



## News You Can Use...

**November 2016**

*Too often we  
underestimate the power of  
a **touch**,  
a **smile**,  
a **kind word**,  
a **listening ear**,  
an **honest compliment**,  
or **the smallest act of caring**,  
All of which have the potential  
of turning a life around.*

**-Leo Buscaglia, author**

### **#GivingTuesday is November 29**

Giving Tuesday is a first of its kind effort that will harness the cooperative power of a unique blend of partners—charities, families, businesses and individuals---to transform how people think about, talk about, and participate in the giving season. Coinciding with the Thanksgiving Holiday and the kickoff of the holiday shopping season, #GivingTuesday will inspire individuals to take collaborative action to improve their local communities in a better, smarter way to the charities and causes they support and help create a better world. With #GivingTuesday slowly approaching, we are asking you to support PBHAC. Our goal this #GivingTuesday is to open more doors for older Pennsylvanians. Your tax deductible donation will assist 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.

Please click here to donate to PBHAC. [www.OlderPA.org/Donate](http://www.OlderPA.org/Donate)



# AROUND THE STATE

## Medicare Annual Open Enrollment Period (AOEP)

**October 15, 2016 - December 7, 2016**

This is the time of year when Medicare consumers can review their Part C or Part D coverage and decide whether or not to change their plan for 2017. Medicare Part C is also referred to as an Advantage Plan, and Part D is referred to as a Prescription Drug Plan. Only these types of Medicare coverage can be altered during the Annual Open Enrollment Period. Volunteer Counselors are available through the APPRISE Program, as well as Behavioral Health Connection (BHC) program, to assist individuals revisit their coverage and options for switching. Behavioral Health Connection Program Director, Tara Miller, is available to provide assistance and can be reached at (717) 857-3163, toll free at 1-866-588-0223 or [tara@olderpa.org](mailto:tara@olderpa.org).

## Little-Known Veterans' Benefits

Veterans who need help with some of the activities of daily living, who are bedridden or have disabilities that result in the need for assistance may qualify for “[Aid and Attendance](#)” or “[Housebound](#)” benefits. For those who qualify, these benefits are in addition to a monthly pension, and may be available even to those whose income is too high for them to be eligible for a basic pension.

To qualify, the veteran must have served during wartime, and must meet specific medical and financial criteria. The individual must also be age 65 or older, or meet one of these criteria: have a permanent and total non-service-connected disability; be living in a nursing home; or receive Social Security disability benefits. [Learn More](#).

## Centers of Excellence in Pennsylvania- Helping Fight Opioid-Related Substance Use

Centers of Excellence help ensure that people with opioid-related substance use disorder stay in treatment to receive follow-up care and are supported within their communities. The centers coordinate care for people with Medicaid, and treatment is team-based and “whole person” focused, with the explicit goal of integrating behavioral health and primary care.

“The Department of Human Services, in partnership with several other departments, is working to provide treatment options to Pennsylvanians. This year we funded 45 [Centers](#)



[of Excellence](#) across the commonwealth. We also obtained a \$3 million federal grant to increase the number of primary care doctors in rural areas that will be able to prescribe medication-assisted treatment. These efforts, combined with those of our sister agencies, are a few examples of Governor Wolf's deep commitment to combatting this issue. There is more to come, and we can't do it alone." --**Ted Dallas, Secretary DHS**

## AROUND THE NATION

### **Alzheimer's Awareness Month- 7 Facts You Need to Know**

November is [National Alzheimer's Awareness Month](#). Although much of the public is already well aware of this horrible disease, and that Alzheimer's has directly affected approximately 1 in every 2 families, there is still much that is not known.

Some of the information in this article may surprise you. It is information about which you may not be presently aware. However, by merely learning the seven facts, you will be helping to reduce the Alzheimer's problem. Making you aware of this information and encouraging you to share it with your social networks will facilitate a more informed and more effective approach to combating the threat we face from this disease. [Learn More](#).

### **November is National Family Caregivers Month**

#### **A Proclamation by the President of the United States of America**

Our Nation was founded on the fundamental ideal that we all do better when we look out for one another, and every day, millions of Americans from every walk of life balance their own needs with those of their loved ones as caregivers. During National Family Caregivers Month, we reaffirm our support for those who give of themselves to be there for their family, friends, and neighbors in challenging times, and we pledge to carry forward the progress we have made in our health care system and workplaces to give caregivers the resources and flexibility they need.

Each of us may find ourselves in need of or providing care at some point in our lives. That is why it is imperative that we maintain and expand the Affordable Care Act (ACA). At the time Medicare was created, only a little more than half of all seniors had some form of health insurance. Today, the ACA has given older Americans better care and more access to discounted prescriptions and certain preventive services at no cost.



The ACA has also expanded options for home- and community-based services, so that, with the help of devoted, loving caregivers, more Americans are now able to live independently and with dignity. And because looking after an aging family member or a friend with a disability can be challenging, States and local agencies connect individuals with caregiver support groups and respite care. The women and men who put their loved ones before themselves show incredible generosity every day, and we must continue to support them in every task they selflessly carry out. [Learn More](#).

## **National Hospice Palliative Care Month**

***Know Your Options*** is the theme for November's National Hospice and Palliative Care Month 2016. National Hospice Palliative Care Organization (NHPCO) encourages everyone to learn about what care options are available when facing a serious or life-limiting illness – long before a medical crisis occurs. NHPCO's CaringInfo offers some resources to help raise awareness of hospice, palliative care and advance care planning. [Learn More](#).

## **International Survivors of Suicide Day (November 19)**

Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope.

All gatherings will include a screening of [Life Journeys: Reclaiming Life after Loss](#), a new AFSP-produced Survivor Day documentary that traces the grief and healing journey that follows a suicide loss over time.\*

Additional programming is specific to each event and may include presentations by loss survivors and mental health professionals, as well as small group discussions that bring together people who have experienced similar losses. Find out where an event in your area is being held by clicking on [Learn More](#).

## **This Thanksgiving, Celebrate National Family Health History Day (November 24)**

Make health a topic of conversation this holiday. As Americans come together to give thanks and feast, the Surgeon General encourages them to talk about health conditions



(like heart disease, cancer, and diabetes) that may run in their families. This initiative — [National Family Health History Day](#) — has been declared every Thanksgiving since 2004.

The Surgeon General, in cooperation with the U.S. Department of Health and Human Services, launched the national public health campaign to encourage all families to learn more about their health history — so younger generations can learn more about genetic predispositions and take preventive measures.

Learn more about the "[Family Health Portrait](#)," a tool created to help patients organize family history information to share with their physicians.

## **Stronger Muscles May Pump Up Your Memory**

Boosting muscle strength may boost brain function in people with mild memory and thinking problems, a new study finds. The research included 100 people aged 55 to 86. All had mild memory and thinking problems (mild cognitive impairment).

The study volunteers who did weight training twice a week for six months to at least 80 percent of their maximum strength showed significant improvements in mental function. The benefits lasted for at least a year after their supervised weight-lifting sessions ended, the study showed. [Learn More](#).

## **AROUND THE LIBRARY**

*The Pennsylvania Behavioral Health and Aging Coalition continues its partnership with the National Library of Medicine. We have added a new section to our newsletter, "Around the Library", which contains highlights from two accessible websites, [MedlinePlus](#) and [NIH Senior Health](#).*

The National Library of Medicine (NLM) in Bethesda, Maryland, has been a center of information innovation since its founding in 1836. The world's largest biomedical library, NLM maintains and makes available a vast print collection and produces electronic information resources on a wide range of topics that are searched billions of times each year by millions of people around the globe. It also supports and conducts research, development, and training in biomedical informatics and health information technology. In addition, the Library coordinates a 6,000-member National Network of Libraries of



Medicine that promotes and provides access to health information in communities across the United States.

Anyone can search or download free information directly from the NLM website, find it via a search engine, or use an “app” that provides value-added access. External computer systems use NLM applications programming interfaces to obtain NLM data for commercial products and in research. NLM is one of the Federal government’s largest providers of [digital content](#), dispatching an average of more than 6,500 million bits of data per second.

The Library is open to all and has many services and resources. Its digital and physical collections include books, journals, manuscripts, images, and multimedia; genomic, chemical, toxicological, and environmental data; drug information; clinical trials data; health data standards; software; and consumer health information.

## **Finding Reliable Information on Supplements and Complementary Therapies**

The internet is full of information on dietary supplements and other alternative treatments. Does St. John’s wort help depression? Will ginkgo stave off memory loss? Is it safe? How do you separate the high-quality health information from the misleading, bias or even dangerous “advice”? [MedlinePlus](#) is a free, online source for reliable, evidence-based information for providers and patients.

MedlinePlus, the premier patient education resource from the National Library of Medicine, provides resources chosen by medical librarians using strict [quality guidelines](#). MedlinePlus [Herbs and Supplements](#) page has information on numerous herbal remedies, including known interactions with other supplements, food and medicines, dosage and safety and effectiveness. You can also search the website for 975 health topics and see resources particular to that condition.

On the [Anxiety](#) page, there are links to information about treating anxiety with Herbal Treatments, Exercise and Diet. The [Stress](#) page has information on evidence-based relaxation techniques. MedlinePlus is also available in [Spanish](#).

While MedlinePlus has great information, always check with your healthcare provider before starting any new therapy.



## **MedlinePlus Text Messaging Campaign on Holiday Mental Health: Anxiety, Depression, and Stress**

The National Library of Medicine has launched a MedlinePlus text messaging campaign on Holiday Mental Health: Anxiety, Depression, and Stress.

Users that sign-up for the campaign will receive 3 text messages per week through the holidays on mental health support, such as managing anxiety, coping with depression, and preventing stress during the holiday season.

Users can subscribe by texting MP Health to 468311 or by signing-up online:  
<http://bit.ly/2eDe91j>.

## **AROUND THE COALITION**

### **Please Note our New Address and Phone Numbers**

3544 North Progress Avenue, Suite 107, Harrisburg, PA 17110

Phone#: 717-857-3163

Behavioral Health Connection Toll Free#: 866-588-0223

Fax#: 717-652-1239

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

During the month of November, the Pennsylvania Behavioral Health and Aging Coalition's staff and volunteers will be diligently attending expos and conferences. Please stop by our booth and inquire how the Coalition can assist your agency, organization, or just you personally.

#### **Tuesday, November 15**

#### **Veteran's Expo & Job Fair**

9:00 am – 2:00 pm

Spooky Nook Sports

Manheim, PA

[Learn more.](#)





### **Wednesday, November 16 - 17**

#### **Crisis Intervention Association of PA Annual Conference**

##### ***Responding to Crisis: Adapting to Our Changing World***

Nov. 16 - 8:30 am – 10:00 pm

Nov. 17 – 8:30 am – 3:45 pm

Nemacolin Woodlands Resort

Farmington, PA

Come out and meet Deborah Allen, Executive Director and PBHAC's new intern, Brittany Grubb, who will be exhibiting during this conference. Outreach Coordinator, Linda Shumaker will also be presenting on Understanding Hoarding Behaviors.

[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](#)

### **Wednesday, November 30 & Thursday, December 1**

#### **24th Annual Forensic Rights and Treatment Conference**

Nov. 30- 8:00 am – 8:00 pm

Dec. 1 – 8:00 am - 4:15 pm

Holiday Inn Harrisburg-Hershey

Grantville, PA

[Learn More](#)

## **Upcoming Trainings from the Coalition**

### **Certified Older Adult Peer Specialists (COAPS) Training**

[Erie County 12/13-15/2016](#) - Registration is now open!

Please continue to check our website, [www.olderpa.org](http://www.olderpa.org) for information on a second Certified Older Adult Peer Specialist training in the Scranton area this spring.





## New PBHAC Trainings to be Held in 2017

### **Ageless Grace, Timeless Fitness for the Brain and Body**

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity, with practice sets (or tools) that are designed to re-open the neural pathways created from the time we were born until we were about 18 years old. The tools create NEW neural pathways by practicing physical and mental skills we do not already know how to execute. Ageless Grace activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination - and addresses 21 primary "aging factors" of the body. The program consists of 21 simple exercise tools designed for all ages and abilities. **Become an Ageless Grace Educator.** PBHAC will be offering this training in April 2017.

### **Wellness Initiative for Senior Education (WISE)**

WISE is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including medication misuse and management, stress management, depression, and substance abuse. WISE promotes health through education concerning high-risk behaviors in older adults. **Become a trained facilitator** and teach this 6-session program that develops a comprehensive plan for working with older adults. WISE is recognized as an evidence-based prevention program by the National Registry of Evidence-based Programs and Practices (NREPP) and Aging and Disability Evidence-Based Programs and Practices (ADEPP). PBHAC will be offering this training in March 2017.

*We will be posting these and other training schedule dates as they become available in the future.*

*Please check our website [www.olderpa.org](http://www.olderpa.org) or email [anne@olderpa.org](mailto:anne@olderpa.org) for more information.*

## Technical Assistance Calls for 2016/2017-Registration Now Open

The Pennsylvania Behavioral Health and Aging Coalition will be holding Cross System Collaborative Technical Assistance Calls this year. Anyone from the Commonwealth can submit a case. The calls will review complicated cases within a team approach, discovering ways to bridge the gaps that exist across systems from any area of care for older adults. These "conference calls" are **free** and offer an educational topic.



## 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. Please fill-out and submit to Linda Shumaker at [linda@olderpa.org](mailto:linda@olderpa.org)
- The dates are listed below and will be from 12:30pm-2pm
  - November 23, 2016
  - December 21, 2016
  - January 18, 2017
  - February 15, 2017
  - March 1, 2017 (First Wednesday)
  - April 19, 2017
  - May 17, 2017
  - June 14, 2017 (Second Wednesday)

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

### **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.

### **PBHAC Open House-December 16**

The Pennsylvania Behavioral Health and Aging Coalition would like to invite you to our Open House from 11:30 a.m. to 3:00 p.m. at 3544 North Progress Avenue, Suite 107, Harrisburg, PA 17110. If you happen to be in the area, please stop by and see our new office and meet our staff. RSVP to [anne@olderpa.org](mailto:anne@olderpa.org) or call 717-857-3163.



## **Thank You to Our Recent Donors and Volunteers**

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

**Alli Cowles**

**Lynn Fields Harris**

**Meredith Little**

**Erica Nielsen**

**Maggie Paul**

**Renee Cunningham**

**Bernadette Kozen**

**Jewel David Ministries**

**Lisa Arifer-Polcha**

**Jessica Strong**

**Thank you! PBHAC has reached 422 Likes on Facebook! We are striving for 450?** 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/>

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Previous copies of PBHAC's News You Can Use are available on the website at [www.olderpa.org/newsletter](http://www.olderpa.org/newsletter).

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