



News You Can Use...

October 2016

A Fearless Caregiver-Ronda Dever

*My parents came to live with me while I was teaching.
After 2-yrs of teaching & caring for my parents, I finally quit teaching to care for my parents full-time.
I am so thankful for my decision to spend the last years & days with my beloved parents!*

The hardest thing about being a caregiver, of course, is when you lose the person you've cared for 24-7. And the most rewarding is to be there in their final years, months, days to make their time comfortable, happy & rewarding!

[Learn More.](#)

AROUND THE STATE

Clinical Outcome Group, Inc. to Assist with Opioid Crisis

On October 12, 2016, Department of Human Services Secretary, Ted Dallas, visited Clinical Outcome Group, Inc., a Center of Excellence (COE) location to discuss the importance of the Wolf Administration's efforts to ensure continuity of, and access to, treatment to combat the opioid epidemic, as stated by the Dept. of Human Services.

To date, 45 locations were selected throughout Pennsylvania in part of the 2016-2017 budget allotting \$20.4 million for COEs. These centers will have a community-based care management team to assist people with opioid-related substance use disorders through the medical system, and ensure they receive behavioral and physical health care, as well as any evidence-based medication-assisted treatment needed.

"The work being done at the Clinical Outcome Group is such an asset to the community of Pottsville and Schuylkill County," said Secretary Dallas. "As we know, the opioid epidemic does not discriminate and affects every Pennsylvanian in some way. We are



thrilled to have them as a location for the COE program, providing quality services to individuals in need.”

In order to stem the tide of opioid abuse and make progress for those suffering from the disease of addiction and their loved ones, we must work quickly and efficiently to [pass bills to send to Governor Wolf’s desk](#).

During his joint address, Governor Wolf said that he hopes to pass legislation that will strengthen the Prescription Drug Monitoring Program, improve and increase education about opioid use disorder, limit opioid prescriptions to emergency room patients and minors, require insurance companies to cover abuse deterrent opioids, and establish a voluntary directive if they do not want to be prescribed opioids.

Clinical Outcome Group, Inc. is guided by a public health philosophy that emphasizes access to high quality and cost-effective services. Services are evaluated both internally and externally to assess effectiveness, investing strong data collection and an analysis infrastructure aimed to improve service quality.

For more information about the Centers of Excellence, visit www.dhs.pa.gov.

For more information about Clinical Outcome Group, Inc., visit www.COGInc.org.

Medicare Enrollment Period Now Opened for Changes Only

Medicare offers a specific time period every year for beneficiaries who wish to make changes to their Medicare plans only. Annual Open Enrollment occurs every year from October 15-December 7, and is intended for Medicare beneficiaries who wish to make changes to their Medicare Advantage, Part D prescription drug plans, or to switch back to Original Medicare.

Original Medicare includes Parts A (hospital) and B (medical), and Medicare Advantage plans are an option that beneficiaries can choose which includes Parts A, B and D (prescription drug coverage) as a whole package. If a beneficiary chooses to go with Original Medicare, they are also encouraged to get a Medicare Supplement, which fills in the gaps that Original Medicare does not cover. Additionally, with Original Medicare, beneficiaries also need to pick up a Part D plan (which is also known as a stand-alone Part D).



Whether a beneficiary has chosen to go with a Medicare Advantage plan or a stand-alone Part D plan, they may use the Annual Open Enrollment Period to make changes to these plans, or switch from Medicare Advantage back to Original Medicare.

If you are in need of more information about Medicare or you have questions about Medicare changes, the Behavioral Health Connection (BHC), created in 2008 as a joint initiative between the Pennsylvania Department of Aging APPRISE Program and the Behavioral Health Community, is available to assist Pennsylvanians who have qualified for Medicare and who are living with behavioral health issues in receiving appropriate access to the APPRISE Network and other Center for Medicare & Medicaid Customer Service Programs.

The BHC offers technical assistance to APPRISE Programs statewide to support those living with behavioral health issues, regardless of age, in obtaining necessary Medicare services to meet their behavioral health treatment needs, especially prescription drugs. The BHC addresses referrals regarding behavioral health Medicare coverage via telephone, email, community outreach events and state conferences.

If you have any questions or concerns about your Medicare coverage or services, or if you are interested in hosting a training at your agency or workplace related to Medicare, behavioral health services covered by Medicare, and available low-income assistance programs, please contact:

Tara Miller -Program Director
PA Behavioral Health Connection
Toll Free# 1-866-588-0223
tara@olderpa.org

Turned 65? Medicare Beckons

If you are receiving Social Security benefits, when you turn 65 you will be automatically enrolled in Medicare Parts [A](#) and [B](#). If you are not yet on Social Security, you must sign up for Medicare Part A within the period three months before to three months after the month you turn 65, or face penalties for late enrollment. This is true for Part A even if you – or your spouse – are employed and covered by health insurance through an employer. However, you do not have to sign up for Part B if you have employer-provided coverage. If you stop work and lose that coverage, you are eligible for a Special



Enrollment Period for eight months following termination, during which you can sign up for Part B or for a [Medicare Advantage](#) or [Medigap Plan](#). [Learn More](#).

Grants Available to Agencies That Help Veterans

The Department of Military and Veterans Affairs (DMVA) has announced the availability of up to \$650,000 in competitive grants from the Veterans' Trust Fund (VTF). Up to \$500,000 in competitive grants are available to veterans' service organizations and nonprofits with a mission of serving Pennsylvania veterans, focusing on homelessness; post-traumatic stress injury (PTSI); behavioral health initiatives; or unique veteran health services. Up to \$150,000 is available to County Directors of Veterans Affairs or the Pennsylvania Association of County Directors of Veterans' Affairs, focusing on veterans outreach or court initiatives. Both areas of funding will also support programs or services to address newly identified, unmet or emerging needs of veterans and their families. **Apply by 4 p.m. on Friday, Nov. 18.** [Learn More](#).

AROUND THE NATION

Voluntary Guidelines, Funding to Boost State Adult Protective Services

Acting Assistant Secretary for Aging Edwin Walker recently announced the debut of voluntary guidelines for state Adult Protective Services (APS) systems and new grants to foster innovation in elder justice. The Administration for Community Living (ACL) facilitated the development of the voluntary consensus-based guidelines to assist states in developing efficient and effective APS systems.

The guidelines provide recommendations from the field about quality APS practice in the areas of program administration, response times, receiving reports of maltreatment, conducting investigations, service planning and intervention, training, and evaluation. To support and enhance the development of statewide APS systems, \$2.2 million in grants were recently awarded to 13 states, including Delaware. This funding doubles the number of states receiving APS enhancement grants since ACL awarded the first federal grants for state APS systems last year. [Learn More](#).



October is National Cyber Security Awareness Month

Each and every one of us needs to do our part to make sure that our online lives are kept safe and secure. That's why National Cyber Security Awareness Month (NCSAM) is observed every October. Since its inception under leadership from the U.S. Department of Homeland Security and the National Cyber Security Alliance, NCSAM has grown exponentially, reaching consumers, small and medium-sized businesses, corporations, educational institutions and young people across the nation. 2016 marks the 13th year of National Cyber Security Awareness Month. [Learn More.](#)

Cybersecurity is Our Shared Responsibility. Everyone can make a difference this National Cyber Security Awareness Month (NCSAM). There are many ways for different types of organizations can participate during this month and all year round. [Learn More.](#)

Gear Up for National Medicine Abuse Awareness Month

National Medicine Abuse Awareness Month (NMAAM) is an annual campaign, observed throughout the month of October to raise the public's awareness of the dangers of prescription and over-the-counter medicine abuse.

Agencies and coalitions get ready for the annual Dose of Prevention Challenge! It's that time of year again when we are asking you to help raise awareness about the dangers of prescription (Rx) and over-the-counter (OTC) medicine abuse during October's National Medicine Abuse Awareness Month (NMAAM). To help agencies and coalitions raise awareness on these issues in their communities, Community Anti-Drug Coalitions of America (CADCA) is providing a wealth of turn-key tools. [Learn More.](#)

See Your State's Rank on the Elder Index

In every U.S. state, more than 4 in 10 older adults are at risk of being unable to afford basic needs and age independently in their homes. This is a key finding from the newly released Elder Index and *Living Below the Line* report. The Elder Index is a measure of the income that older adults need to meet their basic needs. Compare where your county and state rank. [Learn More.](#)



Baby Boomers Are Taking on Ageism – and Losing

This cultural backdrop has horrifyingly real consequences for many on the plus side of 40. Formal age discrimination cases spiked during the most recent recession and haven't fully subsided.

By and large, Dale Kleber had a pretty straightforward trip up the economic ladder. He went to law school and worked his way up to general counsel of a major food distributor in Chicago and then chief executive of a dairy trade organization. He is putting his third and fourth kids through private college.

"Our generation was pretty spoiled," says Kleber, 60. "We had it good. The economy was in a huge growth spurt. Some dips here and there, but nothing severe." But a couple of years ago, Kleber hit a roadblock. He'd left the dairy group and started looking for another job; he and his wife didn't have quite enough saved to retire comfortably. He didn't think he'd have trouble finding work.

Scores of applications later, with few callbacks and no offers, Kleber is close to admitting defeat – and admitting that age discrimination might be one of the biggest challenges his generation has faced. [Learn More.](#)

Disaster Preparedness for Elder Loved Ones

It's no secret that a large percentage of deaths in Katrina-ravaged New Orleans were the sick and the elderly. Even institutions built to safeguard our elderly loved ones were ill-equipped to handle a disaster of this magnitude.

In his September 19, 2005 report, New York Times reporter David Rohde exposes Katrina's impact on nursing homes and hospitals. About 60% of nursing homes failed to evacuate successfully before the storm hit. Many nursing home operators feared their frailest residents would die on the buses leaving town. So far, more than 150 of the deaths in New Orleans were patients in hospitals and nursing homes.

This report should be a wake-up call to all families with elderly loved ones. What would happen in the event of a major earthquake? Or even in other areas of the US where unanticipated disasters such as tornados, floods or fires could occur. The damage could be even more extensive due to the element of surprise.



No one likes to plan for the worst. However, objectively considering the possibility of a disaster and developing a contingency plan is exactly what's needed to offset the tremendous impact such an event could have on our elderly loved ones and on us. [Learn More.](#)

Take Action for Mental Health First Aid

As Instructors and First Aiders, you know how important it is to make Mental Health First Aid USA as common as the Heimlich maneuver or CPR because you know how important it is to treat mental health and substance use problems like any other illness.

Recently, Linda Rosenberg, president and CEO of the National Council for Behavioral Health, published blogs in [The Hill](#) and [The Huffington Post](#) that emphasize the need for Congress to pass the Mental Health First Aid Act (H.R. 1877) so more people—like police officers, teachers, emergency personnel and veterans—can learn the skills they need to respond appropriately to mental health and substance use emergencies.

Linda makes a clear case for why we need to make Mental Health First Aid a national priority, but we need your help to spread the word. **Here's how you can help:**

1. **Tell your friends.** The more people who know about Mental Health First Aid, the more people who can learn how to help. Share the blogs in [The Hill](#) and [The Huffington Post](#) with your networks, and ask them to [sign up for a Mental Health First Aid course](#) near them.
2. **Contact your legislators.** Yesterday, the Mental Health First Aid Act unanimously passed the full House Committee on Energy and Commerce. If passed by Congress, the bill would authorize \$15 million in funding to provide mental health awareness training to teachers and school personnel, first responders, law enforcement officers and veterans. We encourage you to [contact your legislators](#) and ask them to support H.R. 1877 as it continues to move through the legislative process.
3. **Share your stories.** Let us know how Mental Health First Aid has changed your perception of mental health and substance use problems, how it has helped you reach out and offer support or how it has helped you in your own life. Email Dani Poole at DaniP@thenationalcouncil.org to share your story—it could be featured on



our [Success Stories](#) page or in an upcoming edition of the Mental Health First Aid Monthly newsletter!

Thank you for being [1 in a Million](#) and spreading the Mental Health First Aid movement in your community. Together, we can change the way people respond to mental health and substance use emergencies and make Mental Health First Aid as common as CPR.

AROUND THE COALITION

PBHAC Board of Director Honored

Last month, during the National Institute of Senior Center's Conference in Philadelphia, Pennsylvania Behavioral Health and Aging Coalition's own board member, Lynn Fields-Harris, was presented the Liberty Bell Award by the Mayor's Office. Mrs. Fields-Harris is the Executive Director of Center in the Park, a non-profit community center in Northwest Philadelphia, which primarily focuses on the opportunities for older adults to participate in social, recreational, health and fitness, arts and humanities and lifelong learning activities. The award was given "in recognition of Lynn's driving force behind bringing the national senior center conference, Life Liberty and the Pursuit of Excellence, to fruition." **Congratulations to Lynn!**

Welcome to Our New Intern

We would like to announce that Brittany Grubb will be joining PBHAC as our new intern for the spring 2017 semester. Brittany is entering her senior year at Penn State Harrisburg and is a Human Development and Family Studies major, psychology minor, with an overall course and research focus in older adults, aging, and non-pharmacological recreational therapy. She has experience in retirement facility activities and administration. We are excited to have Brittany join us in January.

Coalition Calendar of Events-Where You Can Find PBHAC

During the month of October and November, the Pennsylvania Behavioral Health and Aging Coalition's staff and volunteers will be busy attending numerous expos and conferences as shown below. Please stop by our booth and introduce yourself and find out how we as a Coalition can assist your workplace, agency, organization, or just you personally.



Wednesday, October 26

Phoebe Institute on Aging Annual Fall Conference

8:00 am - 4:30 pm

Bethlehem, PA

[Learn more.](#)

Wednesday, Thursday & Friday, November 2-4

40th Anniversary Conference for the Pennsylvania Coalition against Domestic Violence

Nov. 2 – 9:00 am – 5:00 pm

Nov. 3 – 7:30 am – 6:00 pm

Nov. 4 – 7:30 am – 1:00 pm

Marriott Lancaster at Penn Square

Lancaster, PA

[Learn More.](#)

Wednesday & Thursday, November 2-3

Hearing Loss Expo 2016

Nov. 2 – 12:00 pm – 7:00 pm

Nov. 3 – 9:00 am – 3:00 pm

Radisson Hotel Harrisburg

Camp Hill, PA

[Learn More.](#)

Tuesday, November 15

Veteran's Expo & Job Fair

9:00 am – 2:00 pm

Spooky Nook Sports

Manheim, PA

[Learn more.](#)

Wednesday & Thursday, November 16-17

2016 Annual Crisis Intervention Association of PA Conference

Nov. 16 - 8:30 am – 10:00 pm

Nov. 17 – 8:30 am – 3:45 pm

Nemacolin Woodlands Resort

Farmington, PA

The theme for this year's conference is: *Responding to Crisis: Adapting to Our Changing World*. Please come out and meet Deborah Allen, PBHAC Executive Director and PBHAC's new intern, Brittany Grubb, who will be exhibiting the two days at this conference.

[Learn More.](#)



Thursday, November 17

Alzheimer's Association Conference/Living Well with Alzheimer's

8:00 am – 4:30 pm

Holiday Inn East Mountain

Wilkes Barre, PA

[Learn More.](#)

Upcoming In-Person Trainings from the Coalition

Understanding Hoarding Behaviors: Assessment and Intervention

- [Westmoreland County 11/9/16](#) - Registration is still opened!

We will be posting other training schedule dates as they become available in the near future. Please continue to check our website www.olderpa.org or email anne@olderpa.org for more information.

ATTENTION: Certified Peer Specialists

Pennsylvania Behavioral Health and Aging Coalition will be offering three-day Certified Older Adult Peer Specialist (**COAPS**) Training on December 13-15 in Erie, PA. This training will prepare current **Certified Peer Specialists** to utilize their 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 while gaining specialized techniques that support Older Adults. **Registration will open soon.** Check our website at www.olderpa.org or email anne.adams@olderpa.org for more information.

Please continue to check our website for information on a second Certified Older Adult Peer Specialist training in Scranton, PA area coming this spring.

Technical Assistance Call Trainings for 2016/2017

The PA Behavioral Health and Aging Coalition will be holding Cross System Collaborative Technical Assistance Calls or **TA Calls** this year. Anyone from across the state of Pennsylvania can submit a case to discuss from any area of care for older adults. The case form is simple to complete. [Click here](#) to download the form. Please, just do not use any identifiers! These "conference calls" are **free** and offer participants the



opportunity to join and discuss challenging “cases” of older adults. An educational topic will be presented with each call.

2016 - 2017 Cross Systems Collaboration Technical Assistance Calls (TA)

- To sign up for the call please use the following link: <http://olderpa.org/TA-Calls>
- If you would like to submit a case please use NO IDENTIFIERS. [Click here](#) for the case form.
- The calls will usually fall on the 3rd Wednesday of the month 12:30 – 2PM but due to scheduling conflicts may be on a different Wednesday.
- **Tentative dates** are listed below, but registration will not open until further notice. Please continue to check our website at www.olderpa.org or email anne@olderpa.org for more information when registration will occur.
 - November 23, 2016 **(Tentative)**
 - December 21, 2016 **(Tentative)**
 - January 18, 2017 **(Tentative)**
 - February 15, 2017 **(Tentative)**
 - March 1, 2017 (First Wednesday) **(Tentative)**
 - April 19, 2017 **(Tentative)**
 - May 17, 2017 **(Tentative)**
 - June 14, 2017 - (Second Wednesday) **(Tentative)**

Please contact Linda Shumaker at linda@olderpa.org for more information on how you can participate on these Cross System Collaborative Technical Assistance Calls.

Substance Use & Medication Misuse Trainings - 2016/2017

The Pennsylvania Behavioral Health and Aging Coalition will be presenting half-day training sessions on “**Issues of Substance Use and Medication Misuse in Older Adults**” in 2016-17. Tentative trainings have been set for the following dates, but registration will not open until further notice:

- November 21 - Westmoreland County
- December 7 - Lancaster County



- March 8 - Lackawanna County
- June 21 - Clarion County

Please continue to check our website www.olderpa.org or email anne@olderpa.org for more information when registration opens.

Mental Health/First Aid Trainings to be Held Next Year

Pennsylvania Behavioral Health and Aging Coalition (PBHAC) is proud to announce that our Executive Director, Deborah Allen has been awarded a scholarship to be trained as a Mental Health/First Aid instructor in early December by the National Council for Behavioral Health. This will provide agencies, organizations, and care facilities with more opportunities for trainings on mental health throughout the state in 2017. Please contact Anne Adams at anne@olderpa.org for more information after December 9.

Did You Know? Customized Behavioral Health and Aging Training is Available

Below is a link to the training topics we currently offer through the Coalition. We can come to your site and offer the trainings, or we also have regular training opportunities available that you will receive notice about as a member of the Coalition. [Click here](#) to learn more about what trainings PBHAC has to offer.

PBHAC is Now in Their New Home!

The Pennsylvania Behavioral Health and Aging Coalition have moved into their new office at 3544 North Progress Avenue, Suite 107, Harrisburg, PA 17110. Thank you for assisting us in our new move.

We will be getting a new telephone land line installed on Monday, October 24. Our new number will be **717-857-3163**, but it will not be active until Tuesday, October 25.

Save the Date!!! PBHAC Open House- **Friday, December 16, 2016**. Mark your calendar now. More details to come later.



Donate Now!

Help support the work of the Coalition! Join us in improving the behavioral health of older Pennsylvanians by [donating](#) to PBHAC. Your [tax deductible donation](#) will help us meet our mission to promote wellness, enjoyment and engagement in life, including care, services and community support that respect the behavioral health needs and values of older Pennsylvanians and their caregivers.

Thank You to Our Recent Donors

The Pennsylvania Behavioral Health and Aging Coalition depends greatly on gracious donations from our community members, local groups and volunteers. We want to thank the following individuals/agencies who have recently contributed to PBHAC.

Customer Satisfaction Services

Thomas and Mary Supey

Pennsylvania Association of Area Agencies on Aging

Thank you! PBHAC has reached 405 Likes on Facebook! Can we reach 450? You can 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 News You Can Use are available on the website at www.olderpa.org/newsletter.

