



CENTRAL TEXAS

CENTRAL TEXAS VETERAN DIRECTION

JANUARY 2010

AAACT Veterans Directed Home and Community Based Service Program

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PAYROLL GOES TO AN EVERY TWO WEEK BASIS IN JANUARY 2010

Jon Sweeney of PALCO has announced that as of January 1st 2010, the VDHCBS program will process paychecks every two weeks rather than the twice a month.

January by the 13th of January for the payroll that will be processed on the 15th of January.

From that point on, payroll will be processed every two weeks. The pay periods will run from Saturday to the Friday 14 days later. Timesheets are due by the following Wednesday. (A calendar of Timesheet Due Dates and Payroll Processing Dates is attached.)



Employees Should Turn in timesheets for the 16th to the 31st of December by the 5th of January for the Payroll that will be processed on the 8th of January.

Turn in a timesheets for the 1st through the 8th of

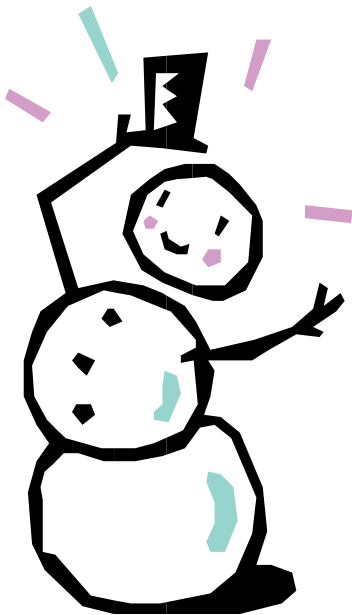
TRANSPORTATION REIMBURSEMENT RATE CHANGED TO 50 CENTS PER MILE FOR 2010

R Michael Irvine, the Director of Administration for the Central Texas Council of Governments announced that Beginning January 1, 2010, our mileage rate for the use of personal automobiles will be 50 cents per mile for business miles driven. The Inter-

nal Revenue Service has concluded the mileage reimbursement rate for 2010 reflects generally lower transportation costs compared to a year ago.

This will impact the

VDHCBS Program, rate which previously was 55 cents a mile set by the the Internal Revenue Service for 2009. Please remember to file all 2010 travel reimbursement rates at 50 cents per mile



FROM YOUR CONSULTANT'S DESK THOMAS WILSON LMSW

VDHCBS STATUS UPDATE

Three of our Veterans had their first full month in the month of December.. By the end of December we had 22 Veterans who were fully enrolled and on active services. One of our Veterans did pass away peacefully in his home this month surrounded by his wife and loved ones, just as he wished. We already have an additional 2 veterans who are already enrolled with services to start in January. This makes a total of 21 living Veterans enrolled and active on the VDHCBS Program..

We have 6 Veterans who are in the enrollment process. 10 Veterans are awaiting their VA medical appointments for GEC to get approved for the VDHCBS program.

I am pleased to report this steady growth in this exciting Pilot Program that you are a part of. I hope that it



will continue to be there for you to help you stay at home and live the way you wish to live throughout the year 2010.

MAKING THE VD-HCBS Program WORK FOR YOU & YOUR EMPLOYEES

We had fewer payroll issues come up in December as your workers began to understand how the payroll system at PALCO works.

This month our focus will be focused on goods and services expenses of the program.

1) It is important to remember that reimbursement for a Veteran's goods and services expenses incurred each month are processed on the 8th of the following month and limited to the amount budgeted.

2) If you are needing to purchase material; to repair or modify your home. Please send the written quote for materials separate from the service bill. Materials may be paid for in advance but not the cost of the payment for the modification services.

3) Home modification, repair services, plumber's services,



carpenter services are paid only after the service is provided and a signed receipt by the veteran is forwarded by the service vendor or supplier, and limited to the amount budgeted.

3. Remember if you have a payroll or reimbursement issue please call Jon Sweeney at PALCO 1-877-710-0457 or Fax (501)753-4535.

4. On issues about Budget changes and the running of your VDHCBS program contact Thom Wilson at (254) 770-2359.

REMEMBER if you have two employees and one is out and you use the other to work in their place notify me so we can adjust the budget so your worker will get paid for the hours worked.

How to Stay Warm and Healthy in Winter

Every winter it's of vital importance that the elderly stay warm and healthy. The problem in Texas is that many elderly people choose to switch their heating off, or only turn it on for short periods, because of a fear of expensive heating bills. Low pensions, coupled with rising fuel bills and a global recession mean that the elderly are often concerned about their outgoings, when they should be more concerned about their health.

When the weather gets cold, elders may develop a reduction in their body temperature more easily, as a result of decreased ability in temperature control and decrease in subcutaneous fat. Excessive drop in the body temperature can lead to hypothermia. Elders with chronic illnesses, such as chronic respiratory diseases or asthma, are also vulnerable to disease deterioration in cold weather.

Be prepared for the cold weather

1. Be alert to weather changes - Pay close attention to weather changes, especially when the temperature falls quickly within a short period of time.

2. Put on adequate clothing- Put on adequate dry, light, comfortable, and permeable clothes that are good for keeping warm. Do not put on clothes that are too bulky, and do not dress too tightly, which may restrict blood circulation or hinder body movements. Cotton underwear is better than woolen materials, which may cause itchiness. Change soiled Adult disposable undergarments and pants frequently for those who are incontinent.

Wearing several thin layers of clothes will help you stay warm in cold weather. The warmth from your body will get trapped in the air pockets between the layers. Long underwear is particularly good for helping you stay warm and dry.

Keep a throw blanket handy to cover your feet or shoulders, or use a fleece shawl across your lap or around your shoulders to help you stay warm. Fleece blankets and throws are particularly useful, because they are incredibly warm but lightweight and less bulky than most other fabrics. Wearing fleece slippers around the house can help keep your feet warm. Look for non-skid bottoms because they prevent slipping and possible falls.

Heat from external sources can be helpful. If you use a heating pad for warmth, limit the length of time it's close to the skin to avoid a burn and always turn it off if you are sleepy. Some heating pads come with safety shut-off switches, which will turn off automatically after a set period of time. There are also wraps or pads that you can heat in the microwave. They provide temporary warmth and you don't need to remember to turn them off.

3. Adequate food and drinks -Consume hot and easily digestible food and beverage with higher calories, like hot milk, soup, noodles and rice. Ensure an adequate amount of food and drink with small frequent meals if appropriate. Have a well balanced diet and avoid high fat and high cholesterol food. Ask your VDHCBs provider to prepare for you meals that you can reheat in the microwave when they are gone for the day.

4. Keeping the home environment warm-Keep the home environment warm but well ventilated. To keep out draughts, repair cracks in windows, doors and wall. When using electric

heaters, ensure adequate indoor ventilation, and keep the heater away from the entrance, the corridor and combustibles. Do not overload the electricity supply and avoid overheating, which may lead to fire or burn injuries. Among the different types of heaters, the oil-filled electric radiator is safer for elders with diminished sensation of heat, such as those with diabetes mellitus and spinal cord problem, do not use hot water bottles or other body warmers directly on the skin.

5. **Appropriate activities** - Remain indoors or in places with sunlight. When going outdoors, put on adequate clothing to keep warm, and avoid prolonged exposure to cold or windy environment. Continue with usual daily activities. Do more exercise to generate heat and improve blood circulation, as well as to maintain the flexibility of joints.
6. **Preventive health measures**-Continue with regular health checkups and follow-ups, so that conditions which may predispose to hypothermia, such as diabetes mellitus and hypothyroidism, can be detected early and treated in time.
7. **Do not change or stop taking your Prescribed Medications without talking with your VA or Family Physician**- Many elderly think that they can stop medications because it is a nuisance. Never stop a medication without discussing the matter with your physician first. Many hospitalizations can be avoided by simply taking the medications until you can see your physician.

With appropriate precautions against the cold, we can all enjoy the winter in warmth and comfort.

“Oh Baby Its Cold Out There”

COLD? TRY SOMETHING HOT TO DRINK TO WARM YOU TO THE CORE

Drinking hot beverages raises your core temperature, which in turn allows your blood vessels to expand and take more nice warm blood out to your extremities, meanwhile keeping your body core up to temperature.

This should make you warmer. There is the added benefit of warming your fingers on the cup as well, Not to mention the internal rise in temperature with the drink in you.

Hot Chocolate Mix

Ingredients:

- 1 1/2 cups white sugar
 - 1 cup powdered non-dairy creamer
 - 1 cup dry milk powder
- 3/4 cup unsweetened cocoa powder

Directions:

1. In a blender or food processor, combine sugar, powdered creamer, milk

powder and cocoa powder. Mix well, and store in an airtight container.

2. Whenever you want a cup of Hot Chocolate simply put 2 to 3 tablespoons of powder in a mug, fill with hot water, and stir.

3. Garnish with Marshmallows if you like.

Nutritional information Amount Per Serving Calories: 66 | Total Fat: 1.3g | Cholesterol: < 1mg



January Payroll Schedule:

January 1 thru January 8

Time Sheets are due NLT January 13

Paycheck will be processed January 15

January 9 thru January 22

Time Sheets are due NLT January 27

Paycheck will be processed January 29

February Payroll Schedule

January 23 thru February 5

Time Sheets are due NLT February 10

Paycheck will be processed February 12

February 6 thru February 19

Time Sheets are due NLT February 24

Paycheck will be processed February 26

Area Agency on Aging of
Central Texas

We are on the web
www.centexaaa.com/index.asp

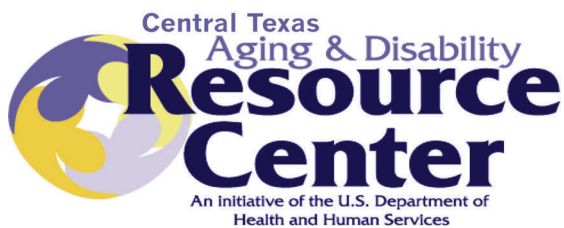
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The Area Agency on Aging of Central Texas (AAACT), under the federal Older Americans Act, is administratively responsible for the development of a comprehensive and coordinated system of services for the population over age 60.

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.



COMING HOLIDAYS FOR THE AAACT

The Area Agency on Aging will be Closed for the
following Holidays:

January 1 2010 New Years Day

January 18 2010 Martin Luther King's Birthday

February 19 2010 President's Day

