

## JUNE 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.](#)
- 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](mailto:anne@olderpa.org)

To Register, visit [www.olderpa.org](http://www.olderpa.org)  
and click on Dementia Live Resource Day

**Become a Dementia Live Certified Provider**

**GO PURPLE FOR  
ALZHEIMER'S  
& BRAIN  
AWARENESS  
MONTH**

**Alzheimer's &  
Brain Awareness Month**

*Worldwide, 47 million people  
are living with Alzheimer's and  
other dementias.*

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](mailto:deborah@olderpa.org) or 717-857-3163.

## **Managing Challenging Behaviors Registration Opens June 29, 2017**

In this training, we will address the challenging behaviors that are present when working with the public, whether specific populations or in general. Skills to address challenging behaviors both in person and over the phone will be addressed. Participants will develop skills related to challenging behaviors when dealing with special populations. This training provides definitions of behavior, types of behavior and reactions to challenging behaviors. Participants will learn the importance of managing their own behavior and the experiences they bring to interactions.

### **Objectives:**

- Understand our reactions to challenging behaviors of others and how our perspective can influence management of those behaviors.
- Develop skills for managing challenging behaviors both in person and over the phone.
- Identify special populations and some challenging behaviors that can be expected in those populations.

**Dauphin County - 8/29/2017 9:00 a.m. - Noon**

**Fulton County - 8/29/2017 1:30 p.m. - 4:30 p.m.**

## **Other Upcoming Trainings from the Coalition**

### **Compassion & Fatigue**

[Bucks County - 6/28/2017](#)

### **Mental Health First Aid - Adults**

[Perry County - 6/27/2017](#)

[Philadelphia County - 6/29/2017](#)

"To hear the frustration in my dad's voice — not knowing what was going on with this woman he was married to for 50 years — was just as heartbreaking as realizing my mom was starting to suffer from dementia."

— Timothy Omundson, actor and Alzheimer's champion

## Dementia Live

Erie County - 10/9/2017- Registration Opens in July



### **PBHAC is Offering a Wonderful Program for the Mind and Body that Delays Cognitive Impairment in the Brain**

#### ***Host PBHAC for a demo/training of The Ageless Grace Program***

Have you been seeking new ways to get your residents to exercise their brains? If you work with older adults at a senior center, faith based center, rec center, fitness facility or are the activity director at your agency, you may want to host PHBAC for a new fun way to help seniors stay fit both mentally and physically. These classes are taught by certified Ageless Grace educators.

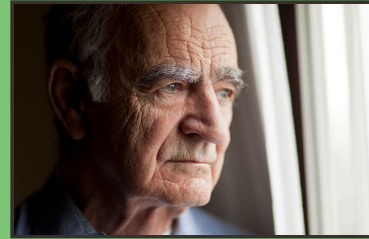
Ageless Grace is a fitness and wellness program designed for lifelong comfort and ease based on PLAY. Ageless Grace is based on the cutting-edge science of neuroplasticity, the ability of the brain and central nervous system to change form and function. Ageless Grace utilizes 21 simple exercise “Tools” designed to be done in a chair in order to develop core muscle strength and flexibility, to stimulate the organs and systems of the body, and to force the brain to figure out how to execute movements that are done traditionally standing up. [Click here to learn more.](#)

Please contact Deborah Allen for more information at [deborah@olderpa.org](mailto:deborah@olderpa.org) and to set up a demo/training of the Ageless Grace Program. [Click here to learn more about Ageless Grace.](#)

**Don't know what Ageless Grace is all about?  
Call for a free Demonstration**

### **Ageless Grace Educators Training Coming in April 2018**

This 12.5-hour certification training is specifically designed for those who want to be a Certified Ageless Grace Educator and be able to focus on older adults. This certification goes into depth regarding the primary and secondary benefits of each practice set. This entails how each set is practiced, creation of music playlists, safety and precautions, PR and marketing skills, basic anatomy, how to organize a class format, and a wide-variety of ideas on how to instruct these spontaneous tools that are sparked by



#### **FAST FACTS**

\*In 2013, the highest suicide rate (19.1%) was among people 45 to 64 years old.

\*The second highest rate (18.6%) occurred in those 85 years and older.

\*According to the CDC, an estimated 10,189 older Americans (ages 60 and up) died from suicide in 2013.

\*Notably, the suicides are particularly high among older, white males (32.74 suicides per 100,000 people). In fact, the rate of suicide in the oldest group of white males (ages 85+) is over four times higher than the nation's overall rate of suicide.

imagination and creativity, memory and recall, kinesthetic learning, analytical thinking and strategic planning.

**-Stay Tuned!-**

## **60 & Older? Stay Healthy and Meet New People**

The Wellness Initiative For Senior Education (WISE), an evidence-based program, offers six lessons that will cover a wide range of topics. Join PBHAC for this fun program, where you can meet new people and...

- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

[Click here for WISE flyer.](#)

## **Sparks for Today's Dementia Care - IGNITE**



**Ignite includes training 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. For more information, please contact Deborah Allen, [deborah@olderpa.org](mailto:deborah@olderpa.org), PBHAC Executive Director and Master Trainer for AGE-u-cate Training Institute. [Learn More.](#)

## **Trauma Informed Care**

***PBHAC is coming to 10 rural counties of Southwestern PA for trainings in Trauma Informed Care***

The objectives of these trainings are for participants to understand:

- The meaning and definition of trauma, identify examples of trauma experiences or events, and gain understanding of prevalence of trauma

### **Support a Worthy Cause When You Shop**

When you shop at [smile.amazon.com](https://smile.amazon.com), Amazon will donate a portion of the purchase price to the Pennsylvania Behavioral Health and Aging Coalition.

- Symptoms of trauma, in general and also specific to the older adult population
- The 4 R's of a trauma informed approach and examples of their application
- The 6 key principles of trauma informed care and examples of application

**Please contact PBHAC at [anne@olderpa.org](mailto:anne@olderpa.org) if you have interest in hosting this training.**

## **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.

**Alzheimer's Association: Greater Pennsylvania Chapter-Wilkes Barre Office, Friendship Village, King's Fitness, PA Association Housing and Redevelopment Agency, Southampton Estates, Surrey Services, Village of Penn Manor, and Wesbury Institute.**

## **Coalition Calendar of Events - Where You Can Find PBHAC**

**June 29, 2017**

### **PHFA 2017 Multifamily Affordable Housing Conference**

11:00 a.m.- 6:00 p.m.

Penn Slater Hotel and Conference Center

Penn State University

215 Innovation Blvd,

State College, PA

[Learn More.](#)

**June 29, 2017**

### **Greater Hazleton Area Inter-agency Council**

9:00 a.m.

Perkins Restaurant

50 PA-93

Hazleton, PA

**Anne Adams**, PBHAC Training Coordinator, will be speaking on PA Behavioral Health and Aging Coalition's upcoming trainings for 2017-2018.

**AROUND THE STATE**

## **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.



## Wolf Administration Speaks Against “Trumpcare”

Pennsylvania Department of Aging Secretary Teresa Osborne has recently spoken about the repeal of the Affordable Care Act (ACA) and the impact that the proposed American Health Care Act (AHCA) will have on Pennsylvania and its senior population.

The U.S. House of Representatives passed the proposed AHCA bill in early May 2017, and the bill is currently in the U.S. Senate. The Trump administration has embraced the repeal of the ACA and has expressed support for the passage of the AHCA, which includes deep cuts to Medicaid, the end of Medicaid expansion, and puts essential health benefits at risk.

"For older Pennsylvanians, if the health care bill that was passed this month by the U.S. House of Representatives became law, they would be paying much more for their health insurance and would likely lose access to home and community-based services," said Osborne. "Right now, every day in Pennsylvania many seniors who need to see their doctor, pay for prescription drugs, or receive assistance with bathing, relies upon Medicaid as a lifeline. Under the current bill, those who rely on Medicaid-funded services to avoid nursing home placement would be hit the hardest." [Learn More.](#)

## Help for Buying Fresh Produce

Eating fresh vegetables and fruits is part of a healthy lifestyle, but it can be expensive. That's why AARP Pennsylvania wants residents on fixed incomes to know they may be eligible for four \$5 checks redeemable at qualified farmers markets and roadside stands, beginning June 1.

The Senior Farmers Market Nutrition Program offers the checks to Pennsylvanians 60 and older whose annual income does not exceed \$22,311 for an individual or \$30,044 for a couple.

The checks are distributed first come, first served, and are good only for fresh produce purchased from participating vendors at 828 farm stands and 202 farmers markets across the state.

For details, call your local Area Agency on Aging.

## Family Caregivers in Pennsylvania Now Have More Support

**DONATE**  
**Show Your Support  
for PBHAC**

More than 1.6 million Pennsylvanians care for older parents, spouses or other loved ones, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and on April 20, 2017, a new law took effect that will make life a little bit easier for them. The CARE (Caregiver Advise, Record, Enable) Act helps family caregivers when their loved ones go into the hospital and as they transition home. [Learn More](#).

## AROUND THE NATION

### Long-Distance Alzheimer's Disease Caregiving Can be Challenging

In today's world, many families are geographically spread apart and aren't always able to provide hands-on care for a person living with Alzheimer's. While living at a distance can complicate caregiving, we have resources to help. [Learn More](#).

### 5 Ways for Senior Centers to Improve Outreach to LGBT Older Adults

An estimated 3 million LGBT older adults reside in communities large and small across the country. Senior centers play a vital role in supporting and connecting them. Use these 5 strategies to improve your outreach. [Learn More](#).

### Improving Treatment of Depression in Older Adults

Identifying and effectively treating older patients who suffer from depression continues to be a challenge. Primary care providers (PCPs) tend to screen for and treat depression, and although well-intentioned, treatment in a primary care setting does not always yield the best outcome for older patients. [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>



**Pennsylvania Behavioral  
Health and Aging  
Coalition**

***Opening Doors for Older  
Pennsylvanians***

**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](http://www.olderpa.org/newsletter).

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