

Aging Matters

REGION I

Northwestern Area Agency on Aging

105 Bridge Street Plaza, P.O. Box 2086
Wheeling, WV 26003

*Brooke, Calhoun, Doddridge, Gilmer,
Hancock, Harrison, Marion, Marshall, Monongalia, Ohio,
Pleasants, Ritchie, Tyler, Wetzel, Wirt, and Wood Counties*

304-242-1800 voice
TTY/TDD
Email:

304-242-2437 fax
1-800-982-8771
belomar@belomar.org



November 2013
Michele Pultz, Editor

Inside This Issue

Is It Over Yet?	
Short-Term Spending	
Votes Still To Come	1
n4a Launches Innovative	
Collaboration	2
Older Americans Act	
Reauthorization	3
36th Summer	
Institute on	
Aging	4
New Report Focuses on	
Business Opportunities	
for Aging Population	5
NANASP Annual	
Conference	5
2015 Dietary Guidelines	7
New Go Direct Educational	
Materials Available	8

Is It Over Yet?

Short-Term Spending & Debt Ceiling Deal Struck, Votes Still to Come

October, 2013 - A Senate-brokered bipartisan deal to begin FY 2014 funding via a short-term continuing resolution (CR) and postpone the need to raise the debt ceiling appears to be the front runner to end the partial government shutdown of the past 16 days and prevent the U.S. from defaulting on its debt obligations. The Senate is expected to vote on the measure shortly, with the House following suit later this evening or tomorrow morning.

The bill, hammered out by Senate Majority Leader Harry Reid (D-NV) and Senate Minority Leader Mitch McConnell (R-KY), includes a CR through January 15, 2014 and language that would essentially postpone the need to revisit the debt ceiling conversation until February 7, 2014.

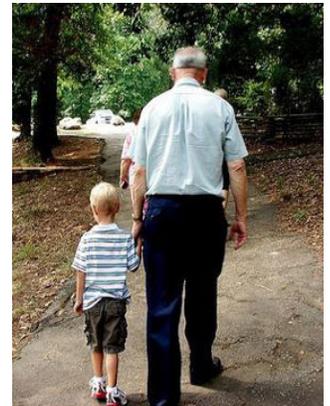
Full details of the plan have not yet been made public and, given the timing of this critical legislation, may not be available until after the House and Senate have voted on it. However, n4a has learned that the CR maintains current spending levels inclusive of the FY 2013 sequestration. Senate Democrats reportedly pushed back on an earlier CR proposal from moderate Republican Senator Susan Collins (R-ME) that would have continued current funding levels until March, with the thinking that the longer period would have made it more difficult for them to negotiate with the House over the long-term status of sequestration. By ending the CR on January 15, which is the deadline for Congress adhering to the terms of the Budget Control Act of 2011 (i.e., sequestration and budget caps), Senate Democrats hope to be better positioned to argue for an end to sequestration. If this CR passes into law, however, discretionary funding is stuck at post-sequester levels through the middle of January.



n4a Launches Innovative Collaboration to Make Communities Great Places to Grow Up and Grow Old

Washington, DC – The National Association of Area Agencies on Aging (n4a) has selected six communities from around the U.S. to participate in a MetLife Foundation-funded Livable Communities Collaborative. By the year 2030, more than 70 million Americans – twice the number in 2000 – will be 65 and older, and AARP reports that nearly 90 percent of older adults wish to age-in-place, or remain in their existing homes or communities as they age. This initiative will convene residents, business leaders, local government representatives and issue experts to identify and address ways that communities can ensure that they meet the needs of citizens across their lifespan. The six communities selected to participate are: Bellevue, WA; Larimer County, CO; Miami Gardens, FL; Monroe County (Rochester area), NY; Sedgwick County (Wichita), KS; and York, PA.

A Livable Community for all ages is one that has affordable and appropriate housing, adequate transportation and mobility options, accessible health and human services, as well as workforce, volunteer and community engagement opportunities that enable citizens to thrive. Together, these amenities help to maximize individual personal independence and quality of life while adding to the economic, civic and social vitality of the community at large. Sandy Markwood, n4a CEO, who has worked with communities around livability for over twenty years, said “Local governments and



community leaders across the nation are increasingly adopting the paradigm of livability across the lifespan, as a framework for fostering creative opportunities that respond to the changing demographics of their cities, towns and counties. These solutions ensure that communities are, in fact, great places to grow up and to grow old.”

Three of the communities in the initiative will collaborate around how to drive cultural change in the way people perceive of aging. The other three communities will learn together as they assess the needs of aging constituents and the gaps in their current support infrastructures. Ultimately each team will develop individual action plans and advance projects that improve the livability of their communities.

A critical component and innovation of the Livable Communities Collaborative is a focus on developing the social capital of older adults by training the communities to engage them in Self-Directed Volunteer (SDV) Teams. A SDV Team is a multi-skilled group that shares responsibility for addressing a challenge or opportunity in their community (see video: <http://sdvnetwork.com/volunteer/introductory-video/>). These volunteers will form a critical part of planning and advancing the livable communities agenda.

Communities participating in the Livable Communities Collaborative will learn from one another, and from best practices derived from the experiences of n4a and other organizations and communities that have engaged in livability. n4a also will share lessons learned through this initiative by collaborating with other organizations and



Is It Over Yet?

Short-Term Spending & Debt Ceiling Deal Struck, Votes Still to Come

The measure also includes language to change the way the debt ceiling will be raised going forward. Instead of Congress needing to approve an increase, they instead will have the option to disapprove an increase proposed by the Administration. The President retains veto authority over such disapproval, ensuring that a full 2/3rds of Congress would have to agree not to raise the ceiling.

Furthermore, the measure creates another deadline of December 13 by which Congress would need to finish its' now seven-months-late budget resolution. Both the House and Senate passed budget resolutions this year, but the House resisted going to "conference" with the Senate, so a joint agreement was never accomplished. This is in part why the appropriations process has been such a mess—without overall spending numbers set by the budget resolution, House and Senate appropriators were starting off on very different assumptions, then they proceeded to make very different decisions based on their competing priorities. In some cases, the House did not even write detailed bills. Even when the House and Senate committees both completed a bill, they did not reconcile the two versions. Hence, the need for a CR!



As reported in n4a's October 2 Legislative Update, the government shutdown has also slowed progress on the Older Americans Act reauthorization. On Monday, September 30, three Senate Health, Education, Labor and Pensions (HELP) Committee leaders introduced a bipartisan compromise bill (S. 1562) to reauthorize this vital Act.

Full Committee Chairman Tom Harkin (D-IA), Full Committee Ranking Minority Member (RMM) Lamar Alexander (R-TN), Primary Health and Aging Subcommittee Chairman Bernie Sanders (I-VT) are the original co-sponsors and we understand that Subcommittee RMM Richard Burr (R-NC) was involved in the negotiations as well. n4a is supportive of the bill based on its content (modest changes, nothing detrimental to smooth functioning of OAA programs and services) and its potential to pass in a bipartisan fashion.

However, the October 2 committee session to consider and pass the bill was cancelled due to the shutdown. As soon as Congress returns to full staff levels, we expect S. 1562 to be back on the agenda at the next HELP Committee markup, which could be as early as next week, but a possible Senate recess may push the date to October 30. Provisions in the bill address definition updates (elder justice, Aging and Disability Resource Centers); technical corrections (eligibility under National Family Caregiver Support Program); new emphases on evidence-based health and wellness programs, and coordination of human services transportation; and detailed instructions on prevention and remediation of conflicts of interest in the long-term care ombudsman program.

n4a staff are in close communication with key Hill staff and will continue to work to advance this legislation. The House has not yet taken up this issue, but if the Senate does pass a bipartisan OAA bill, it may encourage the House to do the same. Stay tuned for additional information.

For more information about these and other federal aging policy issues, please contact n4a Public Policy and Advocacy staff: Amy E. Gotwals (agotwals@n4a.org) and Neal Karkhanis (nkarkhanis@n4a.org), 202.872.0888.



36th Summer Institute on Aging

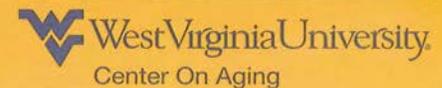


Aging Without Limits: Expanding Community

2014 Call for Workshops

June 3 - 5, 2014

Lakeview Resort & Conference Center
Morgantown, WV



Plan to attend the 36th Summer Institute on Aging! June 3 - 5, 2014

Topic Areas: Physiological processes and health, psychosocial and mental health; social policy; rural aging; ethics; holistic aging; service delivery competencies; care coordination/case management; management leadership; caregiver issues; end-of-life care; abuse/neglect; health literacy; home care technologies or other timely topics relevant to the field of aging.

Length/Tracks: 90 minutes and 3 hour sessions. Tracks: Clinical/Medical Practice; Mental Health Practice; Management/Administration/Policy; Cultural Competency/Diversity; or Core Practice.

Guidelines for Submission: All submissions must be made online at www.wvsioa.org. Further guidelines available on the website.

Deadline: Proposals must be submitted by December 31, 2013

Lakeview Resort and Conference Center ~ Morgantown, WV

For details, go to www.sioa.org or call (304) 293-3280



New ICAA Report Focuses on Business Opportunities Created by Population Aging

Active-aging trends create significant business opportunities and growth, finds a new report from International Council on Active Aging®.

[Vancouver, BC, September 25, 2013] What do Google and Hollywood know that most businesses have yet to learn? They know that providing products and services to address the interests, desires, needs and expectations of an aging population is good business.

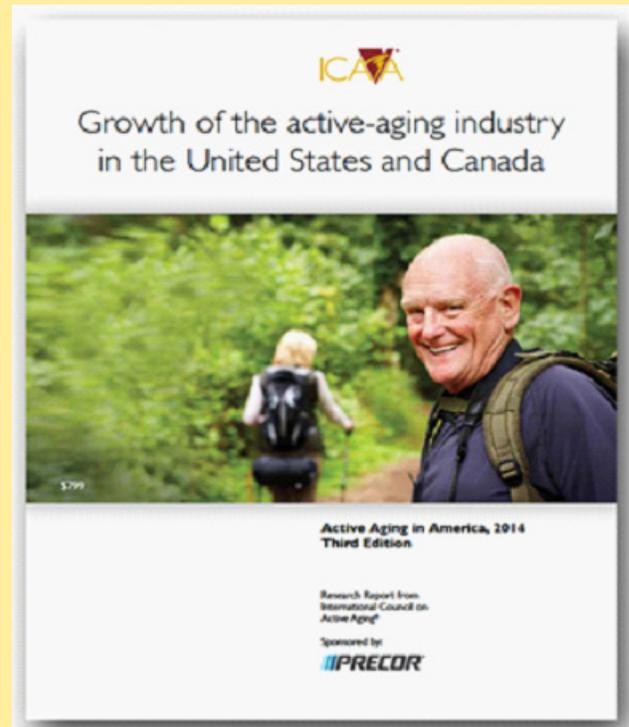
“Driving many of these business opportunities is active aging,” says Colin Milner, CEO of International Council on Active Aging (ICAA), the industry’s professional association. The active-aging philosophy encourages older adults to live a full and active life, regardless of age or health conditions. “Active aging benefits each individual and also society at large,” adds Milner. “The more people have the opportunity to participate in activities that encourage their health and well-being, in safe and friendly environments, the more they can control health care costs and retain their financial security.”

To help businesses gain a better understanding of the active-aging opportunity, driven by nearly 120 million individuals ages 50 and above living in the US and Canada, ICAA has released a new report entitled “Growth of the active-aging industry in the United States and Canada.”

Where are these opportunities? Recreation and active-adult (seniors) centers, retirement communities, fitness centers, workplace wellness programs, age-qualified housing and livable communities are locations that focus in whole or in part on this population.

“ICAA’s ‘Growth of the active-aging industry in the United States and Canada’ provides a high-level view of the older population, wrapped into a description of key sectors of the active-aging industry,” says Steven Menzel, National Accounts Director at Precor, and sponsor of the report. “This report is a must-read for anyone interested in doing business with the older population.”

continued on page 7



reshaping the future of
nutrition and healthy aging



NANASP 2014 Annual Conference

The Westin San Antonio Riverwalk

For more information, visit www.nanasp.org
or contact Pam Carlson at
p Carlson@nanasp.org

May 28 - 30, 2014 ~ San Antonio, TX



continued from page 2

Great Places to Grow Up and Grow Old

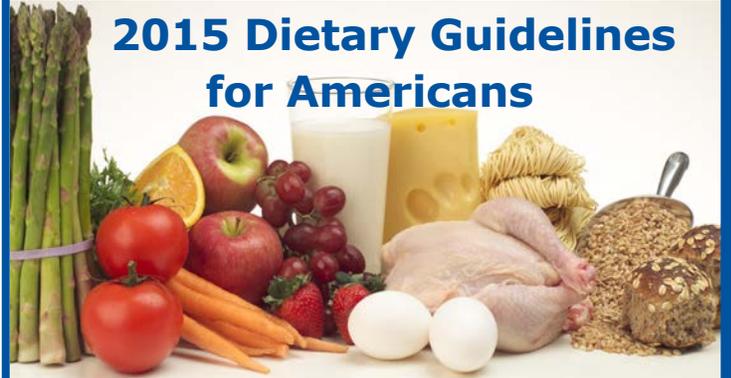


communities, and publishing a compendium of experiences and achievements. For more information contact Stephanie K. Firestone, Livable Communities Collaborative Director, at sfirestone@n4a.org or 202.580.6021.

The National Association of Area Agencies on Aging (n4a) is the leading voice on aging issues for Area Agencies on Aging (AAAs) across the country and a champion for Title VI Native American aging programs. n4a's primary mission is to build the capacity of its members to help older persons and people with disabilities live with dignity and choices in their homes and communities for as long as possible. (www.n4a.org)

MetLife Foundation was created in 1976 to continue MetLife's long tradition of corporate contributions and community involvement. Today, the Foundation is dedicated to advancing financial inclusion, committing \$200 million over the next five years to help build a secure future for individuals and communities around the world. MetLife Foundation is affiliated with MetLife, Inc., a leading global provider of insurance, annuities and employee benefit programs, serving 90 million customers. Through its subsidiaries and affiliates, MetLife holds leading market positions in the United States, Japan, Latin America, Asia, Europe and the Middle East. (www.metlife.com)

2015 Dietary Guidelines for Americans



The Departments of Health and Human Services and Agriculture have established the 2015 Dietary Guidelines Advisory Committee (DGAC). The Committee's recommendations and rationale will be presented in a report to both the Secretaries of Health and Human Services and Agriculture, and will serve as a basis for the eighth edition of the *Dietary Guidelines for Americans*.

The DGAC is expected to convene five public meetings; the second meeting, scheduled for on October 3–4, 2013 was canceled and not yet re scheduled.

HHS's Office of Disease Prevention and Health Promotion has the administrative leadership for the 2015 edition and is strongly supported by USDA's Center for Nutrition Policy and Promotion in Committee and process management, and evidence analysis functions. The Departments jointly review the Committee's recommendations and develop and publish the revised Dietary Guidelines for Americans policy document.

Recommendations from the Dietary Guidelines for Americans are intended for Americans ages 2 years and over, including those at increased risk of chronic disease, and provide the basis for federal food and nutrition policy and education initiatives. The Dietary Guidelines encourage Americans to focus on eating a healthful diet—one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent disease.

Useful WEBSITES

AARP: Health

<http://aarp.org/health/>

Administration on Aging Elders & Families

http://www.aoa.gov/AoARoot/Elders_Families/index.aspx

CDC's Health Aging

<http://www.cdc.gov/aging/>

Centers for Medicare & Medicaid

<http://www.medicare.gov/>



continued from page 5

The report contains:

- The size of the population; number of households and residences, age-targeted properties, and wellness and service providers
- Annual revenue of selected sectors
- Age-targeted housing types, amenities and design trends
- Market profiles of selected sectors, including independent living retirement communities, assisted living, continuing care retirement communities, active-adult (seniors) centers and adult day services, fitness centers, parks and recreation and workplace wellness
- Descriptions of the attitudes and cultural perspectives of three approximate age groups: 45-65, 65-75, and 75 and older
- Older adults' attitudes toward successful aging, purchasing, life satisfaction and future activities
- Social and cultural trends, building and design trends, repositioning for younger-older customers
- Outlook for housing, community services, livable communities, fitness and wellness centers
- Definitions of terms, explanations of industry issues, glossary and resources



Older adults have a growing desire to age well. The new attitude toward aging is to view each stage of life as a chapter, with middle age and older ages a beginning rather than an end. How is the active-aging industry responding? As the report states, an ICAA survey of 554 respondents working in retirement communities, seniors centers and wellness/fitness centers revealed that through 2014 they planned to add more wellness activities, classes or programs (69%). The goals were to increase the life satisfaction of older adults (93%), attract new customers or residents (83%), and meet the demand from current customers or residents (61%).

The 136-page report, “Growth of the active-aging industry in the United States and Canada” (Active Aging in America, 2014, Third Edition), blends statistics from federal and private sources with ICAA’s survey data within a narrative that presents the current state of the active-aging industry along with trends and forward-thinking perspectives. The information is valuable for strategic planning and new market development. The report is available from the International Council on Active Aging (ICAA) for US \$799. ICAA Organizational members complimentary.

For more information please visit <http://www.icaa.cc/business/active-aging-in-america-report.htm>

About the International Council on Active Aging

The International Council on Active Aging® (www.icaa.cc) is the professional association that leads, connects and defines the active-aging industry. ICAA supports professionals who develop wellness facilities, programs and services for adults over 50. The association is focused on active aging—an approach to aging that helps older adults live as fully as possible within all dimensions of wellness—and provides its members with education, information, resources and tools.

As an active-aging educator and advocate, ICAA has advised numerous organizations and governmental bodies, including the US Administration on Aging, the National Institute on Aging (one of the US National Institutes of Health), the US Department of Health and Human Services, Canada’s Special Senate Committee on Aging, and the British Columbia Ministry of Health.

About Precor

Precor (www.precor.com) designs and builds premium fitness equipment for effective workouts that feel smooth and natural. With a passionate focus on ergonomic motion, proven science and superior engineering, the company continually advances the home and commercial fitness industry with breakthrough new product categories, including EFX® Elliptical, Adaptive Motion Trainer® “AMT®” and Preva® Networked Fitness. Precor is a subsidiary of Amer Sports Corporation, the world’s largest sports equipment company, with internationally recognized brands Wilson, Atomic, Suunto, Salomon, Arc’Teryx and Mavic.

BELOMAR REGIONAL COUNCIL

105 Bridge Street Plaza

P.O. Box 2086

Wheeling WV 26003-0290



**AGHE's 40th Annual Meeting
& Educational Leadership Conference**

February 27 – March 2, 2014 • Westin Denver Downtown • Denver, Colorado

TAKING EDUCATIONAL QUALITY TO NEW HEIGHTS

The AGHE Annual Meeting and Educational Leadership Conference is the premier national forum for discussing ideas and issues in gerontological and geriatrics education. Educators, clinicians, administrators, researchers, and students share their experiences, expertise, and innovations regarding teaching and learning about aging and older persons.