



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

September 2016

A Caregiver's Treasure Book

By Cyndie Goins Hoelscher

*Caregiver,
in case someone hasn't mentioned it,
you are a treasure – radiant, precious and rare.*

*You care,
bestowing your gifts in a time
when the world may not seem so bright or pretty.*

*You are treasured
as highly as the diamonds, rubies, and sapphires
precious gems in this world.*

*These jewels,
rarely recognized in their natural state,
are cut, faceted and polished,
until they sparkle for the whole world to admire.*

*Like these stones, caregivers shine.
And when the world may not seem so pretty,
remember this gift – a treasure box
to keep in your secret place,
so you will be reminded time and time again
of how priceless you truly are.*

AROUND THE STATE

Community HealthChoices Make Final Decision

Correction: In the August edition of the PBHAC's "News You Can Use", we incorrectly stated that the Department of Human Services and the Department of Aging in May had announced that Community HealthChoices (CHC) had selected 14 managed care organizations to coordinate physical health care and long-term services and supports (LTSS) for older persons, persons with physical disabilities, and Pennsylvanians who



are eligible for both Medicare and Medicaid. Those 14 companies named had only submitted proposals and no selection was made at that time.

On August 31, the Pennsylvania Departments of Human Services (DHS) and Aging announced their selection of three managed care organizations (MCOs) for Community HealthChoices (CHC). CHC will coordinate physical health and long-term services and supports (LTSS) to individuals who are dually eligible for Medicare and Medicaid, older Pennsylvanians, and individuals with disabilities.

Through a review of a request for proposals, the following MCOs have been selected to proceed with negotiations to deliver services statewide in Pennsylvania beginning in 2017:

- AmeriHealth Caritas
- Pennsylvania Health and Wellness (Centene)
- UPMC for You

CHC will roll out in three phases. Persons eligible for CHC are individuals aged 21 or older who have both Medicare and Medicaid, or who receive long-term services and supports through Medicaid because they need help with everyday activities of daily living. More details about CHC and other programs will be provided in the September edition of PA Health Law News. [Learn More.](#)

Medicare Annual Open Enrollment Period

Medicare offers a specific time period every year for beneficiaries who wish to make changes to their Medicare plans. Annual Open Enrollment occurs every year from October 15-December 7, and is intended for Medicare beneficiaries who wish to make changes to their Medicare Advantage, Part D prescription drug plans, or to switch back to Original Medicare.

Original Medicare includes Parts A (hospital) and B (medical), and Medicare Advantage plans are an option that beneficiaries can choose which includes Parts A, B and D (prescription drug coverage) as a whole package. If a beneficiary chooses to go with Original Medicare, they are also encouraged to get a Medicare Supplement, which fills in the gaps that Original Medicare does not cover. Additionally, with Original Medicare, beneficiaries also need to pick up a Part D plan (which is also known as a stand-alone Part D).



Whether a beneficiary has chosen to go with a Medicare Advantage plan or a stand-alone Part D plan, they may use the Annual Open Enrollment Period to make changes to these plans, or switch from Medicare Advantage back to Original Medicare.

2016 NAPSA Conference Highlights: Protect-Prevent-Empower

The 2016 National Adult Protective Services Association (NAPSA) Conference was held from August 29-31 in Philadelphia, Pennsylvania. This conference focused on innovative strategies to protect and prevent adults from abuse, ultimately empowering them to live independently. The Pennsylvania Behavioral Health and Aging Coalition's Executive Director, Deborah Allen was in attendance. Secretary of the Pennsylvania Department of Aging, Teresa Osborne and Annarose Ingarra-Milch, *Author, Lunch with Lucille*, addressed the conference as Keynote speakers.

NAPSA is a national non-profit 501 (c) (3) organization with members in all fifty states. Formed in 1989, the goal of NAPSA is to provide Adult Protective Services (APS) programs a forum for sharing information, solving problems, and improving the quality of services for victims of elder and vulnerable adult mistreatment. Its mission is to strengthen the capacity of APS at the national, state, and local levels, to effectively and efficiently recognize, report, and respond to the needs of elders and adults with disabilities who are the victims of abuse, neglect, or exploitation, and to prevent such abuse whenever possible.

AROUND THE NATION

September usually marks the start of a new school season or the beginning of autumn, but it is also a very important time to educate oneself and others about four different behavioral topics that affects many elderly individuals world-wide.

1. World Alzheimer's Awareness Month

September 2016 will mark the fifth global World Alzheimer's Month™, an international campaign to challenge the stigma that surrounds the Alzheimer's disease, educate others about the disease, and begin to change the way we look at Alzheimer's.



The decision to introduce the full month, to contain the existing World Alzheimer's Day, which is September 21 each year, was made to enable national and local Alzheimer associations worldwide to extend the reach of their awareness programs over a longer period of time. World Alzheimer's Month unites opinion leaders, people with dementia, their caregivers and family, medical professionals, researchers and the media from all around the world.

Having a globally coordinated awareness Month and Day sends a strong message to governments and policy makers alerting them of the fact that dementia is a serious health issue which will have serious implications on services and health systems around the world as the world's population grows older. In addition, by focusing on a different message each year, the month can be used to educate and challenge people's misconceptions about dementia.

September provides an opportunity for Alzheimer associations around the world to gain recognition and credibility for the work they do, placing themselves in a stronger position to influence opinion leaders and governments. Learn more by visiting Alzheimer's Disease International-- <https://www.alz.co.uk/> and <http://www.alz.org/> - Alzheimer's Association.

Alzheimer's Association Issues Challenge to Speed Drug Discovery

The Alzheimer's Association, in partnership with a fundraising initiative led by philanthropist Michaela "Mikey" Hoag, announced a new \$7 million investment in clinical trials that target brain inflammation as an innovative avenue for Alzheimer's disease therapy. Four cutting-edge studies will each receive \$1 million to advance current research to the next stage of clinical trials. A unique, goal-driven competition offers an additional \$3 million to the clinical trial that demonstrates the most promise for treating this devastating disease. [Learn more.](#)

How Vitamin K is Good for the Brain and Alzheimer's Prevention

Often called "the forgotten vitamin," vitamin K plays a vital role in the anti-aging process and may even have Alzheimer's disease fighting properties. Vitamin K is a fat-soluble vitamin mostly known for its role in helping blood to clot. Recently, it has been identified as being a key anti-aging vitamin helping to keep certain kinds of cancer, heart disease and osteoporosis at bay.



In addition to helping blood to coagulate, vitamin K may also:

- Aid in stroke prevention
- Help prevent cancer
- Help prevent the hardening of the arteries
- Help prevent osteoporosis by regulating calcium
- Improve insulin sensitivity

There is also some evidence that in addition to these anti-aging health benefits, vitamin K can help to prevent Alzheimer's. One of the major functions of vitamin K is to regulate calcium in bones and in the brain. [Learn more.](#)

2. September is National Suicide Prevention Month

Did you know that in the United States, one person commits suicide every 12.3 minutes? More than 5 million people have been directly affected by a suicide? Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. Experts also know that suicidal crises tend to be brief.

September marks Suicide Prevention Month, an annual observance dedicated to increasing awareness of and action around suicide prevention. During the days and weeks set aside provides opportunities for individuals and organizations in the United States and around the world to take part in efforts to save lives through suicide prevention and mental health promotion.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the third leading cause of death among young people and is often the result of mental health conditions that effect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues. In many cases the individuals, friends and families affected by suicide are left in the dark, feeling shame or disgraced that prevents talking openly about issues dealing with suicide. [Learn More.](#)

Suicide & Prevention

A 2016 report from the Centers for Disease Control (CDC) found that suicide rates in the United States reached a 30-year high from 1999 to 2014. According to ADAA President



Karen Cassidy, PhD, "this report highlights the great concern that ADAA has for preventing suicides and for improving access to mental health care. It shows that we need to work harder to better prevent suicide as well as make excellent mental health accessible to everyone."

The ADAA survey conducted in 2015 with the American Foundation of Suicide Prevention and the National Action Alliance for Suicide Prevention indicates that although the large majority of Americans are interested in seeking mental health care, they also face great challenges in both finding and affording treatment.

Please join ADAA in supporting suicide prevention. Let's work together to reduce the number of lives shaken by needless and tragic deaths. [Learn more](#) about the resources to help us reach this goal.

As for the elderly population, of every 100,000 people ages 65 and older, 16.1 died by suicide in 2013. This figure is higher than the national average of 13 suicides per 100,000 people in the general population. [Learn more](#).

3. National Recovery Day

National Recovery Month celebrates the 23 million people who are recovery from addiction to drugs and alcohol during the month of September. During this month, there will be an increase in awareness to understand these diseases. To do this you can use this toolkit to help spread your messages about recovery throughout your community. The toolkit includes a poster highlighting that recovery is possible, an infographic that shares statistics on recovery, tip sheets and more. [Learn More](#).

Substance Abuse—A Growing Problem among the Elderly

In her early years, Eva would probably have been called a "teetotaler." Except for an infrequent sip of wine on special occasions, she never drank alcoholic beverages. But after her children moved away and her husband and many of her close friends died, Eva turned to the bottle for escape and companionship. Now in her late 70s, Eva is an alcoholic.

Harry has had problems with substance abuse since his late teens. Although drinking binges were often followed by periods of sobriety, he inevitably returned to his addictive ways. At 75, he is on several prescription medications, some of which should not be taken with alcohol. His children, long ago burned out from trying to persuade him to get help, have come to believe that you really can't "teach an old



dog new tricks."

These two composite situations illustrate what has been called one of the fastest growing health problems in this country—substance abuse among the elderly. More people are living longer and more of them are abusing drugs and alcohol in their later years.

Recent census data estimates that nearly 35 million people in the United States are 65 years or older. Substance abuse among those 60 years and older (including misuse of prescription drugs) currently affects about 17 percent of this population. By 2020, the number of older adults with substance abuse problems is expected to double. [Learn More.](#)

4. Happy Senior Center Month!

Senior Center Month, sponsored by the National Institute of Senior Centers, is also celebrated during the month of September. This year's theme is **Find Balance at Your Center**. Recognized by the Older Americans Act (OAA) as a community focal point, senior centers have become one of the most widely used services among America's older adults. Today, 11,400 senior centers serve more than 1 million older adults every day.

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

Today's senior centers are reinventing themselves to meet the needs and desires of the aging baby boom generation. Boomers now constitute more than two-thirds of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults. [Learn more.](#)

Use our map to find a senior center near you! Make time to visit and see how it helps older adults find balance and whole-person wellness. [Find a NISC-accredited senior center.](#)

Join others at the 2016 Annual PA Association of Senior Centers (PASC) in State College, PA from Wednesday, Oct 5-Friday, Oct.7. The theme of this year's conference is "Take this Job and Love it." Find ways to expand and explore your center's horizons and fully embrace the love of your job. [Learn More.](#)



Signs of Parkinson's

Widely considered the greatest heavyweight boxer of all time, Muhammad Ali conquered many opponents, but his most challenging battle was with Parkinson's disease (PD), which he fought for 34 years. For millions worldwide, he was the face of Parkinson's for his philanthropy and determination to advance awareness, research and treatment.

Despite everything this iconic hero and humanitarian did to bring attention to this disease, studies suggest that African-Americans are often diagnosed later, when their cases are more severe; and that they experience higher levels of disability.

About 50,000 Americans are diagnosed with PD each year, according to the National Institute on Aging (NIA) of the National Institutes of Health (NIH). The disease is both chronic and progressive. PD is not usually inherited, but incidence of the disease increases with age, with an average onset at about 60 years, experts say. An average of one in 100 people 60-plus is affected. [Learn More](#).

AROUND THE COALITION

Coalition Calendar of Events-Where You Can Find PBHAC

Wednesday, September 28. Please join the Adult/Older Adult Suicide Prevention Coalition (AOASPC) from 10:00 a.m. to noon for **Suicide Prevention Awareness Day** at the Capitol in Harrisburg, PA. The event will feature speakers, information and resources to help raise awareness and offer hope. PBHAC will be exhibiting, so please stop by to meet our new BHC Program Director, Tara Miller, and obtain some great information on the Coalition, Medicaid, Medicare, and on Suicide Prevention. For more information on the event itself, please visit www.preventsuicidepa.org. AOASPC is a resource, not a helpline or counseling center. If you are in crisis, please call 1-800-273-TALK (8255).

Monday, September 26-Wednesday, September 28. The Pennsylvania Behavioral Health and Aging Coalition (PBHAC) will be in attendance at this year's **National Senior Center Conference** presented by the National Institute of Senior Centers in partnership with the Philadelphia Corporation of Aging (PCA). This three day event, will be held at the PCA, 642 North Broad Street Philadelphia, PA. The National Senior Center Conference will be held in conjunction with the first day of the PCA's Annual Regional Conference on Aging, which begins on September 28. The theme for the 2016



conference will be Life, Liberty, and the Pursuit of Excellence in Senior Centers. [Learn More.](#)

Tuesday, October 4-Friday, October 7. The PBHAC's Executive Director, Deborah Allen along with Erin Edwards, MS, BCBA will be presenting Dementia Live and Managing Challenging Behaviors workshops on **Thursday, October 6** during the **33rd Annual Adult Protective Services (APS) Conference** in South Padre Island, Texas. The conference theme this year is Purpose, Passion, Persistence. The Texas Department of Family and Protective Services brings together over 500 attendees eager to learn from more than 50 workshops presented by top professionals from all over the world. [Learn More.](#)

Tuesday, September 20

3rd Annual Erie County Suicide Prevention Task Force Conference

7:30 am - 4:30 pm

Bayfront Convention Center

Erie, PA

[Learn more.](#)

Friday, September 23

Senior Expo (presented by Rep. Sue Helm's office)

10:00 am - 1:00 pm

Giant Food Store-Linglestown Road, Harrisburg

[Learn more.](#)

Friday, September 23

11th Annual State Representative Rob Kauffman Senior Fair

9:00 am - 2:00 pm

Chambersburg Mall

[Learn more.](#)

Monday, September 26

2016 PA Community Alliance Summit

9:00 am - 4:00 pm

Hilton Hotel, Harrisburg

[Learn more.](#)

Thursday, September 29

Making Aging Great

Conference Center-Shippensburg University

8:30 am -12:30 pm

[Learn more.](#)



Upcoming In-Person Trainings from the Coalition

Understanding Hoarding Behaviors: Assessment and Intervention

- [Dauphin County 10/5/16](#)
- [Centre County 10/17/16](#)
- [Westmoreland County 11/9/16](#)

Substance Use & Medication Misuse Trainings for 2017

The Pennsylvania Behavioral Health and Aging Coalition will be presenting half-day training sessions on “**Issues of Substance Use and Medication Misuse in Older Adults**” in 2016-17. Our first training will be **October 26, at Senior Life Greensburg in Greensburg, PA**. [Register now](#). We will be posting other training schedule dates as they become available in the near future. Please continue to check our website www.olderpa.org or email anne@olderpa.org for more information.

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. [Click here](#) to learn more about what trainings PBHAC has to offer.

PBHAC is Moving! Donations for Office Furniture/Equipment is being Requested

The Pennsylvania Behavioral Health and Aging Coalition is moving to a new location! Our new address will be 3455 North Progress Avenue, Suite 107, Harrisburg, PA 17110. The move will take place in late October. We are asking for donations of office furniture (computer desks, conference table and chairs, lamps, book shelves, end tables, or multiple small tables that can be put together as a conference table, filing cabinets, office chairs, copier, etc. All donations are tax deductible. If you have office furniture that you can donate, please contact Anne Adams at 717-541-4219 or anne@olderpa.org. Thank you for assisting us in our new move. We are extremely excited to have our own office space next month. More information coming on our Open House soon!

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.

Thank You to Our Recent Donors

The Pennsylvania Behavioral Health and Aging Coalition depends greatly on gracious donations from our community members, local groups and volunteers. We want to thank the following individuals who have recently contributed to PBHAC.

Greg Brink

Bernadette Kozen

Pauline Gausman

Martha McGraw

Deborah Hopewell

Bette Peoples

Thank you! PBHAC has reached 391 Likes on Facebook! Can we reach 450? You can Like us on Facebook at <https://www.facebook.com/PBHAC> to see articles and updates on aging and behavioral health issues.

The Coalition is on Twitter! Click here to follow us: <https://twitter.com/PBHAC>

The Coalition is on Pinterest!

Follow us on Pinterest to find articles on aging, behavioral health, substance abuse, and more. <http://www.pinterest.com/pabhac/>

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

