



## **News from AoA May 2011**

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## **Top Story**

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### **Older Americans Month 2011**

Message from Kathy Greenlee, Assistant Secretary for Aging

It is an honor to join President Obama in proclaiming May 2011 as Older Americans Month.

This recognition, which has been celebrated nationally since 1963, gives us an opportunity to honor our older Americans and thank them for their ongoing contributions to America's success. Our theme for this year's celebration "Older Americans: Connecting the Community" highlights the important role that older Americans play in keeping families and communities strong, engaged and together. I would also like to acknowledge the efforts of millions of family caregivers, volunteers and representatives of the Administration on Aging's national aging services network who, on a daily basis, provide the support and services that enables seniors to remain vital, healthy and independent for as long as possible.

To read the President's proclamation, visit <http://www.whitehouse.gov/the-press-office/2011/04/29/presidential-proclamation-older-americans-month>

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## **AoA News**

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### **AoA Grantees Impact Over 106,000 Older Adults with Proven Health Promotion Programs**

Millions of older adults struggle with health challenges such as chronic disease, falls, and mental health issues – all of which can severely impact quality of life. Through AoA's evidence-based programs, grantees across the country are empowering tens of thousands of older adults to take control of their health and improve their lives. A significant milestone was reached in March 2011, with over 106,000 older adults having participated in proven, evidence-based interventions. Funded through AoA since 2003, the Evidence-Based Disease and Disability Prevention Program grantees are supporting the dissemination of community-based programs targeted at self-management, falls management, physical activity, and depression. These programs are offered in non-clinical settings such as senior centers, libraries, and faith-based organizations, and promote the concepts of peer support, self-efficacy, and reinforcement of positive health behavior changes.

More recently, grantees funded by AoA through the Recovery Act Communities Putting Prevention to Work initiative are hard at work expanding the reach of

the evidence-based Chronic Disease Self-Management Program, developed at Stanford University. In just one year, the Recovery Act grantees in 45 states, DC and Puerto Rico have enabled 34,700 older adults to participate in CDSMP workshops, of which more than 25,000 completed at least four of six sessions (a retention rate of 74%). As of March 31, 2011, grantees hosted nearly 3,200 workshops at over 2,300 sites throughout the country. The average participant age was 67. Nearly 60% of the participants indicated that they had more than one chronic condition; the most commonly reported chronic conditions were hypertension (40.9%), arthritis (40.3%), and diabetes (29.6%). Specific to race and ethnicity, 69% of CDSMP participants report their race as White or Caucasian and 19% report their race as Black or African American. Almost 18% of participants identify as Hispanic/Latino.

Check out Walter Langford's story for a personal perspective on how these grant programs are affecting older adults throughout the United States. Walter unknowingly suffered from hypertension and experienced a near fatal stroke at just 57 years old. He enrolled in a local Chronic Disease Self-Management Program (CDSMP), which had an incredible impact on his health and quality of life. Walter is now a master trainer for CDSMP as well as A Matter of Balance, an evidence-based falls management program. To view Walter's story visit <http://www.ncoa.org/improving-health/chronic-disease/walters-story.html>

For more information on AoA's Evidence-Based Disease and Disability Prevention Program, please visit [http://www.aoa.gov/AoARoot/AoA\\_Programs/HPW/Evidence\\_Based/index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Evidence_Based/index.aspx)

For more information on AoA's Recovery Act Chronic Disease Self-Management Program, please visit [http://www.aoa.gov/AoARoot/AoA\\_Programs/HPW/ARRA/](http://www.aoa.gov/AoARoot/AoA_Programs/HPW/ARRA/)

### **AoA's May Widget Celebrates National Asian American and Pacific Islander Heritage Month**

In observance of Asian American and Pacific Islander Heritage Month, May's widget features population data on older Asian Americans. Do you know what percent of older Americans are Asian American? To learn more, view AoA's aging statistics widget at [http://www.aoa.gov/AoAroot/Site\\_Uilities/Widget/index.aspx](http://www.aoa.gov/AoAroot/Site_Uilities/Widget/index.aspx). You can share this data with visitors to your site by clicking the "Share" button on the widget to access the code of the widget.

AoA's social media page, [http://www.aoa.gov/AoARoot/Press\\_Room/Social\\_Media/index.aspx](http://www.aoa.gov/AoARoot/Press_Room/Social_Media/index.aspx), now offers e-cards for caregivers. Family caregivers provide an estimated \$375 billion worth of uncompensated care to loved ones annually. We have created a

new set of e-cards to provide everyone a way to acknowledge and thank caregivers in their families or among their friends and colleagues. See [http://www.aoa.gov/AoARoot/Press\\_Room/Social\\_Media/eCards/caregiver.aspx](http://www.aoa.gov/AoARoot/Press_Room/Social_Media/eCards/caregiver.aspx) for e-cards created for caregivers.

Also, be sure to check out AoA's Facebook page at <http://www.facebook.com/aoa.gov> if you have not already visited it. Please click the "Like" button for us and tell your friends to "like" us, too. Also, feel free to write comments on our wall and/or share new resources.

If you have any questions or comments on our social media content, feel free to contact [Augustina.Howe@aoa.hhs.gov](mailto:Augustina.Howe@aoa.hhs.gov).

### **HIV/AIDS Turns 30 - Together We Can: Educate, Empower, Prevent - HIV/AIDS and the Aging Network**

The first cases of what would later become known to the world as AIDS were reported in the U.S. in June of 1981. Over 10% of all new AIDS cases in the US occur in people over the age of 50. The misconception that older adults do not have sex or use drugs leads to lack of HIV testing and underreporting of HIV cases in older adults, making them an invisible at-risk population.

Through partnerships, education and prevention programs, the aging network can make a difference in the health and wellbeing of older persons living with HIV/AIDS. To acknowledge the 30<sup>th</sup> anniversary of the first diagnosed case of HIV in America, organize an HIV and Aging campaign in your community.

To learn more, including a variety of resources and more information on the 30<sup>th</sup> anniversary of HIV/AIDS, please visit the Older Adults and HIV/AIDS page on the AoA website at [http://www.aoa.gov/AoARoot/AoA\\_Programs/Special\\_Projects/HIV\\_AIDS/index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/Special_Projects/HIV_AIDS/index.aspx).

### **Cancer Screening and Older Adults**

May is both National Cancer Research and National Skin Cancer Awareness Month. Skin cancer is the most common type of cancer in the U.S.; occurring in more than a million people each year, many of whom are older adults.

The Administration on Aging (AoA) and the aging network recognize the impact of prevention and awareness. Preventative health care is the best protection against cancer and increases the chances for a full recovery if diagnosed early. The aging network can help play an important role in early detection and screening. Innovative preventative health partnerships and cancer screening programs are happening throughout the aging network. For example:

- A collaborative of state and local agencies in Erie County Pennsylvania provide monthly healthcare screenings including take home screening kits for colon-rectal cancer.
- Senior Connections and the Capital Area Agency on Aging in Richmond VA sponsor the “Focus 50+ Screening” program that utilizes trained volunteers, staff, and partner agencies to educate and motivate women over 50, especially African American and Hispanic women to be screened for breast cancer.
- The Lebanon County Area Agency on Aging and Lebanon Family Health Services provide Health Care for the Mature Woman; a program providing free preventative services and screenings for reproductive related cancers for women 60 and older.

To learn more about signs and symptoms of skin cancer, please telephone 1-800-4-CANCER to speak with an Information Specialist at the National Cancer Institute's (NCI) Cancer Information Service. You can also request to receive NCI booklets, fact sheets, and other materials. For additional information, you can visit the NCI website at <http://www.cancer.gov>

Additionally, many county and state health departments, local hospitals, pharmacies, senior centers and area agencies on aging offer preventative health services, including cancer screenings. Call the Eldercare Locator at 1-800-227-2345 to find out if your community offers free or low-cost health screenings.

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## **Other HHS News**

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### **NIH-Supported Survey to Study Functional Change in Older Adults**

Thousands of Medicare beneficiaries will receive an invitation this month to be part of a special study looking at the impact of age-related changes on functional ability. The National Health and Aging Trends Study (NHATS) will be seeking some 9,000 people age 65 and older to participate in this long-term study, funded by the National Institute on Aging (NIA), part of the National Institutes of Health (NIH).

NHATS will examine how the daily lives of older adults change as they age. This research will help scientists understand the social and economic consequences of late-life disability for individuals, families, and society. NHATS will complement and extend the findings of the National Long-Term Care Survey, a study supported by NIA from 1987-2006, which found that the level of disability among older people declined significantly between 1982 and 2004/2005.

For additional details on this study, please go to <http://www.nih.gov/news/health/apr2011/nia-20.htm>

For more information on research, aging, and health, go to <http://www.nia.nih.gov>

To learn more about NIH and its programs, please <http://www.nih.gov/>

### **Hospital Survey on Patient Safety Culture: 2011 User Comparative Database Report**

The Agency for Healthcare Research and Quality (AHRQ) of the US Department of health and Human Services recently released the *Hospital Survey on Patient Safety Culture: 2011 User Comparative Database Report*. Based on data from 1,032 U.S. hospitals, the report provides initial results that hospitals can use to compare their patient safety culture to other U.S. hospitals. In addition, the 2011 report presents results showing change over time for 512 hospitals that submitted data more than once. The report consists of a narrative description of the findings and four appendixes, presenting data by hospital characteristics and respondent characteristics for the database hospitals overall and separately for the 512 trending hospitals.

To read the report in its entirety, please go to <http://ahrq.hhs.gov/qual/hospsurvey11/>

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### **Funding Opportunity**

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#### **Grants to Enhance Older Adult Behavioral Health Services**

The Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, is accepting applications for fiscal year (FY) 2011 for Grants to Enhance Older Adult Behavioral Health Services. The purpose of this funding opportunity is to expand existing Older Adult Targeted Capacity Expansion (TCE) programs to include a focus on the prevention of suicide and prescription drug misuse and abuse among the older adult population. For the purpose of this program, the target population is defined as persons 60 years and older who are at risk for or are experiencing behavioral health problems. SAMHSA is collaborating with the U.S. Administration on Aging on this initiative.

The deadline date for submission of applications is 11:59 p.m., Eastern Time, on **June 7 2011**.

To learn more, please go to <http://www.grants.gov/search/search.do;jsessionid=HLthN1jZKsxJQ0Cpj4TM>

<http://www.grants.gov/search/search.do;jsessionid=0G2SN1fd4bWwqTSPwynZQyML1PhnktSn5NL9kF2TYnvHPV2mh5l8!-210279180?oppId=86753&mode=VIEW>

### **Lifespan Respite Care Program - Competing Program Expansion Supplements**

The U.S. Administration on Aging (AoA) is providing this competitive program expansion grants opportunity to assist current FY 2009 and FY 2010 Lifespan Respite Care Program grantees to further implement the requirements of the Lifespan Respite Care Act of 2006 (P.L. 109-442). Eligible State agencies receiving funding under this Announcement will be required to build upon the work begun work through aging and disability resource centers and in collaboration with state respite coalitions or other state respite organizations to enhance and expand the availability of Lifespan Respite services in the state. Successful applicants under this funding opportunity will be required to focus on the direct provision of respite services to fill identified gaps in service delivery and address unmet respite needs of family caregivers across the lifespan. In addition to the direct provision of respite services, grantees may also opt to use some portion of funds to further augment and strengthen any of the other required or optional services permitted, including developing and providing emergency respite services; further recruitment and training of respite care workers and volunteers; and strengthening/enhancing access assistance for caregivers seeking respite services.

The deadline date for submission of applications is 11:59 p.m., Eastern Time, on **June 15 2011**.

To learn more, please go to

<http://www.grants.gov/search/search.do;jsessionid=0G2SN1fd4bWwqTSPwynZQyML1PhnktSn5NL9kF2TYnvHPV2mh5l8!-210279180?oppId=88794&mode=VIEW>

### **Public Health Emergency Preparedness Cooperative Agreement**

The purpose of the 2011-2016 Public Health Emergency Preparedness (PHEP) cooperative agreement program is to assist state, local, and territorial/freely associated state health departments in demonstrating measurable and sustainable progress toward achieving the 15 public health preparedness capabilities and other activities that promote safer and more resilient communities.

The deadline date for submission of applications is 11:59 p.m., Eastern Time, on **June 17 2011**.

To learn more, please go to

<http://www.grants.gov/search/search.do;jsessionid=2WkdN1hYZ22vNGZFpwr>

[c09L9nqQy9LVvSX2X2m54sKfbh2pD09Mh!-210279180?oppId=88673&mode=VIEW](http://www.godirect.org/partners/new-go-direct-campaign-materials/)

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## **More News**

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### **U.S. Treasury to "Retire" Paper Checks**

Effective May 1, 2011 paper checks will no longer be an option for new Federal benefit applicants.

All new Federal benefit applicants will choose one of the two electronic payment options recommended by the Treasury Department: direct deposit or the Direct Express® Debit MasterCard® card. The retirement of paper checks is a part of the US Treasury Department's Go Direct Campaign. It is projected that the move to pay all Federal benefits electronically will save taxpayers one billion dollars over the next ten years.

For direct deposit, beneficiaries should have the following on-hand when they fill out a Federal benefit application:

- Financial institution's routing transit number
- Account type (checking or savings)
- Account number

Beneficiaries who do not have a bank account or who prefer a prepaid debit card can sign up for the Direct Express® card. If choosing this option, people should notify their Federal benefit agency at the time they apply for the benefit.

Beneficiaries, who currently receive Federal benefits by paper check, must switch to one of the electronic payment options by March 1, 2013.

To ensure a smooth enrollment process, the US Treasury Department has made available online several information materials, including a direct deposit checklist, news briefs and social media tips. To access these materials, please go to <http://www.godirect.org/partners/new-go-direct-campaign-materials/>

To learn more about the Go Direct Campaign, you can contact a campaign representative by email at [GoDirect@webershandwick.com](mailto:GoDirect@webershandwick.com) or by telephone at (952) 346-6055. You can also visit the website at <http://www.godirect.org/>

### **National Observances**

Arthritis Awareness Month. To learn more, please visit the Arthritis Foundation website at <http://www.arthritis.org/>

Asian American and Pacific Islander Heritage Month. To read the 2011 Presidential Proclamation, please go to <http://www.whitehouse.gov/the-press-office/2011/04/29/presidential-proclamation-asian-american-and-pacific-islander-heritage-m>

The National Eye Institute (NEI) established healthy Vision Month in May 2003. NEI is one of the US Department of Health and Human Services National Institutes of Health. Healthy Vision Month is designed to elevate vision as a health priority for the Nation. To learn more, please visit the NEI webpage at <http://www.nei.nih.gov/nehep/resources/hvm/>

National Physical Fitness and Sports Month is an ideal time to celebrate active living. It is sponsored by the President's Council on Physical Fitness and Sports. To learn more and to access the 2011 National Physical Fitness and Sports Month Toolkit, please go to <http://www.healthfinder.gov/nho/PDFs/MayNHToolkit.pdf>

National Women's Health Week is May 8 through 14. This week-long health observance is coordinated by the US Department of Health and Human Services' Office of Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. The theme for 2011 is "It's Your Time." To learn more, please visit the National Women's Health Week website at <http://www.womenshealth.gov/whw/index.cfm>

National Hurricane Preparedness Week is May 22 through May 28. To learn about actions you should take to reduce the effects of a hurricane disaster, please visit the National Oceanic and Atmospheric Administration's Hurricane Preparedness Week webpage at <http://www.nhc.noaa.gov/HAW2/english/intro.shtml>

Heat Safety Awareness Day is May 27. Heat is the number one weather-related killer in the United States. The National Weather Service statistical data shows that heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes combined. To learn what you can do to stay safe during hot weather, please visit the National Oceanic and Atmospheric Administration's Heat webpage at <http://www.weather.gov/om/heat/index.shtml>

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### **Submit a Story!**

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Do you have a story about ....Click on the link below to share your story with us, and it may appear on our website or in this enewsletter!  
[http://www.aoa.gov/AoARoot/Press\\_Room/For\\_The\\_Press/medadv/Share\\_Story.aspx](http://www.aoa.gov/AoARoot/Press_Room/For_The_Press/medadv/Share_Story.aspx)

Stay up to date with the latest aging meetings and conferences by visiting the AoA events calendar at:

[http://www.aoa.gov/AoARoot/Press\\_Room/events/events\\_List\\_Day.aspx#title](http://www.aoa.gov/AoARoot/Press_Room/events/events_List_Day.aspx#title)

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