

Central Texas Veteran Direction

JUNE 2011

VOLUME TWO ISSUE 9

Good News For Vets! Grand Opening of HOCTIL's "Cool Tools" Store!

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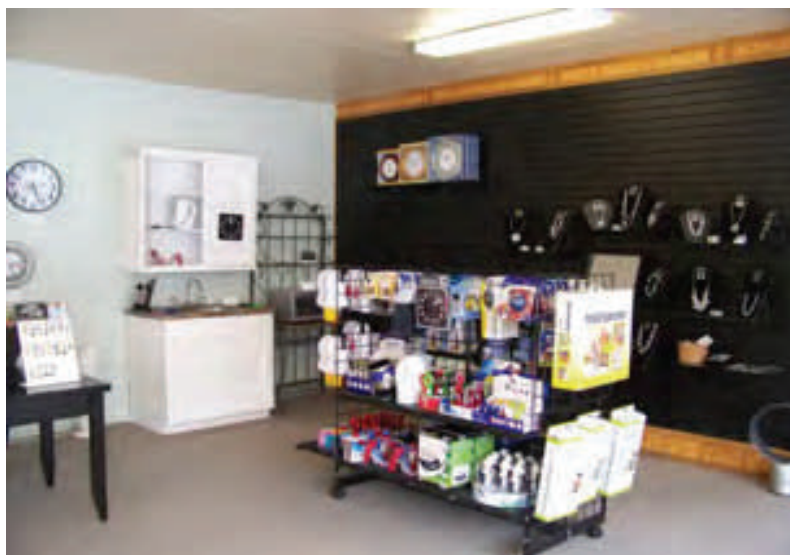
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We are excited and pleased to announce that the Heart of Central Texas Independent Living Center has opened the "Cool Tools" Store.

The "Cool Tools" Store offers great tools and products to help older and disabled Veterans as well as, their family members to live better, more independent lives within their community. Some of the products offered by the "Cool Tools" Store include talking clocks, larger letter keyboards, magnifiers, amplified phones, slicing guides, oven rack guards, and talking microwaves. These goods may be purchased by your VDHCBS program funds if you budget them into your budget as aids to independent living. Please Contact your VDHCBS Consultant, Thom Wilson at *254)770-2359 for more information.

The Cool Tools store is located at 222 east Central Avenue, Belton TX 76513, phone: 254-933-7487. Email : hocfil@hocfilc.org

What is the "Heart of Texas Independent Living Center"?

For those of you who do not know about HOCTIL, it is a local social service agency partner of the Aging and Disability Resource Center (ADRC).

It is dedicated to the promotion of independence for persons with disabilities for equal access and active participation in their community. It offers Counseling, Resources, and now the Cool Tools Store.



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



June



From the Consultant's Desk

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 28 active veterans and a total enrollment of 40 during our first two years of VDHCBS. If you have a chance to look at the Official website of the Department of veterans Affairs you will now see VDHCBS as one of the officially listed program options for Veterans in the area of Community Living Programs.

It is growing in the nation and probably by the end of the next two years, you will have VDHCBS available through every Veterans HealthCare System in the US.

In this issue of Veteran;s Direction I have included a very valuable resource for both the Veteran and the Veteran Caregivers, the Heart of Central Texas Independent Living Center and its "Cool Tools" Store. I went there this Saturday and was blown away when I saw the many tools and products they have to offer that will help you to maintain your independence longer . The products are very affordable and easy to use. Best of all the products qualify for purchase under your VDHCBS program as "Goods for Independent Living" if budgeted in your annual budget.

I am in the midst of completing your quarterly reconciliation and happy to note that most of you are within your budget. I will be mailing out your recon-

ciliation statements to you soon. To those who are over budget or extremely under budget I will be visiting with you to discuss budget revisions to help the program work better for you.

If you have VDHCBS program or Budget Questions 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
Email: thomas.wilson@ctcog.org
mail: AACT (VD-HCBS)
PO Box 729
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June and July Payroll Dates

June 2011

5/14/2011 to 5/27/2011

Timesheet due 6/01/2011

Payroll processed 6/03/2011

5/28/2011 to 6/10/2011

Time Sheet due 06/15/2011

Payroll processed 6/17/2011

06/11/2011 to 6/24/2011

Timesheets due 06/29/2011

Payroll processed 7/01/2011

July 2011

6/25/2011 to 7/08/2011

Time Sheet due 07/13/2011

Payroll processed 7/15/2011

07/09/2011 to 7/22/2011

Timesheets due 07/27/2011

Payroll processed 7/29/2011

PALCO News

Our monthly consult call with PALCO went well this month. Jon Sweeney, PALCO representative stated that our veterans are doing well in getting their receipts in and calling PALCO when they have employee pay issues arise.

Palco now offers to our VDHCBS Veterans a direct deposit to your accounts of reimbursements for goods and services that you have paid for. This will greatly speed your receipt of reimbursement funds, as well as, eliminating that drive to the bank to deposit or cash the check. Call Sharri Briley at 1-877-710-0457 to arrange this service.

Please note that the 2nd Quarter Reconciliation has been completed and mailed out by PALCO, Thom Wilson will visit you in your homes to explain where you stand with your budget over the next month.

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**

*Remembering those
who paid for our
freedom.*



Your PALCO Service Team wishes to thank our Veterans for their great service to our nation and our people! We hope that each of you had a great memorial day. As June 6 nears, we remember those Heros of D – Day and salute those who served and those who made the ultimate sacrifice for our Freedom.

BEAT THE HEAT

Harvard Health Letter offers these 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.

AAACT offers a medication Review service at no charge to you and your family members.

CHECK UP ON A NEIGHBOR

Checking on a neighbor gets you out of the house and lets you be seen by others, it helps both you and your 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, light-headedness, 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.



*Heart
of
Central
Texas
Independent
Living*

What is the Heart of Central Texas Independent Living?

The Heart of Central Texas Independent Living is a Center for Independent Living (CIL) . The Centers for Independent Living (CIL) are the first organization of their kind, and a national leader in supporting individuals, cross disabilities, regardless of age. CIL was founded by people with disabilities and continues to be directed by persons with disabilities.

It is a private, nonprofit corporations that provide services to assist individuals toward independence, as defined by the individual. The majority of all staff and board members have a disability. We understand the challenges faced by the people we represent.

CIL's philosophy of Independent Living consistently promotes CHOICE and integration in the community. Each CIL's direct services are shaped around the specific community's and consumers' needs. All centers offer four core services:

- A) information & resources,
- B) peer support,
- C) skills training,
- D) and advocacy.



Who is HOCTIL?

HOCTIL is officed in Belton Texas at 222 East Central Avenue across the street from Cochran, Blair & Potts Department Store . It is one of nearly 500 CILs in the United States. HOCTIL services are designed to empower people to take personal responsibility in achieving independence within their community. The aim of HOCTIL is to support you in identifying your goals and developing plans to accomplish them.

For more specific information on the services HOCTIL offers, visit their website at www.hoctil.org

Or call them at: 254-933-7487

or email them at hoctil@hoctilc.org

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 .



Health Tips for Beating the Heat

Hot and humid weather can be more than just uncomfortable, it can pose a threat to people's health.

To avoid heat-related illness on hot days:

Drink plenty of water or fruit and vegetable juices. Seniors should have plenty of water intake like 4-8 glasses a day even though they do not feel thirsty. It is recommended also to minimize their intake of alcohol and caffeinated drinks, grab a glass of water or any sports drink instead. Also, eating fresh fruits and vegetables can help hydrate the body as well as keeping the body

- healthy. In order to know that there is proper hydration, the urine must already be in clear color.
- Limit your time outdoors, especially in the afternoon when the day is hottest.

- Be careful about exercising or doing a lot of activities when it is hot. Stay out of the sun, take frequent breaks, drink water or juice often, and watch for signs of heat exhaustion or heat stroke.
- Dress for the weather. Loose-fitting, light-colored cotton clothes are cooler than dark colors or some synthetics.
- This is a time for ice cream — Give everyone, even the seniors, a cool treat like ice creams, popsicles, and any other frozen refreshing treats to keep everyone cool during the hot season
- Drinking a drink with ice will help to keep the you cool in the heat.

If you live in a home without fans or air conditioning:

- open windows to allow air flow
- keep shades, blinds or curtains drawn in the hottest part of the day or when the windows are in direct sunlight.



- Try to spend at least part of the day in an air conditioned place like a shopping mall, a senior citizen center, a store, the library, a friend's house, or the movies.
- Cool showers can help, too.
- Do not use a fan when the air temperature in the room is above 95 degrees — it will blow hot air, which can add to heat stress.

If you live alone or are alone during the day arrange for friends or family to visit or call several times a day to assure that you are doing well and able to handle the heat. Do not be afraid to ask for help or support from others.

**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)

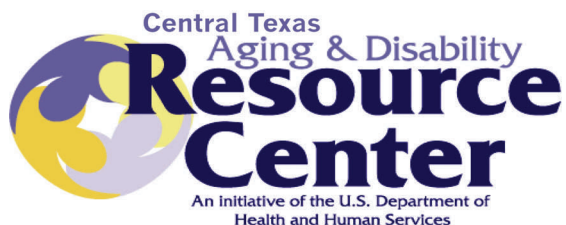
The Area Agency on Aging of Central Texas (AAACT), under the federal Older Americans Act, is administratively responsible for the development of a comprehensive and coordinated system of services for the population over age 60.



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 4, 2011**