



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

November 2014

PBHAC Has Joined #GivingTuesday

PBHAC has joined #GivingTuesday, a first of its kind effort that will harness the collective power of a unique blend of partners—charities, families, businesses and individuals—to transform how people think about, talk about and participate in the giving season. Coinciding with the Thanksgiving Holiday and the kickoff of the holiday shopping season, #GivingTuesday will inspire people to take collaborative action to improve their local communities, give back in better, smarter ways to the charities and causes they support and help create a better world. Taking place December 2, 2014 – the Tuesday after Thanksgiving – #GivingTuesday will harness the power of social media to create a national moment around the holidays dedicated to giving, similar to how Black Friday and Cyber Monday have become days that are, today, synonymous with holiday shopping. Click here to donate now: www.OlderPA.org/donate. 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.

November is National Alzheimer's Awareness Month

Alzheimer's Disease is the most common form of dementia, accounting for 60-80% of all dementia cases. Over 5 million Americans have been diagnosed with Alzheimer's, and over 10 million Americans identify as caregivers for an Alzheimer's patient. Symptoms of Alzheimer's can include, but are not limited to, memory loss, confusion, poor judgment, withdrawal, language difficulty, disorientation, and changes in personality. For more information, including other symptoms, diagnosis, treatment options, and resources for caregivers, please visit

<http://www.alzinfo.org/november-alzheimers-awareness-month>.

To view the government's resource website on Alzheimer's, click here:

<http://www.alzheimers.gov/>.



November is National Family Caregivers Month

Did you know two out of every five adults are family caregivers? This year's theme for National Family Caregivers Month is Care Comes Home, celebrating the valuable role family caregivers play in their family member's care. Caregiving can include many tasks, including attending doctor's appointments, managing medications, paying medical bills, and more. Caregivers who take on these responsibilities can improve their loved one's health and help reduce medical costs. For more information, please visit http://nfca.typepad.com/nfc_month_2014/.

To download a social media kit, including graphics and a copy of the presidential proclamation, please visit <http://www.caregiving.org/>.

Check out this list of 10 ways to celebrate National Family Caregiver Month: <http://www.caringnews.com/pub.59/issue.605/article.2552/>.

Medicare Open Enrollment is October 15 – December 7

October 15th through December 7th is the Annual Medicare Open Enrollment Period throughout Pennsylvania. During this time Medicare beneficiaries can make changes to their current Medicare and prescription drug plans for 2015. Any changes made during the open enrollment period go into effect January 1st, 2015.

To obtain assistance in understanding and making changes to their plans, Medicare beneficiaries can contact their local APPRISE offices, call 1-800-MEDICARE or visit Medicare's official website at www.medicare.gov.

Those who wish to keep their current plans do not need to contact anyone to continue to receive benefits. For more information on open enrollment, including outreach and training materials, please visit <http://www.cms.gov/Center/Special-Topic/Open-Enrollment-Center.html?redirect=/center/openenrollment.asp>.

The Centers for Medicare and Medicaid Services have also released a guide, Protecting Yourself and Medicare from Fraud, which can be accessed at <http://www.medicare.gov/pubs/pdf/10111.pdf>.

Consumer Guide to Hospice

The Washington Post has compiled a Consumer Guide to Hospice, including number of patients, accreditation, years in business, spending, and more. The data was mostly pulled from government resources and covers over 3,000 hospices which participate in Medicare. The data can be searched by state or by the name of the hospice. To view the consumer guide, please visit <http://www.washingtonpost.com/wp-srv/special/business/hospice-quality/>.



Protecting Residents from Financial Exploitation

The Consumer Financial Protection Bureau (CFPB) Office for Older Americans has compiled a guide, "to help assisted living and nursing facility managers and staff prevent and address elder financial exploitation of their residents." The guide is available as a 44-page pdf which includes warning signs of financial exploitation, response protocol, prevention, examples of common scams, and resources. This document is a resource and is not intended to replace legal counsel. The guide can be accessed at http://files.consumerfinance.gov/f/201406_cfpb_guide_protecting-residents-from-financial-exploitation.pdf.

Even Non-Fatal Overdoses Can Lead to Severe Consequences

While many media reports focus on deaths caused by overdose of drugs or alcohol, there is little attention paid to those who survive an overdose but suffer complications from it. An overdose can cause organ failure, nerve damage, seizures, and other debilitating conditions, while repeated overdoses can cause brain damage through oxygen deprivation. To read the full article, click here: <http://blog.samhsa.gov/2014/09/02/even-non-fatal-overdoses-can-lead-to-severe-consequences/#.VGUIxfnF-Sp>.

To read a profile of one man who was permanently disabled by a heroin overdose, please visit http://www.nytimes.com/2014/08/11/us/a-mother-lifts-her-son-slowly-from-heroin-abyss.html?_r=0.

Changing the Message about Suicide

The Education Development Center, Inc., and the National Action Alliance for Suicide Prevention are addressing how the media covers suicide and suicide prevention. A three-day workshop in Washington, DC was held to educate journalists and others in the media on how to report on suicide in a way that was both informative and helpful for those at risk. The workshop aimed to provide, "an in-depth look into health data about suicide and mental health, the veracity of popular narratives around suicide, and methods for telling stories that were neither sensationalizing nor trivializing." The success of such reporting is already apparent: after the death of actor Robin Williams, reports on his suicide included warning signs and ways to get help. In the weeks following his death, calls to the National Suicide Prevention Lifeline increased dramatically. For the full article, click here: http://www.edc.org/newsroom/articles/changing_message_about_suicide.

The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK (8255) or <http://www.suicidepreventionlifeline.org/>.



Coalition News

Upcoming In-Person Trainings from the Coalition

- HIV/AIDS and Aging
 - [12/17/14 Free Webinar](#)
- Senior Bullying Seminar
 - [12/2/14 Montgomery County](#)
 - [3/18/15 Centre County](#)
 - [4/29/15 Allegheny County](#)
 - [5/20/15 Crawford County](#)
 - [6/2/15 Lackawanna County](#)
- Mental Health First Aid
 - [11/21/14 Montgomery County](#)
 - [4/28/15 Centre County](#)
- A Simulation of Hearing Distressing Voices
 - [12/4/14 Somerset County](#)
 - [3/4/15 Montgomery County](#)
 - [3/26/15 Warren County](#)
 - [4/21/15 Allegheny County](#)
 - [5/6/15 Blair County](#)
- Medicare/Medicaid Basics for Mental Health Professionals
 - [3/4/15 Montgomery County](#)
 - [3/26/15 Warren County](#)
 - [5/6/15 Blair County](#)
- Alzheimer's Disease Training
 - [12/3/14 Montgomery County](#)

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

