



News You Can Use...

April 2015

A Note From the Executive Director

I have never taken the opportunity to address the wonderful supporters of the Coalition via email before, and it is with mixed emotions that I do so now. I will be leaving the Coalition May 29th to serve as the PA Association of Area Agencies on Aging's (P4A) new Executive Director. I have been honored to get to know so many wonderful people who all value Pennsylvania's older adults, and who have joined me in working to improve the lives of older individuals with behavioral health needs. Thank you for your involvement with the Coalition. I am confident PBHAC will continue and grow in the future.

I have thoroughly enjoyed my last 5 years with the Coalition, and am proud to see how far we've come since being one of the founding members of the Coalition back in 1999. I look forward to seeing where the Coalition will grow in the future!

Sincerely,
Rebecca May-Cole
Executive Director

The job posting for the Executive Director position can be found here:

<http://www.olderpa.org/EDSearch>.

Five New Videos About End of Life Care

The National Institutes of Health (NIH) has released five videos explaining end of life care, aimed at opening dialog and easing conversations which can be difficult to initiate. The videos include Preparing for the End of Life, Addressing Pain, Addressing Mental and Emotional Issues, End of Life Care Options, and Advance Directives. To view these short videos and other information on topics such as paying for care, caregiver supports, and coping with grief, please visit

<http://nihseniorhealth.gov/endoflife/preparingfortheendoflife/01.html>. Click through the topics on the left-hand sidebar to view the other videos and text.



April is Alcohol Awareness Month

Alcohol Awareness Month aims to raise awareness about alcohol abuse and take action to prevent it. Alcohol abuse can increase people's risk of injury, violence, drowning, liver disease, and some cancers. In addition, alcohol can react negatively with some medications, leading to accidental overdose or other health concerns.

<http://www.healthfinder.gov/NHO/AprilToolkit.aspx> provides a toolkit with suggestions on how you can help, such as asking doctors and nurses to talk to their patients about their alcohol intake, or encouraging loved ones to set limits on drinking. The toolkit includes sample messages to distribute, ways to involve the community, and resources on moderating alcohol consumption.

The Role of Senior Living Community Professionals in Preventing Suicide

The Suicide Prevention Resource Center (SPRC) created a suicide prevention fact sheet aimed at providers in Senior Living Communities (SLCs). These providers are well-positioned to recognize and address signs of self-harm, as they interact closely with the residents on a daily basis and are often aware of life stressors such as the death of a spouse or an illness. The fact sheet includes signs of suicide risk, how to respond if you believe someone is considering suicide, and a list of resources on suicide prevention. This fact sheet may be reproduced and distributed if copyright information is retained.

To access the fact sheet, please visit

http://www.sprc.org/sites/sprc.org/files/slc_providers.pdf.

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

A Victory for Vulnerable Seniors with Medicare

In April, President Obama signed a bill that offers protections for our most vulnerable seniors with Medicare. The Medicare Access and CHIP Reauthorization Act of 2015 makes the Qualifying Individual (QI) program permanent—meaning 500,000 low-income individuals with Medicare will no longer have to worry each year whether they can get help to pay their monthly premiums. It also expands resources by 50% for community-based organizations to conduct benefits outreach and enrollment—from \$25 million to \$37.5 million for fiscal years 2016 and 2017. To read more about this bill, please visit

<http://rt.com/usa/250437-obama-medicare-fix-law/>.

To read the full bill, click here: <https://www.congress.gov/bill/114th-congress/house-bill/2/text>.



2015 Alzheimer's Disease Facts and Figures

The Alzheimer's Association has released their 2015 report on Alzheimer's Disease, including a special report on disclosing an Alzheimer's diagnosis. This statistical report includes an overview of Alzheimer's Disease, its prevalence, mortality and morbidity, caregiving, and use and costs of care. For the full report, click here:

http://www.alz.org/facts/downloads/facts_figures_2015.pdf.

Is It Elder Abuse?

As older adults receive more assistance from family members, medical professionals, and caregivers, they may become at risk for physical, emotional, sexual, or financial abuse. Some older adults may be unwilling or unable to report the abuse, and knowing the signs of abuse can help loved ones recognize an issue and address it. This article outlines physical and behavioral signs of abuse, indicators of financial abuse, and how to recognize neglect or abandonment. Included in the text are suggestions for how older adults can take steps to protect themselves from neglect, such as having friends and family visit often and seeking legal advice on documents which are difficult to understand. For the full article, please visit

http://www.caregiver.com/articles/print/is_it_elder_abuse.htm.

More Older Adults Are Becoming Inventors

Older adults are inventing products in increasing numbers, and their life experience can give them an advantage over younger inventors. John Calvert, executive director of the United Inventors Association, says over 60% of their members are over the age of 50. People gain empathy as they age and have more experience problem-solving, which allows them to see a need for products and address that need. While only 2-3% of inventors make money off their inventions, Dr. Gary Small, director of the UCLA Longevity Center, says that inventing can have other payoffs, such as the mental stimulation which can lower the risk of dementia. To read the full article, please visit http://www.nytimes.com/2015/04/18/your-money/more-older-adults-are-becoming-inventors.html?_r=0.

Shared Housing Trend Grows Among Older Adults

Rising housing costs and a desire for companionship are causing some older adults to share housing with others of a similar age. The US Census shows the number of older women living in nonfamily households has been increasing over the past decade. Bonnie Moore, who lives with four other women, saw that others were interested in a similar arrangement and was inspired to start a website to help older adults find roommates. To read more about this trend, click here:

<http://www.thecalifornian.com/story/life/2015/04/08/shared-housing-trend-grows-among-older-adults/25435395/>.



Coalition News

Upcoming In-Person Trainings from the Coalition

- Aging, Mental Health, and Chronic Illness
 - [5/13/15 Lackawanna County](#)
 - [6/17/15 Clarion County](#)
 - [9/30/15 Dauphin County](#)
 - [10/28/15 Centre County](#)
 - [11/4/15 Montgomery County](#)
- Senior Bullying Seminar
 - [4/29/15 Allegheny County](#)
 - [5/20/15 Crawford County](#)
 - [6/2/15 Lackawanna County](#)
- Mental Health First Aid
 - [4/28/15 Centre County](#)
 - [5/19/15 Allegheny County](#)
- A Simulation of Hearing Distressing Voices
 - [5/6/15 Blair County](#)
 - [6/3/15 Lancaster County](#)
- Medicare/Medicaid Basics for Mental Health Professionals
 - [5/6/15 Blair 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

