virus. Still, the vaccine offers more protection than does skipping the shot altogether. More important, the flu vaccine decreases the risk of flu-related complications — especially pneumonia, heart attack, stroke and death — to which older adults are especially vulnerable.

Can I lower my risk of the flu without getting a flu shot?

With or without a flu shot, you can take steps to help protect yourself from the flu and other viruses. Good hygiene remains your primary defense against contagious illnesses.

1. Wash your hands thoroughly and often with soap and water or an alcohol-based sanitizer containing at least 60 percent alcohol.
2. Avoid touching your eyes, nose or mouth whenever possible.
3. Avoid crowds when the flu is most prevalent in your area.
4. Cover your mouth and nose with a tissue when you cough or sneeze.



UPCOMING COMMUNITY CLASSES

"Taking Control of Your Chronic Illness"

Sept 23 - Oct 28
9:00am - 11:30am - Killeen

Oct 5 - Nov 9
10:00am - 12:30pm - Taylor

Oct 6 - Nov 10
5:30pm - 8:00pm - Belton

Oct 14 - Nov 18
4:00pm - 6:30pm - Waco

To register please call 254-770-2330

Powerful Tools for Caregivers

Oct 6 - Nov 10
5:30pm - 8:00pm - Belton

*Free to the public, 2.5 hour, 6 week class, spaces are limited

(check to see if respite is available so caregivers can attend the class by calling 254-770-2339)

Scott & White Pulmonary/Sleep Lab presents
Obstructive Sleep Apnea, Restless Leg Syndrome & Insomnia
October 6th, 2010 9:00-11:30

Area Agency on Aging of Central Texas
2180 North Main, Belton TX 76513

Guest Speaker: Kim English, MSN, RN, FNP with Scott & White Pulmonary Department
Let's discuss insomnia and the health concerns by not getting enough sleep

Space is limited, registration recommended. 254-770-2330



Welcome to Medicare October 20th, 2010 9:00-12:00

Area Agency on Aging of Central Texas
2180 North Main, Belton TX 76513

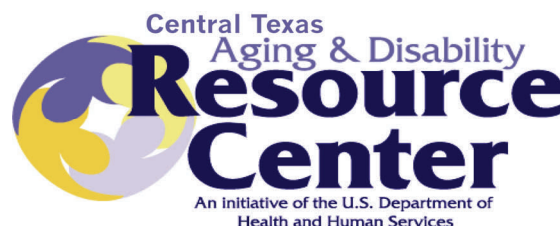
Monthly Workshop: This is an excellent opportunity to get your questions answered about Medicare. The workshop is presented by a member of the Texas State Insurance Board who is an expert on Medicare. Registration is recommended. This workshop fills up every year! 254-770-2330

Crawford-Bowers Funeral Home presents Planning Ahead For All The Right Reasons October 26th, 2010 10:30 - 12:00

Area Agency on Aging of Central Texas
2180 North Main, Belton TX 76513

Guest Speaker: Linda Miller

- Starting the conversation about pre-need funeral
- How to plan and steps to take
- Learn to take the uncomfortable out of preparing for death





COMMUNITY NOW

Caregiver Education & Self Help for Community Living

Meets every Wednesday
10:00 AM to 12:00 PM

Area Agency on Aging of Central Texas
2180 N. Main
Belton, Texas 76513

Our Goals:

- Keeping loved ones out of nursing homes by promoting home care by improving caregivers' knowledge base, emotional state, and stress management.
- The promotion of self reliance through empowerment, knowledge, and social networking.
- Connectedness between the client and their community, which can be utilized to assist the caregiver and their loved one through education, interconnectedness, and support.
- To provide hope to clients as they transition from spouse, friend or family member to caregiver to the eventual processing of their loved one's death.

Weekly meetings include education & professional speakers along with a group therapy session with a supervised intern counselor.

Respite is available to caregivers who would like to attend but are unable to leave their loved one home alone. The loved one must be 60 years or older. Please allow 5-7 days to process.

To apply contact

Peggy Naugle 254-770-2339

peggy.naugle@ctcoq.org



Training Your Caregiver About Bed Bugs

Infestations of Bed Bugs are up 5000 % as are the number of reported attacks! The nightmare begins when a Bed Bug finds its way into your client's clothing; it usually happens at a hotel but can start anywhere. Hospitals, businesses, homes, busses, apartments and hotels are just a few places where bed bugs are being reported. It is said that bed bugs don't transmit disease from feeding on your blood; however, an engorged bedbug can burst at the slightest bit of pressure exposing you to human blood. If that blood is infected, then you run a risk of infection as well. Taking a few simple precautions can prevent the nightmare from ever happening.

We are providing you ,the caregiver with information to help determine if your client has bed bugs and how to deal with an infestations.

Bed Bug Infested Mattress

Finding bed bugs in the home has nothing to

do with poor hygiene! It takes only one bed bug to hitch a ride on your clothing (furniture, suitcase, etc) and infest the residence. What's worse is that they can live up



An Infested Mattress

to one year without drinking a drop of blood. Feeding takes about 10 to 15 minutes for adults and less for the nymphs; they feed about every three days. Depending on the conditions, bed bug nymphs can survive for months without feeding.

Bed Bugs are insects, more specifically, 'True Bugs', which have piercing mouthparts that in most species are used for feeding on plants. Unfortunately, This is a species of bugs with

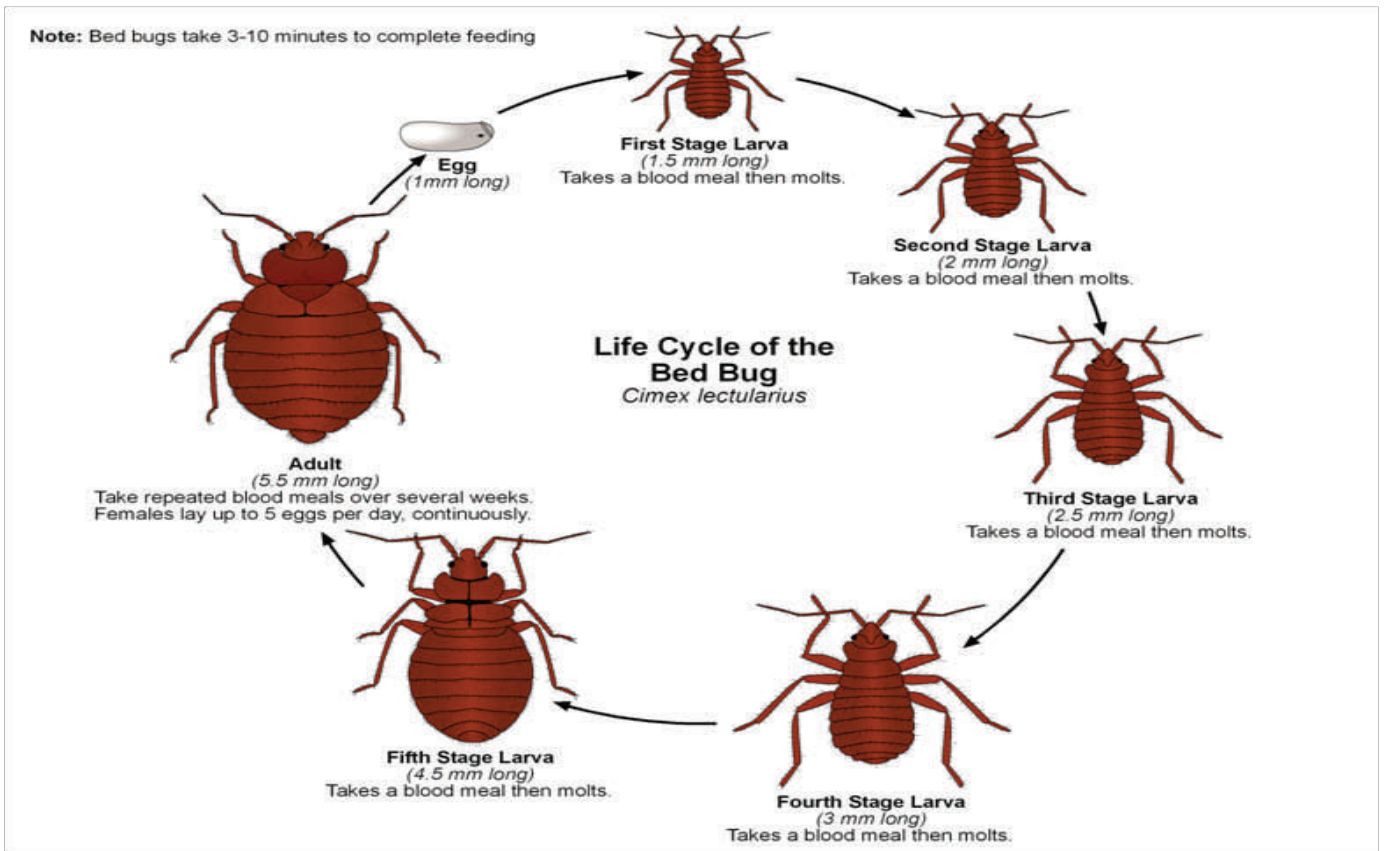
mouthparts that have been adapted to feed on human blood while inflicting very little pain (most never feel the blood feeding).

Bed Bug Lifecycle

The eggs are white and about 1mm long. The nymphs look like adults but are smaller. Complete development from egg to adult takes from four weeks to several months depending on the temperature and amount of feed available.

How do you know if you have bed bugs?

Bed bug bites are the best way to determine if you have bedbugs. In the photo that follows you'll see a visitor who was bitten by bedbugs; he itched throughout the night. You may find that your client's bites are not this bad; not everyone reacts the same to bites.





Bed Bugs (continued)



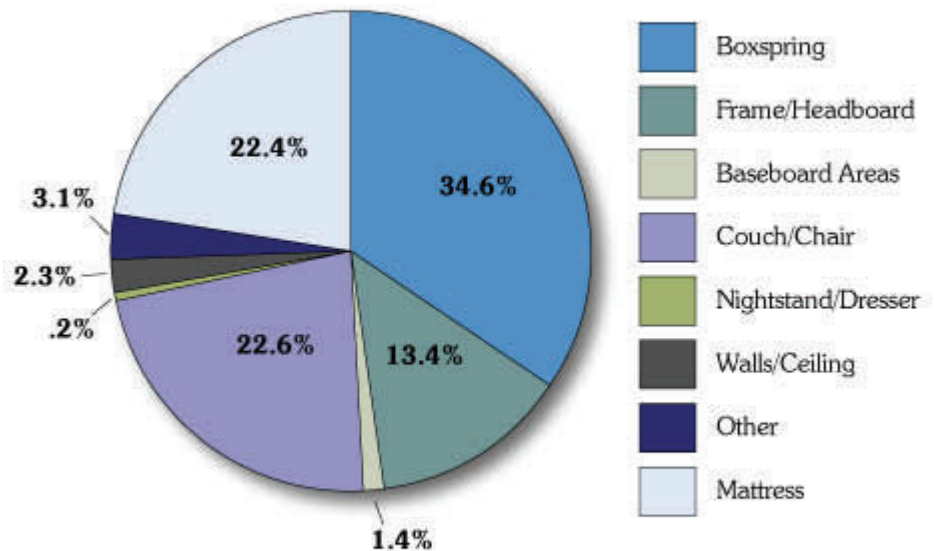
The grouping is a good sign. If your Veteran has such a reaction, check with the VAMC doctor who may recommend an antihistamine or topical cream to relieve any itching and or burning. Discourage the Veteran in scratching the bites as this may lead to infection!

If you suspect your client has an infestation, encourage the Veteran to contact a licensed exterminator. You can try to do it yourself using the tips found here, but your odds are a lot better letting a licensed professional handle it.

Here are the facts about Bed Bugs:

- Bed Bugs are flat, brown, wingless and about 1/4 of an inch
- They have 6 legs, shiny reddish-brown but after a good serving of your blood, they appear dark brown and swollen as in the picture below.
- They can be seen with the human eye, but do a great job at hiding
- Bed bugs are not known to carry diseases, but they do feed on human blood preferring to do it in the dark when you're sleeping
- Simply using chemical treatments will not remove the infestation
- These bugs love to hide in the seams of your mattress including: Sofa seams ,Cracks in the bad frame and or head board, under chairs, couched, beds and dust covers, under rugs, edges of carpets, drawers, baseboards and window casings, behind light switches, electrical outlet plates, cracks in plaster, televisions, radio clocks and phones, backpacks, sleeping bags, Clothes, and

BED BUG HIDING SPOTS



Distribution of bed bugs found in 13 infested apartments

Source: University of Kentucky

- Behind wallpaper, picture frames and other dark areas

Quick tips to help remove bed bugs

- The best way to deal with bed bugs is by sealing your mattress and pillows with a plastic or hypoallergenic zipped cover. This traps the bugs that are inside your pillow and prevents them from feeding and kills them over time - remember, a nymph can live for two months without feeding, an adult can survive more than 12 months!
- Do not apply any pesticide to mattresses or surfaces that would come in contact with the skin unless the pesticide specifically states that the product can be used in this manner.

NOTE:

If you notice bedbugs are in the home Call a local pest-control company for a more thorough inspection and/or remediation. Local pest control companies said there are no over-the-counter pesticides available to combat bed bugs.

- Wash all your linens and place them in a hot dryer for 20 minutes (or you can freeze

them at -5 C or below for five days).

- You can vacuum to capture bed bugs and their eggs, but because the eggs are embedded to the fabric, you may have to scrape the surface. Once you have vacuumed everything, immediately place the vacuum bag into a plastic bag, seal it tight and dispose (outside).
- Seal items mentioned above to prevent the bugs from hiding. You can place glue boards or sticky tape around your bed and in the room to catch the bed bugs as the move around; this gives you a way to monitor the effectiveness of your efforts.

If you follow these simple instructions, you will be able to assure that your Veteran employer maintains a healthy environment void of bed bugs and their accompanying complications.

**AREA AGENCY ON
AGING OF CENTRAL
TEXAS**

**VETERANS DIRECTED
HOME & COMMUNITY
BASED SERVICES**

2180 North Main
PO Box 729
Belton Texas 76513

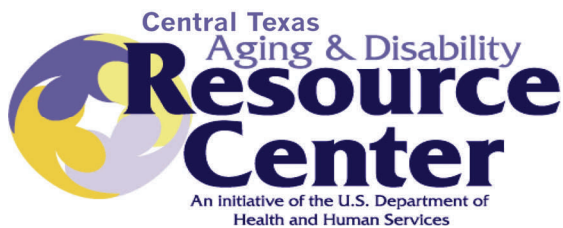
VDHCBS Consultant:
Thomas Wilson, LMSW
254-770-2359 Or
1-800-447-7169 ext 2359
(message service available)

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.

WE ARE ON THE WEB:

WWW.CENTEXAAA.COM



**Upcoming Holidays
For the AAACT**



**AAACT/ VDHCBS
Office will be closed in
observance of
Columbus Day on
Monday
October 11, 2010**