



COMMONWEALTH of VIRGINIA

Department for the Aging

Julie Christopher, Commissioner

[Click here to go to the Virginia Department for the Aging Home Page](#)

TABLE OF CONTENTS
AAA TUESDAY E-MAILING
October 3, 2006

SUBJECT	VDA ID NUMBER
<u>Two AAAs Receive Rural PACE Grants</u> (Julie Christopher)	07-01
<u>Tutorials from the Kaiser Family Foundation on KaiserEDU.org</u> (Elaine Smith)	07-02
<u>Older Americans Act of 1965 as amended in 2006</u> (Tim Catherman)	07-03
<u>Article on Boosting Nutrient Intake and Food Safety</u> (Elaine Smith)	07-04

Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Directors,
Area Agencies on Aging

FROM: Julie Christopher

DATE: October 3, 2006

SUBJECT: Two AAAs Receive Rural PACE Grants

Congratulations to Diana Wallace and the Appalachian Agency for Senior Citizens and Marilyn Maxwell and Mountain Empire Older Citizens who have each been awarded \$500,000 from CMS to develop a Rural PACE program. AASC and MEOC were two of only 15 organizations nationwide to receive these grant funds!

MEOC is also the recipient of a \$3.4 million low interest loan from the USDA to construct and equip their PACE Center.

PACE is the Program for All-Inclusive Care for the Elderly; a capitated benefit program that provides comprehensive care for both acute and long-term care services through integrated Medicare and Medicaid financing.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Health Promotion-Disease Prevention Coordinators

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: October 3, 2006

SUBJECT: Tutorials from the Kaiser Family Foundation on kaiserEDU.org

Following is a link to a set of tutorials from the Kaiser Family Foundation on kaiserEDU.org.

http://www.kaiseredu.org/tutorials_index.asp

They are on-line tutorials that you may use to inform yourself on these topics as well as scripts and power point slide presentations that could be used in a group setting. There are a number of topics; some, such as the following, are related to Medicare, Medicaid, and the new Medicare prescription drug program.

Medicare 101

http://www.kaiseredu.org/tutorials_index.asp#Medicare1 (Updated)

This tutorial provides a concise overview of Medicare, including the latest information on financing and spending, the new drug benefit, and discussion of major policy issues.

Medicare Drug Benefit

http://www.kaiseredu.org/tutorials_index.asp#RxDrugBenefit1
(Updated)

This expanded tutorial details the mechanics of the Medicare Part D program and raises the key issues and challenges emerging in the program's first year.



COMMONWEALTH of VIRGINIA
Department for the Aging

Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging (AAA)

FROM: Tim M. Catherman

DATE: October 3, 2006

SUBJECT: Older Americans Act of 1965 as amended in 2006

As you know by now, on September 30th, Congress passed the Older Americans Act Amendments (OAA) of 2006 (H.R. 6197). This is the 16th reauthorization of the OAA. A PDF line numbered copy of the bill text can be found at the following website: <http://edworkforce.house.gov/issues/109th/education/oa/oa.htm>. A text version of the bill can be found at http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=109_cong_bills&docid=f:h6197rds.txt. As we analyze the bill and the changes, we will pass that along.

On the funding side, Congress passed a continuing resolution to fund programs for October 1, 2006 through November 17, 2006.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: October 3, 2006

SUBJECT: Article on Boosting Nutrient Intake and Food Safety

Below is a link to an informative article on boosting key nutrients with fresh vegetables and food safety considerations. In the wake of the recent E. coli outbreak this is timely and accurate information that may be adapted and passed on to congregate and home-delivered meal clients.

<http://www.ajc.com/living/content/living/food/fit/2006/09/26/0928FDfittoeat.html>

The food safety tips as reprinted on the following fact sheet are good reminders for everyone and particularly for seniors. Please feel free to copy and distribute this sheet or adjust it for your specific needs.

FOOD SAFETY TIPS AND REMINDERS

Washing fruits and vegetables is always a good idea, but you cannot wash away E. coli. Only heat will destroy the bacteria (160 degrees for 15 minutes). However, washing fruits and vegetables can remove dirt that hides in the cracks and creases of plants.

- Buy produce in small quantities, only the amount you will use within a week.
- Inspect produce and don't buy anything with mold, cuts or bruises.
- Fresh produce that is cut or peeled should be refrigerated within two hours of preparation.
- Wash all fruits and vegetables under cool tap water before eating.
- Scrub the outside peel of melons and cucumbers before cutting; the knife could pass through dirt on the rind and transfer it to the flesh of the fruit or vegetable.
- Discard the outer leaves of vegetables.



For more tips, visit www.foodsafety.gov .

USE FROZEN SPINACH



Substitute frozen spinach in your recipes that call for spinach. Frozen spinach is high in nutrients and a safe alternative to fresh spinach. Defrost spinach in the refrigerator and squeeze out the excess moisture before adding it to your favorite dish.