

SEPTEMBER 2017 NEWSLETTER



AROUND THE COALITION



*"Because it's frightening to care for
someone you don't understand"*

Conduct Your Own Dementia Live Experience

Become a Dementia Live Certified Provider

PBHAC is traveling out to western PA to conduct a Certified Dementia Live Coach's Training. It will be held on 9/17 at LIFE NWPA in Warren County. 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: LIFE NWPA, 1885 Market Street, Warren, PA

Date: Tuesday, October 17, 2017

Time: 9:30 a.m. - 4:30 p.m.; Lunch provided

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



The 10th annual Falls Prevention Awareness Day (FPAD) will be observed on Sept. 22, 2017—the first day of fall. In honor of this notable milestone, the theme of the event will be *10 Years Standing Together to Prevent Falls*. This event raises awareness about how to prevent fall-related injuries among older adults.

Since Falls Prevention Awareness Day was first observed in 2008, we have grown participation in the event from 11 states to 48 states and the District of Columbia. [Learn More.](#)

Congratulations to the newest class of Certified Dementia Live Providers/Coaches: County Meadows of West Shore/Mechanicsburg, Penn Highlands Brookville, Community Care Behavioral Health (CCBH), Berks Encore, Foxdale Village, Adult Transitional Care, LLC, Presbyterian Senior Living/Housing Services.



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 October.**

Other Upcoming Trainings from the Coalition

Take time to breathe, slow down, and control stress as a caregiver. Attend our Compassion & Fatigue training to find out more.

Compassion & Fatigue [Dauphin County - 10/13/2017](#)

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! Sign up for a time slot at our Erie Training on 10/9.

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



National Senior Center Month

September is National Senior Centers Month, highlighting what a valuable resource senior centers are to individual seniors and to the community.

Philadelphia County - 3/27/2017 - Registration Opening in January

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.

Issues of Substance Use and Medication Misuse in Older Adults

[Perry County - 9/28/2107](#)

[Cumberland County - 10/25/2017](#)

Learn new ways to work with individuals with challenging behaviors. Examples will be provided when relating to the public, specific populations, or individuals with dementia. PBHAC offers this training that will provide you with the skills to identify and to manage behaviors that you encounter.

Managing Challenging Behavior

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

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

Are you familiar with the 5 step action plan that will help you assist individuals in crisis to connect with the appropriate, peer, social and self-help care? This training will help you identify, understand, and respond to signs of mental illnesses and substance use disorders.

Mental Health First Aid

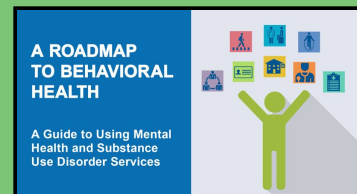
[Adams County - 11/1/2017](#)

Enroll today in this FREE QPR training and learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

QPR - Question, Persuade, Refer

Cumberland County - 12/6/2017- Registration Opens first week of October

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



Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services

The Centers for Medicare & Medicaid Services (CMS) and SAMHSA recently released a new publication titled, Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services. [View the Publication.](#)

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.

Strategies for Successful Aging

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

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

Cumberland County - 3/19/2018 - Registration Opens in December

Centre County - 3/21/2018 - Registration Opens in December

Luzerne County - 3/23/2018 - Registration Opens in December

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!

Trauma Informed Care

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

[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](#)

[Cumberland County - 11/9/2017](#)

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.

Understanding the Psychiatric Issues of Dementia

[Jefferson County - 9/20/2017](#)

[Lackawanna County- 10/24/2017](#)

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

Support a Worthy Cause When You Shop

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

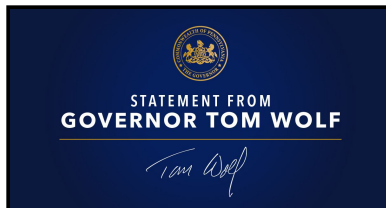
facilities.

Adams County Dept. of Emergency Services and Training Facility, Adams County Housing Authority/ PA Interfaith Community Programs, Christian Concern Communities, Claremont Nursing Home/Cumberland County LINK and AAA, Coal Township Senior Action Center, Foxdale Village, Giant Food Store on Linglestown Road, Jefferson Apartments, Jefferson East Apartments, Northumberland County AAA, Rutherford House, Saucony Cross Apartments, Saucony Meadows, Susquehanna University, Upper Perkiomen Manor, WellSpan Gettysburg Hospital, and Wilson Manor

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



Governor's Office Announces Teresa Miller New Head of DHS

Governor Wolf announced that he has selected Teresa Miller, current Commissioner for the Pennsylvania Insurance Department, to lead the Department of Human Services, effective Monday, August 21. Commissioner Miller's leadership, advocacy, and dedication to the people of the Commonwealth have been evident during her tenure at Insurance, and the Governor's Office is confident that she will lead DHS with those same characteristics and commitment. As Commissioner Miller joins DHS, Jessica Altman will begin serving at the helm of the Pennsylvania Insurance Department.

AROUND THE NATION

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.



Tips for Safe Donations in Wake of Tragedy

Many people would like to donate items, food, or funds to those affected by the recent Texas flooding and destruction in Florida or other natural or man-made disasters. If you are looking for a way to give, the FTC urges you to be cautious of potential charity scams. Do some research to ensure that your donation will go to a reputable organization that will use the money or items as promised. [Learn More.](#)

Senate Subcommittee Proposes \$414 Million NIH Research Funding Increase

The Senate Appropriations Labor, Health and Human Services, Education and Related Agencies (Labor-HHS) Subcommittee has proposed a \$414 million increase for Alzheimer's research at the National Institutes of Health (NIH) for fiscal year 2018. This announcement comes following similar action by the House Appropriations Committee in July. [Learn More.](#)

Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month and on Sept. 10, we observed World Suicide Prevention Day. It is a time to talk about issues relating to suicide prevention, promote resources and awareness, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. [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!

DONATE
*Show Your Support
for PBHAC*



**Pennsylvania Behavioral
Health and Aging
Coalition**

***Opening Doors for Older
Pennsylvanians***

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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