



## **Table of Contents**

### **Top Story**

**[November Is National Family Caregivers Month](#)**

### **AoA News**

**[AoA's National Family Caregiver Support Program Celebrates 10 Years](#)**

**[November is National Alzheimer's Disease Awareness Month](#)**

**[Message from Assistant Secretary Kathy Greenlee on Veterans Day 2010](#)**

**[AoA Recognizes Native American Heritage Month](#)**

**[Population Data on Older American Indian Adults Featured in AoA's November Widget](#)**

**[Eldercare Locator Takes on a New Look for a Rapidly Aging Population](#)**

**[2010-2011 Influenza Campaign](#)**

### **Other HHS News**

**[Medicare Open Enrollment](#)**

**[AHRQ Launches New Website for Men](#)**

**[Hospitalizations for Medication and Illicit Drug-related Conditions on the Rise among Americans Ages 45 and Older](#)**

### **More News**

**[Scholarship Opportunity for Graduate Students](#)**

**[NCOA to Sponsor Webinar on Vision and Aging](#)**

**[Additional National Observances in November](#)**

### **Submit a Story!**

### **Conferences**

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## Top Story

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### **November Is National Family Caregivers Month**

"Reach Out for Help", the theme for National Family Caregivers Month 2010 is to remind family caregivers that they are not alone and they are encouraged to reach out for help.

Daily, more than 65 million family caregivers in this country fulfill the vital role of caring for a loved one. Family caregivers are the most familiar with their care recipients' medicine regimen; they are the most knowledgeable about the treatment regimen; and they understand best the dietary and exercise regimen. Through their efforts, their loved ones are able to stay at home for as long as possible.

National Family Caregivers Month is a time to thank, support, educate and empower family caregivers. Celebrating family caregivers enables all of us to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification, and increase support for family caregivers.

To learn more about how you can celebrate National Family Caregivers Month, please go to [http://www.thefamilycaregiver.org/national\\_family\\_caregiver\\_month/#](http://www.thefamilycaregiver.org/national_family_caregiver_month/#)

To read President Obama's 2010 National Family Caregivers Month Proclamation, please visit <http://www.whitehouse.gov/the-press-office/2010/10/29/presidential-proclamation-national-family-caregivers-month>

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## AoA News

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### **AoA's National Family Caregiver Support Program Celebrates 10 Years**

This month the National Family Caregiver Support Program (NFCSP) celebrates its 10<sup>th</sup> Anniversary. NFCSP is the very first piece of Federal legislation to create a nationwide program with the sole purpose to assist family caregivers. NFCSP was established in response to the heavy toll—emotional, physical and financial—that burdened many family caregivers. It provides grants to States and Territories to fund a range of supports that assist family caregivers to care for their loved ones at home for as long as possible.

Many caregivers who work and provide care can experience conflicts between these responsibilities. Twenty two percent of caregivers are assisting two

individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age 50, making them more vulnerable to a decline in their own health, and one-third describe their own health as fair to poor.

The objectives of NFCSP services are to support access to assistance services, provide counseling and training services and to make available respite care services. These services work in conjunction with other State and Community-Based Services to provide a coordinated set of supports. Studies have shown that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

In FY 2009, caregiver funding enabled States to serve more than 828,500 caregivers; access assistance services provided approximately 1.0 million contacts to caregivers assisting them in locating services from a variety of private and voluntary agencies and counseling and training services provided over 137,000 caregivers with counseling, peer support groups, and training to help them better cope with the stresses of caregiving.

To learn more about the National Family Caregiver Support Program, please go to [http://www.aoa.gov/aoaroot/aoa\\_programs/hcltc/caregiver/index.aspx](http://www.aoa.gov/aoaroot/aoa_programs/hcltc/caregiver/index.aspx)

The impact of the National Family Caregiver Support Program led to the Lifespan Respite Care Program. It was authorized by Congress in 2006. It brings together Federal, state and local resources and funding streams to help support, expand and streamline the delivery of planned and emergency respite services while also providing for the recruitment and training of respite workers and caregiver training and empowerment. In FY2009, respite care services provided more than 69,000 caregivers with 6.4 million hours with temporary relief – at home, or in an adult day care or institutional setting – from their caregiving responsibilities.

Currently AoA funds 24 states to develop Lifespan Respite Care Programs. The programs are designed to improve the availability and quality of respite services across the lifespan.

For more information about the Lifespan Respite Care Program and to learn more about the key activities of each of the state grantees, please go to [http://www.aoa.gov/AoARoot/AoA\\_Programs/HCLTC/LRCP/index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/LRCP/index.aspx)

### **Message from Assistant Secretary Kathy Greenlee on National Alzheimer's Disease Awareness Month**

I join President Obama in recognizing November as National Alzheimer's Disease Awareness Month.

As many as 2.4 million to 5.1 million Americans have Alzheimer's disease and related dementias. The population age 65 and older is growing rapidly and is expected to double by 2050, according to the United States Census Bureau. Since the risk of developing Alzheimer's disease and related dementias rises progressively with age, an increasing number of persons and families will need access to services and supports to help them cope with these diseases.

Helping older Americans who have Alzheimer's disease and related dementias maintain their dignity and independence is central to our mission at the Administration on Aging's (AoA). Access to the appropriate supports is critical in understanding and managing these diseases, especially those services that allow families to plan in the early stages of the disease and those that support family caregivers.

I commend all those living with Alzheimer's disease and their caregivers, including family and friends, who support them. AoA together with our entire aging network is committed to helping persons with Alzheimer's disease and related dementias enjoy quality lives at home for as long as possible.

Recently I announced over \$10 million dollars in new funding through the AoA Alzheimer's Disease Supportive Services Program to support states' efforts to embed good practices regarding dementia into state long-term services and support systems and improve support for families caring for loved ones with dementia. Through this program, states and their community partners work collaboratively to implement evidence-based interventions that have been proven effective in helping persons with these diseases and their family caregivers, and test new models for providing an array of community supports for these families. With this new funding, states are enabling persons in the earliest stages of their disease to plan for their long term care needs; teaching families techniques to prevent or reduce stress often associated with care giving; providing services for caregivers of veterans with dementia in partnership with Veteran's Health Administration Hospitals, and training medical professionals about dementia including ways to link patients and families to community resources.

For more information about the AoA Program and its current projects, please visit

[http://www.aoa.gov/AoARoot/AoA\\_Programs/HCLTC/Alz\\_Grants/index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/Alz_Grants/index.aspx)

To read President Obama's 2010 National Alzheimer's Disease Awareness Month Proclamation, please visit

<http://www.whitehouse.gov/the-press-office/2010/10/29/presidential-proclamation-national-alzheimers-disease-awareness-month>

**Message from Assistant Secretary Kathy Greenlee on Veterans Day 2010**

I join President Obama in saluting our nation's veterans.

On November 11, Americans will pause to honor the courage and sacrifices of our nation's veterans. This annual tribute goes to the more than 23 million current American veterans and the countless millions more who have given the supreme sacrifice of their lives throughout the history of our country.

These valiant men and women have acted on their pledge of loyalty to our nation by serving in our armed forces at home and abroad defending the freedoms we hold so dear. Some have endured extraordinary challenges, separation from their loved ones, and some carry physical and emotional scars. All have given so much to keep us safe and secure.

We honor the efforts of all who serve including the more than 2 million of those representing the "Greatest Generation" who served in World War II who are still alive today but whose numbers are decreasing. We pay tribute to those veterans in the Administration on Aging and throughout our national aging network as well as those who work to support veterans in their homes and communities each and every day.

On Veterans Day, as families honor their loved ones in public ceremonies and personal moments of reflection across our land, let us join in thanking our veterans for their service to America. To read President Obama's proclamation, please visit <http://www.whitehouse.gov/the-press-office/2010/11/05/presidential-proclamation-veterans-day>

### **AoA Recognizes American Indian Heritage Month**

The Administration on Aging is pleased to join the President in recognizing November as American Indian Heritage Month. We are reminded of the many tribal cultures that contribute to the history, culture and traditions of the American Indian and Alaska Native people. This is an opportunity for us to recognize and celebrate the rich history and time-honored traditions of Native Americans and look to the relationship between the Federal Government and Indian tribes. We continue to support individual needs of the Tribes and look forward to greater economic independence and self-sufficiency for Native Americans with the passage of the Indian Health Care Improvement Act and Health Care Reform.

According to the 2010 Census projections, approximately 300,000 persons age 60 and over identified themselves as American Indians or Alaskan Natives. To help meet the nutrition, health promotion and social services needs of Tribal elders, the Administration on Aging provides grants to eligible Federally Recognized Tribes to support the delivery of programs and services to and those that care for them to enable elders to remain independent, at home and in the community. These services are a key component to creating a more

balanced long-term care system in Indian country and support community living.

Again, we join the nation in celebrating American Indian Heritage Month. To read President Obama's 2010 National American Indian Heritage Month Proclamation, please visit <http://www.whitehouse.gov/the-press-office/2010/10/29/presidential-proclamation-national-native-american-heritage-month>

### **Population Data on Older American Indian Adults Featured in AoA's November Widget**

U.S. Census data states that the older population among all racial and ethnic groups will grow in the upcoming decades and the population projections of older American Indians are highlighted in November's widget. To learn more about this trend, check AoA's statistical widget at [http://www.aoa.gov/AoARoot/Site\\_Uilities/Widget/index.aspx](http://www.aoa.gov/AoARoot/Site_Uilities/Widget/index.aspx). You can share this data with visitors to your site by clicking the "Share" button on the widget to access the code of the widget.

AoA's social media includes engaging e-cards that are available at [http://www.aoa.gov/AoARoot/Press\\_Room/Social\\_Media/index.aspx](http://www.aoa.gov/AoARoot/Press_Room/Social_Media/index.aspx). You can send an inspiring health message to friends with AoA e-cards. New e-cards that encourage people to get their flu shots can be accessed at [http://www.aoa.gov/AoARoot/Press\\_Room/Social\\_Media/eCards/flu.aspx](http://www.aoa.gov/AoARoot/Press_Room/Social_Media/eCards/flu.aspx) Tips on nutritious foods are featured in AoA's nutrition e-cards [http://www.aoa.gov/AoARoot/Press\\_Room/Social\\_Media/eCards/nutrition.aspx](http://www.aoa.gov/AoARoot/Press_Room/Social_Media/eCards/nutrition.aspx).

Do you have a suggestion or comment on AoA's social media? Feel free to send a message to [Augustina.Howe@aoa.hhs.gov](mailto:Augustina.Howe@aoa.hhs.gov).

### **Eldercare Locator Takes on a New Look for a Rapidly Aging Population**

The Eldercare Locator, a free, public service that has been connecting older adults and caregivers with resources in their community for nearly 20 years, is gearing-up for the "boom" of aging Americans. Recently, Assistant Secretary for Aging Kathy Greenlee cut the ribbon on a newly enhanced, person-centered call center that will serve as a link to information and services for older adults and their caregivers across the United States.

A new addition to the AoA-funded call center is callers now will be able to speak with an Information Specialist (from 9 a.m. to 8 p.m. Mon.–Fri., EST), who will help connect them to a local agency in their area for information and assistance. The site continues to be administered by the National Association of Area Agencies on Aging (n4a).

The Eldercare Locator can be accessed at  
<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

### **2010-2011 Influenza Campaign**

The U.S. Administration on Aging (AoA) and the national Aging Network have a long time commitment and energetic partnerships to promote the vaccination of older adults to prevent the seasonal flu. Since seniors who contract the flu have a high possibility of suffering serious complications or may even die if they contract the flu, AoA is a strong advocate for encouraging annual immunization. Those who work with seniors on a day-to-day basis have been keenly aware of the importance of preventing the flu through the annual seasonal flu vaccination. It is equally important for those who care for seniors to be vaccinated as well in order to deter any possibility of unnecessary exposure to the infection.

This year, the Department of Health and Human Services (DHHS) has produced a number of public education materials that are readily available on various websites. To access this information, please visit the AoA Influenza web page at  
<http://www.aoa.gov/AoARoot/Preparedness/Pandemic/index.aspx>

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### **Other HHS News**

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#### **Medicare Part D Open Enrollment**

Medicare Part D Open Enrollment begins on November 15 and will continue until December 31.

“Medicare Plan Finder”, a resource tool offered by the Centers for Medicare and Medicaid Services (CMS), provides information for beneficiaries to compare coverage options available in their area. A general plan search only requires your zip code. To personalize your search, enter your zip and complete Medicare information.

To access this tool and to learn more about the 2011 Medicare Open Enrollment, please visit <https://www.medicare.gov/find-a-plan/questions/home.aspx?AspxAutoDetectCookieSupport=1>

#### **AHRQ Launches New Website for Men**

Data show that men are 24 percent less likely than women to visit a doctor regularly and 30 percent more likely to be hospitalized for potentially preventable conditions such as congestive heart failure and complications from



diabetes. *Healthy Men*, a new website developed by the Department of Health and Human Services Agency for Healthcare Research and Quality and the Ad Council, helps men learn what preventive medical tests they need and when they need to get them.

The website includes the latest recommendations on screening for colorectal cancer, abdominal aortic aneurysms, and other diseases, as well as immunization information, such as when to get flu and pneumonia shots; information for men on daily healthy choices; tips on talking with the doctor during medical appointments; understanding prescriptions; finding advice and support when diagnosed with a health problem; and sources of information to help men become more knowledgeable about their health.

To learn more, please visit the website <http://www.ahrq.gov/healthymen/>

### **Hospitalizations for Medication and Illicit Drug-related Conditions on the Rise among Americans Ages 45 and Older**

The number of hospital admissions among Americans ages 45 and older for medication and drug-related conditions doubled between 1997 and 2008, according to a new report recently released by the Department of Health and Human Services' (HHS) Agency for Healthcare Research and Quality (AHRQ). Medication and drug-related conditions include effects of prescription and over-the-counter medications as well as illicit drugs.

To read the report, "HCUP Facts and Figures: Statistics on Hospital-Based Care in the United States, 2008), please go to [http://www.hcup-us.ahrq.gov/reports/factsandfigures/2008/TOC\\_2008.jsp](http://www.hcup-us.ahrq.gov/reports/factsandfigures/2008/TOC_2008.jsp)

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### **More News**

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### **Scholarship Opportunity for Graduate Students**

The National Center on Senior Transportation (NCST) is once again offering an opportunity for currently enrolled university graduate students to conduct a project that relates to older adult transportation. Through this program, NCST anticipates awarding a number of post-baccalaureate students with awards up to \$2,000 per award to expand upon current transportation/mobility-related projects to benefit older adults and transportation service delivery networks. Funding does not have to be used for a new initiative and can expand upon a project that is already underway.

The deadline is Tuesday, November 30, 2010.



Funds may be used to provide partial support to their research projects or for travel to disseminate research findings. The product generated as part of this program will be used to contribute solutions to transportation challenges that older adults, their caregivers, and the communities where they reside face. It is anticipated that products developed will be nationally distributed through the NCST library. To learn more about this scholarship opportunity, please go [http://seniortransportation.easterseals.com/site/PageServer?pagename=NCST2\\_about\\_projects\\_student\\_projects&autologin=true](http://seniortransportation.easterseals.com/site/PageServer?pagename=NCST2_about_projects_student_projects&autologin=true)

### **NCOA to Sponsor Webinar on Vision and Aging**

The National Council on Aging (NCOA) will sponsor a webinar on “Vision and Aging: Helping Older Adults See Well for a Lifetime.” It will be held on Thursday, November 18, from 1:30 p.m. to 2:30 p.m.

The webinar will provide information on what organizations can do to promote senior eye health. To learn more about this discussion and to access the online registration form, please go to <http://www.ncoa.org/calendar-of-events/vision-and-aging-helping.html>

### **Additional National Observances in November**

#### National Diabetes Month

To read President Obama's 2010 National Diabetes Month Proclamation, please visit

<http://www.whitehouse.gov/the-press-office/2010/10/29/presidential-proclamation-national-diabetes-month>

#### National Hospice Month

To read President Obama's 2010 National Hospice Month Proclamation, please visit

<http://www.whitehouse.gov/the-press-office/2010/10/29/presidential-proclamation-national-hospice-month>

#### National Military Family Month

To read President Obama's 2010 National Military Family Month Proclamation, please visit

<http://www.whitehouse.gov/the-press-office/2010/10/29/presidential-proclamation-military-family-month>

#### Lung Cancer Awareness Month

Lung Cancer Awareness Month (LCAM) is a national campaign dedicated to increasing attention to lung cancer issues. To learn more how you can become involved, please go to the Lung cancer Alliance website,

[http://www.lungcanceralliance.org/involved/lcam\\_month.html](http://www.lungcanceralliance.org/involved/lcam_month.html)

### Great American Smokeout

The Great American Smokeout is an opportunity for smokers to say "no thanks" to cigarettes for 24 hours. It traditionally takes place on the third Thursday in November. This year it is on November 18. The concept dates from the early 1970s when Lynn Smith, publisher of the *Monticello Times* of Minnesota, announced the first observance and called it "D Day." The idea caught on in state after state until in 1977, it went nationwide under the sponsorship of the American Cancer Society. To learn more, please go to <http://www.cancer.org/>

### National Family Week

National Family Week is an annual celebration observed during the week of Thanksgiving. This year's observance is the week of November 21-27. Its purpose is to celebrate strong families and to draw attention to policies that foster community connections. To learn more how you can become involved, please go to the Alliance for Children and Families website, <http://alliance1.org/ce/nfw>

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### Submit a Story!

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Do you have a story about ....Click 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](http://www.aoa.gov/AoARoot/Press_Room/For_The_Press/medadv/Share_Story.aspx)

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### Conferences

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

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