



News from AoA April 2010

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Conferences

Older Americans Month (OAM) 2010 Theme: *Age Strong! Live Long!*

To view and download the OAM 2010 logo, poster and other materials, please visit: http://www.aoa.gov/AoAroot/Press_Room/Observances/oam/oam.aspx

Top Story

HHS Launches Web Chats on New Health Insurance Reform Law

This month the Department of Health and Human Services launched its weekly web chat series on the new health insurance reform law. “Health Reform and Seniors” was the discussion topic of the most recent chat on April 8, which featured Health and Human Services Secretary Kathleen Sebelius, Assistant Secretary for Aging Kathy Greenlee and Marilyn Tavenner, Principal Deputy Administrator, Centers for Medicare & Medicaid Services.

In the initial chat on April 2 Secretary Sebelius was joined by Karen Mills, Administrator, Small Business Administration for a discussion on “Health Reform and Small Businesses.”

The weekly online discussion series will address how the new health reform law will help you get higher quality care at a lower cost. Questions submitted in advance will help guide the conversation. To learn more about the weekly chats, and to submit questions and to review answers to questions not responded to live online, please go to <http://www.healthreform.gov/>

To watch the April 8 “Health Reform and Seniors” broadcast, please go to <http://www.youtube.com/user/USHealthReform?feature=mhw5#p/p/E13B55ACDF862D29/0/nMGleDLLrKU>

AoA News

Assistant Secretary Greenlee “On the Go” in April

Assistant Secretary Greenlee has been "on the go" lately speaking to various organizations and groups about the priorities of the Administration on Aging, which include the enactment of health care reform and the reauthorization of the Older Americans Act. During April, she will be addressing the Annual Training Conference of the National Long Term Care Ombudsman Resource Center in Myrtle Beach, South Carolina (April 19, <http://www.ltombudsman.org>), the Iona Senior Services "Art of Caring" Luncheon in Washington, DC (April 21, <http://www.iona.org>), n4a's Annual Aging Policy Briefing (April 21, <http://www.n4a.org>), the National Association of Legal Services Developers (by teleconference, April 28) and the Archstone Foundations' Elder Abuse Statewide Summit in San Francisco (April 29-30, <http://www.archstone.org>) Also expect to see her at some more health care reform informational events in the near future.

“My Recipe for Strength Contest”

The “My Recipe for Strength Contest” is one of two activities the Administration on Aging (AoA) is sponsoring in celebration of Older Americans Month (OAM) in May. Using video, photography or poetry/prose, you are invited share what this year’s OAM theme, *Age Strong! Live Long!*, means to you. Tell us what inspires you and maybe you will become a winner.

All contest entries must be received by 11:59 p.m. EST on April 30. To obtain an entry form and to learn more about the contest, including rules and requirements, please go to <http://olderamericansmonth.org/>

Other HHS News

April Is National Minority Health Month

Each year the month of April is recognized by the Department of Health and Human Services Office of Minority Health (OMH) as National Minority Health Month. The goal of National Minority Health Month is to draw greater attention to efforts to ensure that all populations and communities receive optimal health care. The 2010 National Minority Health Month spokesperson is Jeff Johnson.

To learn more about National Minority Health Month, please go to <http://minorityhealth.hhs.gov/templates/browse.aspx?lvl=2&lvlid=182>

To learn more about Jeff Johnson, please go to <http://www.jeffsnation.com/about.php>

To learn more about OMH, please go to <http://minorityhealth.hhs.gov/>

New NIH Study Ties Sleep Apnea to Increased Risk of Stroke

According to new results from a landmark study supported by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH), obstructive sleep apnea is associated with an increased risk of stroke in middle-aged and older adults, especially men. Men with moderate to severe sleep apnea were nearly three times more likely to have a stroke than men without sleep apnea or with mild sleep apnea. The report, *Obstructive Sleep Apnea Hypopnea and Incident Stroke: The Sleep Heart Health Study*, also finds for the first time a link between sleep apnea and increased risk of stroke in women.

To learn more about this study, please go to <http://www.nih.gov/news/health/apr2010/nhlbi-08.htm>

To learn more about the National Heart, Lung, and Blood Institute, please go to <http://www.nhlbi.nih.gov/>

AHRQ Director Offers Consumers Advice to Help Navigate the Health Care System

In her *Navigating the Health Care System Advice Columns*, Dr. Carolyn Clancy, Director, Agency for Healthcare Research and Quality (AHRQ) at the Department of Health and Human Services, offers in brief, easy-to-understand columns advice for consumers to help navigate the health care system. The columns address important issues such as how to recognize high-quality health care, how to be an informed health care consumer, and how to choose a hospital, doctor, and health plan.

To review the current column, *Same-Day Surgery: What You Should Know*, and the archive of previous columns, please go to <http://www.ahrq.gov/consumer/cc/cc040610.htm>

AHRQ Takes to the Airwaves to Communicate Vital Health Care Information to Spanish Speakers

The Department of Health and Human Services' Agency for Healthcare Research and Quality (AHRQ) recently launched *Healthcare 411 en Español*—a new audio news series to provide Spanish speakers with evidence-based consumer information to help them stay healthy, prevent diseases, compare the effectiveness of various medical treatments, and obtain high-quality and safe health care.

Under this new initiative, AHRQ is producing two 60-second audio reports each month and distributing them to Spanish-language radio stations nationwide. Each audio segment includes an interview with a native Spanish-speaking AHRQ physician who discusses current issues such as the importance of regular screening exams for people with diabetes or how to prepare for a doctor's appointment. The audio will be posted to AHRQ's Healthcare 411 website, where consumers can subscribe and download the segments to a computer or portable media device such as an MP3 player.

The new initiative is part of a broader effort by AHRQ to reduce health disparities by providing information to Spanish-speaking Americans about their health and health care. To listen to the Healthcare 411 audio segments in Spanish, please go to <http://www.healthcare411.ahrq.gov> and select "En Español."

To subscribe to Healthcare 411, please go to <http://www.healthcare411.ahrq.gov/subscribe.aspx>

HHS Awards \$1.84 Billion in Grants for HIV/AIDS Care and Medications

The U.S. Department of Health and Human Services (HHS) recently announced the release of more than \$1.84 billion to ensure that people living with HIV/AIDS continue to have access to life-saving health care and medications. The grants are funded through the Ryan White HIV/AIDS Program, which helps more than half a million individuals every year obtain clinical care, treatment and social support services.

Approximately \$1.145 billion will be sent to States and Territories under Part B of the Ryan White program, with \$800 million of that total designated for the AIDS Drug Assistance Program (ADAP). For a list of Part B awards, visit <http://newsroom.hrsa.gov/releases/2010/partb.htm>

A total of \$652 million will pay for primary care and support services for individuals living with HIV/AIDS under Part A of the Ryan White program. Part A awards are distributed to eligible metropolitan areas with the highest number of people living with HIV/AIDS and to transitional grant areas experiencing increases in HIV/AIDS cases and emerging care needs. The Part A awards include \$44.8 million for the Minority AIDS Initiative. For a list of Part A awards, visit <http://newsroom.hrsa.gov/releases/2010/parta.htm>

More than \$48.1 million will fund early intervention services that support medical, nutritional, psychosocial and other treatments for HIV-positive individuals. These grants, awarded under Part C of the program, go to community-based organizations such as health centers and nonprofit providers of primary health care for people living with HIV. Part C grants also may be used to hire case managers to help patients access care and remain in treatment. Additional Part C grants will be awarded this July. For a list of Part C awards, visit <http://newsroom.hrsa.gov/releases/2010/partc.htm>

To learn more about the Ryan White HIV/AIDS Program, please go to <http://hab.hrsa.gov/default.htm>

For more information about HIV/AIDS prevention, testing, treatment, research, and use of new media in response to HIV/AIDS visit <http://www.aids.gov/>

HHS Announces \$267 Million in Recovery Act Funds for New Health IT Regional Extension Centers

Department of Health and Human Services Secretary Kathleen Sebelius recently announced that more than \$267 million has been awarded to 28 additional non-profit organizations to establish Health Information Technology Regional Extension Centers (RECs). The recent awards brings the total number of REC's to 60. This investment, funded by the American Recovery and Reinvestment Act of 2009, will help grow the emerging health information

technology (health IT) industry which is expected to support tens of thousands of jobs ranging from nurses and pharmacy techs to IT technicians and trainers.

RECs enable health care practitioners to reach out to a local resource for technical assistance, guidance, and information on best practices. RECs are designed to address unique community requirements and to support and accelerate provider efforts to become meaningful users of electronic health records.

To review the list of the new awardees, please go to <http://www.hhs.gov/recovery/programs/recawardees.html>

For a complete listing of REC grant recipients and additional information about the Health Information Technology Regional Extension Centers, see <http://HealthIT.hhs.gov/programs/REC/>

Indian Health Care Improvement Act Made Permanent

The Indian Health Care Improvement Act (IHCA), the cornerstone legal authority for the provision of health care to American Indians and Alaska Natives, was made permanent when President Obama signed the bill on March 23, as part of the Patient Protection and Affordable Care Act. The authorization of appropriations for the IHCA had expired in 2000, and while various versions of the bill were considered by Congress since then, the act now has no expiration date.

Activities authorized by the Act are administered by the Department of Health and Human Services Indian Health Service, which provides a comprehensive health service delivery system for approximately 1.9 million of the nation's estimated 3.3 million American Indians and Alaska Natives.

To read the Statement by the President on the Reauthorization of the Indian Health Care Improvement Act, please go to <http://www.whitehouse.gov/the-press-office/statement-president-reauthorization-indian-health-care-improvement-act>

Updated Exercise and Physical Activity Tips for Older Adults Now Available on NIHSeniorHealth Site

Older adults who are interested in becoming physically active, restarting a lapsed exercise regimen or getting more benefit from their current exercise program can check out the updated *Exercise and Physical Activity for Older Adults* topic on NIHSeniorHealth.gov at <http://nihseniorhealth.gov/exercise/toc.html>

NIHSeniorHealth is a health and wellness website designed especially for older adults from the National Institute on Aging (NIA) and the National Library of Medicine (NLM), both part of the National Institutes of Health. Visitors to the site will find sample exercises from the four categories of physical activity recommended for older adults: endurance, strength, balance and flexibility. Colorful images accompanied by easy-to-follow instructions describe how to do the exercises safely and effectively. Videos of NIH institute directors performing their preferred forms of physical activity and first-person accounts from active adults serve as inspiring reminders of the positive impact that physical activity can have as people grow older.

To learn more about NIA, please go to <http://www.nia.nih.gov/>

To learn more about NLM, please go to <http://www.nlm.nih.gov/>

Quick Health Data Online

Quick Health Data Online, a free resource provided by the Department of Health and Human Services' Office on Women's Health, includes comprehensive data for men and women on a variety of health related topics. You can create tables, graphs, and maps from the data on any of the topics. County, state, regional and national data are available and can be accessed by gender, race/ethnicity, and age. Single year and 3-year averages are included as are age-adjusted values for many of the indicators.

To access this resource, please go to <http://www.healthstatus2010.com/owh/>

Federal Funding Opportunities

Lifespan Respite Care Program

The US Administration on Aging (AoA) is providing this competitive grants opportunity to eligible state agencies for implementing the requirements of the Lifespan Respite Care Act of 2006 (P.L. 109-716). Lifespan Respite Care programs are coordinated systems of accessible, community-based respite care services for family caregivers of children or adults of all ages with special needs.

AoA plans to fund approximately 10-15 grants under this Announcement, with a federal funding level of up to \$200,000 per award for a 36 month project period. Eligible state agencies funded under this announcement shall use grant funds for the purposes of planning, establishing and expanding/enhancing Lifespan Respite Care systems in the states, including new and planned emergency respite services, training and recruiting respite workers and volunteers and assisting caregivers with gaining access to needed

services. Eligible recipients of respite services under this Program Announcement include family members, foster parents, or other adults providing unpaid care to adults who require care to meet basic needs or prevent injury and to children who require care beyond that required to meet the basic needs of the child.

An Open Information Teleconference for Applicants will be held April 20, 2010, 2:00 PM Eastern Time. The Toll-Free Telephone Number is 1-888-603-9214. The Participant Pass Code is “Lifespan.”

The due date for Letters of Intent is May 7, 2010.

The deadline date for submission of applications is 11:59 p.m., Eastern Time, on June 7 2010.

To learn more about this funding opportunity, please go to http://www.aoa.gov/AoARoot/Grants/Funding/docs/2010/FY_2010_Lifespan_Respite_508_April_2010.doc

National Aging Information & Referral Support Center Funding Opportunity

The US Administration on Aging (AoA) has been funding the National Aging Information & Referral Support Center (the Support Center) since 1991. The Support Center was established to assist the Aging Network enhance the quality and professionalism of their information and assistance systems. The Support Center provides comprehensive information and technical assistance on a myriad of issues relating to information & assistance and aging programs.

Applicants are requested, but not required, to submit a letter of intent to apply for this funding opportunity. **The deadline for submission of the letter of intent is April 20, 2010.**

The deadline date for submission of applications is 11:59 p.m., Eastern Time, on May 17, 2010.

To learn more about this funding opportunity, please go to http://www.aoa.gov/AoARoot/Grants/Funding/docs/2010/National_Aging_Information_03_18.doc

More News

April 17-25 Is National Park Week

Celebrate National Park Week April 17-25, and celebrate what we all have inherited as Americans — 84 million acres of the world's most spectacular scenery, historic landmarks and cultural treasures. National Park Week, a program of the National Park Service, is an opportunity to engage families and communities in America's Great Outdoors, reconnecting them with nature and creating close to home opportunities for people of all ages to get outside, be active, and have fun.

In celebration of National Park Week the National Park Service will waive the entrance fee to all 392 national parks. A listing of parks and promotions is available at <http://www.nps.gov/npweek>

To learn more about the National Park Service, please go to <http://www.nps.gov/index.htm>

April 18-24 Is National Volunteer Week

This year's National Volunteer Week theme, "*Celebrating People in Action*," commemorates the one-year anniversary of the Edward M. Kennedy Serve America Act and honors individuals who take action and solve significant problems in their communities.

Established in 1974, National Volunteer Week, a signature event of the Points of Light Institute, has grown in scope each year, drawing the support and endorsement of all subsequent US presidents. National Volunteer Week embodies the energy and power volunteers evoke on a daily basis as they lead by example — not only encouraging the people they help, but motivating others to serve as well.

To learn more about National Volunteer Week 2010, please go to <http://www.handsonnetwork.org/events/nvw2010>

40th Anniversary of Earth Day

April 22, 2010 marks the 40th Anniversary of Earth Day. The first Earth Day on April 22, 1970, is the one event most often credited with launching the modern American environmental movement. Former Wisconsin Senator Gaylord Nelson is recognized as the founder of Earth Day.

To learn more about Earth Day and to get information on Earth Day 2010 events, please go to <http://www.earthday.net/earthday2010>

NCOA to Host Healthy Aging Webinar

On Tuesday, April 22 at 1:30 p.m. EST, the National Council on Aging (NCOA) will host a webinar entitled *Healthy Aging: Why Now?* The speaker will be Dr.

Nancy Whitelaw. NCOA Senior Vice President and Director of NCOA's Center for Health Aging

To register for the webinar, please go to <http://www.ncoa.org/news-ncoa-publications/news/healthy-aging-why-now-1.html>

April 22 Is Take Our Daughters And Sons To Work® Day

The Take Our Daughters And Sons To Work® program is more than a career day. Along with exposing girls and boys to what a parent or mentor in their lives does during the work day, it is designed to show them the value of their education, help them discover the power and possibilities associated with a balanced work and family life, and provide them an opportunity to share how they envision the future and begin steps toward their end goals in a hands-on and interactive environment.

The 2010 theme for Take Our Daughters And Sons To Work® is *1 Youth, 1 Dream, 2Morrow's Leader*. For resources and suggested activities for Take Our Daughters And Sons To Work® and to learn more about the program, please go to <http://www.daughtersandsonstowork.org/wmspage.cfm?parm1=936>

Submit a Story!

Do you have a story aboutClick on the link below to share your story with us, and it may appear on our website or in this eNewsletter!

http://www.aoa.gov/AoARoot/Press_Room/For_The_Press/medadv/Share_Story.aspx

Conferences

Stay up to date with the latest aging meetings and conferences by visiting the AoA events calendar at:

http://www.aoa.gov/AoARoot/Press_Room/events/events_List_Day.aspx#title

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