



CENTRAL TEXAS VETERAN DIRECTION

AAACT Veterans Directed Home and Community Based Service Program

Special Classes from the AACT

- January 19, 2011
Caregiver University
Support Group

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Palco News

We are beginning a new year and will be mailing out W-2 to your employees shortly. We also will be sending out the First FY 2011 Budget Statements. Please read through your statements carefully and call us if you have any questions.

Your VDHCBS Consultant will contact you to schedule a visit to

complete your budget reconciliation with you. As always, remember your budget is only up to date if 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. As we pay remitted bills once monthly, delaying your submission of receipts could delay your reimbursement.

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

Fax Address:

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

Caregiver University Support Group

Free -
12 Monthly Sessions Starting
January 19, 2011
5:30PM—7:00PM
3rd Wednesday of the month
3802 S. 5th, Temple

Caregiver Educators:
Thom Butler
Rosa Hernandez
Peggy Naugle



From the Consultants Desk

VDHCBS STATUS UPDATE

We are currently at 26 active VDHCBS Clients and awaiting news from the VA that we can start enrolling new clients later this month. We have several renewals coming up this month and will be contacting those to renew for appointments.

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

We had fewer payroll issues come up in December as your new 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 Vet-

eran'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.

Payroll Schedule

12/25 /2010 to 1/7/2011
Timesheet due 1/12/2011
Payroll processed 1/14/2011

1/22 /2011 to 2/4/2011
Timesheet due 2/09/2011
Payroll processed 2/11/2011

2/19 /2011 to 3/4/2011
Timesheet due 3/9/2011
Payroll processed 3/11/2011

1/8 to 1/21/2011
Timesheet due 1/26/2011
Payroll processed 1/28/2011

2/5 /2011 to 2/18/2011
Timesheet due 2/23/2011
Payroll processed 2/25/2011



Texas.gov launches Veterans Portal

AUSTIN, Texas – Nov. 9, 2010
Texas.gov and the Texas Veterans Commission are proud to announce the launch of a new, improved website for Texas Veterans. The Texas Veterans Portal, located at www.texas.gov/veterans, provides online access to a comprehensive range of information about Veteran's benefits, education, employment, and health services. Veterans can download pertinent forms, locate community resources, review frequently asked questions, and more.

"We value the service and commitment of our Texas armed services

members. The Texas Veterans Portal was designed specifically to help our Veterans, their families, and survivors easily find the assistance and benefits they deserve," says Doug Holt, Deputy Executive Director for Statewide Technology Services of the Texas Department of Information Resources.

The Texas Veterans Portal is a collaborative effort of multiple state agencies and commissions. Participants involved with the portal include the Texas Veterans Commission, Texas Workforce Commission, Texas Veterans Land Board

Texas Veterans Portal

(Texas General Land Office), 2-1-1 (Texas Health and Human Services Commission) and TexVET, The Office of the Governor, Texas Department of Information Resources, as well as staff from Texas State Representative Chris Turner and U.S. Representative John Carter's offices, and The Texas Army National Guard Camp Mabry). The site is hosted and maintained by Texas.gov, the official website of the State of Texas.

Warning To All Veterans

A warning to all Veterans was forwarded to the Texas Department of Aging and Disability Services by Kevin Secor, VSO Liaison, Office of the Secretary of the Department of Veterans Affairs.

An organization called **Veterans Affairs Services (VAS)** is providing benefit and general information on VA and gathering personal information on veterans. This organization is not affiliated with VA in any way.

We have reason to believe that VAS may be gaining access to military personnel through their close resemblance to the VA name and seal.

The Department of veterans Affairs Legal Counsel has requested that we coordinate with Department of Defense to inform military installations, particularly mobilization sites, of this group and their lack of af-

filiation or endorsement by VA to provide any services.

Call your local Texas Veteran's Commission or your local VA if you are contacted by this organization.

DO NOT give them any identity information like your social security number or service number. Please report all Fraud immediately to the VA or other legal authorities..

Adult Day Care

Need a respite or have a need for an emergency day off due to your worker being unable to work. Can't get a homemaker service to come in on short notice?

Your solution may be to enroll yourself as a drop in Adult Day Care Center participant.

Adult Day Care programs offer up to 8 hours a day of suppor-

tive services in the Adult Day care center. In some Adult Day Care, transportation to and from the Day Care Center may be provided.

Adult Day Care Centers provide meals, daily activities, and physical care of the veteran for a set daily fee, usually around \$40 a day.

In order to use them under VDHCBS you would either have it scheduled as a spe-

cific funding or you could utilize the Adult day Care as your emergency back-up plan.

If interested, please contact you VDHCBS Consultant for more information about availability and who in your area offers Adult Day Care Services.

Baby it's Cold Out There!

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 help-

ing 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.

3. Heat from external sources

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.

(Continued P.5)

Baby Its Cold Out There! (Continued)

that can provide temporary warmth and you don't need to remember to turn them off.

4. 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 VDHCBSP 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 circu-

lation, 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 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. Be safe, warm, and comfortable this winter.

**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.**

COMING HOLIDAYS FOR THE AAACT

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

January 18 2010
Martin Luther King's Birthday



February 19 2010
President's Day

**We are on the web at
www.centexaaa.com**

