

A digest of Behavioral Health and Aging news, information, and resources
provided by Pennsylvania Behavioral Health and Aging Coalition

December 2017 NEWSLETTER



AROUND THE COALITION

SEASON GREETINGS



FROM PENNSYLVANIA BEHAVIORAL HEALTH AND AGING COALITION

Registration Deadline Near...Sign-Up Now! Understanding the Psychiatric Issues of Dementia

As family or professional caregivers are you aware of the common psychiatric causes of problem behaviors in individuals with dementia? Learn at risk symptoms of depression as you care for someone with dementia. Find out more on this important topic by registering today for our training - Psychiatric Issues of Dementia.

[Delaware County - 12/13/2017](#)

Support a Worthy Cause When You Shop

When you are shopping this holiday season please consider shopping at smile.amazon.com for your holiday gifts. Amazon will donate a portion of the purchase price to the Pennsylvania Behavioral Health and Aging Coalition.

Never Before Offered Training - Registration Closes Soon

Caregiver's Guide to Dementia Behaviors

Dementia can cause emotional and psychological problems, and even personality changes. As a caregiver, learn needed information on how to take care of loved ones and individuals who are afflicted with dementia. The presentation will cover communication tips, handling troubling behavior, agitations, paranoia, sleeplessness and nutrition.

[Dauphin County - 12/13/2017](#)

Ageless Grace

Partial Scholarships Available

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination. **Become an Ageless Grace Educator.** This is a two day training for CNA's, PT/OT/SLT's, LPC's, Social Workers, Activity Directors, Recreational Therapists, Fitness Professionals, Caregivers, and Family Members who work with seniors at senior centers, nursing homes, recreational facilities, one-on-one, etc. The program consists of 21 simple exercise Tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The movements are designed to be performed seated in a chair. Almost anyone can do them, regardless of most physical conditions. [Read More.](#)

Register Today!

[April 24 & April 25, 2018](#)

Holiday Inn Express & Suites Johnstown
1440 Scalp Avenue
Johnstown, PA 15904

Certified Older Adult Peer Specialist

This training will prepare current Certified Peer Specialists to utilize existing experience, skills and training to work with Older Adults living with behavioral health disorders. Training will include an understanding of mental health and co-occurring issues as they relate to aging issues. Peers will increase their level of expertise and gain specialized techniques that support Older Adults. **Scholarships will be available.**

Coming in Spring 2018 - Lebanon County

Compassion Fatigue

This training will use a mix of lecture, individual and small group activities, as well as video to assist caregivers in coping with what

#GIVINGTUESDAY™



Many Thanks to Those Who Gave on #Giving Tuesday

The Pennsylvania Behavioral Health and Aging Coalition would like to thank our donors for their contributions on #GivingTuesday, November 28. We are grateful for the support that was shown to us

they can encounter when compassion fatigue sets into their daily lives. Compassion fatigue is characterized by a gradual lessening of compassion over time, resulting from a combination of burnout and secondary traumatic stress related to vicarious traumatization from repeated exposure to traumatic material.

[York County - 1/26/2018](#)

Compassionate Touch

Designed to ease physical, behavioral and emotional stress, this holistic, evidence-informed, practical and pro-active approach provides symptom relief and comfort resulting in greater well-being and quality of life. And with a focus on empowering care-partners, it emphasizes giving both professional and family caregivers a way to connect with calm and comfort.

Coming in Spring 2018 to Dauphin and Clearfield Counties

Dementia Live

Have you ever been through our Dementia Live Simulation Experience? Dementia Live™ is experiential learning that simulates cognitive and sensory impairment, giving participants a real-life simulation of what it must be like to live with dementia. Try it!

[Philadelphia County - 3/27/2018](#)

Lycoming County - 4/18/2018 - Registration Opening in February

Coming in Spring 2018 to Butler and Luzerne Counties

If your agency, organization or retirement community would like to host a Dementia Live simulation training, please contact Deborah Allen at deborah@olderpa.org



Ignite

This 2 hour interactive training includes classes in "Flashback Evoking Memories", "Compassionate Touch", and a drive through version of "Dementia Live". This powerful training will transform staff with practical tools to improve communications, respond to behavioral expression, relieve caregiver stress, and engage residents in meaningful activities. The "SPARKS" utilized in this workshop take you on a journey of self-discovery and skill development, culminating in an operational plan for integration into your organization.

on this day as well as throughout the year.

Coming in Spring 2018 to York, Luzerne, Huntington and Centre Counties

Issues of Substance Use and Medication Misuse in Older Adults

Did you know that older adults can overdose on their medications due to the large amount of drugs that they take on a daily basis. This training will provide understanding of the complex problem that exist and how you can identify "substance use" prevention, screening, intervention, and treatment models that work with this age group.

Philadelphia County - 5/3/2018- Registration Opening in March

Registration Now Open Oxycontin and Alcohol: A Deadly Cocktail for Older Adults

Older adult opioid addiction, often complicated with alcohol, has skyrocketed; yet prolonged opioid use exacerbates chronic pain. Quality of life and saving lives are at issue when we explore holistic treatment of addiction, chronic pain management, and personal recovery growth. The training informs its topic with the stunning facts and generational, evidence-based treatment approaches that include ways in which older adults engage in their own treatment, chronic pain management and recovery.

[Lackawanna County - 3/6/2018](#)

[Westmoreland County - 3/20/18](#)

Coming in Spring 2018 to Northumberland and Philadelphia Counties

Registration Now Open Strategies for Successful Aging

In partnership with The Alzheimer's Association, PBHAC is flying in renowned expert CC Donelan from Massachusetts to speak about Healthy Eating Memory Nutrition and Lifestyle Programming. Also included in this training is an interactive Ageless Grace training. Sit in your chair and do these fun, chair exercises to assist with improving cognitive impairments. Lastly, staff from the Alzheimer's Association will be speaking about Healthy Living for Your Brain and Body, Tips from the latest research.

[Cumberland County - 3/19/2018](#)

[Centre County - 3/21/2018](#)

[Luzerne County - 3/23/2018](#)

[Erie County - 4/4/2018](#)

Allegheny County - 4/5/2018 - Registration Opens in January



National Influenza Vaccination Week

December 3-9, 2017

Flu vaccination coverage estimates from past seasons have shown that few people get vaccinated against influenza after the end of November.

Last season only about 40% of the US population recommended to get a flu vaccine reported having been vaccinated by the end of November.

CDC and its partners choose December for NIVW to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine.

As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against the flu.

Even if you haven't yet been vaccinated and have already gotten sick with flu, you can still benefit from vaccination since the flu vaccine protects against three or four different flu viruses (depending on which flu vaccine you get).

Another goal of NIVW is to communicate the importance of flu vaccination for people who are at high risk of developing

Traumatic Brain Injury

This training will give a brief introduction to a few evidence based treatments for rehabilitative care for those who have sustained a traumatic brain injury; an in-depth look at utilizing applied behavior analysis as a treatment methodology for those with TBI; and participants will gain an understanding of the principles of behavioral science and how to apply these principles to treatment.

Coming to Cumberland and Centre Counties in Spring 2018

Registration Now Open Trauma Informed Care

Several TIC trainings are being offered that can assist in identifying examples of trauma experiences or events. Gain an understanding of the prevalence of trauma. Pick your venue and date for this educational training on this hot topic!

[Perry County - 3/5/2018](#)

[Adams County - 3/9/2018](#)

Lackawanna County - 4/19/2018 Registration Opens in January

Wellness Initiative for Senior Education (WISE)

WISE is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. Taking place one a week for six weeks, (2 hour time period each week), this training provides valuable educational services to older adults on topics including medication misuse and management, stress management, depression, and substance abuse. WISE promotes health through education concerning high-risk behaviors in older adults.

For more information on WISE, [CLICK HERE](#).

Below are agencies and senior centers that will be hosting WISE trainings in the coming year. If your senior center or agency would like to participate in this six-week evidence-based training, please contact Deborah Allen for details at deborah@olderpa.org.

Meadville Center - 1/10-2/14/2018 hosted by Active Aging and Wesbury

New Bloomfield/Central Perry Senior Center - 4/5-5/10/2018 hosted by Perry County Area Agency on Aging

Coatsville Senior Center - 5/1- 6/5/2018

Thank you to Melissa Weigle and Hershey's Mohler Senior Center's WISE class where the participants just completed their 6-week WISE training.

serious flu-related complications. [Learn More.](#)



***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.

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.

Alliance for Nonprofit Resources, Inc., Cumberland Crossings, Gettysburg College, Giant Food Store - Linglestown Road, Mohler Senior Center, The Crossings at West Shore, The Harbor, UPMC Pinnacle Health Family Care of Newport, and Wayne County AAA



PBHAC expresses our gratitude to Dr. Emma Fleck and her marketing students from Susquehanna University for their collaboration and partnership.

PBHAC Loves Volunteers

If you would like to become a volunteer and assist PBHAC with exhibiting at events/health fairs or conferences, or help the staff with trainings, such as Dementia Live, please contact anne@olderpa.org. We would love to hear from you.

AROUND THE STATE



Wolf Administration Announces Elder Financial Abuse Prevention Toolkit

The Department of Banking and Securities today announced the release of an Elder Financial Abuse Prevention Toolkit during a presentation by Executive Deputy Secretary Brian LaForme at the Pennsylvania Institute of Certified Public Accountants' Personal Financial Planning Conference in Malvern.

The toolkit can be found online

here: www.dobs.pa.gov/Documents/Publications/Brochures/Elder%20Financial%20Abuse%20Prevention%20Toolkit.pdf

"This toolkit helps professionals, businesses, and organizations to identify, prevent, and report elder financial abuse," LaForme said. "This collection of resources further enables professionals who provide medical, legal, financial, or other services to senior citizens to play a critical role in preventing this devastating crime." [Learn More.](#)

PA Announces Launch of PA Link to Community Care Site

Governor Tom Wolf announced the launch of the Pennsylvania Link to Community Care website, which connects older Pennsylvanians and individuals with a disability or behavioral health need to services and support available in their community.

The Pennsylvania Link to Community Care website provides users with a wide variety of resources including a home care directory and an information referral tool. "We have been working hard to help individuals with a disability and older Pennsylvanians to live where and how they choose, just as any of us would want," Governor Wolf said. "This new website is a tremendous tool to help you or your loved one make the best and most informed decision about care and services." [Learn More.](#)

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for PBHAC

AROUND THE NATION



Old and on the Street; The Graying of America's Homeless

The homeless in America are getting old.

There were 306,000 people over 50 living on the streets in 2014, the most recent data available, a 20 percent jump since 2007, according to the Department of Housing and Urban Development. They now make up 31 percent of the nation's homeless population.

The demographic shift is mirrored by a noticeable but not as sharp increase among homeless people ages 18 to 30, many who entered the job market during the Great Recession. They make up 24 percent of the homeless population. Like the baby boomers, these young people came of age during an economic downturn, confronting a tight housing and job market. Many of them are former foster children or runaways, or were victims of abuse at home. [Learn More.](#)

The Caregiver's First Aid Kit

Helen Hunter, an academy certified social work as well as a licensed social work who teaches training courses on caring for the caregiver gives each of her participants a "Caregiver First-Aid Kit" as a reminder of the special significance they have in their role as a caregiver for their loved one.

The kit includes the following items:

The MATCH is to strike up and rekindle friendships and call on those friends when needed. Friends can help you when you need a break from the demands of providing care to your loved one.

By touching the match to the CANDLE, you are able to let the light shine through in your daily role as a caregiver.

The POST-IT PAD is for you to be creative and draw. [Learn More.](#)

PBHAC is on Social Media



**Pennsylvania Behavioral
Health and Aging
Coalition**

Opening Doors for Older

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.

Pennsylvanians

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