



Department of Health & Human Services

ACL News & Info

Administration for Community Living

For seniors and people with disabilities

Monday, September 10, 2012

In This Issue:

[2012 National Suicide Prevention Day](#)

[Join the HHS Digital Strategy Conversation](#)

[CDC Launches New Educational Program to Improve Americans' Blood Pressure Control](#)

Funding Opportunities

[Rural Health Network Development Planning Program](#)

Stay Informed

[Webinar on Support for Alzheimer's and Dementia Caregivers: The Unsung Heroes](#)

[Webinar on Reaching & Engaging Older Adults in Behavioral Health Interventions](#)

[Webinar on Senior Cognitive Issues](#)

[Webinar Reminders](#)

Tools & Information

[National HIV/AIDS and Aging Awareness Day](#)

[September Is World Alzheimer's Month](#)

[September Is National Senior Center Month](#)

[1st Annual Walk to Raise Awareness about Suicide among Native Americans](#)

[Recognizing Innovations in Mental Fitness Programming for Older Adults](#)

[Register Now for the *Knowledge for Equity National Conference*](#)

[Recent Reports](#)

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[Email this to a friend](#)

2012 National Suicide Prevention Day

Monday, September 10th marked 2012 National Suicide Prevention Day and the release of the updated National Strategy for Suicide Prevention. Health and Human Services Secretary Sebelius joined the Surgeon General Regina Benjamin, Secretary of the Army John McHugh, The Honorable Gordon H. Smith, President and CEO, National Association of Broadcasters, and others for a live launch of the revised National Strategy for Suicide Prevention. Stay tuned to this site for an archived video of the launch.

<http://actionallianceforsuicideprevention.org/NSSP/livestream>

In the U.S. and in many other countries worldwide, older adults have disproportionately high rates of death by suicide. In 2008, older adults made up 12.7% of the U.S. population but represented 16% of deaths by suicide. Suicide rates are particularly high among older men. The rate of suicide in the oldest group of white men is over four times higher than the nation's overall rate of suicide. Older people who attempt suicide are often more frail, more isolated, more likely to have a plan, are more determined than younger adults, and their attempts are often more lethal. Over half of those ages 55+ have had contact with their primary care physician within a month of their suicide. Suicide impacts families and communities long after a loved one's death.

To help address this issue, the Administration on Aging, a part of the U.S. Administration for Community Living, is partnering with the U.S. Substance Abuse and Mental Health Administration to host a series of regional policy

academies to help build strong partnerships between state aging, behavioral health, and other Medicaid leadership. The purpose of these meetings is to develop plans to help state efforts to prevent suicide by educating their communities about the risk factors and where to turn for help.

Here are some resources:

AoA Behavioral Health Webpage:

http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Behavioral/index.aspx

National Suicide Prevention Lifeline: <http://www.suicidepreventionlifeline.org/>

Toll-free number: **1-800-273-TALK (8255)**

Promoting Mental Health and Preventing Suicide: A Toolkit for Senior Living Communities, 2008 SAMHSA A toolkit for senior living communities

http://download.ncadi.samhsa.gov/ken/pdf/SMA10-4515/toolkitoverview_final.pdf

Late Life Suicide Prevention Toolkit: Life Saving Tools for Health Care Providers
Canadian Coalition for Seniors' Mental Health

<http://www.ccsmh.ca/en/projects/suicide.cfm>

Oregon Older Adult Suicide Prevention Plan: A Call to Action Oregon
Department of Human Services

<http://oregon.gov/DHS/ph/ipe/esp/index.shtml>

[Back to the top](#)

Join the HHS Digital Strategy Conversation

It's only been two weeks since the launch of the [HHS Digital Strategy website](#), and the response has been great. Some good ideas on what you want to see have been submitted. [Read Comments on the latest blog post](#)

If you haven't yet, join the conversation: [#digitalk](#) [#digitalstrategy](#)

[Back to the top](#)

CDC Launches New Educational Program to Improve Americans' Blood Pressure Control

Team Up. Pressure Down. encourages pharmacist-patient engagement

Customers at drugstores around the nation can get help to improve blood pressure control, through collaboration among pharmacists, the Department of Health and Human Services, and other partners. The program, *Team Up*.

Pressure Down., includes educational videos, a blood pressure control journal, and wallet card to track medication use.

The blood pressure initiative, part of the Million Hearts health education program and supported by the Affordable Care Act, was developed by the Centers for Disease Control and Prevention with practicing pharmacists and national pharmacist groups. The initiative's tools will help pharmacists talk about current medications and ways in which patients can use the medications most effectively. The goal of Million Hearts is to prevent 1 million heart attacks and strokes by 2017.

To learn more, go to

http://www.cdc.gov/media/releases/2012/p0905_team_up_pressure_down.html

[Back to the top](#)

Funding Opportunities

Rural Health Network Development Planning Program

This funding opportunity solicits applications for the Rural Health Network Development Planning Grant Program (Network Planning). The purpose of the Network Planning Program is to promote the development of integrated healthcare networks in order to:

- achieve efficiencies,
- expand access to, coordinate, and improve the quality of essential health care services and
- Strengthen the rural health care system as a whole.

This program brings together key parts of a rural health care delivery system, particularly those entities that may not have collaborated in the past, to work together to establish or improve local capacity and coordination of care. The grant program supports one year of planning to develop and assist health care networks in becoming operational. These networks can include a wide range of community partners including social service agencies, faith-based organizations, mental health agencies, charitable organizations, educational institutions, employers, local government agencies, or other entities with an interest in a community's health care system.

The application deadline is October 15, 2012.

To learn more and to download an application, go to www.grants.gov; the CFDA Number is 93.912.

[Back to the top](#)

Stay Informed

Webinar on Support for Alzheimer's and Dementia Caregivers: The Unsung Heroes

If you are helping a loved one cope with Alzheimer's or dementia, you are not alone. Over 15 million family members provide some level of Alzheimer's or dementia care. Dementia progressively weakens an individual's cognitive abilities, causing memory loss and physical decline. The most important resource available to individuals with Alzheimer's and their families is information to promote optimal quality of life for both the individual living with dementia and the caregiver.

Join Home Care Assistance ([website](#)) to discuss how caregivers can best interact with loved ones with Alzheimer's and other types of dementia as well as how to manage and respond to their evolving needs throughout the progression of the disease.

Date: Wednesday, September 12, 2012

Time: 11:00 a.m. – 12:00 p.m. PDT

To register, go to <https://www3.gotomeeting.com/register/522332614>

[Back to the top](#)

Webinar on Reaching & Engaging Older Adults in Behavioral Health Interventions

Alcohol and prescription medication misuse and abuse, depression, and anxiety are growing and often under-recognized problems that can negatively impact the health and well-being of older adults. Sponsored by JBS International, Inc. (<http://www.jbsinternational.com/Pages/HomePage.aspx>), the purpose of this free webinar is to:

- Enhance attendees' understanding of behavioral health issues affecting older adult
- Provide practical examples of programs and associated implementation strategies targeting older adults with or at risk for mental health and substance abuse problems.

Date: Wednesday, September 19, 2012
Time: 2:30 p.m. - 4:00 p.m. EST

To register, please [go here](#)

Once the host approves your registration request, you will receive a confirmation email with instructions for joining the meeting. Please register no later than one day prior to the webinar.

You will receive audio call in information when you log-on to the webinar.

Representatives from community and research organizations, including an Area Agency on Aging, community behavioral health agencies, a university, and other community organizations, will present approaches they have found to be successful for reaching and engaging older adults in prevention and early intervention for mental health and substance abuse issues. Presenters will discuss effective strategies for engaging different racial and ethnic minority elders, immigrants, LGBT seniors, and men and women – with a focus on enlisting consumers as partners in program outreach and peer education.

This webinar is supported through a partnership between the Department of Health and Human Services Administration for Community Living's Administration on Aging and the Substance Abuse and Mental Health Administration.

If you experience difficulty registering or signing on, please contact Donna Siu at JBS International, Inc. at dsiu@jbsinternational.com or 240-645-4898.

[Back to the top](#)

Webinar on Senior Cognitive Issues

This webinar is part of the American Society on Aging's Family Caregiver Support Series, sponsored by Home Instead Senior Care (<http://www.homeinstead.com/Pages/home.aspx>).

The webinar will address how to recognize symptoms of cognitive problems and learn what might be causing them, as well as detail methods for how to cope with a loved one who is suffering with these problems.

Date: Wednesday, September 19, 2012
Time: 10:00 a.m. PT / 11:00 a.m. MT / 12:00 p.m. CT / 1:00 p.m. ET

Participants in this web seminar will:

- Learn how to recognize the symptoms of cognitive dysfunction

- Understand the causes of cognitive problems, including those related to Alzheimer's disease or other dementia
- Discover ways to help you and your loved one cope with cognitive impairments

Presenters:

Dr. Amy D'Aprix, Executive Director of the DAI Foundation, a nonprofit organization established to meet the needs of caregivers and President of Dr. Amy Inc., a company dedicated to Family Caregiver Wellness

Mary Alexander, Director of Strategic Alliances, Home Instead Senior Care

Register Now!

[Back to the top](#)

Webinar Reminders

Interactive Webinars on the Health Care Law

The HHS Partnership Center continues to host a series of interactive webinars discussing the benefits and provisions of the health care law, the Affordable Care Act.

All webinars are open to the public and include a question and answer session where you can ask HHS staff any question you may have about the health care law. Please submit questions you would like to have answered on the webinar to ACA101@hhs.gov

To participate in one of the webinars, please select your preferred dates from the list below and submit the necessary information.

[September 13, 12:30 pm ET](#) - The Health Care Law 101 (in English)

[September 25 at 2:00 pm ET](#) - The Health Care Law 101 (in Spanish)

[Back to the top](#)

Tools & Information

National HIV/AIDS and Aging Awareness Day

The AIDS Institute invites you to participate in the 5th annual National HIV/AIDS and Aging Awareness Day (NHAAAD), observed on September

18, 2012. National HIV/AIDS and Aging Awareness Day focuses on the challenging issues facing the aging population with regards to HIV prevention, testing, care, and treatment. In addition, there is an increased need for prevention, research and data targeting the aging population, medical understanding of the aging process and its impact on HIV/AIDS.

The campaign targets:

- People living with HIV/AIDS (PLWHAs) who are aging with the disease or already over 50 at the time of their initial diagnosis,
- Increasing the use of protection from HIV infection, especially among the baby boomer population, and
- The increasing number of grandparents becoming the primary guardians for children who have lost their parent(s) to HIV/AIDS.

In an effort to continually expand awareness about HIV/AIDS among the aging population, organizations and community members are invited to develop, implement and participate in awareness activities and events on or around September 18th.

To download the NHAAAD 2012 Took Kit for resource materials on activities and ways organizations and individuals can become involved, go to the AIDS Institute's NHAAAD web page at <http://www.theaidsinstitute.org/programs/education/national-hivaids-and-aging-awareness-nhaaa>

Please use the link below to register your NHAAAD event. For greater visibility and increased promotion of your event, early registration is.
[2012 NHAAAD Event Registration](#)

NOTE:

For additional information and resource materials, you can access the Administration on Aging's Older Adults and HIV/AIDS Toolkit, *HIV: Know the RISKS. Get the FACTS.*, at http://www.aoa.gov/AoARoot/AoA_Programs/HPW/HIV_AIDS/toolkit.aspx

This Toolkit contains helpful resources and materials specifically designed to inform older adults about the risks of HIV/AIDS and to encourage older adults to know their status.

5th Annual National HIV/AIDS and Aging Awareness Day Webinar

You are invited to join the AIDS Institute on the 5th Annual National HIV/AIDS and Aging Awareness Day (NHAAAD) as it host an educational webinar examining issues related to older adults and HIV/AIDS.

Date: Wednesday, September 18, 2012

Time: 1:00 p.m. – 2:30 p.m. EST

Agenda:

Introduction of NHAAAD and Webinar Overview

A Call to Action for HIV Awareness, Education and Prevention for Older Adults

Collaborations at the Federal Level to address HIV among Older Adults

Increased Need for Research on Older Adults with HIV

Registration is limited, so reserve your space early: [2012 NHAAAD Webinar Registration](#)

[Back to the top](#)

September Is World Alzheimer's Month

Alzheimer's is the most common form of dementia. Though there is no cure for the disease, there are treatments and actions you can take to better manage life with the disease.

At each stage of the disease, there are medical and care-related options that need to be considered, as well as safety issues. The Department of Health and Human Services established the Alzheimers.gov website (www.alzheimers.gov) to help people who help people with the disease. The website provides direct access to a number of resources to help them meet the challenges of Alzheimer's disease.

At the website you will find information on government-sponsored initiatives and resources on Alzheimer's Disease, including answers to the following questions:

- [What medications are available for Alzheimer's treatment and what do they do?](#)
- [What are clinical trials and how can I begin the trial process?](#)

You can access other related links and get information on a range of issues including:

- [Alzheimer's Symptoms](#)

- [Diagnosing Alzheimer's](#)
- [Alzheimer's Stages & Changes](#)
- [Mild Cognitive Impairment](#)
- [Caregiver Resources](#)
- [Finding Alzheimer's Capable Care](#)
- [Common Challenges & Coping Strategies](#)
- [Self & Family Care](#)

Alzheimer's Action Day

****Help raise awareness & reduce the stigma of Alzheimer's****

Wear purple on September 21, *Alzheimer's Action Day*.

Turn Facebook and Twitter purple by changing your profile picture to our END ALZ icon & telling your friends to do the same.

[Go purple!](#)

Whether it's by sharing a diagnosis — or taking action to honor a family member — read how these brave individuals are overcoming stigma & facing Alzheimer's head on.

[Be inspired!](#)

Whether you are a caregiver, family member, person with the disease or friend – tell us how you are fighting stigma and taking action to end Alzheimer's.

[Share your story.](#)

[Back to the top](#)

September Is National Senior Center Month

What do you think of when someone says the words *senior center*? Do you picture older people (much older than you, of course) sitting around playing

bingo? Time to update your vision! Senior centers are not what they used to be.

September is National Senior Center Month, sponsored by the National Council on Aging's National Institute of Senior Centers (NISC). This is a great time to get to know your local senior center!

[See what you're missing](#)
[Explore NISC](#)

[Back to the top](#)

1st Annual Walk to Raise Awareness about Suicide among Native Americans

Several tribal groups are coming together to organize the *1st Annual Walk to Raise Awareness about Suicide among Native Americans*. This effort is part of the [National NNEDLearn 2012 Training](#) sponsored by the Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMSHA), in commemoration of [National Suicide Prevention Week](#)

Date: September 12, 2012

Theme: Tribal Communities Connecting Together to Prevent Suicide

Tribes Represented among the Organizers:

Bishop Paiute (California)
Choctaw (Mississippi)
Creek (Oklahoma) [Download the walk flyer](#)
Little River Band of Ottawa Indians (Michigan)
Pueblo of Laguna (New Mexico)
Spokane (Washington)
White Mountain Apache (Arizona)

Other tribes are encouraged to hold local walks or other activities on this day or during National Suicide Prevention Week, September 9–15. The hope is that joining together in unity during this time will help to raise awareness both locally and nationally about this important issue. Contact info@nnet.net for more information about the walks.

[Download the National Suicide Prevention Week Toolkit](#)

Logo Contest:

Let us know what you are doing in your community. Take part in the contest to design the logo that all tribes can use for next year's walk. Submit your entries for the Logo Contest at info@nned.net

[Back to the top](#)

Recognizing Innovations in Mental Fitness Programming for Older Adults *MindAlert Award*

The American Society on Aging (ASA)-MetLife Foundation MindAlert Award program recognizes innovative mental fitness programs for older adults developed by nonprofit organizations.

Based on the program focus and the population it serves, MindAlert Awards are available in the following three categories:

- Lifelong Learning/Third Age educational programs
- Mental Fitness Programs for the general population of older adults
- Mental Fitness Programs for early stage cognitively-impaired older adults

Each Award winner will receive:

- A cash award of \$1,500
- One complimentary Aging in America conference registration
- A one-year complimentary membership in ASA
- The opportunity to present a program at the National Forum on Brain Health, held in conjunction with the 2012 AiA Conference

[Click here to make a nomination](#)

The deadline for nominations is October 15, 2012.

[Back to the top](#)

Register Now for the Knowledge for Equity National Conference *National Conference on Using Data to Promote Health Equity and Address Disparities*

The *Knowledge 4Equity National Conference*, funded by the Department of Health and Human Services' Office of the Assistant Secretary of Health and the Office of Minority Health, has been designed to help community-based organizations better understand how to access, analyze and use existing national, state and local data. The conference will include workshops, breakout sessions and presentations.

Dates: November 13-14, 2012

Location: Sheraton Silver Spring Hotel (minutes from DC), 301-589-0800

The cost of the conference is \$110 and includes attendance, workshop materials, snacks, reception and one lunch. Reimbursements for travel and conference costs are available for community-based efforts working to address health disparities.

To learn more and to register, go to

<http://www.regonline.com/builder/site/default.aspx?EventID=1136232>

[Back to the top](#)

Recent Reports

CDC Vital Signs: High Blood Pressure Is Out of Control for Too Many Americans

<http://www.cdc.gov/media/releases/2012/dpk-hypertension.html>

Source: Centers for Disease Control and Prevention

Date: September 4, 2012

[Back to the top](#)

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