



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

April 2014

National Drug Take-Back Day and Site Locator

Take a minute during your Spring Cleaning to check your medicine cabinet for unused or expired medications. National Drug Take-Back Day is Saturday, April 26, 2014 from 10:00 am to 2:00 pm. This program "aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications." All medications will be accepted, even controlled substances. In the past, Take-Back Day has collected over 3 million pounds of unused or expired medications in order to dispose of them safely and educate the public on drug misuse or abuse. This is a wonderful opportunity to make sure your prescriptions are disposed of safely and conveniently. <http://www.awarerx.org/get-informed/find-disposal-information/option-2-dea-nationwide-drug-take-back-sites>

Click here to find a take-back site near you. If you do not see a convenient site, please check back later –new sites are being added every day:

https://www.deadiversion.usdoj.gov/NTBI/NTBI-PUB.pub;jsessionid=753C05DA1AEFD10F75CD76A6E36E7E9A?flowExecutionKey=c63456B2-580B-F852-D447-E0C5BD2A626B_k9522AB64-0B68-4B0B-9558-3685EFCA41A1

April is Parkinson's Awareness Month

Nearly one million people are living with Parkinson's Disease in the United States. Parkinson's is characterized by malfunction and death of neurons in the brain, causing symptoms such as tremors, stiffness, and difficulty with balance and coordination. Learn more about Parkinson's Awareness Month and find awareness materials to spread the message at the Parkinson's Disease Foundation:

http://www.pdf.org/parkinson_awareness_tools. Their website also includes educational resources, recent research findings, and tools to help those living with Parkinson's maintain their health and well-being.



Governor Establishes Long-Term Care Commission

With Pennsylvania's aging population expected to expand by 42% within the next decade, Governor Corbett signed an executive order, the purpose of which is, "to provide a forum through which an open, forthright and constructive dialogue will be fostered among a diverse group of stakeholders, representing individuals involved in the delivery and financing of long-term care services and supports, families of individuals in need of such services and supports, consumers, representatives of local area agencies on aging and the physical disabilities community, legislators and state government agencies responsible for oversight, funding and regulation of such services and supports, in order to provide the Governor with recommendations that ensure Pennsylvania's long-term care services and support delivery system is person-centered, efficient, effective and fiscally accountable." To read the full document, click below.

http://www.portal.state.pa.us/portal/server.pt/gateway/PTARGS_0_2_785_708_0_43/ht tp%3B/pubcontent.state.pa.us/publishedcontent/publish/global/files/executive_orders/2_010_2019/2014_01.pdf

The commission will be holding a series of public meetings to receive feedback and input. If you would like to provide verbal comments at a meeting, you are required to register at least two business days prior to each meeting. Public meeting dates, locations, and registration can be accessed by visiting the link below. If you are unable to attend a meeting, the commission is accepting written comments through June 27, 2014. Submission instructions are also included in the following link:

<http://www.dpw.state.pa.us/dpworganization/officeoflongtermliving/ltcc/index.htm>

What Can Happen After Traumatic Brain Injury?

Did you know traumatic brain injuries can affect a person not only short-term, but throughout their lifetime? Read one woman's account of how she rebuilt her life after a traumatic brain injury which both erased over 20 years' worth of memories and altered her personality. Su Meck explains how she adapted to the amnesia and cognitive changes, and how writing her memoir brought about greater understanding of her circumstances.

<http://www.bostonglobe.com/lifestyle/health-wellness/2014/03/09/years-after-traumatic-brain-injury-caused-amnesia-northampton-women-meck-will-graduate-from-college/F2AObvf60mm8T2TgjOSv8J/story.html>

Exploring Elder Psychiatry: Free Download

This free e-book gives an overview of older adult psychiatric issues, including alcohol and drug abuse, depression, dementia, and other intellectual disabilities. Click below to access the free download:

<http://freepsychotherapybooks.org/book-categories/psychiatry>



Equal Rights Center Documents Discrimination Against Older Same-Sex Couples

The ERC has published "Opening Doors: An Investigation of Barriers to Senior Housing for Same-Sex Couples" which evaluated how same-sex couples were treated differently by senior-living facilities than opposite-sex couples. The test was conducted across ten states using matched-pair methodology – calling the facilities with two virtually identical profiles, except that one call identified as a same-sex couple and the other as an opposite-sex couple. They found the callers who identified as same-sex couples were offered less information on available units and amenities, and were told about a more expensive and lengthy application process than the opposite-sex couples, among other differences. The ERC offers a list of recommendations to address the discrimination that same-sex couples are facing from senior-living facilities.

http://www.sageusa.org/newsevents/release.cfm?ID=89&utm_source=Final+E-SAGEMatters+March+2014&utm_campaign=March+2014+eSAGEMatters&utm_medium=email

Begin End-Of-Life Conversations With A New Game

The Action Mill, an organization dedicated to improving end-of-life care, has created a game which will help family and friends begin conversations and decision-making about their wishes. My Gift Of Grace is available at mygiftofgrace.com, and can be ordered as a hard copy or pdf. In addition, to celebrate National Healthcare Decisions Day on April 16, The Action Mill has created a free kit to plan a game night event. Please visit mygiftofgrace.com/gamenight to view templates for invites, signs, and checklists, and to receive a discount code for purchasing the game. Please register your event on the website (on the same page) so The Action Mill can keep track and publicize where all the conversations are happening.

New Focus On Older Drivers

Drivers who are 75 years and older have "the second highest rate of involvement in fatal crashes" according to AAA. The National Highway Traffic Safety Administration has released a new report concerning drivers age 65 and older in order to assess how to minimize risks and provide older adults with tools that may enable them to drive safely for a longer period of time. Their five year plan includes suggestions on technology and driver behavior, among other topics. In Pennsylvania, some requirements have been implemented for many years, and PennDOT is currently evaluating the report to see if further changes will be made. The article includes some suggestions to help older adults determine if they are still able to drive safely, including regular vision checks and safe-driver courses. View the full article for more information:

<http://www.nbcphiladelphia.com/news/local/New-Focus-on-Older-Drivers-239742521.html>



Coalition News

The Coalition Is Now On Pinterest!

Follow us on Pinterest to find articles on aging, behavioral health, substance abuse, and more. <http://www.pinterest.com/pabhac/> You can also Like us on Facebook at <https://www.facebook.com/PBHAC> to see articles and updates.

Upcoming In-Person Trainings from the Coalition

Be on the lookout for the following upcoming in-person trainings, to be scheduled regionally throughout PA during 2014.

- Understanding the Behaviors of Depression, Anxiety and Dementia
 - [May 28, Clarion County](#)
- Cross System Collaborative Approaches: Working with Individuals with Hoarding Behaviors – [June 25, Clarion County](#)
- Mental Health First Aid – Targeted to individuals working with older adults
 - [April 22, Westmoreland County](#)

New on our website: [Click here](#) to access a list of events from other organizations throughout the state. Please note the Coalition does not endorse any of these organizations or events, and the list is intended as a resource only.

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

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>

Sponsorship Available

The Coalition provides training opportunities to more than 1000 participants each year. We now offer the opportunity to sponsor Coalition trainings, providing your organization access to individuals in the behavioral health and aging fields. Contact Rebecca May-Cole (Rebecca@olderpa.org) or 717-541-4219 ext. 106 for more information.

Donate Now!

Help support the work of the Coalition! Join us in improving the behavioral health of older Pennsylvanians by [donating](#) to PBHAC. Your [tax deductible donation](#) will help us meet our mission to promote wellness, enjoyment and engagement in life, including care, services and community support, that respect the behavioral health needs and values of older Pennsylvanians and their caregivers.

Previous copies of PBHAC's News You Can Use are available on the website at www.olderPA.org/newsletter

