



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

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**December 4, 2007**

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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.



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**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:** December 4, 2007

**SUBJECT:** Safety Resources and Webinar Series

The Home Safety Council is offering a new educational series called: Expert Network Webinar Series. The Series is designed for individuals who promote or work in home fire safety or disaster preparedness. All you need is a computer and high speed internet access to participate. The next series topic is Scald Prevention which will occur in January 2008. Click on the link [Expert Network Webinar Series](#) for free registration or to learn more about the series. After registering, you may also view previous webinars in the series and request free resources.

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*Department for the Aging*

**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** December 4, 2007

**SUBJECT: AAAs Recognized**

The **Alexandria Agency on Aging** has received the *AARP Community Partner of the Year Award* for outstanding contributions through collaboration with AARP to enhance the quality of life for members of the community. For more details on this award, contact Mary Ann Griffin at 703-838-0920.

The **Jefferson Area Board for Aging** has received the 2007 *Best Housing Program Award* at the Governor's Housing Conference in Roanoke. JABA was recognized for creativity and innovation in their Mountainside Senior Living (assisted living) facility. For more details on this award, contact Gordon Walker at 434-817-5222.



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Brenda Friend Briggs, Project 2025: Enhanced Access to Legal Assistance  
For Older Americans in Virginia

**DATE:** December 4, 2007

**SUBJECT:** National Healthcare Decisions Day – Wednesday, April 16, 2008

The Virginia Department for the Aging (VDA) plans to participate in the inaugural National Healthcare Decisions Day on Wednesday, April 16, 2008. This national initiative follows a successful statewide Virginia project in 2007 when hospitals and other health facilities assisted in helping Virginians complete an advance directive at no cost. VDA is asking each AAA to include this initiative in its calendar of events for April 2008. The national committee is asking that we lead by example by ensuring that we complete an advance directive. Accordingly, we are encouraging each AAA to develop a plan to inform the AAA community of this valuable free resource, and implement the plan on or before the national day on Wednesday, April 16, 2008. Details about ways to participate can be found at [www.nationalhealthcaredecisionsday.or](http://www.nationalhealthcaredecisionsday.or).

If you have questions, please contact Brenda Friend Briggs at (804) 662-7050 at the VDA with Project 2025: Enhanced Access to Legal Assistance for Older Americans in Virginia.



*COMMONWEALTH of VIRGINIA*  
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**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:** December 4, 2007

**SUBJECT:** Emergency Protocol Kit for Heart Attack and Stroke

The Virginia Healthy Pathways Coalition works to promote healthy lifestyles and decrease the risk of heart disease and stroke in Virginia. In order to promote awareness of the warning signs of heart attack and stroke, and appropriate response to an event, the Coalition has developed an Emergency Protocol Kit (EPK). The EPK serves as a guide when cardiovascular (heart or brain) attacks are suspected.

Following are the three components of the kit. They are a cover letter, a color poster showing the warning signs and protocol to be followed, and a black and white poster of the protocol. Please consider attaching or including the letter and posters in planned communication to meal sites, home delivered meal participants, employees, and other community agencies. Making this information available in the community can save lives and decrease the devastating effects of heart attack and stroke.

To download additional copies of the three components of the Emergency Protocol Kit just go to [www.inchesaweighrichmond.com](http://www.inchesaweighrichmond.com) and click on the Virginia Healthy Pathways link on the lower left corner of the home page and follow the instructions.

# Virginia Healthy Pathways Coalition

**United Against Heart Disease and Stroke**

## **Non-Medical Facility Emergency Protocol**

The Virginia Healthy Pathways Coalition works to promote healthy lifestyles and decrease the risk of heart disease and stroke in Virginia. The coalition has several committees focused on addressing these issues in the community, health care, school, and work environments. The Medical Committee is promoting awareness of the warning signs of heart attack and stroke.

An Emergency Protocol is enclosed for your organization's use. The protocol serves as a guide when cardiovascular (heart or brain) attacks are suspected. We recommend that a leader within your organization review this protocol with existing employees at a staff meeting or employee in-service and with new personnel during orientation. It should then be posted in a location where your employees will see it.

To save lives, call "9-1-1" at the earliest onset of symptoms. It is also recommended that employees complete a CPR\* class and familiarize themselves with AED\*\* usage (if one is situated nearby). Be sure to designate personnel with CPR and/or AED training on the protocol so that they can be reached immediately. For more information about CPR training, visit: <http://www.americanheart.org/presenter.jhtml?identifier=3012360> or call: 1-877-AHA-4CPR (1-877-242-4277).

- *A Heart Attack occurs when one or more arteries that supply the heart with blood and oxygen become blocked resulting in injury to the heart muscle. Sudden cardiac arrest (no pulse) in adults is often due to an abnormal heart rhythm that may normalize when treated with an electrical shock from a defibrillator (AED).*
- *If the heart rhythm is not normalized, death may occur in minutes.*
- *A Stroke occurs when there is bleeding into the brain or normal blood flow to the brain is blocked resulting in damage to brain cells.*
- *Both conditions are true emergencies and immediate medical assistance is necessary. The faster treatment is given, the more likely damage can be minimized. Every moment counts!*

For additional information, contact:

Virginia Department of Health  
Division of Chronic Disease Prevention and Control  
Heart Disease and Stroke Prevention Project  
(866) 527-8654, press option 9

\* **Cardiopulmonary resuscitation**

\*\* **Automated external defibrillator**

# Heart Attack and Stroke Emergency Protocol

FOR NON-MEDICAL FACILITIES AND LAYPERSON CPR

Lives can be saved with CPR training.

For information on CPR training, visit [www.americanheart.org](http://www.americanheart.org)

or call 1-877-AHA-4CPR (1-877-242-4277).

Designated Personnel with CPR\* Training: \_\_\_\_\_ ph \_\_\_\_\_ ph \_\_\_\_\_

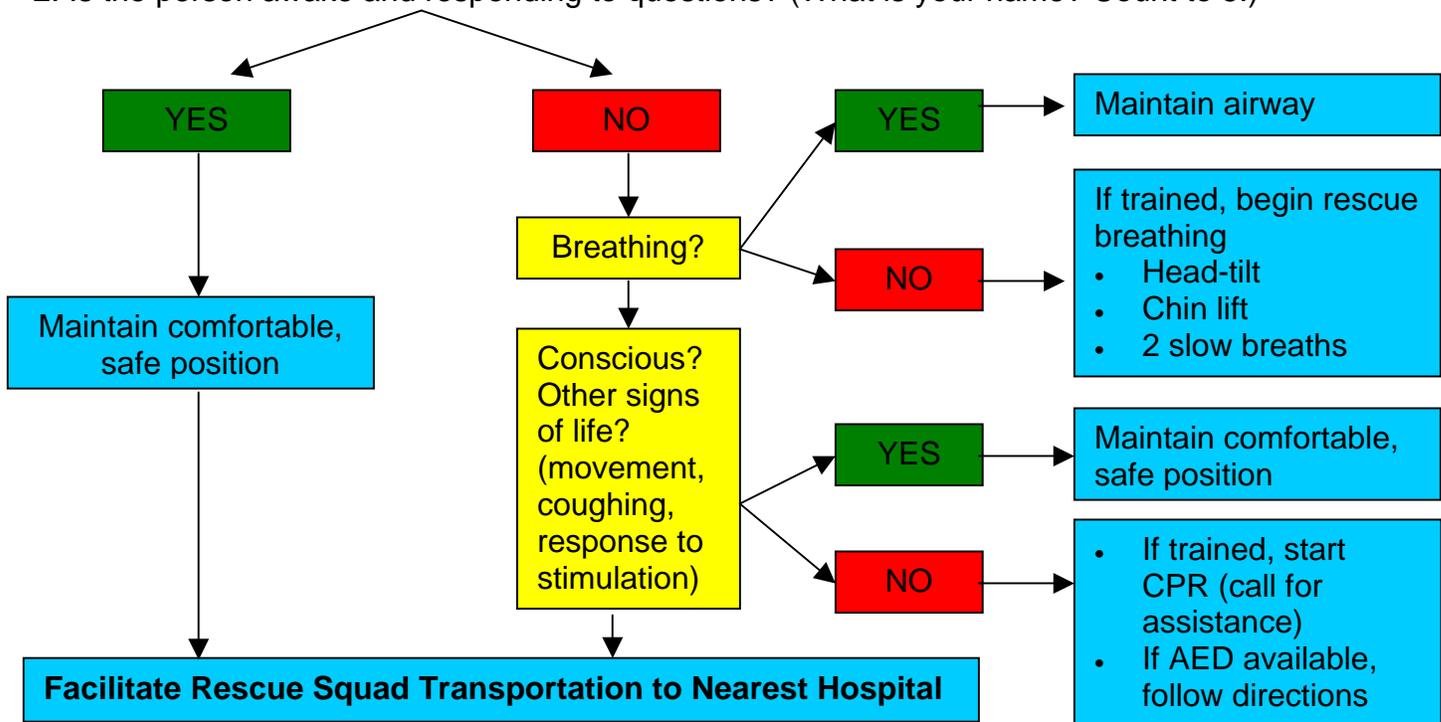
Designated Personnel with AED\*\* Training: \_\_\_\_\_ ph \_\_\_\_\_ ph \_\_\_\_\_

## Warning Signs (May be some or all)

| Stroke   | Heart Attack   |
|--|--|
| <ul style="list-style-type: none"> <li>• Sudden weakness or numbness in face, arm, or leg (especially on one side of the body)</li> <li>• Sudden dimness, blurring or loss of vision, particularly in one eye</li> <li>• Sudden loss of speech or trouble talking or understanding speech</li> <li>• Sudden, severe headache with no known cause - "The worst headache I've ever had"</li> <li>• Sudden dizziness, unsteadiness, or a sudden fall, especially if accompanied by any of the above symptoms</li> </ul> | <ul style="list-style-type: none"> <li>• Uncomfortable pressure, fullness, or squeezing pain in center of chest or rib cage, lasting more than a few minutes (may be mistaken for indigestion)</li> <li>• Pain spreading to shoulders, back, neck, jaw, or stomach</li> <li>• Shortness of breath with or without chest discomfort.</li> <li>• Other signs such as nausea, sweating or light headedness</li> </ul> |

## If a person has any of these symptoms:

1. Call 9-1-1 (clear the area; have another person direct rescue squad to the scene).
2. Is the person awake and responding to questions? (What is your name? Count to 5.)



\* Cardiopulmonary Resuscitation

\*\* Automated External Defibrillator

# Heart Attack and Stroke Emergency Protocol

FOR NON-MEDICAL FACILITIES AND LAYPERSON CPR

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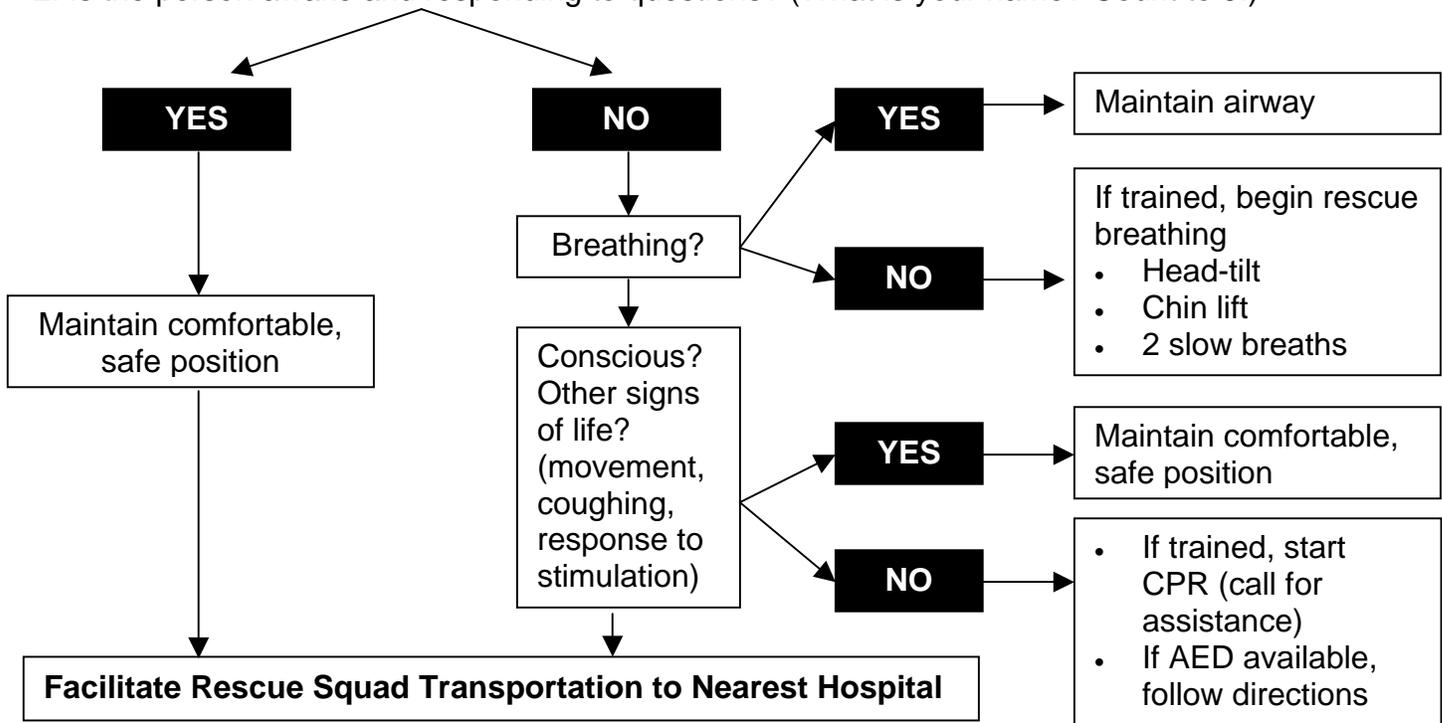
Designated Personnel with CPR\* Training: \_\_\_\_\_ ph \_\_\_\_\_ ph \_\_\_\_\_  
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