



Pennsylvania Behavioral Health and Aging Coalition  
Opening Doors for Older Pennsylvanians

## News You Can Use...

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October 2011

### **Financial Concerns for Working Caregivers**

Women forfeit, on average, \$324,000 and men, \$284,000 in lost wages, pension, and Social Security benefits, or nearly \$3 trillion, to care for Mom or Dad, reports a MetLife Mature Market Institute study produced with the National Alliance for Caregiving and New York Medical College's Center for Long Term Care Research and Policy. *The MetLife Study of Caregiving Costs to Working Caregivers: Double Jeopardy for Baby Boomers Caring for Their Parents* shows employees 50+ providing eldercare are more likely to have fair or poor health. The study underscores the need for employers to provide better support to these workers, including retirement planning, stress management, and work accommodations such as flex-time and family leave.

<http://www.metlife.com/mmi/research/caregiving-cost-working-caregivers.html#key%20findings>

### **National Survey of substance Abuse Treatment Services (1997-2009)**

The National Survey of Substance Abuse Treatment Services (N-SSATS) collects annual information on the location, characteristics, services offered, and utilization of all known substance abuse treatment facilities, both public and private. The newly created 1997-2009 combined N-SSATS data files and documentation are available for download and online analysis.

<http://www.icpsr.umich.edu/icpsrweb/SAMHDA/studies/28544>

### **Craving Companionship**

The Craving Companionship program was created to help seniors stay connected socially and eat more nutritiously. The biggest mealtime challenge for older people who live alone is lack of the shared family experience including companionship. This program provides tips and practical advice to promote better eating habits and overall geriatric health.

<http://www.caregiverstress.com/category/helpful-tips-for-caregivers/fitness-nutrition/craving-companionship/>



## **New National Report Shows Many Differences in the Types and Levels of Substance Abuse and Mental Illness Problems Experienced Among the States**

A new report developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) based on the combined 2008 and 2009 National Survey on Drug Use and Health (NSDUH) provides state public health authorities and service providers with information on the scope and nature of behavioral health issues affecting their states. The report features state-by-state analyses of a wide range of behavioral health issues and reveals that despite some wide variations among the states in the types and levels of problems they confront, every state must deal with these issues. For example, among those aged 12 and older, Iowa had less than half the current illicit drug use rate of Alaska (5.3-percent versus 13.5-percent) yet Iowa also was among the top 10 states with the highest levels of people age 12 and older currently participating in binge drinking (28.6-percent).

Press Release: <http://www.samhsa.gov/newsroom/advisories/1107200356.aspx>

Full Report: <http://store.samhsa.gov/product/State-Estimates-of-Substance-Use-and-Mental-Disorders-from-the-2008-2009-National-Survey-on-Drug-Use-and-Health-NSDUH-/SMA11-4641>

## **Feel Good Bingo**

The *Feel Good* Bingo program, developed by Screening for Mental Health<sup>®</sup>, offers a fresh, new spin on the classic bingo game. Instead of using letters and number, each player's game card contains various icons depicting common symptoms of depression and generalized anxiety disorder (GAD).

The Coalition has used Feel Good Bingo in its outreach activities with older adults for a number of years. It can be a great way to discuss depression in older adults in a non-threatening and fun way. It can help older adults to recognize the signs and symptoms of depression and GAD in themselves and in their friends.

To learn more about how you can promote health aging in your community, go to <http://www.mentalhealthscreening.org/programs/community/feelgood-bingo.aspx>. Feel Good Bingo kits are \$150.

## **Memory Loss Research Program Seeking Participants**

Center in the Park is collaborating, on outreach and recruitment, for a community-based research program being conducted by the Jefferson Medical College of Thomas Jefferson University and funded by the National Institute of Health (NIH).

The study will compare two programs (behavioral activation and talk therapy) to prevent memory loss in people who are already having mild memory problems. If you are having trouble with your memory, are African American, at least 65 years old, and have a family member, caregiver or friend who will be your study partner, you may be eligible to participate. Click [here](#) for more information.

<http://www.olderpa.org/Resources/Documents/Newsletter/HTT%20PR%2008%2011.doc>



## Articles of Interest

### Offering Condolences: 10 Helpful Things to Say to a Grieving Person

When offering condolences, there are plenty of things [not to say to a grieving person](#); finding the right words can be harder. The following suggestions offer kindness and compassion. And sometimes you don't have to say anything at all; when it comes to condolences, a hug is often worth a thousand words.

<http://www.caring.com/articles/condolences>

### 5 Money Problems That Can Foreshadow Dementia

Problems managing money seem to be among the earliest and most reliable warning signs of Alzheimer's disease. Although people tend to fixate on worries about memory loss, a growing body of research suggests that financial mistakes and challenges might be the better clues to look for.

[http://www.caring.com/articles/money-problems-foreshadow-dementia?utm\\_medium=email&utm\\_source=suggests&utm\\_campaign=alz&utm\\_content=20110726](http://www.caring.com/articles/money-problems-foreshadow-dementia?utm_medium=email&utm_source=suggests&utm_campaign=alz&utm_content=20110726)

### Health Tip: If a Person With Alzheimer's Is Confused

Many people with Alzheimer's disease may become upset, fearful and agitated when confused. The Alzheimer's Association suggests how to calmly respond when a person with Alzheimer's becomes...

[http://www.caring.com/news/health-tip-if-a-person-with-alzheimers-is-confused?utm\\_medium=email&utm\\_source=suggests&utm\\_campaign=alz&utm\\_content=20110712](http://www.caring.com/news/health-tip-if-a-person-with-alzheimers-is-confused?utm_medium=email&utm_source=suggests&utm_campaign=alz&utm_content=20110712)

## Coalition News

### Understanding Dementia: Diagnosis, Treatment and Behavioral Management

The Coalition's training series for 2011/12 will focus on dementia. At the completion of the training, participants will be able to:

- Differentiate the most common forms of dementia including: Alzheimer's dementia, Vascular dementia, Frontal Temporal dementias, and Lewy Body dementia.
- Identify the new diagnostic criteria for Alzheimer's disease
- Articulate the difference between delirium and dementia.
- Appreciate the common psychiatric and behavioral symptoms of the individual suffering from dementia.
- Describe interventions that may be used with individuals who are suffering from dementia including: communication skills, behavioral management, psychosocial interventions, and medications.



- Identify community resources available for both professionals and family caregivers.

Dates for the training, being offered at 6 locations across the state, are below. Click on the date to be taken directly to the online registration form, or click here for a copy of the [flyer](#).

- [November 9, 2011, Greensburg, Westmoreland County](http://www.olderpa.org/ViewEvent.ashx?eventId=365002)  
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365002>)
- [December 7, 2011, State College, Centre County](http://www.olderpa.org/ViewEvent.ashx?eventId=365006)  
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365006>)
- [April 4, 2012, Bryn Mawr, Montgomery County](http://www.olderpa.org/ViewEvent.ashx?eventId=365008)  
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365008>)
- [May 9, 2012, Edwardsville, Luzerne County](http://www.olderpa.org/ViewEvent.ashx?eventId=365010)  
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365010>)
- [May 16, 2012, Clearfield, Clearfield County](http://www.olderpa.org/ViewEvent.ashx?eventId=365011)  
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365011>)

## Join Behavioral Health Connection for new training seminars

October 6, 2011: In partnership with the DuBois Office of Vocational Rehabilitation Services, we will conduct a training on "*Understanding and Accessing Medicare Services for Mental Health Consumers*" and "*Disability Awareness Training*". For further details and to register, please see the [flyer](#). Register on line [here](#).

October 12, 2011: In partnership with Connelly Manor, we will conduct a training on "*Understanding and Accessing Medicare Services for Mental Health Consumers*", *QPR-A Suicide Prevention Gatekeeper Training* and *S.A.F.E. a training curriculum on how to prevent, identify and seek help in abusive situations, including financial, neglect, and physical/verbal, sexual abuse*. For further details and to register, please see the [flyer](#). Register on line [here](#).

## Did You Know??? Customized Behavioral Health and Aging Training is Available

Training topics Below is a link to the training topics we currently offer through the Coalition. We can come to your site and offer the trainings, or we also have regular training opportunities available that you will receive notice about as a member of the Coalition.

<http://www.olderpa.org/Default.aspx?pageId=1080869>

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Previous copies of PBHAC's News You Can Use are available on the website at [www.olderPA.org/newsletter](http://www.olderPA.org/newsletter)

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