



Staying Connected:

Elder Abuse Prevention and Awareness News

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BE THE SPARK

How to Stay Enthusiastic!

(thriveglobal.com)

Never Give Up

Commit to always moving forward. We don't always make the right decisions but we can bounce back and learn if we don't give up.

Understand Yourself

Know what drives you. Know your strengths and lean on them while working on weakness. Find others that can complement your skills

Define Success

Success will look different to others and may change over time. So be willing to re-evaluate your definition as needed.

Take Action

A dream does not become a vision until you take action. The first step is the most difficult, but once it is taken momentum will build.

"Unless commitment is made, there are only promises and hopes; but no plans."

- Peter F. Drucker

As we continue to explore ways that we can be a spark for elder abuse prevention, we need to spend some time focusing on building enthusiasm in our communities and organizations.

So, if we look at the vision we have for elder abuse prevention and we believe it is going to take three to five years to achieve this vision, how are we going to maintain our enthusiasm? Maintaining enthusiasm from all of our community partners for three to five years seems like a really daunting task. We just have to take it one step at a time.

In order to move towards achieving our vision and maintain enthusiasm, we need to take some time to encourage and praise the improvements, no matter how small, along the way. For instance, let's look at a council that was able to increase membership after stagnation for the past few years. It might not seem like this is going to add to the vision, but think about all that knowledge, life experience and unique skill sets you have now added to your council.

Have you ever been to a meeting where you felt like you didn't know anyone present or knew very few? Did this make you uncomfortable with sharing your views or opinions?

I would venture to say that all of us have felt that way at some point in our lives. So the first small step we should be taking is to engage each person that is a part of our team, each time that we see each other (whether virtual or in person). We all know that our time is extremely valuable, but if we don't take a few minutes to socialize before a meeting, we may miss an opportunity to make sure that everyone feels valued and welcome to share their thoughts and opinions.

Even the strongest and most productive teams have members that are present but not as engaged. So we have to find ways to reengage or reinvigorate their enthusiasm for the vision. If you know your team members well, you can use their skill sets and identify specific projects that will advance the vision.

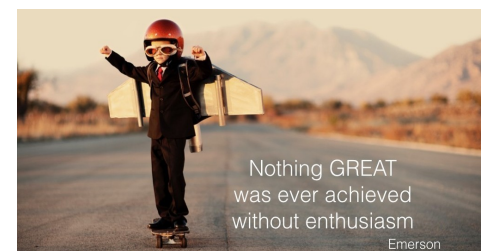
If you are not as knowledgeable about your team members, you may be missing out on some hidden talents. One of the most effective ways to find someone's hidden talent is to have conversations about their dreams for the future and their motivations. These conversations are best done one on one outside of a meeting or work environment.

Let us also take some time to recognize and celebrate each other's accomplishments. When we take time to recognize someone for their contributions it will boost their enthusiasm as well as help instill enthusiasm in others because they will see that the success of individual team members will mean the success for the team.

We also have to spend some time acknowledging when something didn't work out the way that we had hoped. It is perfectly okay for everything we do not to succeed. Ryan Harris (Super Bowl 50 Denver Broncos) states that "enthusiasm won't allow failure. Instead, enthusiasm allows you to learn from your set backs and move past them."

Although we need to be brutally transparent about the setback, we need to remember that we do not want to zap our team member's enthusiasm by placing blame. Through constructive feedback, we can make recommendations that will address the setback as well as keep the team moving towards the vision.

Over time enthusiasm amongst the team will wax and wane, but we can keep each other motivated by paying attention to these changes. The community we have created to prevent elder abuse in Kentucky is a force to be reckoned with, and we will continue to do great things together.



Nothing GREAT
was ever achieved
without enthusiasm

Emerson

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741



National Institute
of Mental Health

www.nimh.nih.gov/suicideprevention

Tips for Talking With Your Health Care Provider About Your Mental Health



**Talk to your
primary care
provider**



**Prepare
ahead of
your visit**



**Bring a
friend or
relative**



**Be
honest**



**Ask
questions**

HELLO!



MEET THE TEAM

The Pennyriple Elder Abuse Council (PEAC) is a non-profit organization made up of 3 different councils (Tri-County, Hopkins/Muhlenberg, and Quad County). Each council strives to raise awareness of elder abuse, educate the community and community partners on how to identify and prevent elder abuse. Each council is always accepting new participants who have a genuine interest in the safety and protection of the elderly population. Meetings are open to the public and everyone is invited to attend.

The Tri-County council consists of Christian, Todd and Trigg counties. Council meetings are being held the 2nd Wednesday at 12:00pm every other month at the PADD office located at 300 Hammond Drive in Hopkinsville (currently virtual). For more information or to be put on the mailing list, please contact Cindy Tabor at the PADD office at (270) 886-9484.

The Hopkins/Muhlenberg council meets the 1st Wednesday of each month at 9:00am at the Hopkins County Senior Center located at 200 North Main in Madisonville (currently virtual). For more information or to be put on the mailing list, please contact Cindy Tabor at the PADD office at (270) 886-9484.

The Quad County council consists of Caldwell, Crittenden, Livingston and Lyon counties. Council meetings are held the 3rd Tuesday every other month at 12:00pm at the Caldwell County Senior Center located at 200 Eagle Street in Princeton (currently virtual with varying date/times). For more information or to be put on the mailing list, please contact Edith Whitledge at eyw0744@yahoo.com.

During the pandemic our council members have proudly strived to keep our councils going virtually to include spreading elder abuse awareness in the communities we serve. In addition, different agencies have been able to connect with each other through the EAC meetings and find resources for those they serve.

The PEAC is made up of staff from attorney's office, nursing, PCH and assisted living facilities, home health agencies, hospice, guardianship, social service agencies, hospitals, police departments, banks, community citizens and the Area Agency on Aging.

Cindy Tabor is currently serving as the president for the PEAC. Cindy's fulltime position is District Ombudsman for the Pennyriple District, a role she has held for 10 years. She also sits on the three councils operating under the PEAC. She is housed in the Pennyriple Area Development District, Area Agency on Aging and Independent Living. She and her coworkers encounter opportunities to bring awareness to the community on the Elder Abuse topic through the Aging Disability Resource Center, ADRC, community events such as Senior Games, Nature Fest and Health Fairs. Cindy was also a strong contender in this year's virtual walk for World Elder Abuse Awareness Day.

Katherine Latham, who serves as the vice president of the PEAC, has been in the banking industry for 37+ years and many of her clients over the years have been of the older population. She has seen and dealt with situations that being a part of the PEAC has helped her to assist people in ways she would not have been aware of before getting involved in the Council. Helping older clients remain safe financially and independent in their own ability to manage their own accounts be it by in person or electronically is her ideal situation with the older client she works with. Katherine feels that not being in the health care industry adds to the Council as for information that may be needed for the persons not in the financial world to help someone in need find the proper answers.

Older Adults and Suicide Prevention

In 2019, 756 individuals ended their lives prematurely in the state of Kentucky. This an incidence rate of 16.5 per 100,000 individuals. Kentucky is currently above the average national incidence rate of 13.9 per 100,000 individuals. Over the past 20 years, suicides have steadily increased in the US. In 2019, 47,511 individuals died of suicide nationally (CDC, 2019).

The Substance Abuse and Mental Health Services Administration reports that approximately 12 million adults had serious thoughts of suicide in 2019. In 2020, the American Foundation for Suicide Prevention found that nearly 76% of communities did not meet the federal guidelines to have enough mental health providers to serve residents.

It is believed that by the year 2030, 20% of the US population will be over the age of 65. Although suicide attempts for this age group are lower, the completion rates are higher. This is thought to be a result of few warning signs and more deadly methods being chosen.

Taking all of those statistics into consideration, we need to refocus our attention to suicide prevention efforts. The following are the most frequently reported risk factors for elderly suicidal behavior according to "Psychosocial Suicide Prevention Interventions in the Elderly: A mini-review of the literature:" psychiatric illnesses (particularly affective disorders), recent loss, alcohol abuse, social isolation, perceived meaning of physical illness (pain, impact, global function), family discord, cognitive deficits and institutionalization.

Another key in suicide prevention is helping adults implement protective factors. The three top protective factors for suicide prevention are: appropriate care for mental and physical health problems, social connectedness and skills in coping and adapting to change.

Just like with forms of elder abuse, suicide is preventable. If you identify risk factors, you should try to help the adult access the appropriate services. In Kentucky, you can contact your local community mental health center (<https://dbhidid.ky.gov/cmhc/>), the National Suicide Prevention Lifeline at 1-800-273-8255 or text HOME to 741741 to speak anonymously with a crisis counselor. Any of these entities would be able to assist the adult in promoting protective factors.

"Isolation is a risk factor; connection is a protective factor." Dr. Patrick Arbore



Suicide Prevention Resource Center

[Click Here](#)

Reducing Loneliness and Social Isolation among Older Adults

[Click Here](#)



Online Trainings Suicide Prevention Resource Center Training Opportunities

[Register Here](#)

9/22/21 8:30-4:30pm
Assessing and Managing Suicide Risk (AMSR) - Presented by New Vista Academy
6.5 CEU credits (\$105.00)