



News and Info

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AoA Funds New National Resource Center on Nutrition and Aging

Assistant Secretary for Aging (ASA) Kathy Greenlee last week announced the award of \$315,6677 to the Meals on Wheels Association of America (MOWAA) to establish a new National Resource Center on Nutrition and Aging (Center).

The Older Americans Act nutrition program aims to reduce hunger and food insecurity of older adults as well as promote their socialization, health and well-being. Its purpose is

also to delay adverse health conditions through access to nutrition and other disease prevention and health promotion services.

"Nutrition is an essential ingredient for maintaining health, functionality and continued independence in the community," said Assistant Secretary Greenlee, "The Center will be a new resource to enhance this critical community-based nutrition program targeted at older adults."

To read the entire press release on this award, please go to http://www.aoa.gov/AoARoot/Press_Room/For_The_Press/pr/archive/2011/October/2011_10_03.aspx

To learn more about the Older Americans Act Nutrition Services program, please go to http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/Nutrition_Services/index.aspx

ASA Greenlee Gets Up Close Look of AoA Funds at Work

Assistant Secretary for Aging (ASA) Kathy Greenlee recently toured the L.A. Gay and Lesbian Center, which received a Community Innovations in Aging In Place (CIAIP) grant from the Administration on Aging in 2009. The three-year CIAIP grant was the first such federal grant ever issued to an LGBT organization. The CIAIP grants were authorized by Congress in the Older Americans Act (OAA) to assist communities in their efforts to enable older adults to sustain their independence and age in place in their homes and communities.

ASA Greenlee was accompanied on her visit by AoA Region IX Administrator David Ishida. Their visit included a tour of two Center locations and a meeting with Center officials, Alan Acosta, Director of Strategic Initiatives and Kathleen Sullivan, Seniors Services Director Kathleen Sullivan and some of the older LGBT people who turn to the Center for support.

"While confronted with the same issues that everyone faces as they age, LGBT elders also face unique challenges that make aging particularly difficult," said ASA Kathy Greenlee. "Experiencing social stigma - both past and present - prevents many LGBT seniors from seeking much needed support from potentially unwelcoming service providers. LGBT seniors are also half as likely to have close relatives they can rely on for assistance. I am pleased that the L.A. Gay & Lesbian Center is utilizing its award to help this vulnerable population remain independent and healthy. Together, we can build a legacy of empowerment and change in this area."

To learn more about Community Innovations in Aging In Place, please visit the Community Innovations in Aging In Place Technical Assistance Resource Center website at <http://www.ciaip.org/>

To learn more about the L.A. Gay & Lesbian Center, please visit the website at <http://laglc.convio.net/site/PageServer>

Funding Opportunities

Rural Health Care Services Outreach Grant Program

The Office of Rural Health Policy's Outreach Program in the US Department of Health and Human Services' Health Resources Services Administration is soliciting proposals for support projects that demonstrate effective models of outreach and service delivery through collaboration, adoption of an evidence-based or promising practice model, demonstration of health outcomes, replicability and sustainability. Proposed projects should have an outcomes-oriented approach that will enhance and sustain the delivery of effective health care in rural communities by tracking specific health indicators that will demonstrate the impact of their project at the end of their grant period. They will be based on evidence-based or promising practice models in order to avoid "reinventing the wheel" and demonstrate health status improvement in rural communities. Proposed projects can take the framework of an evidence-based or promising practice model and tailor it to their community's need and organization.

The application deadline is November 22, 2011.

To learn more details about this funding opportunity, please go to <http://www.grants.gov/search/search.do;jsessionid=24vzTLVLRc4fvWdW62w1NJL7BttTdw2JJ0YnL0w0p8FM1XWMwJP!-1138132090?oppId=124153&mode=VIEW>

Interventions for Health Promotion and Disease Prevention in Native American Populations

The National Institutes of Health is providing this funding opportunity announcement (FOA) to develop, adapt, and test the effectiveness of health promotion and disease prevention interventions in Native American (NA) populations. NA populations are exposed to considerable risk factors that significantly increase their likelihood of chronic disease, substance abuse, mental illness, and HIV-infection. The intervention program should be culturally appropriate and promote the adoption of healthy lifestyles, improve behaviors and social conditions and/or improve environmental conditions related to chronic disease, the consumption of tobacco, alcohol and other drugs, mental illness or HIV-infection. The intervention program should be designed so that it could be sustained within the entire community within existing resources, and, if successful, disseminated in other Native American communities. The long-term goal of this FOA is to reduce mortality and morbidity in NA communities. For the purposes of this FOA Native Americans include the following populations: Alaska Native, American Indian, and Native Hawaiian. The term Native Hawaiian means any individual any of whose ancestors were natives, prior to 1778, of the area which now comprises the State of Hawaii.

The application deadline is May 15, 2014.

To learn more about this funding opportunity, please go to <http://www.grants.gov/search/search.do;jsessionid=24vzTLVLRc4fvWdW62w1NJL7BttTdw2JJ0YnL0w0p8FM1XWMwJP!-1138132090?oppId=124173&mode=VIEW>

Stay Informed

Webinar on Three "Mission Critical" Insights for Senior Care Workers

For senior care staff and volunteers, understanding the fundamentals of the aging process is more important than ever. In this webinar sponsored by the National Council on Aging and IlluminAge, learn three key insights frontline staff and managers should have about aging and working with older adults.

Date: Thursday, October 13, 2011

Time: 1:30 p.m. - 2:30 p.m. ET

To learn more about the webinar's content and to register, please go to <http://www.ncoa.org/calendar-of-events/2011-abs-webinars/three-mission-critical.html>

Webinar on *From Bad to Worse: Senior Economic Insecurity on the Rise*

In only four years, the ranks of seniors at risk of outliving their resources increased by nearly 2 million households. Using the Senior Financial Stability Index, economic insecurity among senior households increased by one-third, rising from 27% to 36% from 2004 to 2008. This steady and dramatic increase was in progress even before the full force of the Great Recession hit.

Join NCOA (National Council on Aging) to explore the findings of two recent studies on this issue from the Institute on Assets & Social Policy:

From Bad to Worse: Senior Economic Insecurity on the Rise
The Crisis of Economic Insecurity for African American and Latino Seniors

Date: Thursday, October 20, 2011

Time: 3:00 p.m. - 4:00 p.m. ET

To learn more about the webinar's content and to register, please go to <http://www.ncoa.org/calendar-of-events/from-bad-to-worse-senior.html>

ACA 101 Conference Call Series

The next Health and Human Services (HHS) conference call to discuss the benefits and provisions of the Affordable Care Act is scheduled for Tuesday, October 18 at 8:00 p.m. Eastern Time.

To register for this call, please go to https://public.govdelivery.com/accounts/USHHS/subscriber/new?topic_id=USHHS_249. Dial-in information will be provided after receipt of your RSVP.

To view the PowerPoint Presentation, please go to <http://www.hhs.gov/partnerships/resources/aca101faithcommunities.pdf>

If you have any additional questions or difficulties registering for this call, please send an email to ACA101@hhs.gov

The remaining discussion dates are: November 1, and December 6.

Protecting Elder Americans from Financial Abuse - Toll Free Nationwide Call-in Service

Free advice and guidance on how to protect yourself and your loved ones against investment swindles and financial abuse.

One out of every five citizens over the age of 65 has been victimized by a financial swindle.

Of particular concern are seniors with mild cognitive impairment (MCI) who can perform most daily functions, but have trouble or become confused when it comes to managing their finances.

In collaboration with several national organizations, Kiplinger is coordinating a toll free nationwide call-in service for individuals seeking advice. Members of the Financial Planning Association, National Adult Protective Services Association and health care professionals will answer your questions.

Date: Thursday, November 10, 2011

Time: 9:00 a.m. to 6:00 p.m. Eastern

General Finance Questions: call 888-227-1776

Call the above number to speak with an expert from the Financial Planning Association (FPA) about your family's financial security. You can get answers to general financial questions, get help identifying financial professionals that put your interests first and learn how to protect yourself and your loved ones from financial fraud. FPA professionals can also help you start a conversation about money with your adult children or older parents to help prevent elder investment fraud and financial exploitation.

Medical Questions: call 888-303-0430

Call the above number to speak with a health care professional about medical issues such as mild cognitive impairment (MCI) that can impact an older person's ability to make wise and safe financial decisions and can increase their vulnerability to elder financial abuse and exploitation. The health care professionals can help you recognize the warning signs of vulnerability to financial abuse in yourself or your loved ones and suggest referral routes for further medical screening.

Financial Abuse Questions: call 888-303-3297

Call the above number to speak with an adult protective services (APS) professional about elder financial abuse and strategies for keeping yourself or your older loved ones independent. You can get information on how to recognize the most common ways that older adults are financially exploited and methods for preventing elder financial abuse. APS professionals can also help you take the proper steps if you suspect that a loved one is currently being financially abused or exploited.

This call-in service is for informational purposes only and is not a substitute for individualized medical, law, business, accounting, or investment advice, which takes into account the details of your situation or condition. Always seek the advice of your lawyer, physician, accountant, or other qualified professional regarding your individual situation or condition. Reliance on information provided by the call-in service is solely at your own risk.

In no event shall The Kiplinger Washington Editors, Inc., Investor Protection Trust, Investor Protection Institute, Financial Planning Association, National Adult Protective Services Association, Baylor College of Medicine, or any participating adult protective services, medical or health care professional be liable for any decision made or action taken by you in reliance on or in connection with your use of the call-in service.

To learn more about this event, please visit the Investor Protection Trust website at <http://www.investorprotection.org/>

Tools & Information

New Reports Available Online

The MetLife Study of Women, Retirement, and the Extra-Long Life: Implications for Planning Like the classic news vendor's famous street corner shout of "Extra! Extra! Read all about it!" *The MetLife Study of Women, Retirement, and the Extra-Long Life: Implications for Planning*, produced by the MetLife Mature Market Institute, in conjunction with the Scripps Gerontology Center of Miami University, examines mature women's retirement-related thinking and behaviors in the context of all the "extra" challenges women experience in retirement. It exposes the "perilous paradox" of women's retirement income security needs and their response to them.

To download a copy of this report, please go to <http://www.metlife.com/assets/cao/mmi/publications/studies/2011/mmi-women-retirement-extra-long-life.pdf>

Report on Retirement and Health Poll

In the coming years, an increasing number of Americans will reach an age when they will consider retirement. This will include many people who represent the "baby boomer" generation. Given the different experiences and values of this demographic group, as well as the changing nature of the American life, the nature of retirement itself may change. This poll was conducted in order to capture first-hand the perspective of those who will shape the nature of retirement moving forward: people over age 50, including not only people who have retired, but also people who plan to retire ("pre-retirees") and those who do not plan to do so. The poll covers the following areas: 1) The retirement experience of retirees and the expectations of pre-retirees; 2) Perspectives on the timing of retirement; 3) Steps taken to stay healthy in retirement; 4) Views on the role of Medicare and Medicaid in retirement; 5) Perceptions of what makes a community a healthy place for retired people; and 6) Concerns about being admitted to a nursing home during retirement.

To learn more about the poll findings and to download a copy of this report, please go to <http://www.rwjf.org/newsroom/product.jsp?id=72836>

Go4Life

Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH (National Institute of Health), is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines or build more exercise and physical activity into weekly routines are the essential elements of *Go4Life*. The campaign offers exercises, motivational tips, and free resources to help you get ready, start exercising and keep going.

The *Go4Life* campaign includes an evidence-based exercise guide in both English and Spanish, an exercise video, an interactive website, and a national outreach campaign.

To learn more and to order the free exercise & physical activity guide and video, please go to <http://go4life.niapublications.org/>

Dialogues on Diversifying Clinical Trials

Successful Strategies for Engaging Women and Minorities

The Food and Drug Administration FDA Office of Women's Health in collaboration with the Society for Women's Health Research recently held a two-day conference to share a best practices approach to successful and innovative recruitment, retention, and analysis of women and minorities in clinical research. Over 200 representatives from government, industry, patient advocates, and the scientific community came together to discuss strategies for increasing the participation of women and minorities in clinical trials.

The conference included roundtable discussions and presentations on research design, cultural and linguistic competency, federal policies and regulations, and community collaborations. The meeting also featured welcoming remarks by FDA Commissioner Margaret Hamburg and DHHS Deputy Assistant Secretary Garth Graham. A white paper capturing new strategies and proposed solutions identified during this meeting will be published in 2012.

To learn more about the conference outcomes, and to view the Webcast and speaker presentations, please go to

<http://www.fda.gov/ScienceResearch/SpecialTopics/WomensHealthResearch/ucm273816.htm>

CMS Proposes Improvements to Medicare

Updates to Medicare Advantage, Part D prescription drug coverage will improve benefits, increase transparency and strengthen programs

The Centers for Medicare & Medicaid (CMS) has proposed revisions to the Medicare Advantage program and prescription drug benefit program (Part D) that would implement new benefits under the Affordable Care Act and increase patient protections. The proposals would codify provisions providing important new benefits including the 50% discount on covered brand name drugs in the Part D coverage gap known as the "donut hole" as well as new tools to fight fraud and abuse in Medicare and improve patient protections.

To learn more, please go to the CMS website to read the entire press release at

<https://www.cms.gov/apps/media/press/release.asp?Counter=4109&intNumPerPage=10&checkDate=&checkKey=&srchType=1&numDays=3500&s>

CMS Announces Release of Fiscal Year 2011 SHIP Funding

The Centers for Medicare & Medicaid Services (CMS) recently announced \$1.5 million in performance awards released to support local agencies that assist people with Medicare and their caregivers. State Health Insurance Assistance Programs (SHIPs) that have provided outstanding counseling services to Medicare beneficiaries through innovative outreach efforts received the awards. Additionally, awardees reached and provided enrollment assistance to people eligible for Medicare benefits, but not currently receiving benefits.

To learn more, please go to the CMS website to read the entire press release at

<http://www.cms.gov/apps/media/press/release.asp?Counter=4106&intNumPerPage=10&checkDate=&checkKey=&srchType=1&numDays=3500&sr>

CMS Immunization Guide about Seasonal Flu Vaccinations

The Centers for Medicare and Medicaid Services (CMS) *2011- 2012 Immunizers' Question & Answer Guide to Medicare Part B & Medicaid Coverage of Seasonal Influenza and Pneumococcal Vaccinations (Guide)* addresses immunizers' commonly asked questions about the administration of influenza and pneumococcal vaccines to Medicare and Medicaid patients. It also includes questions and answers that are particularly relevant to the 2011-2012 influenza immunization season, including how providers bill for administration and the cost of the vaccine.

To download a copy of the *Guide*, please go to

<http://www.cms.gov/Immunizations/Downloads/20112012ImmunizersGuide.pdf>

Also, the CMS immunization web page features a mini-poster, in English and Spanish, reminding everyone that flu vaccination is covered under Medicare, Medicaid and CHIP. To download a copy of the poster and to access other information, please go to

<http://www.cms.gov/Immunizations/>

Learn about Older Hispanic Americans in the AoA October Widget

Americans observe Hispanic Heritage Month from September 15 to October 15. In honor of Hispanic Heritage Month, the Administration on Aging (AoA) aging statistics widget features current data on older Hispanic Americans. Did you know that older Hispanic Americans 65 plus are projected to increase to 19.8 percent of the older population by 2050? To learn more, check the AoA statistical widget at

http://www.aoa.gov/AoARoot/Site_Utilities/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.

Have you visited the AoA social media page at

http://www.aoa.gov/AoARoot/Press_Room/Social_Media/index.aspx? The page includes engaging e-cards with health tips that you can send to your friends and family. If you have friends who are caring for their parents or older relatives, you can thank them by sending them an e-card. To view all of the AoA health e-cards, please go to http://www.aoa.gov/AoARoot/Press_Room/Social_Media/eCards/flu.aspx

AoA is on Facebook and we invite you to visit the AoA Facebook page at

<http://www.facebook.com/aoa.gov>. Please click the "like" button for us and tell your friends about our Facebook page. Feel free to write on our wall and comment on our postings.

We welcome comments and suggestions on our social media. If you have any questions or comments, feel free to contact Augustina.Howe@aoa.hhs.gov

Observances

October Observances

Domestic Violence Awareness Month

In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989 Congress passed Public Law 101-112 designating October of that year as National Domestic Violence Awareness Month, and such legislation has passed every year since.

To learn more about Domestic Violence Awareness Month and to download resource materials to promote the observance, please go to <http://dvam.vawnet.org/>

National Breast Cancer Awareness Month

For more information, including helpful resources, please visit the National Breast Cancer Awareness Month website at http://www.nbcam.org/about_nbcam.cfm

National Disability Employment Awareness Month

To learn about actions you can take to promote this observance in your community, please visit the Department of Labor Office of Disability Employment Policy website at <http://www.dol.gov/odep/topics/NDEAM.htm>

National Substance Abuse Prevention Month

To learn about actions you can take to promote this observance in your community, please visit the SAMHSA (Substance Abuse & Mental Health Services Administration) website at <http://www.samhsa.gov/>

World Food Day (October 16th)

World Food Day is a worldwide designed to increase awareness, understanding and informed year-round action to alleviate hunger. For more information, including helpful resources, please visit the World Food Day website at <http://www.worldfooddayusa.org/>

Conferences

October Conferences

16th-17th: *Aging with Passion: Third Biennial Conference on Aging*

Sponsor: University of Nebraska @ Omaha

Website: <http://www.unomaha.edu/gero/conference.php>

26th-28th: *31st Annual Arkansas Aging Conference*

Sponsor: Arkansas DHS Division of Aging and Adult Services

Website:

<http://www.daas.ar.gov/agingconf.html?ID=2&Source=https%3A/ardhs.sharepointsite.net/HCBS/default.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

Please direct submissions to the AoA Calendar of Events to Paulette Nowden at Paulette.Nowden@aoa.hhs.gov

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