

MAY 2017 NEWSLETTER



AROUND THE COALITION

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

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.

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.](#)

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

PBHAC Staff Become Certified Ageless Grace Educators!

PBHAC is proud to announce that our Executive Director, **Deborah Allen**, and Training Coordinator, **Anne Adams** recently attended a two - day training hosted by creator and founder of The

PBHAC'S ON-LINE SILENT AUCTION

We inadvertently omitted the winner of our Royer's Flowers gift cards in our April newsletter. The winner was **Torianne Bertel**. Thank you, Torianne for supporting our mission!

Ageless Grace Program, Denise Medved, allowing them to become certified Ageless Grace Educators.

PBHAC is now offering classes in Ageless Grace for senior centers, senior living communities, faith based centers, community centers, rec centers, and local fitness facilities. Please contact Deborah Allen for more information at 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?
Come out for a free training.**

**FREE CLASS
Ageless Grace -Timeless Fitness for the Body & Brain**

Friday, June 16 @ 10:00 a.m. - 11:00 a.m.

King's Fitness
235 Walnut Street
Newport, PA 17074

No Registration Needed
Wear comfortable clothing

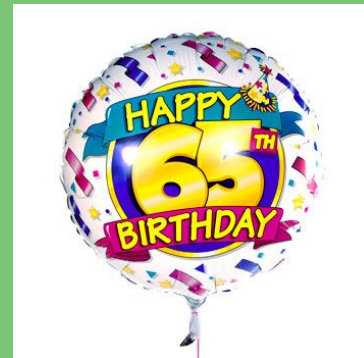
60 & Older? Stay Healthy and Meet New People

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



From 2000-2010, adults living past their 65th birthday has increased from 9.7% to 15.1%.



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, PBHAC Executive Director and Master Trainer for AGE-u-cate Training Institute. [Learn More](#)

Become a Dementia Live Certified Provider

Do you want to train your own staff/agency for the Dementia Live Experience? Wouldn't it be wonderful if you could train your incoming staff at orientations, conduct in-services, or hold staff retreats anytime you would like throughout the year at your own facility? **Become a Dementia Live Certified Provider!** For more information on this program, contact Deborah Allen at deborah@olderpa.org or at 717-847-3163.

Other Upcoming Trainings from the Coalition

NEW - Question Persuade Refer (QPR)Train the Trainer: Specific to Special Populations

This training is a refresher course for QPR instructors to teach QPR in their community using the recognized best practice training of QPR, and incorporate a specialized segment for the aging population, i.e., individuals with disabilities, depression, veterans, and other populations from the older adult community.

This training is for gatekeeper trainers who are currently teaching QPR in their areas and are fully prepared and dedicated to utilize this unique training.

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

Bullying and Group Dynamics in Residential Settings

This training will be presented in two parts, based on two audiences: providers and agency management in the morning; and



May Is Mental Health Month

This Year's Theme is Risky Business

Mental Health America (MHA) is holding its annual Mental Health Month during the month of May. This year's observance is focused on habits and behaviors that increase the risk of developing or exacerbating mental illnesses, and ways that they can be addressed.

These include:

- Risky sex
- Prescription drug misuse
- Internet/gaming addiction
- Compulsive buying
- Marijuana use
- Exercise extremes

older adult residents in senior residential living facilities in the afternoon.

[Bucks County- 6/1/2017](#)

Compassion & Fatigue

[Crawford County - 6/15/2017](#)

[Snyder County - 6/22/2017](#)

Dementia Live Experience - Free Registration

[Allegheny County - 6/22/2017](#)

Issues of Substance Abuse & Medication Misuse in Older Adults

[Clarion County - 6/21/2017](#)

Mental Health First Aid - Adults

[Bradford County - 6/8/2017](#)

[Crawford County - 6/14/2017](#)

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

Mental Health First Aid - Veterans

[Snyder County - 6/21/2017](#)

Senior Crime Prevention University, Identity Theft Protection & Adult Bullying 101 – FREE Seminar provided by PA Attorney General's office

[Crawford County - 6/15/2017](#)

Cross System Collaborative Technical Assistance Calls

[Statewide - 5/31/2017](#)

[Statewide - 6/14/2017](#)

Understanding the Psychiatric Issues of Dementia

[Centre County - 6/7/2017](#)

And the Winner Is.....

We asked you to assist us assess our future training needs and you responded overwhelmingly. Thank you to all who participated in our training survey last month. We are deeply grateful for all the great suggestions and comments that you provided us.

Congratulations to the lucky winner of the \$25 gift card from Target--**Darlene Miller of Wayne County**. Congratulations, Darlene!

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.

[Learn More](#)



Older Americans Month 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, *Age Out Loud*, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More

Alzheimer's Association: Greater Pennsylvania Chapter - Harrisburg Office, Butler County AAA, Butler County Training Center, Center in the Park, Claremont Nursing Home, Community Care Behavioral Health-Erie, Giant Superstore/Linglestown Road - Harrisburg, Jewish Community Center/Scranton, Lancaster County Public Safety Training Center, Lehigh County Government Center, Monroe County Public Safety Center, Presbyterian Senior Living/Dillsburg, The Oaks at Pleasant Gap, Westmoreland Casemanagement and Support, Westmoreland Manor, and our neighbors here at 3544 N. Progress Avenue - The PA Asphalt Pavement Association.

Have Fun While Supporting PBHAC!

PBHAC is proud to be one of the non-profit organizations listed as a charity at the first annual *Harrisburg Hoopla, Competing for a Cause* on June 3 at Skyline Sports Complex, City Island, Harrisburg, PA from 11:00 a.m. -10:00 p.m. The goal is to unite the local community, boost the economy, and raise money for local non-profit organizations through friendly track and field competitions. Register today for a fun-filled day of games, food and drink and represent PBHAC by supporting us as your charity of choice. Register at www.tfec.org/hbghoopla.

Coalition Calendar of Events - Where You Can Find PBHAC

May 31, 2017

Veteran's Expo & Job Fair

9:00 a.m. - 2:00 p.m.

Crowne Plaza Reading Hotel

1741 Papermill Road

Wyomissing, PA

[Learn More](#)

May 25, 2017

Alzheimer's Association Conference-Effective Interventions in Dementia Care

8:00 a.m. - 4:15 p.m.

Holiday Inn East Mountain

600 Wildflower Drive

Wilkes-Barre, PA

PBHAC staff member, Joanna Zigerell, will be presenting "Working with Individuals Who Have Dementia and Challenging Behaviors"

[Learn More](#)

June 29, 2017

PHFA 2017 Multifamily Affordable Housing Conference

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

Penn Slater Hotel and Conference Center

than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!

[President Donald J. Trump Proclaims May 2017 as Older Americans Month](#)

Support a Worthy Cause

Penn State University
215 Innovation Blvd,
State College, PA
[Learn More](#)

AROUND THE STATE



Wolf Administration Launches Health and Human Services Unification Informational Website

www.governor.pa.gov/hhs

On May 2, the Wolf Administration announced the launch of a website that details the proposed unification of the departments of Health, Human Services, Drug and Alcohol Programs, and Aging into the new Department of Health and Human Services.

“Delivering public health, social, and human services to Pennsylvanians in the most efficient and effective way requires innovation, creative thinking, and practical solutions,” Governor Wolf said. “That’s why I proposed integrating the departments of Aging, Drug & Alcohol Programs, Health, and Human Services into a new, unified Department of Health & Human Services (HHS). [Learn More](#)

Senator Casey Previews Hearing on the Effects of Social Isolation and Loneliness

Dear Friends:

As we mark the beginning of Older Americans Month this year, we are celebrating a lifetime of contributions and achievements that have created financial and health security for millions of families. Landmark legislation, such as the Older Americans Act, has united a national aging network and created programs vital to the well-being of millions of older Americans. Before programs like Medicare, Medicaid, and Social Security, the promise of a secure retirement was reserved for the few. Now, we must protect these

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.

programs for the many. We must protect older Americans from being overcharged for health coverage simply because of their age. And social and nutrition services, as well as employment programs, protections against discrimination, investments in research, and support for caregivers must keep pace with an ever growing and increasingly diverse generation.

Read more about how I am working on these issues below:

- [Promoting retirement security](#)
- [Making health insurance affordable](#)
- [Ending employment discrimination](#)
- [Investing in innovative research](#)
- [Supporting a diverse aging population](#)

Please let us know how you are celebrating Older Americans Month's theme of #AgeOutLoud, by emailing casey_seniorspotlight@aging.senate.gov so that the Senate Special Committee on Aging can highlight activities and events taking place in Pennsylvania and around the country.

Sincerely,
Bob Casey, Jr.
United States Senator
Ranking Member, Senate Special Committee on Aging

AROUND THE NATION

Alzheimer's Association Receives Historic Research Funding Increase

Earlier this month, a \$400 million increase in Alzheimer's research funding was signed into law, increasing federal funding at the National Institutes of Health (NIH) to nearly \$1.4 billion. After years of stagnant funding, this is the second year in a row the Alzheimer's Association request for historic funding increases has been acted on by our federal leaders. The Association, the Alzheimer's Impact Movement (AIM) and its nationwide network of advocates [applaud Congress for hearing their call](#) and taking action in the fight to end Alzheimer's. [Learn More](#)

For Seniors Fighting Grief or Depression, Friendship Line is a Listening Ear

When a woman living in a rural community in northern California suddenly lost her husband of 50 years, her grief was compounded

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by her geographic isolation.

Her social worker suggested that she call the Friendship Line, a crisis intervention hotline as well as a “warm line” for non-urgent calls, all specifically designed to serve older people. [Learn More](#)

The Geriatric Care Manager

Caregiving can become an unexpected necessity if a senior experiences a sudden illness. We expect the elderly to have special challenges with the passing years. Yet, we may not be able to predict or assess just how challenging their lives may be. This is where a Geriatric Care Manager (GCM) may provide valuable assistance to caregivers and the elderly client. [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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