

AUGUST 2017 NEWSLETTER



AROUND THE COALITION



Become a Dementia Live Certified Provider

Registration Closes August 24, 2017

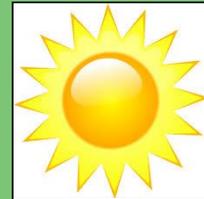
PBHAC is conducting a Certified Dementia Live Coach's Training on 8/28 at Foxdale Village. Have you gone through the Dementia Live Experience? Do you wish you could conduct it at your own agency for your incoming staff? Would you like to use it for in-services, retreats, and new employee orientation, or in conjunction with your support groups at your agency? You can be trained to do it all.

Location: Foxdale Village, State College

Date: Monday, August 28, 2017

Time: 9:00 a.m. - 4:00 p.m.; Lunch provided

[Click Here for More Information and to Register](#)



We want to thank everyone who attended our **Dementia Live Resource Day** on August 3, 2017. PBHAC staff enjoyed meeting our guests and hope everyone was able to soak up some information regarding our upcoming trainings and had their share of ice cream and cookies.

Congratulations to our winner, Celia Morrison, on having her business card drawn. She will be receiving a free registration for a PBHAC future training.



Ageless Grace Educators Training

April 24 & April 25

Holiday Inn Express & Suites, Johnstown, PA

This two day certification training is specifically designed for those who want to be a Certified Ageless Grace Educator and be able to focus on healthy aging with older adults. You will learn 21 tools (or exercises) that will benefit older adults by stimulating and utilizing the five areas of the brain – analytical, strategic, kinesthetic learning, memory/recall, and creativity and imagination. The movement Tools of Ageless Grace® are organic rather than choreographed, and focus on using the core to stimulate cognitive function and physical function simultaneously. The Tools are practiced using a chair for stability, range of motion and engagement of the core. This allows those in wheelchairs or with other physical limitations to do Ageless Grace! **Registration opens in November.**

Other Upcoming Trainings from the Coalition

Dementia Live

[Erie County - 10/9/2017](#)

Philadelphia County - 3/27/2017 -

Registration Opening in January

Issues of Substance Use and Medication Misuse in Older Adults

[Adams County - 9/14/2017](#)

[Perry County - 9/28/2017](#)

Managing Challenging Behavior

[Dauphin County - 8/29/2017](#)

[Lancaster County - 9/27/2017](#)

[Chester County - 9/27/2017](#)

QPR - Question, Persuade, Refer

[Adams County - 8/31/2017](#)

Strategies for Successful Aging

[Erie County - 10/10/2017](#)

[Allegheny County - 10/11/2017](#)

Trauma Informed Care

[Allegheny County - 9/21/2017](#)



August is National Immunization Awareness Month

Immunization, or vaccination, helps prevent dangerous and sometimes deadly diseases.

Immunization isn't just for kids — to stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated too.

August is National Immunization Awareness Month, making this a great opportunity to remind your patients to get their appropriate vaccines.

According to the Centers for Disease Control and Prevention (CDC), thousands of American adults get sick each year from diseases that vaccines can prevent. For patients with asthma or COPD, vaccines are an important step in protecting their health from serious diseases like influenza and pneumonia.

[Beaver County - 9/21/2017](#)
[Armstrong County - 10/19/2017](#)
[Westmoreland County - 10/19/2017](#)
[Indiana County - 10/20/2017](#)
[Butler County - 10/26/2017](#)
[Lawrence County - 10/27/2017](#)

Understanding the Psychiatric Issues of Dementia

[Jefferson County - 9/20/2017](#)
[Lackawanna County- 10/24/2017](#)
Delaware County - 12/3/2017 Registration
Opens in September

Thank You for Your Support

PBHAC would like to thank the agencies below who have collaborated with us to offer our trainings throughout the state. Thank you for your kindness and allowing us to access your facilities.

Willow Grove Giant, ManorCare (Pottsville), Northumberland County AAA, and PA Asphalt Paving Association

You Will Be Missed

PBHAC will miss its former President of the Board, Ms, Dawn Hixson. Dawn has been an active Board Member for many years, and led the Coalition as Board President for two terms. We wish Dawn all the best and thank her for her years of service.

We Say Goodbye

“Thanks” to Analisa Bauhaus, our summer intern from Dickinson College. She assisted PBHAC with marketing, PR and development this summer. We wish her much success in her senior year at Dickinson as she completes her BA degrees in Spanish and Sociology.

PBHAC Welcomes Two New Interns

PBHAC is excited to host two new interns working with the Coalition this fall semester. We are looking forward to having both of them share their talents with us.

Ms. Rachel Haring will be joining PBHAC beginning August 28 until December 8. She is a senior at Elizabethtown College, majoring in International Business. Rachel has always had an intense interest in the communications field. This past spring

In fact, the CDC reports that chronic lung disease was one of the most commonly reported underlying medical conditions among adults who were hospitalized with laboratory-confirmed influenza during the 2016-2017 flu season. Less than half of adults under age 65 with asthma and COPD get the vaccines they need to protect against influenza and pneumococcal disease.

Through National Immunization Awareness Month, the CDC is teaming with other agencies, such as the AARC, to help promote and educate patients on the importance of vaccinations. The CDC even prepared an online tool to help individuals know what vaccines they may need: [The Adult Vaccine Quiz](#).

**Support a Worthy Cause
When You Shop**

semester, Rachel did a semester abroad in Osaka, Japan – studying Japanese, Varieties of Capitalism in East Asia, and Art of the Kansai Region. She has been a volunteer at her church and other nonprofits since she was six, and is aware of the struggles these organizations sometimes face. Rachel is excited to use her business skills to help advance the Coalition’s goals while she gains experience toward her future career. Welcome, Rachel!

Ms. Eilis Kelly will be joining PBHAC, not only for the fall but for the spring semester as well. She will be with us two days a week. She comes to us from Ohio University, Eastern Branch. She is currently working on her Bachelors of Social Work and is interested in marketing and administration with PBHAC. She was also just married and recently moved to Harrisburg. Welcome Eilis!

AROUND THE NATION

Helping From Far Away

Because Americans have become such a transient culture, adult children are now finding themselves having to deal with an ever-growing crisis: taking on the new-found role as long-distance caregiver.

It is estimated that long-distance caregivers spend about \$392 a month on phone calls, travel expenses, medicine, medical supplies, meals, and home maintenance, as well as other necessities. Presently, long-distance caregiver’s yearly expenses are more than \$4,700, which is roughly the same amount of money needed for a year of community college education. Along with the financial costs, there’s also the cost of time. About 80% of all long-distance caregivers are employed, and of this, at least 44% of them have had to rearrange their work schedules, with the other 36% of them having to miss an average of 20 hours of work each month in order to conduct caregiving duties. [Learn More.](#)



Researchers Discover Earliest Indicators of Alzheimer’s

Alzheimer’s disease develops secretly and silently, usually already in the mid-to-late stages before it is detected. A new study suggests that cognitive testing may reveal early indicators of Alzheimer’s,

When you shop at smile.amazon.com, Amazon will donate a portion of the purchase price to the Pennsylvania Behavioral Health and Aging Coalition.

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

Below is a link to the training topics we offer through the Coalition. [Click here](#) regarding what trainings PBHAC has to offer.

DONATE
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for PBHAC**

and researchers hope this non-invasive detection method becomes commonplace in annual checkups for seniors. [Learn More](#).

PBHAC is on Social Media

The Coalition is on LinkedIn! Connect with PBHAC at <https://www.linkedin.com/in/deborah-allen-125348135/> to see articles and updates related to aging and behavioral health issues.

The Coalition is on Facebook! Like us on Facebook at <https://www.facebook.com/PBHAC> to see articles and updates on aging and behavioral health issues. Please share!

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 Newsletters are available on the website at www.olderpa.org/newsletter.



**Pennsylvania Behavioral
Health and Aging
Coalition**

***Opening Doors for Older
Pennsylvanians***

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