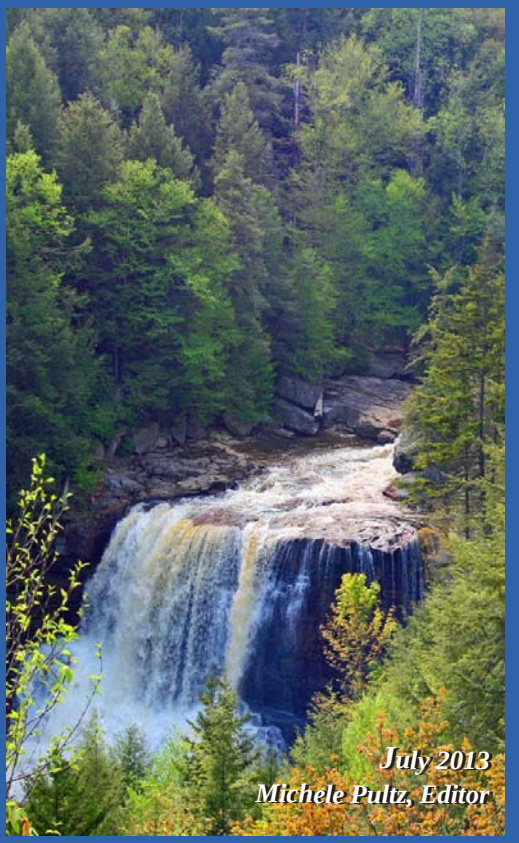

Aging Matters

REGION I
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Aging in America: We Can Do Better

The National Association of States United for Aging and Disabilities (NASUAD) unveiled a new set of Infographics that explore the funding and demand for, as well as the provision of, Older Americans Act (OAA) services, titled: Aging in America: We Can Do Better.

Signed into law in 1965, the OAA is considered the primary vehicle for organizing, coordinating, and delivering community based services that help older adults maintain their dignity and independence.

Through programs such as home delivered and congregate meals, transportation services, caregiver assistance, employment opportunities, and elder abuse prevention, the OAA enables millions of older adults to stay healthy and in their homes and communities, where they prefer to be, for longer than they might otherwise be able.

In addition to responding to the needs and preferences of seniors, the OAA is also cost effective. By helping older adults to age in place, OAA programs can prevent or delay the need for more costly institutional care, which translates into taxpayer savings and generates efficiencies in our nation's health care system.

Despite these successes, funding for OAA services has not kept pace with population or inflation growth for decades, and current funding levels are inadequate to meet this increased need. With the senior population projected to grow exponentially in the coming years, so too will the demand on OAA programs. Absent a strong, immediate investment in the OAA, millions of older adults may lose the critical services they need to stay independent.

Together, we can do better to meet the needs of current and future seniors, their families, and their caregivers. Given the demographic changes and fiscal challenges at the local, state, and federal levels, now is the time to strengthen, protect, and prioritize the OAA. For more information go to www.nasuad.org.

National Association of States United for Aging and Disabilities
www.nasuad.org

We Can Do Better.
We Should Do Better. We Must Do Better.

4th Annual Partner Summit
To Be Held October 3rd, 2013

Please mark your calendar for this year's West Virginia Partnership for Elder Living (WVPEL) Partner Summit - a one day conference on current issues related to elder living in West Virginia with national prominent speakers and state leaders in the field.

The Summit will be held at the University of Charleston this year. We would like to receive proposals for 30 or 60 minute presentations on innovative projects/programs related to elder living underway or completed in West Virginia. Send a short description to pschenk@wvpel.org with a subject of "WVPEL Summit Presentation Proposal".

For more information on WVPEL contact Phil Schenk, Director at pschenk@WVPEL.org or 304-542-2116.

MAJOR NEW STUDY OF WV ELDER ECONOMIC CONDITION RELEASED BY WV Partnership for Elder Living

WVPEL in cooperation with the WV Center on Policy and Budget has released a major study of the economic condition of elder West Virginians. The study, titled The State of Older Adults in West Virginia: Economic Security and the Over 65 Population, is a follow-up to the Economic Security Standard™ Index for West Virginia published in 2010. The Index showed what it really costs West Virginia elders to live. To download a copy of the Study go to www.wvpel.org

New CBO Report

Rising Demand for Long-Term Services and Supports for Elderly People (LTSS)

Please see the following link for a June 2013 report published by the Congressional Budget Office. The Report was prepared at the request of Senator Max Baucus, Chairman of the Finance Committee.

http://www.cbo.gov/sites/default/files/cbofiles/attachments/44363-LTC.pdf

The report documents the rising demand for long-term services and supports (LTSS), the financing mechanisms/programs that pay for these important services and the functional and cognitive realities of many elderly individuals. Of particular interest may be the sections entitled "Paying for Long_Term Services and Supports" and "Three Possible Scenarios of Trends in Functional Limitations and the Demand for Long-Term Services and Supports."

WVPCA's 28th Annual Conference Returns to Oglebay!

There are many roads to a health care system focused on achieving the three-part aim of better health, better care, and reduced expenditures through improvement initiatives. As the health care system and our overall population health continue to change, the need to align our resources on true practice transformation in primary care practices has become more urgent.

The WVPCA will be hosting the 28th Annual Conference, August 14-16, 2013 at Oglebay Resort & Conference Center in Wheeling, WV. The theme of this year's conference is ***Aligning Quality, Cost and Data...does your organization need an alignment?*** The interactive sessions at the conference will provide participants with information and tools to re-boot and navigate the roads leading to collectively creating a culture of continuous quality improvement to establish WV health centers of excellence for the delivery of primary care.

Please join the WVPCA along with special guest presenters, as well as local and national experts. The key focus areas of the conference include:

- Federal Updates on specific Health Center Issues
- State Updates focusing on Medicaid Expansion and the WV Health Insurance Marketplace
- Understanding Population Health & Informatics
- Using Measurements & Metrics for QI
- The Triple Play: Addressing Multiple Initiatives, Data & Sustainability
- Finance: Aligning Cost, Quality & Data
- Health Center Program Requirements

To download the registration form/preliminary agenda, please click **HERE**. For additional information, please contact events@wvpca.org.

28th Annual WVPCA Conference
August 14-16, 2013

Oglebay Resort & Conference Center

Wheeling, WV

Active Aging Week 2013 Theme Opens The Door To "Discover Your Community"

The annual Active Aging Week health promotion event, developed by the International Council on Active Aging®, will be held from September 22 – September 28, 2013.

[Vancouver, BC. April 2013] In the global community of people, older adults are sources of history and leadership, caring and friendship. As neighbors, club members, working professionals or volunteers, older adults are involved in their communities

Older adults are invited to discover new places and people during 2013 Active Aging Week®, which is being held Sunday, September 22 through Saturday, September 28, 2013. Active Aging Week, organized by the International Council on Active Aging®, is a national observance to highlight the diverse opportunities available to older adults in a fun and educational atmosphere.

For 2013, the theme "Discover your community," encourages older adults and the organizations that serve them to focus on developing a more active community as part of an overall wellness objective. Whether as a tourist to a new local site or "discovering" that a stairwell would be better off painted and lighted, local hosts across the country will plan vibrant programs of activities that are fun, educational, and focus on community connections.

During Active Aging Week, hosts are encouraged to create events surrounding National Falls Prevention Awareness Day in the US, which will be observed on Sunday, September 22, 2013 to promote and increase public awareness about how to prevent and reduce falls among older adults.

The sponsors of Active Aging Week 2013 are EnerG by Aegis™, Healthways SilverSneakers® Fitness Program, Thorlo, Inc. Institute for Preventive Foot Health and 24 Hour Fitness.

About Active Aging Week®

Active Aging Week is an annual event held the last full week of September (prior to October 1, International Day of Older Persons). The week was initiated by the International Council of Active Aging to give as many older adults as possible the means to experience activities and exercise in a safe, friendly and fun atmosphere. During the week, host organizations provide a variety of free activities, such as classes, educational seminars, access to fitness facilities, health fairs and community walks.

Website: www.icaa.cc/aaw.htm

HHS Introduces MentalHealth.gov

On June 3, 2013, National Conference on Mental Health at White House unveiled a new resource for people struggling with mental illness. Mentalhealth.gov is a new website that provides one-stop access to U.S. government mental health and mental health problems information. The website's social media channels will connect people to the latest information on the national mental health conversation. The website also includes videos featuring first-person narratives of individuals who have recovered from or managed mental health problems, or supported a friend or loved one struggling with these issues.

Redesign of Medicare·gov Improves Online Experience

A redesign of the medicare.gov website is now complete, making content more accessible and easier for beneficiaries, their families and caregivers to understand. Today's redesign, announced by Centers for Medicare & Medicaid Services (CMS) Acting Administrator Marilyn Tavenner, supports CMS's commitment to provide better customer service.

The new site will allow most users to find the content they're looking for directly from the home page. These features include:

- A search for whether a specific test, item, or service is covered under original Medicare;
- The ability to get customized information based on a beneficiary's specific situation;
- Quick links to replace a lost Medicare card, find a Medicare Advantage or prescription drug plan, and get help with health care costs.

To see examples of these new features, please visit: http://www.cms.gov/apps/files/Medicare-gov-LB.pdf .

"We did a lot of research into what sort of information beneficiaries and their caregivers really wanted most at their fingertips, and I think users will find this redesign very helpful," said Acting Administrator Marilyn Tavenner. "We've simplified the language and the homepage layout to make it easier and faster for visitors to get answers and a better understanding of Medicare necessary to get more control over their health care."

The new design responds to mobile devices, like tablets and smartphones. Users can get information such as coverage and cost details, anytime, anywhere, and in the most convenient format. Medicare beneficiaries, counselors, and caregivers can check if a letter they received in the mail is an official communication from Medicare by viewing descriptions of Medicare mailings. The popular "Medicare & You" handbook now has its own landing page for an easy access complement to the annual print mailing.

This new website design is the result of more than two years of research, design, and development work by CMS. Using various mechanisms, such as call center questions, website analytics and online survey results, CMS found out what users want, including finding out what Medicare covers, cost and coordination of benefits information, and finding Medicare drug and health plans.

Comprehensive and thorough user testing with consumers ensured that the new site is successfully meeting the needs of its primary consumer audience.

To view and start using the new tools and additional information, users are invited to visit www.Medicare.gov.

Health-Related Apps Available

The US Department of Health and Human services has a total of 25 Health-related Apps available to help individuals track their health. The Apps are available on iPhones, Androids, iPod Touches, iPad, Blackberries, Blackberry tablets, Android Tablets, Palm OS/web OS and Windows Mobile.
Go to www.hhs.gov/digitalstrategy/mobile to view all of the apps.

FY 2014 Older Americans Act Funding

Congress is on recess for the Fourth of July week and thus home in their states and districts. When they return, both House and Senate Subcommittees are expected to shortly "mark up" the spending bills that determine funding for Older Americans Act and other discretionary programs that help seniors age in place.

State of Appropriations

During the week of July 8, the Senate Appropriations Subcommittee for Labor, Health and Human Services, and Education (Labor/HHS) is scheduled to "mark up" their FY 2014 spending bill. To mark up the bill essentially means to release it, amend it and vote to move it to the full committee. While this spending bill is not expected to come to the Senate floor anytime soon, the funding levels for OAA and other programs recommended by the Subcommittee will serve as the Senate's bargaining position with the House, likely in the Fall. The counterpart House subcommittee is intending to cut more than 20 percent from these programs overall.

The House Labor/HHS Subcommittee has not announced a timetable for marking up their bill, but it could occur in July. As mentioned, the House overall spending level for this bill represents a major cut over last year.

Go to www.n4a.org for more information on n4a's FY 2014 OAA Appropriations Campaign page.

Useful WEBSITES

AARP: Health
http://aarp.org/health/

Administration on Aging Elders & Families
http://www.aoa.gov/AoARoot/Elders_Families/index.aspx

Administration for Community Living
http://www.acl.gov

CDC's Health Aging
http://www.cdc.gov/aging/

Centers for Medicare & Medicaid
http://www.medicare.gov/

WV ADRC
http://www.wvnavigate.com

NANASP President, Paul Downey Testifies Before Senate Primary Health and Aging Subcommittee

June 19, 2013 - Today in what National Association of Nutrition and Aging Services Program (NANASP) President Paul Downey called an 'encouraging day' NANASP participated in two Senate events related to the reauthorization of the Older Americans Act. President Paul Downey testified at a hearing of the Subcommittee on Primary Health and Aging of the Senate Health Education Labor and Pensions Committee. The Subcommittee is chaired by Senator Bernie Sanders (D-VT). Also in attendance were Ranking Member Senator Richard Burr (R-NC); Senator Tammy Baldwin (D- WI); Senator Elizabeth Warren (D-Mass); Senator Chris Murphy (D-Conn.) and Senator Al Franken (D-Minn.)

In his testimony Downey conveyed NANASP's support for **S 1028** the Older Americans Act reauthorization introduced by Chairman Bernie Sanders with 17 co-sponsors saying his bill "represents a critical opportunity to stand up for seniors and let them know Congress has their back'. Downey reiterated NANASP's long held view that the Older Americans Act is not just a social and human service program but "also a preventive health program. It also has strong return on investment."

Downey specifically supported the Sanders bill language maintaining separate congregate and home delivered meal programs in the OAA and maintaining voluntary contributions.

Finally, Downey called for an end to sequestration 'as soon as possible.' He continued, 'Exempt those programs which clearly serve the most vulnerable of our society, such as the OAA nutrition program. We have gone from being providers of meals to arbiters of who goes hungry and that is wrong.

The National Association of Nutrition and Aging Services Programs (NANASP) is a national membership organization for persons across the country working to provide older adults healthful food and nutrition through community-based services. - See more at: http://www.nanasp.org

REGION I

Northwestern Area Agency on Aging

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Important Dates

n4a
Advocacy. Action. Answers on Aging.

- **Meals on Wheels Conference and Common Goods Expo**
  August 28-30, 2013
  Boston Park Plaza Hotel and Towers, Boston MA
  (For more info call 888-998-6325)

WE ARE Meals On Wheels ASSOCIATION OF AMERICA™

- **National Association of Area Agencies on Aging 38th Annual Conference and Trade Show** ***July 27-July 31, 2013***
  Kentucky International Convention Center, Louisville, KY
  (For more info or to register visit www.n4a.org or call 503-244-4294, ext. 202)

west virginia PARTNERSHIP FOR ELDER LIVING

- **WVPEL 4th Annual Partner Summit**
  October 3rd, 2013
  University of Charleston, Charlston, WV
  (For more info email pschenk@wvpel.org)