



COMMONWEALTH of VIRGINIA

Department for the Aging

Julie Christopher, Commissioner

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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.

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229

Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354

E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Disease Prevention/Health Promotion Coordinators

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

DATE: May 30, 2007

SUBJECT: American Foundation for the Blind Web Site for Seniors

Current rates of vision loss from diseases like age-related macular degeneration, glaucoma, and diabetic retinopathy are expected to double as the nation's 78 million baby boomers reach retirement age.

To help address this growing public health concern, the American Foundation for the Blind (AFB) has launched the AFB Senior Site (<http://www.afb.org/seniorsite>), designed for seniors who are losing their vision, as well as their families, and the professionals who serve them. The site is rich with information-including photos, videos, articles, and resource links-to enhance the independence of older people beginning to experience vision loss.

Visitors to the website will also find inspiring messages from seniors who have been recently diagnosed with eye diseases. Their compelling stories offer a positive outlook and help dispel fears about what living with vision loss means (<http://www.afb.org/seniorsite.asp?SectionID=68&DocumentID=3338>)

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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

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

DATE: May 30, 2007

SUBJECT: Emergency Preparedness Webinars

Please plan for your AAA to join the Administration on Aging's first Webinar series on Emergency Preparedness and Disaster Assistance to learn from Federal, State, Tribal and local leaders about what YOU can do to be ready in the event of an emergency or disaster. It could happen to you - will you be ready?

The AoA Webinar Series: Emergency Preparedness and Disaster Assistance for Older Adults will be held in June. Topics for this Webinar Series will include:

June 6 Webinar 1: Emergency Preparedness and Disaster Assistance

June 13 Webinar 2: Crisis and Emergency Risk Communication

June 20 Webinar 3: Pandemic Flu

Webinars will be held from 1:00 - 3:00 pm, Eastern Time.

By participating in this Webinar Series, you will have the opportunity to:

Enhance your organization's ability to help reduce the impact of emergencies and natural disasters on your communities through planning;
Participate in a peer-to-peer exchange of best practices and successful strategies for emergency preparedness and crisis communications; and

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Hear from Federal, State, Tribal, and local officials about the HHS and AoA roles and plans across a range of emergency situations.

Who should participate in the Webinars? Organizations in the aging and public health networks that assist older adults at the local, State, Tribal and national levels are the primary audience for this Webinar series. The series is offered for free on a first-come, first-serve basis.

HOW TO REGISTER: Space is limited. To register and learn more about this special Webinar series, visit:

http://www.aoa.gov/prof/disaster_assist/webinar/webinar.htm .

AAAs and localities are encouraged to sign up and view the Webinars in groups and teams as an opportunity to bring partners together for further discussions and planning.

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Department for the Aging
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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Disease Prevention/Health Promotion Coordinators
Fan Care and Cooling Assistance Coordinators

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

DATE: May 30, 2007

SUBJECT: Heat Related Illness Flyer

Following is flyer that can be used for education on avoiding heat-related illness. It is based on the National Institute on Aging *Age Page* on Hyperthermia
<http://www.niapublications.org/agepages/hyperther.asp>

Other *Age Page* and health topics may be found online at
<http://www.nia.nih.gov/HealthInformation/Publications/>

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MEMORANDUM

TO: Executive Directors
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AND: Nutrition Directors
Disease Prevention / Health Promotion Coordinators

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

DATE: May 30, 2007

SUBJECT: Women's Health Conference

Following is an agenda and registration form for Women's Health Virginia 10th Annual Conference on Women's Health. It will be held Friday, June 15 at the Doubletree Hotel, Charlottesville, VA.

Speakers include Dr. Wanda K. Jones, Deputy Assistant Secretary for Health with the U.S. Department of Health and Human Services and Marilyn Tavenner, Secretary of Health and Human Resources, Commonwealth of Virginia.

Additional information is available at www.womenshealthvirginia.org or call 434-220-4500.

Beat the Summer Heat

Avoiding Heat-Related Illness



As the weather warms and summer rapidly approaches, we are reminded that summer can be a very risky time for many, especially seniors and individuals with health problems. Though heat is out of our control, there are steps and precautions everyone can take to protect themselves as well as loved-ones and neighbors.

1. Drink plenty of liquids—water or fruit and vegetable juices. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
2. If you live in a home or apartment without fans or air conditioning, be sure to follow these steps to lower your chance of heat problems:
 - create cross-ventilation by opening windows on two sides of the building;
 - cover windows when they are in direct sunlight;
 - keep curtains, shades or blinds drawn during the hottest part of the day;
 - try to spend at least 2 hours a day (if possible during the hottest part of the day) someplace air-conditioned—for example, the shopping mall, the library, a senior center, or a friend's house.
3. Check with your local area agency on aging to see if there is a program that provides window air conditioners to seniors who qualify.
4. Pay attention to the weather reports. You are more at risk as the temperature or humidity rise or when there is an air pollution alert in effect.

5. Dress for the weather. Wear natural fabrics such as cotton as well as light colored clothing.

Though everyone is at risk for heat-related illness, those who are over 65 and have other health related issues are especially vulnerable. Be sure to watch for signs and symptoms in yourself and others during the summer months.

Identifying heat-related illnesses

Heat cramps are the painful tightening of muscles in your stomach area, arms, or legs. While your body temperature and pulse usually stay normal, your skin may feel moist and cool.

Take these cramps as a sign that you are too hot—find a way to cool your body down. Be sure to drink plenty of fluids, but not those containing alcohol or caffeine.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, nauseated, and sweat a lot.

Resting in a cool place, drinking plenty of fluids, and getting medical care should help you feel better soon.

Heat stroke is an emergency and can be life threatening! Signs of heat stroke include fainting, body temperature over 104° F, a change in behavior, dry flushed skin with a rapid or weak pulse, and not sweating.

Immediate medical attention is necessary. Many people die of heat stroke each year.

Remember – stay aware of how you are feeling in the heat so we can all have a safe and healthy summer!

10th Annual Conference on Women's Health

***Ten Years on the Way Women's Wellness:
Roads Well Traveled, Directions Ahead***

Friday, June 15, 2007
Doubletree Hotel, Charlottesville, VA

- 8:00 - 8:40 a.m. **Registration and Visit Displays**
- 8:40 - 8:50 a.m. **Welcome and Introduction**
Miriam A. Bender, Chief Executive Officer, Women's Health Virginia
- 8:50 - 9:30 a.m. **Morning Keynote Address: *Where I've Been and Where I'm Going***
Wanda K. Jones, Dr.P.H, Deputy Assistant Secretary for Health (Women's Health)
U.S. Department of Health and Human Services
- 9:30 - 10:40 a.m. **Size Counts—It's a Matter of Heart (and More)**
Cardiovascular disease, diabetes and other chronic diseases related to overweight, obesity and disordered eating

Pamela E. Stark-Reed, Ph.D., Deputy Director, National Institutes of Health Division of Nutritional Research Coordination

Patrice Desvigne-Nickens, M.D., Program Director, Division of Cardiovascular Diseases, National Heart, Lung, Blood Institute, National Institutes of Health
- 10:40 - 11:10 a.m. **Break and Visit Displays**
- 11:10 a.m. - 12:55 p.m. **Advances for Women at Every Age** (Concurrent sessions)

The Reproductive Years
Contraception, sexually transmitted infections (including HPV, HIV/AIDS); perinatal depression

David F. Archer, M.D., Director, Clinical Research Center and Professor,
Obstetrics and Gynecology, Eastern Virginia Medical School

Brian Wispelwey, M.D., Professor of Internal Medicine, Infectious Diseases, University of Virginia

Ralph Wittenberg, M.D., Medical Director, Family Mental Health Institute and Clinical Professor of Psychiatry, George Washington School of Medicine

Mid-life and Beyond
Menopause, osteoporosis and mental and physical functioning in aging

Elizabeth Mandell, M.D., Associate Professor of Obstetrics and Gynecology, University of Virginia

Robert W. Downs, Jr., M.D., Professor of Medicine, Division of Endocrinology and Metabolism,
Virginia Commonwealth University

Peter A. Boling, M.D., Professor of Internal Medicine, Virginia Commonwealth University

Confronting Cancer

Breast, gynecological and lung cancer

David Brenin, M.D., Assistant Professor, Department of Surgery, University of Virginia

Susan C. Modesitt, M.D., Associate Professor, Gynecologic Oncology Division,
Department of Obstetrics and Gynecology, University of Virginia

Sherman Baker, Jr., M.D., Associate Professor of Internal Medicine, Virginia Commonwealth
University

1:00 – 2:00 p.m.

Lunch and visit displays

2:00 – 2:40 p.m.

**Afternoon Keynote Address: *Have we “come a long way baby?”
The State of Women’s Health in Virginia***

Marilyn B. Tavenner, Secretary of Health and Human Resources, Commonwealth of Virginia

2:40 – 2:50 p.m.

Stretch and energize

2:50 – 4:40 p.m.

It’s All About Women

Meeting Women’s Needs in Health Care

Availability of health care providers, comprehensive health care and services for diverse women

Roger T. Anderson, Ph.D., Professor and Section Head, Health Care Systems and Policy,
Wake Forest University School of Medicine

Aryana Khalid, Assistant Secretary of Health and Human Resources, Commonwealth of
Virginia

Putting Women in Control of Their Wellness

Confronting and using the media and marketing; helping women take charge of their health and be better
health decision makers

May G. Kennedy, Ph.D., M.P.H., Associate Professor, Department of Social and Behavioral Health,
VCU School of Medicine

WOMEN'S HEALTH VIRGINIA

1924 Arlington Boulevard, Suite 203
 Charlottesville, VA 22903
 Phone (434) 220-4500 Fax (434) 220-4545

10 Years on the Way to Women's Wellness Registration Form (Please print)

Name _____

Title/Degrees (If student, year of study) _____

Organization/Firm _____

Address _____

E-mail address _____

Phone _____ Fax _____

Concurrent Sessions on Advances for Women at Every Age. Please indicate your preferences (#1-3).
 We will do our best to accommodate your requests and will assign space on a first-come, first served basis.

___ **The Reproductive Years** ___ **Mid-life and Beyond** ___ **Confronting Cancer**

I wish to apply for the following continuing education credits _____

If you have a disability and will need special assistance or special dietary need, please tell us:

PAYMENT:

My registration fee \$75; \$40 for students _____

a tax-deductible contribution to Women's Health Virginia
 to support its education, information and research programs _____

TOTAL _____

___ I am enclosing a check payable to WOMEN'S HEALTH VIRGINIA

___ I authorize WHV to charge my credit card including \$2.50 per registration processing fee as follows:

Type of card (circle) Visa Mastercard Diners American Express Discover

Number _____ Expiration _____

Signature _____

Please return your registration to:

WOMEN'S HEALTH VIRGINIA, 1924 Arlington Boulevard, Suite 203, Charlottesville, VA 22903

A financial statement is available upon written request from the Virginia Office of Consumer Affairs, P.O. Box
 1163, Richmond, VA 23209