

JULY 2017 NEWSLETTER



AROUND THE COALITION



Soak up the "Scoop" this Summer!

PBHAC's Dementia Resource Day
Thursday, August 3, 2017
10:00 a.m. - 2:30 p.m.
3544 N. Progress Avenue, Suite 107
Harrisburg, PA

- Go through our Dementia Live Experience. This is a dementia simulation experience that immerses participants into what it's like to live with a cognitive impairment - 30 minute time slots available. [Click here to select your Experience Time](#). **Few time slots still available!**
- Find out what trainings PBHAC will be offering in 2017-2018
- Learn how your agency can become a Dementia Live Certified Provider
- Speak to our staff on what trainings are coming to your area
- Enjoy summer refreshments including *scoops* of ice cream

For more information, call Anne at 717-857-3163
or anne@olderpa.org

To Register, visit www.olderpa.org
and click on Dementia Live Resource Day

Become a Dementia Live Certified Provider



July is Herbal/Prescription Interaction Awareness Month.

There is a common misconception that just because something is natural makes it completely safe to take. Such is the case when it comes to people taking certain dietary supplements that are made with all-natural ingredients. However, the truth is that most of these natural formulations

Eldercare Providers (CCRS's, Assisted Living/Memory Care, Home Health, Hospice, and Home Care Providers) can now become designated Certified Dementia Live providers. Join us for a Coach's Training on August 28, 2017 at Foxdale Village in State College. With training your organization can offer Dementia Live as on-going staff training, share this with families and offer it as Community Education.

Location: Foxdale Village, State College

Date: Monday, August 28, 2017

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

[Register at AGEucate.com/register](http://AGEucate.com/register).

For more information, contact Deborah Allen at deborah@olderpa.org or 717-857-3163.

Other Upcoming Trainings from the Coalition

Issues of Substance Use & Medication Misuse in Older Adults

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

Perry County - 9/28/2017 Registration Opens July 27

Managing Challenging Behaviors

[Dauphin County - 8/29/2017](#) 9:00 a.m. - Noon

[Fulton County - 8/29/2017](#) 1:30 p.m. - 4:30 p.m.

Dementia Live

Erie County - 10/9/2017- Registration Opens August 9

QPR - Question, Persuade, Refer: Gatekeeper Training

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

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

Trauma Informed Care

Allegheny County - 9/21/2017 Registration Opens July 25

Armstrong County - 10/19/2017 Registration Opens in August

Westmoreland County - 10/19/2017 Registration Opens in August

Indiana County - 10/20/2017 Registration Opens in August

Butler County - 10/26/2017 Registration Opens in August

Please contact PBHAC at anne@olderpa.org if you have interest in hosting this training.

Understanding the Psychiatric Issues of Dementia

Jefferson County - 9/20/2017 Registration Opens Soon

Delaware County - 12/3/2017 Registration Opens in September

Lackawanna County - Date to be Determined

can interact with certain prescription medication.

Before taking any kind of herbal supplement, you need to research carefully. This is especially the case when you are taking medication. It would be best to discuss the matter with your physician before starting to take any type of supplement even those that are 100% natural. [Learn More.](#)



6 Facts About Caregiving That Will Make You Cringe

There are 34 million family caregivers in the U.S. and more joining their ranks daily as the population ages. Caring.com released findings from its annual study on the state of caregiving.

1. There are haves and have-nots, even among family caregivers.

Caregivers who get to go home to their own home each night are much luckier than those for whom this option does not exist.



Ageless Grace Educators Training Coming in April 2018

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!

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.

Center in the Park, Greenfield Senior Living, Newport Family Life Center, and Southampton Estates

Coalition Calendar of Events - Where You Can Find PBHAC

October 4 & 5, 2017

"Develop the Possibilities" Conference

Sands Hotel and Conference Center

77 Sands Blvd

Bethlehem, PA 18015

Joanna Zigerell, Program Director of Behavioral Health Connection, will be speaking on Hoarding and Bullying in a Senior Setting on October 4, 2017. PA Behavioral Health and Aging Coalition will also be exhibiting on both days. [Learn More.](#)

AROUND THE STATE

2. Spousal caregiving is the worst of the worst.

Caregivers who care for their spouses are the ones who generally struggle the most. They watch their spouse go from partner to patient. Suddenly, after years of sharing life choices and decisions and responsibilities, everything falls into the lap of the healthy spouse.

3. Caregiving has moved from being a nursing-related profession into something that families are now expected to provide.

Does anyone remember being a kid and on Sundays the family traipsed over to the nursing home to see Grandpa? Now, only 22 percent of people being cared for live in an assisted-living center, nursing home or other living community.

4. Caregiving costs the caregiver money.

Eighteen percent of caregivers to loved ones with Alzheimer's or dementia are likely to spend \$20,000 or more per year on caregiving expenses, according to Caring.com report.

5. Caregiving messes with your job.

Forty-two percent of family caregivers who are either working full-time or part-time have missed work.

6. Speaking long-term, caregiving is the gift that keeps on giving.

The demands on your time make it obvious pretty quickly that you can no longer work full-time, so you cut back your hours. This means that your own paycheck will be smaller,



The Effect of the FY 2017-18 Budget on PA Medicaid Program Still Unclear.

On June 30th, the day the state’s fiscal year ended, the Pennsylvania legislature passed a \$32 billion bipartisan spending plan for Fiscal Year 2017-18. On July 10th, Governor Tom Wolf let the state budget spending bill become law without his signature. While the legislature and the Wolf Administration reached agreement on a spending package, the revenue portion, and how Pennsylvania is going to meet its nearly \$2 billion budget deficit, is still under discussion.

The spending plan appears to largely “flatfund” Medicaid, however it does provide additional funding to expand enrollment into community-based waiver programs for individuals with intellectual disabilities. [Learn More.](#)

Wolf Administration’s PA Prescription Drug Monitoring Program Sharing Data with 10 Other States and D.C.

The Wolf Administration’s Department of Health today announced that the Pennsylvania Prescription Drug Monitoring Program (PA PDMP) is now sharing data with drug monitoring programs in 10 states and Washington D.C.

“We are pleased to be working with other states to stop prescription drug abuse because the issue of addiction doesn’t stop at Pennsylvania’s border,” Governor Wolf said. “Sharing this information will help curb doctor shopping and save lives. We will soon connect with even more states to ensure the greatest level of protection for every Pennsylvanian.” [Learn More.](#)

AROUND THE NATION

Raising Awareness of Opioid Use in Older Adults and the Elderly

SpineUniverse reported on a study that indicated a 10% increase in opioid addiction or dependency in patients prescribed such medications to treat postoperative pain. Although spine surgery was not among the types of operations included in the study, it’s

that your own contributions to the company’s 401k plan will be less, and that you are putting your own future Social Security benefits at risk.

[Learn More.](#)

Support a Worthy Cause When You Shop

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.

interesting to note that 3% of the patients surveyed, ages 55-years plus, admitted opioid use and addiction. [Learn More.](#)



How Can Innovative Technology Help Long-Distance Caregivers Care for Aging Parents?

From where I live, roughly 2,500 miles away, I transmit my love and care for my aging parents. The space between breeds some heartache and guilt, but when I can focus on the progressive solutions, at least, I'm not inflating those feelings unnecessarily. I'm certainly most helpful to my parents when I can tap into the more positive feelings and actions.

While it's true that no technology can contain my love, the innovative tools designed for aging adults and their caregivers can expand my capacity for offering long-distance caregiving support to my aging parents. These tools also give me versatile ways to be in touch with and support my sister, their primary caregiver.

[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.

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