



# Central Texas Veteran Direction

SEPTEMBER 2011

VOLUME TWO ISSUE 10

## AAACT Classes and Group information



## AAACT & VDHCBS TO OFFER ELDER PAL TRAINING

How many times have you had to take care of a relative or Elder in your home or their home and in frustration said "I haven't been shown how to do this!" Or "I haven't been trained to care care of my (son , daughter, husband , or wife) since they became so disabled?"

The Area Agency on Aging of Central Texas has a remedy for this lack of skills and confidence—the Schmieding Method Home Caregiver Training. This evidenced based program of training for family caregivers provides the right level of skills and hands on care giving methods that may well keep a Veteran in his/her home for many years.

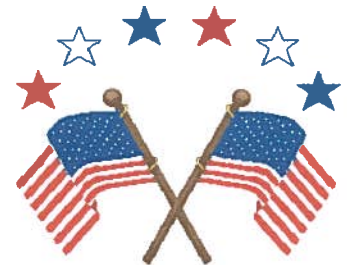
The program teaches 57 skills that you need to help your loved one stay at home—for life!

In a series of four care levels, you, your caregiver, and family members can be taught how to provide quality, competent, and compassionate care giving for the Veterans you love.

Announcements and schedules for the Elder Pal Training will be placed in the October 2011 Central Texas Veteran's Direction Newsletter for VDHCBS workers and family care givers. Additional classes will be open to the community.

We encourage all family caregivers to attend the basic Elder Pal Classes that form the foundation for all other training and focuses on the principals of personal care. The first course is 25 hours (15 hours classroom instruction, 10hours for skills practice, and a demonstration of individual competency is completed). For more information on the Home Caregiver Training Curriculum please go to page 6 of this newsletter.

- **Sep 14 Diabetes Self-Management Class**  
noon-2:30 pm at Country Lane Sr Community, Temple
- **Sept. 21 Welcome to Medicare** 10 am noon at Central Texas Council of Governments, Belton
- **Sept. 28 Seniors Expo 2012** 9 a.m. to 2 p.m. at Bell County Expo Center
- **October 6 Taking Control of Your Chronic Illness**  
October 6 2-4 pm  
Central Texas Council of Governments, Belton



## Labor Day

### Inside this issue:

From the Consultant's Desk	2
PALCO News	3
Training Your Employee: Shaving	4
Medicare Compare	5
Schmieding Training	6
Holidays	7
AAACT Flyers	8+



## From the Consultant's Desk

I spoke with Dan Sheops and Stacy Brignac from VA and we definitely have VDHCBs funds for FY 2012 starting October 1, 2011. Our program will be doubling in size and we will be hiring another consultant to handle some of the work.

We have exciting things coming up for the new year. We will be offering formal training for all your caregivers paid or unpaid.

We will be using the Schmieding Caregivers Curriculum and have build a caregiver apartment here at the AAAC building to train your workers in proper technique and skills.

The first set of classes called "Elder Pal" are greatly encouraged for Veteran's family members who do free care for the veteran and at present appear to be available at no cost to the family members.

You can read more about this

on page one and page six. More information will be coming out in October.

I must see you next month to get your FY 2012 budget/care plan in place before October 1, 2011. Please call me starting September 2 to schedule your visit.

Just a reminder all goods and services receipts must be into PALCO for FY 2011 NLT September 15 to meet payouts prior to October 1 so find those missing receipts or cancelled checks and send them in for reimbursement of scheduled budget expenses. Your payrolls may come in on their usual scheduled dates.

**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)**

**Email: [thomas.wilson@ctcog.org](mailto:thomas.wilson@ctcog.org)**

**mail: AAAC (VD-HCBS)  
PO Box 729  
Belton TX 76513**



### September/October Payroll Dates

**08/20/2011 to 09/02/2011**  
Time sheet due 9/07/2011  
Payroll processed 09/09/2011

**09/17/2011 to 09/30/2011**  
Time Sheet due : 10/05/2011  
Payroll Processed: 10/07/2011

**10/15/2011 to 10/28/2011**  
Time Sheet due : 11/02/2011  
Payroll Processed: 11/04/2011

**09/03/2011 to 09/16/2011**  
Time sheet due 9/21/2011  
Payroll processed 09/23/2011

**10/01/2011 to 10/14/2011**  
Time Sheet due : 10/19/2011  
Payroll Processed: 10/21/2011

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

We hope that you will have a safe and happy Labor Day Holiday!

## **VDHCBS Financial management Service**

We have had no real issues that have come up consistently over the last month. The VDHCBS program is working well financially. Thank you for allowing us to serve as your Financial Management Service under VDHCBS.

### **Final Call for Expense Receipts for FY 2011**

All FY 2011 (October 2010 through September 2011) expense receipts or cost Quotes must be sent in by September 15 2011 if they are to be paid from FY 2011 VDHCBS Funds. Make sure that they are designated in your budget as eligible expenses. We will get those checks out as quickly as possible. The funds must be spent by September 30 or they will be seen as excess funds and may need return to the VA after the fourth quarter budget reconciliation.

### **Items must be in the Budget to get paid out of the Budget**

We would like to remind employees to assure that items they are requesting payment for (such as mileage) must be approved by the Veteran employer and be allocated in the budget. Remember, if it is not in the budget PALCO can not pay it out, even if it is signed by the employer.

If the budget needs changing please contact Thom Wilson, your VD-HCBS Consultant to change your budget. You may reach him at (254)770-2359 or 1-800-447-7169 ext 2359.

As your payroll company, PALCO, will be happy to pay your employees what you wish them to be paid but we are required to disburse only what your most current budget authorizes us to pay.

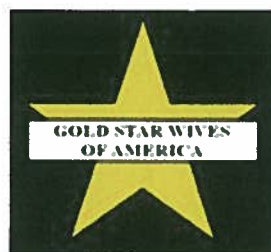
### **Need to contact us at PALCO:**

**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**

### **Gold Star Wives of America**



Gold Star Wives Of America, Inc. is an organization of military widows/widowers whose spouse died while on active duty or from service connected disabilities. This military survivors organization has been serving war widows from all conflicts and service connected disabilities since it was founded in 1945.

### **PALCO's Gold Star Worker**

Recently PALCO's own Gold Star widow, Sharri Briley attended the Gold Star Wives convention in St Louis Missouri. While there she was able to attend a special memorial service for her husband and Gold Star member's spouses at Soldiers Memorial on Friday, Aug. 5, 2011. Mrs. Briley's husband, Donovan Briley, was a pilot killed in a helicopter crash in 1993 in Somalia.



**We are proud of the continued support for Veterans that Sharri provides thru the Veteran's Directed Home and Community Based Services Program.**

**Sharri provided the picture for this story.**

## The Centers for Medicare & Medicaid Services empowers consumers to make more informed health care choices by providing easy-to-use quality comparison information

Some Veterans and their spouses, who have VA benefits also have Medicare benefits, It can be difficult to find health care providers like doctors, hospitals, or nursing facilities that meet your needs. Now, you can find all of Medicare's resources to compare providers and plans in one place, Medicare's Quality Care Finder, available at

[www.medicare.gov/qualitycarefinder](http://www.medicare.gov/qualitycarefinder).

### What is the Quality Care Finder?

The Quality Care Finder on Medicare.gov offers tools such as Hospital Compare, Nursing Home Compare, and Plan Finder in one place that show objective information about the quality of health care providers and plans. These tools help you make "apples to apples" comparisons among similar types of providers and plans. For example, you can check how often hospitals in your area give the recommended care for certain conditions, compare nursing homes by their star ratings, look at health plan costs side-by-side, and more.

### Why should Medicare.gov be the first stop when looking for a new provider?

The quality of health care providers and facilities you choose can impact your health. Providers and facilities may vary in how well they care for patients, and their experience with specific health conditions or procedures. Finding the right expertise and care for your needs may help speed up your recovery time and improve health problems.

Getting personalized information when choosing a health plan may help you save on costs.

Medicare's Quality Care Finder helps you find all these tools in one place so you can choose the most appropriate providers and plans for you and your loved ones.

### What kind of comparison information is available?

- **Compare Hospitals:** Use Hospital Compare to compare Medicare-certified hospitals based on the quality of their care (for example, the rate of readmission to the hospital within 30 days for certain conditions, like heart attack and pneumonia).
  - **Compare Nursing Homes:** Use Nursing Home Compare to find Medicare-certified nursing homes based on services like dementia care, ventilators, or rehabilitation. Then compare their star ratings and the quality of care they give (for example, whether residents have gotten their flu shots, are in pain, or are losing weight).
  - **Compare Home Health Agencies:** Use Home Health Compare to find Medicare-certified home health agencies based on services like skilled nursing care, physical therapy, speech therapy, and home health aides. Then compare each home health agency based on the quality of their care (for example, how well they manage pain and treat wounds, keep patients safe, and more).
  - **Find a Medicare Health or Drug Plan:** Use Plan Finder to get detailed, personalized information about the cost and benefits of available Medicare health and drug plans.
  - **Compare Dialysis Facilities:** Use Dialysis Facility Compare to find Medicare-certified dialysis facilities and their services. Then compare each facility based on quality of care (for example, whether patients had enough waste removed from their blood during dialysis treatments, or if their anemia was controlled properly).
- Compare Doctors:** Use Physician Compare to find doctors based on medical specialty, clinical training, foreign languages spoken, and more (for example, whether a doctor accepts the Medicare-approved amount as full payment).

To start benefitting from these valuable tools visit [www.medicare.gov/qualitycarefinder](http://www.medicare.gov/qualitycarefinder). Data are collected and updated regularly to ensure accurate information to help you make the best choices. You should discuss the information with your doctor and loved ones, and visit the facilities you are considering.

To learn more about Medicare and other resources, visit [www.medicare.gov](http://www.medicare.gov), or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

*This information prepared by the U.S. Department of Health and Human Services.*

# Training Your Employee: Shaving

Shaving is an activity of daily living for men. The caregiver needs to encourage your veteran to participate as much as possible.

If the individual is no longer able to use a razor blade because of tremors or unsteadiness, try using an electric razor instead. This allows your veteran to maintain self confidence and partial independence. For hygienic purposes, electric razors should be cleaned out after every use.

If you do most of the shaving activity for your veteran, allow or encourage them to observe during the process or have them participate at the end by allowing them to wipe off any excess shaving cream. Hand-held mirrors allow for closer examination and sometimes have a magnified side for people who are visually impaired.

**Remember that Veterans who are on blood thinners should only use electric razors.**

Disposable razors are intended to be used no more than a couple of times and then thrown away (keep record of how many times you have used the razor and throw it away when it is not sharp. Remember that razors that are not sharp pull skin and

may result in scrapes that can lead to infection.

Veterans who are confused or suffering from dementia or severe depression should be supervised and assisted during this task. If they are unable to follow directions, the veteran will most likely need you to do it for them

## The Bearded Veteran

Many Viet Nam Era Veterans have beards that they grew after they were discharged from the military and continue to have them in retirement. Other veterans may have beards due to facial injuries or scars.

1. Comb the Veteran's beard in the direction that it grows to help reveal stray hairs that may be longer than the others.

2) Cut the outline of the Veteran's beard. Starting at his chin and working back toward his jawbone and ears, cut the outer perimeter of the jawbone underneath. Continue the line all the way up to the ear and hairline. Accentuate the veteran's beard by using the groomsmen trimmer in a downward motion, with the nameplate side next to the skin. Start at the line you've created and, working from the chin back toward the ears, trim the area right under the vet-

eran's beard line. You should define the upper part of the beard using the same horizontal technique.

3) You may use a MULTI-POSITION BEARD REGULATOR to trim and taper the hair ends (this is often included with most beard trimmers). To use this attachment, simply slide it over the blades and snap it into position. There are usually five settings molded into the beard regulator with the first indent setting (farthest distance away from blades) leaving the veteran's beard length the longest (about 5/8"). The other indent trimming lengths are 1/2", 3/8", 1/4", and 1/8".

4) With the beard regulator attachment set at a fairly long trimming length, begin trimming the veteran's beard. Start at each sideburn and trim toward his chin in smooth, overlapping strokes, with the grain of the beard.

(5) You may wish to set the beard regulator attachment to cut closer near the ear and down under the throat, changing to a longer setting toward the front of the face and point of your chin.

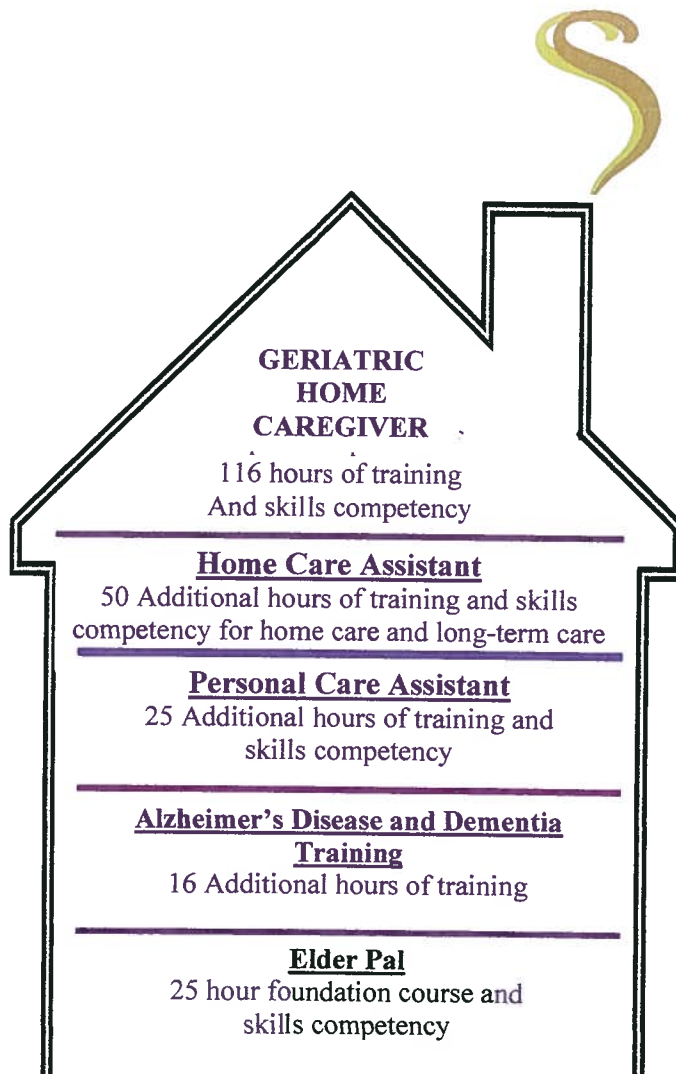
Be sure the beard regulator is snapped solidly into the desired position before you start to trim.

# Schmieding Certified Home Caregiver Training is Coming!



The Schmieding Certified Home Caregiver training will be available in FY 2012 to train your VDHCBS Workers. This will enable you to have course certified workers in your home to provide care for the VDHCBS Veteran.

The Schmieding Certified Home Caregiver Training Curriculum focuses on the care of the older adult in the home setting and is designed to be taught in four courses. The care house model shown below explains each course and how each course builds upon the other.



Elder Pal is the foundation of training and focuses on basic principals of personal care. The 25 hour course dedicates 15 hours of the schedule to classroom time and 10 hours for skills practice and competency check-off.

The Alzheimer's Disease and Dementia Training is a 16 hour course that emphasizes person-centered care.

Personal Care Assistant provides an additional 25 hours of training that builds on the skills and concepts learned in Elder Pal and focuses on "hands-on" personal care skills. Within in the 25 hours of personal care assistant training 14 hours are dedicated to classroom and 11 hours are allotted for skills practice and competency check-off.

Home Care Assistant training provides 50 additional hours of training and focuses on the more advanced caregiving skills for in-home and long-term care settings. In the Home Care Assistant training 16.5 hours are dedicated to classroom, 17.5 hours are allotted for skills practice and competency and 16 hours are allocated for off-site clinical experience.

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Upon Completion of course material the worker will be certified and placed on the official AAAC list of Certified Home Care Providers to assist you in hiring new workers as needed. This program is open to unpaid family caregivers and spouses as well as paid workers,

**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)

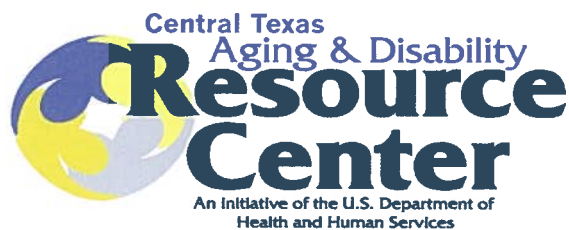
The Area Agency on Aging of Central Texas (AAACT), under the federal Older Americans Act, is administratively responsible for the development of a comprehensive and coordinated system of services for the population over age 60.

The Veterans Directed Home and Community Based Services Program is administered by the AAACT under a 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**

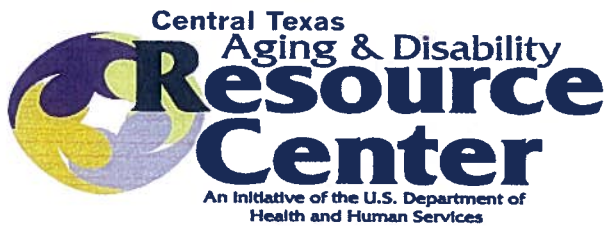
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**Upcoming Holidays  
For the AAACT**



**AAACT/ VDHCBS  
Office will be closed in  
observance of Labor Day  
on Monday  
September 5, 2010**



**AREA AGENCY ON AGING OF CENTRAL TEXAS**  
A partner agency of the Central Texas Aging & Disability Resource Center

presents:

# **WELCOME TO MEDICARE 2011**

*An Opportunity for Central Texans  
to learn about Medicare benefits and health care choices.*

**★FREE TO THE PUBLIC★**

**SEPTEMBER 21, 2011**

**9:00A.M. to 12:00P.M.**

**LOCATION:**

**CENTRAL TEXAS COUNCIL OF GOVERNMENTS**

**2180 NORTH MAIN STREET**

**BELTON, TEXAS 76513**

**CONFERENCE ROOM B-D9**

**RSVP**

**254-770-2330**

**800-447-7169 EXT. 2330**

**Seating is limited-reservations required**

The Area Agency On Aging of Central Texas, a partner agency of the Aging & Disability Resource Center, is a program of the Central Texas Council of Governments and is funded in part by the Texas Department of Aging and Disability Services



**Seminars, Town Hall meetings with local Doctors,  
Live Entertainment, Activities**

**Tuesday, September 27th 9 AM - 2 PM**

**Bell County Expo Center**

Come on over to the Bell County Expo Center for a day of seminars, demonstrations and activities throughout the day, as well as give-a-ways, games and entertainment. Local companies will be available to share information on their "Senior Friendly" products and services.

**Make plans to join us for this fun and exciting day!**

**FREE ADMISSION**

**Have questions? Please call the Area Agency on Aging (AAA) (254)770-2330**

Key Sponsors



**SCOTT & WHITE**  
HEART & VASCULAR INSTITUTE

*SeniorCare* (Cost)



**SENIOR NEWS**



**SCOTT & WHITE**  
HEALTH PLAN

The one Texans trust.

**HARKER HEIGHTS**  
**EVENING STAR**

ESTABLISHED IN 1866

**THE BELTON JOURNAL**

**SENIOR EXPO 2011**  
**"AT THE HOP"**  
**Tuesday, September 27, 2011**  
**9:00am to 2:00pm**  
**Bell County Expo Center**  
**Belton, TX**

**SCHEDULE OF EVENTS**

Golf Cart Transportation at the Event  
Concession Stand available inside the Event  
Classic Cars displayed outside of the Event

- 9am to 1pm: Scott 7 White Community Blood Mobile Drive
- 9am to 2pm: Over 75 booths of "Senior Friendly" products and services
- 10am to 1pm: KTEM 1400 Live Remote with James Harrison

**SEMINARS**

- 9am to 9:45am: "Stroke Prevention in 2011"  
Dr. Jeremiah Lanford, Scott & White Memorial Hospital
- 10am to 10:45am: "How to Keep Your Heart (and Brain) Healthy"  
Dr. Catherine McNeal, Scott & White Memorial Hospital
- 11am to 11:45am: "How to Prepare Your Feet to Remain an Active Senior Citizen"  
Dr. J. Marshall Devall, Scott & White Memorial Hospital
- 12pm to 12:45pm: "When Your Doctor Doesn't Have the Answer..."  
Dr. Allan Anderson, Scott & White Memorial Hospital

**ENTERTAINMENT**

- 9am to 2pm: Bluebonnet Classic Cars Exhibit
- 10am: Rhythm Rockers performing "At The Hop" dancing
- 11am to 12pm: Blue Suede Tunes presents "ELVIS IN THE BUILDING"
- 1pm to 2pm: LaRon Tubb

**SCREENINGS**

- Flue Vaccines (upon availability)
- Glaucoma Screenings
- Hearing Screenings

# ***Take Control of Your Health!***

## **Free Healthy Living with Chronic Conditions Workshop**

**Meeting for 2-1/2 hours each week for 6 weeks**

Every Thursday Starting **October 6 - November 10**  
**2:00p.m. – 4:30p.m** Central Texas Council of Governments  
2180 N. Main Street, Belton, Texas

**Chronic Disease Self-Management** is a 6 week workshop taught by Certified Trainers. These classes will help you (and your family or caregiver) develop a better understanding of how to manage your ongoing condition. *Participants who attend all 6 sessions will benefit the most from this workshop,*

### **Class Schedule**

- Week 1:** Introduction – Identifying Common Problems  
Differences Between Acute and Chronic Conditions
- Week 2:** Dealing with Difficult Emotions  
Introduction to Physical Activity and Exercise
- Week 3:** Better Breathing, Muscle Relaxation  
Pain and Fatigue Management
- Week 4:** Future Plans for Health Care, Healthy Eating  
Effective Problem Solving, Improving Communication
- Week 5:** Medication “How To”, Relaxation
- Week 6:** Working with Your Doctor

***Learn how to thrive with your condition and not simply survive***

**Please RSVP** to the  
**Area Agency on Aging of Central Texas**  
**254-770-2330 or 1-800-447-7169**



**Texas Healthy Lifestyles**  
An Initiative of the Texas Department of  
Aging and Disability Services

# ***Take Control of Your Diabetes!***

## ***Free Diabetes Self-Management Workshop***

**Meeting for 2-1/2 hours each week for 6 weeks**

### **FREE Weekly Sessions on Diabetes Self-Management**

***Every Wednesday from September 14 – October 19***

**9:00a.m – 11:30a.m. Country Lane Seniors Community  
2916 Country Lane, Temple, Texas 76504**

**Diabetes Self-Management** is a 6-series workshop taught by Certified Trainers. These classes will help you (and your family or caregiver) develop a better understanding of diabetes and how to become a better manager of your condition

### **Class Schedule**

- Week 1:** Introduction – Identifying Common Problems  
What is Diabetes? Introduction to Healthy Eating
- Week 2:** Formula for a Healthy Eating Plan  
Preventing Low Blood Sugar: Hypoglycemia
- Week 3:** Preventing or Delaying Complications, Planning Low Fat Meals  
Introduction to Physical Activity and Exercise
- Week 4:** Dealing with Difficult Emotions, Reading Nutrition Labels  
Endurance Activities
- Week 5:** Effective Communication, Medication “How To”
- Week 6:** Strategies for Sick Days, Foot Care, Working with Your Doctor

***Learn how to thrive with diabetes and not simply survive***

***Please RSVP*** to the  
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