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Looking beyond LIHEAP: Alternative Sources of Energy Assistance

Many low-income households struggle to pay for heating and cooling costs, in addition to other household and healthcare expenses. The Low Income Home Energy Assistance Program (LIHEAP), a federally funded benefit operated through the U.S. Department of Health and Human Services' Administration for Children and Families, is often the first program they turn to for assistance.

However, as a block grant program, LIHEAP is only able to assist a small percentage of eligible households. Once the funds are exhausted, there are no more available until the next appropriations cycle.

For consumers who qualify, the following programs may be able to provide assistance with utility costs.

Weatherization Assistance

The U.S. Department of Energy (DOE) Weatherization Assistance Program provides grants to states, territories, and some Indian tribes to improve the energy efficiency of the homes of low-income families. Eligibility guidelines and determinations are made at the state level.

Under DOE guidelines, any household that receives Supplemental Security Income (SSI) or Temporary Assistance for Needy Families is eligible for weatherization assistance. DOE guidelines also mandate that states must give priority eligibility to the elderly, persons with disabilities, families with children, and families with high energy burden or high energy use.

Approved households first receive an energy audit from their local weatherization agency. This audit assesses the home's energy use, and includes an analysis of heating/cooling bills, a test of how much outside air enters the home, and an inspection of all energy equipment.

Once the audit is complete, the auditor/inspector from the local weatherization agency will explain how the work crews will conduct the work. All work is energy-related—e.g., installing insulation, sealing windows and doors, upgrading heating and cooling systems—and does not include new roofing, siding, or similar structural improvements. The average expenditure is \$6,500 per home; there is no cost to the household. Weatherization workers

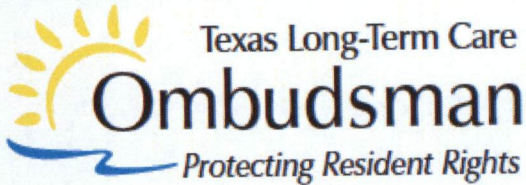
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June Fun Facts

- World Environment Day
June 5th
- Flag Day
June 14th
- Father's Day
June 20th
- 1st Day of Summer
June 21st
- National Dairy Month
- National Iced Tea Month
- Birthstone:
Pearl

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Money Follows the Person Demonstration Project

Texas is one of 30 states chosen to receive federal funding to help persons who are elderly or who have disabilities move from institutional settings back into their communities.

The Texas Health and Human Services Commission (HHSC) and the Texas Department of Aging and Disability Services (DADS) will receive approximately \$33.6 million in new funding over the next five years, which will be paired with existing state and federal funding for a total of \$143 million. The agency will use the money to enhance its successful Money Follows the Person (MFP) initiative and expand its effort for persons with intellectual and developmental disabilities, and persons with behavioral health needs.

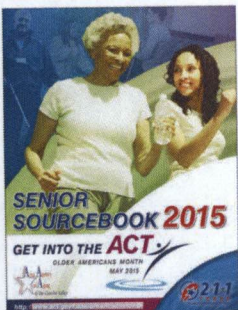
The MFP initiative helps people who are receiving long-term services and supports in a nursing facility return to the community to receive their services without having to be placed on a community services interest list.

The program was begun in September 2001 and since that time has helped more than 20,300 Texans transition back to the community to receive their long-term services and supports. The program took first-place honors in the Council of State Governments 2006 Innovations Awards competition last summer.

Marc Gold, DADS Promoting Independence manager, said the state proposed using the project money to build on its existing success to help transition up to 2,600 more people into the community over the next five years. "Our focus will be on people in nursing facilities who have complex or mental health needs and people with intellectual and developmental disabilities who are residing in medium to large intermediate care facilities for persons with mental retardation."

DADS and HHSC have convened an external advisory committee to assist the state in implementing the project.

If you would like to know more about Money Follows the Person, contact Karen Cline, Managing Local Ombudsman for the Concho Valley Area Agency on Aging. Call 325-223-5704 or toll-free at 1-877-944-9666.



SENIOR SOURCEBOOK 2015

If you have not received the new edition of Senior Sourcebook 2015, it is not too late! Contact 2-1-1 Texas of the Concho Valley and request your very own copy. Just pick up the phone and dial 2-1-1, talk with our intake specialist, and we will be happy to mail you one. You can also pick up a copy at the Concho Valley Area Agency on Aging, 2801 W. Loop 306, Suite A, San Angelo, Texas.



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Tex-Mex Skillet

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 8 servings

This dish is packed with lean protein in the forms of black bean and lean ground beef. Chili powder, cumin, and fresh salsa add bold flavor to this mexican inspired recipe.

Ingredients:

1/2 medium head of lettuce	(no salt added)
1 medium green bell pepper	1 pound lean ground beef (turkey or chicken)
1 large tomato	12 ounces bag frozen corn
1 small jalapeno pepper	1/2 cup water
1 medium red onion	3/4 teaspoon chili powder
2 cloves garlic	1 teaspoon salt
2 ounces low-fat cheddar cheese	1/4 teaspoon ground cumin
15 1/2 ounces can of black beans	8 whole wheat flour tortillas (6 Inch)
	Pinch of ground black pepper

Directions:

1. Rinse lettuce, bell pepper, tomato, and jalapeno. Rinse and peel onion. Peel garlic.
2. Chop or shred lettuce into bite size pieces. Mince garlic. Halve the jalapeno and bell peppers. Remove seeds with the tip of a knife. Dice peppers.
3. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices.
4. Grate cheddar cheese.
5. In a colander, drain and rinse beans.
6. In a large skillet over medium-high heat, cook meat, bell pepper, and garlic, until meat is lightly browned. Drain to remove fat.
7. Stir in frozen corn, beans, water and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes, or until most liquid is gone.
8. While meat mixture is simmering, make a salsa. Add jalapeno and a pinch of salt to the grated tomato and onion. Stir and set aside.
9. Divide the heat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.

Total calories: 250 Protein: 20 g Carbohydrates 31 g Total Sugars: 3 g Total Fat: 5 g
Sodium: 410 mg

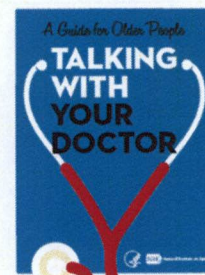
Find more recipes at www.usda.gov/whatscooking

Talking With Your Doctor: A Guide for Older People



Why Does it Matter?

How well you and your doctor talk to each other is one of the most important parts of getting good health care. But, talking to your doctor isn't always easy. It takes time and effort on your part as well as your doctor's.



In the past, the doctor typically took the lead and the patient followed. Today, a good patient-doctor relationship is more of a partnership. You and your doctor can work as a team, along with nurses, physician assistants, pharmacists, and other healthcare providers, to solve your medical problems and keep you healthy.

This means asking questions if the doctor's explanations or instructions are unclear, bringing up problems even if the doctor doesn't ask, and letting the doctor know if you have concerns about a particular treatment or change in your daily life. Taking an active role in your health care puts the responsibility for good communication on both you and your doctor.

All of this is true at any age. But, when you're older, it becomes even more important to talk often and comfortably with your doctor. That's partly because you may have more health conditions and treatments to discuss. It's also because your health has a big impact on other parts of your life, and that needs to be talked about too.

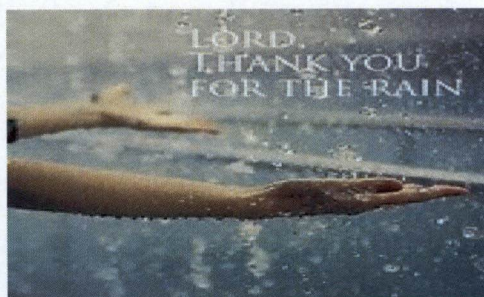
For more information on communicating with your physician, contact the Concho Valley Area Agency on Aging at 325-223-5704 or toll-free at 1-877-944-9666 and request your copy of "A Guide for Older People: Talking With Your Doctor".

CONCHO VALLEY'S FARMER'S MARKET

When shopping for fresh fruits and vegetables, don't forget to visit the Concho Valley Farmer's Market located at 609 S. Oakes Street (across from Fort Concho). Vendors open for business at 7 a.m. on Tuesday, Thursday, and Saturday, remaining open until sell out or around noon.

In addition to the usual produce, local vendors offer a variety of herbs, fresh eggs, baked goods, crafts, and goat cheese.

For more information, contact 325-245-3338



Dairy

Tips for making wise choices in the Dairy Group

- ▶ Include milk or calcium-fortified soymilk (soy beverage) as a beverage at meals. Choose fat-free or low-fat milk.
- ▶ If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- ▶ If you drink cappuccinos or lattes — ask for them with fat-free (skim) milk.
- ▶ Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- ▶ Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- ▶ Have fat-free or low-fat yogurt as a snack.
- ▶ Make a dip for fruits or vegetables from yogurt.
- ▶ Make fruit-yogurt smoothies in the blender.
- ▶ For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- ▶ Top cut-up fruit with flavored yogurt for a quick dessert.
- ▶ Top casseroles, soups, stews, or vegetables with shredded reduced-fat or low-fat cheese.
- ▶ Top a baked potato with fat-free or low-fat yogurt.



Keep it safe

- ▶ Avoid raw (unpasteurized) milk or any products made from unpasteurized milk.
- ▶ Chill (refrigerate) perishable food promptly and defrost foods properly. Refrigerate or freeze perishables, prepared food and leftovers as soon as possible. If food has been left at temperatures between 40° and 140° F for more than two hours, discard it, even though it may look and smell good.
- ▶ Separate raw, cooked and ready-to-eat foods.



For those who choose not to consume milk products

- ▶ If you avoid milk because of lactose intolerance, the most reliable way to get the health benefits of dairy products is to choose lactose-free alternatives within the Dairy Group, such as cheese, yogurt, lactose-free milk, or calcium-fortified soymilk (soy beverage) or to consume the enzyme lactase before consuming milk.
- ▶ Calcium choices for those who do not consume dairy products include:
 - Calcium-fortified juices, cereals, breads, rice milk, or almond milk.
 - Canned fish (sardines, salmon with bones) soybeans and other soy products (tofu made with calcium sulfate, soy yogurt, tempeh), some other beans, and some leafy greens (collard and turnip greens, kale, bok choy). The amount of calcium that can be absorbed from these foods varies.



Continued from page 1....

typically complete their work in a day or two. DOE estimates that after receiving weatherization, households can save up to \$400 annually on their heating and cooling costs.

Ratepayer-Funded Programs

Utility ratepayer-funded programs provide bill payment assistance or energy efficiency services to low-income households. These programs are funded through charges assessed on all or some commercial, industrial, and residential consumers. These charges are sometimes referred to as public goods surcharges, system benefits charges, public benefits fees, universal service fees, universal energy charges, meter charges, etc.

In some states, the ratepayer-funded programs are administered by a state agency, typically the same one that administers LIHEAP and weatherization assistance. Utilities themselves administer the program in other states. Both mechanisms usually have oversight by the regulatory commission.

Ratepayer-funded programs often complement LIHEAP assistance for low-income families. Eligibility requirements vary, so clients should check with the plan in their area for more information and how to apply.

Find a list of ratepayer-funded programs by state at: <http://www.liheapch.acf.hhs.gov/dereg.htm>. Applicants will want to contact the utility company directly for further information.

State and Local Funds

Some states and counties use General Assistance, emergency assistance, local tax revenues, or similar funds to supplement federal LIHEAP funding. These funds may help low-income families pay for fuel, utilities, furnace repair, or other charges; some also help households avoid utility shut-offs during summer/winter. States that administer such programs are eligible to receive incentives from the federal government for leveraging non-federal resources for energy assistance, thereby increasing the resources they have to give.

Eligibility criteria vary by state; in some states, applicants must be in a crisis/emergency situation to receive help. State and local energy assistance funding is usually available through the same office that administers LIHEAP.

Find links to your state's energy assistance director at: <http://neada.org/state-tribal-programs/state-energy-assistance-directors/>.

Private Fuel Funds

Private fuel funds raise corporate or private monies to support fuel provisions for low-income households. Most fuel funds involve a working relationship between the utilities company and one or more social service organizations, and they maintain their own eligibility guidelines. Fuel funds often help families in crisis or those who otherwise might not be able to take advantage of LIHEAP, enabling

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A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

BE FOOD SAFE

CLEAN

1. Wash hands with soap and water: Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.
2. Sanitize surfaces: Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.
3. Clean sweep refrigerated foods once a week: At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.
4. Keep appliances clean: Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.
5. Rinse produce: Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE

6. Separate foods when shopping: Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.
7. Separate foods when preparing and serving: Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

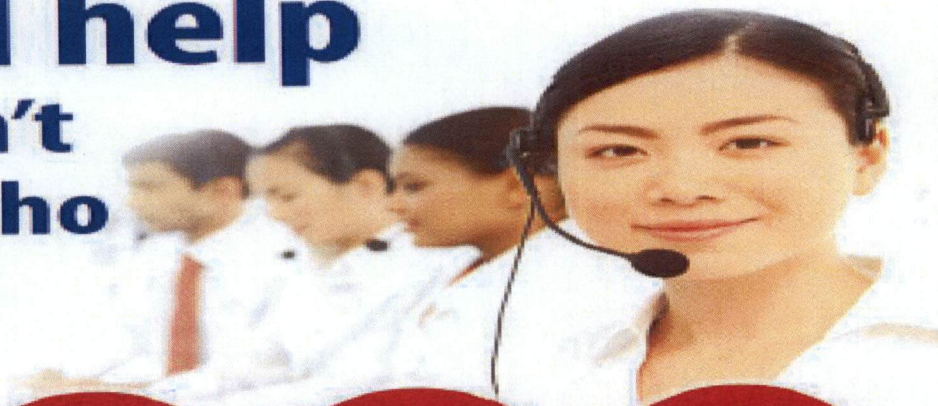
COOK AND CHILL

8. Use a food thermometer when cooking: A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.
9. Cook food to safe internal temperatures: One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

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Need help and don't know who to call?



DIAL 2 1 1

We have trained specialists ready to connect you with services.

- Food assistance
- Housing & shelter
- Health services
- Veterans assistance
- Mental health services
- Financial & legal
- Employment help
- Child care & education
- Aging & disability
- Crisis & emergency
- And more

**To learn more, go to
211Texas.org***



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WE CAN HELP

***To apply for health or food benefits, go to YourTexasBenefits.com**

Continued from page 8..

10. Keep food at safe temperatures: Hold cold foods at 40 °F or above. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).



Go to www.ChooseMyPlate.gov for more information.
Go to www.fsis.usda.gov for food safety information.



Look Who's Turning 80: Social Security is Celebrating the Past and Building the Future

Since 1935, Social Security has provided compassionate and professional service to the American public we serve each day. An important part to recognizing our 80-year milestone is sharing facts about our services and agency that you may not already know.

While you are probably aware that President Franklin D. Roosevelt signed the Social Security Act into law in 1935, were you also aware that in the same year the Social Security's founding board had no staff to complete its work? We've come a long way since our beginning with no staff. Today, we have over 1,200 offices throughout the country and our national 800 number staffed with professional and courteous employees providing world-class service every day, as well as our popular and convenient online services. We are much more than the retirement program started 80 years ago. As we reflect on the past and look to the future, we remain committed to being America's safety net.

"As I reflect on our agency's rich history, I am deeply honored to be a part of such a great organization with employees who truly embody the spirit of passionate public service," Acting Commissioner Carolyn Colvin said. "There is nothing more rewarding than making a difference in the lives of others, and with our collective commitment, there is no limit to what we can achieve. "Happy 80th anniversary, Social Security!"

Take a moment to visit our 80th Anniversary website at www.socialsecurity.gov/80thanniversary to learn more about our 80 year rich history of serving the American public.

Continued from page 6...

them to pay their energy bills or purchase fuel oil, wood, and coal.

One of the most prominent examples of this type of fund is run by [Citizens Energy Corporation](#), a nonprofit that turns revenues from natural gas sales into charitable energy assistance offered in 16 states and the District of Columbia.

To find if your area offers a fuel fund, contact your state's energy department: <http://www.naseo.org/members-states>.

CAREGIVERS UNITED!



Caregivers United provides a safe, supportive community in which to walk the caregiving journey with others who understand. Our scheduled speakers educate and inform attendees on topics that are tailored to caregiver needs. Please join us!

Thursday, June 11, 2015 from 11:45 am-1:00 pm

at the

Concho Valley Area Agency on Aging

2801 W. Loop 306, Suite A

San Angelo, TX 76904



Ron Landers of Christians In Action

Summer months are coming up. Do you need assistance paying your utilities or rent? Do you need medical transportation? Do you have insurance or does your Medicare not cover the full amount of prescription? Are you in need of personal items due to personal circumstances beyond your control in your home?

Come get an overview of what Christians in Action does to help people in our community and what changes to expect in the near future!

Gentiva Hospice of San Angelo will be sponsoring lunch for those in attendance. Angels Care Home Health will provide dessert and beverages. Seating is limited to 40 persons, so please RSVP by June 9, 2015.

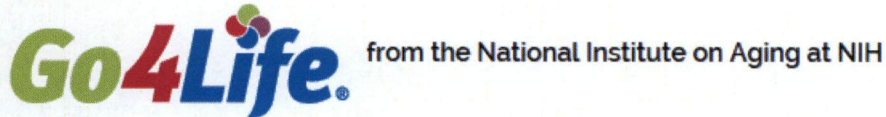
For more information or to register contact Betty Galvan at

325-223-5704 or toll free 1-877-944-9666.

Register online at http://www.cvcog.org/cvcog/aaa_caregiver_program.html

Funded in part by the Texas Department of Aging and Disability Services





Caregivers and Exercise-Take Time for Yourself

Taking care of yourself is one of the most important things you can do as a caregiver. Finding some time for regular exercise can be very important to your overall physical and mental well-being.



Physical activity can help you:

- Increase your energy level so you can keep up with your daily caregiving activities.
- Reduce feelings of depression and stress, while improving your mood and overall well-being.
- Maintain and improve your physical strength and fitness.
- Manage and prevent chronic diseases and conditions like diabetes, heart disease, and osteoporosis.
- Improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks and plan activities.

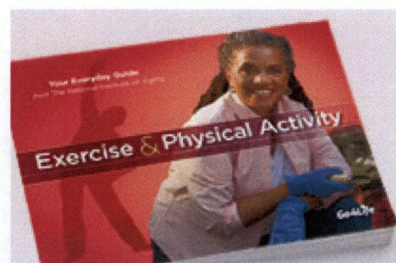
Some ways for caregivers to be physically active:

- Take exercise breaks throughout the day. Try three 10-minute “mini-workouts” instead of 30 minutes all at once.
- Make an appointment with yourself to exercise. Set aside specific times and days of the week for physical activity.
- Exercise with a friend and get the added benefit of emotional support.
- Ask for help at home so you can exercise.
- If possible, find ways to be active with the person you’re caring for. Both of you can benefit from physical activity!

Quick Tip

Pick an activity you really enjoy to make exercise something you want to do, not have to do.

Contact the Concho Valley Area Agency on Aging at 325-223-5704 or toll-free at 1-877-944-9666 for a free DVD, Exercise Age Page, Exercise Guide or Go4Life bookmark.





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San Angelo, TX 76906

Phone: 325-223-5704
Toll free: 1-877-944-9666
Fax: 325-223-8233

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WE ARE ON THE WEB!

www.cvcog.org/cvcog/aaa.html

Funded in part by the
Texas Department of Aging
and Disability Services

Join our newsletter email distribution list TODAY! Please email Terry Lockhart @ terry.lockhart@cvcog.org or call (325)223-5704

Concho Valley Area Agency on Aging Volunteer Opportunities



- Advocate for quality of life and quality of care for elders living in nursing and assisted living facilities.
- Assist elders in the community with applying for eligible benefits and providing information about Medicare.
- Teach stress management, problem solving, and support skills to family caregivers.

**Volunteer Ombudsman
for Nursing and Assisted
Living Facilities**

**Benefits Program Volunteer
Assist older persons to
access public benefits**

**Stress-Busting Program
for Family Caregivers
Coach**

For more information on how to become a volunteer for the Concho Valley Area Agency on Aging call 325-223-5704 or toll-free @ 1-877-944-9666. You may also visit our website @ www.cvcog.org/cvcog/aaa.html

Our Mission is to be this area's visible leader and advocate in facilitating those supportive services and opportunities that enable all older citizens to be able to live dignified, independent and productive lives.

