



NATIONAL DEPRESSION SCREENING DAY

by Becky Schwantes-An, MSW, MA, PLCSW

Each year since 1991, [CommunityResponse](#) has sponsored [National Depression Screening Day](#) to raise awareness about depression and help people get treatment. This year, National Depression Screening day is October 07, 2010, and



it is used as a way to highlight efforts year-round to promote mental health screenings. NDS is the nation's oldest voluntary, community-based screening program that gives access to a validated screening

questionnaire and provides referral information for treatment. More than half a million people each year have been screened for depression.

To take a FREE screening on line, visit:

<https://www.mentalhealthscreening.org/screening/Welcome.aspx>

Pathways for Aging encourages health care providers, social workers, family members and anyone who knows an older adult to consider having them screened for depression. This can be done by their primary care physician, another health care provider, by the social workers at Pathways for Aging or by utilizing the online screening tool above.

Article continues on page 2

How We Can Help: Geriatric Care Management

Pathways for Aging provides case management that includes:

- Customized information** about community resources to meet the needs of your loved one
- Peace of mind** if you are separated by geography or a trip
- Someone to act as your eyes and ears** and troubleshoot a problem before it becomes a crisis
- A supportive advocate** with life-altering decisions impacting quality-of-life, such as medical & housing decisions
- Assistance** in managing paperwork, insurance claims and benefits
- Professional help** with strained family relationships & negotiating difficult decisions

PATHWAYS FOR AGING

6614 Clayton Road, #235

St. Louis, Missouri 63117

Telephone: 314-361-3530

Fax: 314-685-1047

www.pathwaysforaging.com
contactus@pathwaysforaging.com



DEPRESSION SCREENING FOR OLDER ADULTS *(continued from page 1)*

Depression costs the United States \$30 to \$50 billion in lost productivity and direct medical costs each year: individuals who are depressed miss work because of illness at twice the rate of the general population, and health service costs are 50 to 100 percent greater for depressed patients than for comparable patients without depression. The increased costs are not caused by specialty mental health care, but by higher medical utilization (*Greden J., "The Burden of Recurrent Depression: Causes, Consequences, and Future Prospects," Journal Clinical Psychiatry, 2001*).

The most effective evidence-based treatment for moderate to severe depression is a combination of pharmacotherapy and psychotherapy, like the counseling provided by Pathways for Aging, according to the definitive 2000 study (*Agency for Health Care Policy and Research, the Veterans Health Administration/ Department of Defense, and the American Psychiatric Association*). If you know an older or disabled adult or caregiver who is experiencing several of the symptoms listed in the box at the right, please contact Pathways for Aging to have a licensed therapist visit them in their home or senior housing facility. Our greatest goal is that older adults are able to thrive and have good quality of life, but we need help identifying St. Louis older adults living with a mental health issue.

To refer someone for in-home or in-facility counseling, please call us 314.361.3530.

COMMON SYMPTOMS OF DEPRESSION

It is important to know and recognize these Common Symptoms of Depression from the National Institute of Mental Health:



- **Persistent feelings of sadness, anxiety or emptiness**
- **Decreased energy and fatigue**
- **Loss of interest in activities once enjoyed**
- **Feelings of hopelessness or pessimism**
- **Difficulty concentrating or making decisions**
- **Insomnia, recurrent awakening, nightmares, or oversleeping**
- **Marked change in appetite**
- **Feelings of guilt or worthlessness**
- **Recurrent thoughts of or obsession with death or suicide**
- **Restlessness or irritability**
- **Persistent physical ailments which do not respond to treatment**

Symptoms in older adults may differ somewhat from symptoms in other populations. Depression in older people may also be characterized by:

- **Memory Problems**
- **Confusion**
- **Social Withdrawal**
- **Loss of Appetite**
- **Inability to Sleep**
- **Irritability**

(Symptoms in Older adults from National Alliance for the Mentally Ill)



PATHWAYS FOR AGING NEWSLETTER

DENISE JOHNSON, MSW, LCSW JOINS THE STAFF OF PATHWAYS FOR AGING



Denise Johnson, MSW, LCSW is the newest member of our staff bringing a breadth of experience and wisdom to our agency and the people she serves. She joined us in July 2010 after more than seventeen years as a professional social worker. Denise holds two degrees in social work: her masters from St. Louis University and her bachelors from Southwest Missouri State University. Most recently, Denise has been working as a Medical Social Worker with a St. Louis area hospice where she provides support, counseling and resources for families and terminally ill patients. In the past, Denise has served as the Director of Social Services and Social Worker at several nursing facilities. She has experience leading Alzheimer's support groups and also providing job training and skills to individuals with mental illness. Denise is a licensed clinical social worker in the state of Missouri and also serves as an ambassador for the Alzheimer's Association.

For more information about all of our social workers, visit www.pathwaysforaging.com/about

TIDBITS ABOUT OUR SOCIAL WORKERS

All of the social workers at Pathways for Aging have earned a Master's degree in social work and are licensed and monitored by the [State of Missouri](http://www.sos.mo.gov). The LCSW behind most of our social worker's names stands for Licensed Clinical Social Worker. In order to become an LCSW, a person must first obtain a Bachelor's Degree and then a Master's Degree in Social Work. After achieving the Master's Degree, a social worker must take the national ASWB clinical social work license exam AND work under the supervision of a licensed and experienced clinical social worker for at least 3,000 hours over two years. If a person has passed their exam and is working to complete their 3,000 hours of supervised practice, they become a Licensed Master Social Worker, referred to as an LMSW. Social Workers with the LMSW are held to the same standards as those with an LCSW, and they must complete the same requirements while also completing their 3,000 hours of supervised practice. All LCSWs and LMSWs must complete 15 units of continuing education each year and maintain their license in good standing.



To learn more about the social work profession and the wide variety of services that social workers provide, visit: www.helpstartshere.org



RECENT POSTS ON THE PATHWAYS FOR AGING FACEBOOK PAGE

BUILDING HOMES TO AGE IN : NPR

As Americans live longer than ever, some will find it difficult to stay in their beloved homes: Steep stairs or a slippery shower can pose dangers, and standard houses are not wheelchair accessible. One solution? With 78 million baby boomers about to hit retirement age, some say the time is ripe to overhaul the way homes are designed.

CHRONIC PAIN: A NEW TREATMENT - PAIN MANAGEMENT AND PAIN DIAGNOSIS

Chronic pain is pain that persists for months and years, and it can be a complicated and frustrating condition. Those who struggle with pain know that medical treatments have limited use in helping to manage it. Although pain had traditionally been treated as a physical problem, we now know that psychological and environmental conditions influence the experience of pain.

FEED ME BUBBE Begun as a YouTube show called "Feed Me Bubbe," this webpage and blog stars a great example of positive aging, Bubbe (the Yiddish word for Grandmother) and her grandson cooking traditional Jewish foods. Bubbe has become popular around the world, especially with younger generations who have lost their mothers and grandmothers and are reminded of their loved ones through Bubbe's food and charm.

PATHWAYS FOR AGING ON FACEBOOK!

Join Pathways for Aging on the internet's largest social networking site! The Pathways for Aging page provides information on mental health, support for older adults, caregiver needs, links to articles and stories, and a discussion board about issues important to you.

[Click here to join now:](#)



How We Can Help: Therapy & Counseling

Many **older adults** find the changes and losses they experience difficult to cope with, especially if they transition to new living arrangements. Therapists serve as supportive listeners who work with individuals to navigate their new roles and the emotions that come with these transitions. Counseling addresses a variety of concerns and symptoms, always respecting the unique needs of each person.

Therapists help **caregivers** work through their own emotions so that they have the energy and ability to care for their loved ones. **Private Insurance or Employee Benefit Programs may help cover the cost of caregiver counseling.**

We also provide all services on site in the client's home or facility so transportation is never a problem. **For those with Medicare and a Part B supplement, therapy often has no cost or a small co-payment.** Pathways for Aging is able to bill Medicare and other insurance providers directly.



Free Presentation

When Mom Starts Aging: A Proven Recipe to Enhance your Mother-Daughter Bond

Presented by: Jeannie Krause-Taylor,
MSW, LCSW, C-ASWC



THURSDAY, NOVEMBER 11

6:30 p.m. — 8 p.m

Sunrise Assisted Living in Chesterfield
1880 Clarkson Road

To reserve a seat, call **314-361-3530**
or email us at contactus@pathwayforaging.com
Please R.S.V.P by November 8

Join us for this FREE Community Education Presentation as we explore one of the most complex relationships in families. The mother-daughter bond may be strained as the adult daughter becomes the caregiver to the woman

who has cared for her. Pathways for Aging founder and director provides helpful “recipes” and techniques to help navigate through the complexities of this changing relationship. *Those who attend this community presentation will be entered into a drawing for FREE attendance to the Workshop below.*



Highlights from the Workshop

- Proven recipes and humorous insight for enhancing your Mother-Daughter bond
- Learn practical techniques for developing insight, empathy and respect for each other
- Collect valuable tips for stress management and support systems
- A special free gift: Mother-Daughter Recipe Toolkit

WORKSHOP & LUNCHEON RECIPES TO STRENGTHEN & SWEETEN YOUR MOTHER-DAUGHTER BOND

Presented by: Jeannie Krause-Taylor

SATURDAY, NOVEMBER 20

9 a.m. to 1 p.m.

Sunrise Assisted Living in Chesterfield
1880 Clarkson Road

REGISTRATION INCLUDES LUNCH

Early Registration Discount by November 15:

\$25 per person or \$40 per pair

(e.g. Mother & Daughter, Sisters, Friends).

After Nov. 15: \$30 per person or \$50 per pair.

Professional Courtesy: Any client you refer to this workshop can register at \$5 off.

To reserve a seat, call **314-361-3530**

or email us at contactus@pathwayforaging.com



WEBSITE TIP OF THE MONTH



The Alzheimer's Reading Room

www.alzheimersreadingroom.com

The Alzheimer's Reading Room has clear, concise, usable news, research, insight and advice for the entire Alzheimer's community. The website focuses on those suffering from Alzheimer's disease and Dementia, Alzheimer's caregivers, and the art of Alzheimer's caregiving. 100 Million people have been touched by Alzheimer's disease, and 35 million are worried about Alzheimer's.

The Alzheimer's Reading Room website tackles real world problems and offers solutions to issues like: driving, bad or mean spirited behavior, effective communication, wandering, urinary tract infections, incontinence, cleanliness, patient symptoms, anxiety, caregiver loneliness, nursing homes, hospice, treatment, medications, and what to expect as the disease progresses.

The website discusses issues that are important to Alzheimer's caregivers. The writers provide specific insight, advice, and solutions based on real life experiences as caregivers and family members. They also have a growing number of Alzheimer's professionals that share their advice, knowledge, and real world solutions to problems.

www.alzheimersreadingroom.com

THE SOCIAL WORKERS OF PATHWAYS FOR AGING

Jeannie Krause-Taylor, MSW, LCSW, C-ASWCM

Kristin Draeger, MSW, BSN, LCSW

Yvonne Fallert, MSW, LCSW, ACSW

Ann Fitter, MSW, LCSW

Denise Johnson, MSW, LCSW

Becky Schwantes-An, MSW, MA, LMSW

Visit our website for more information about our staff: www.pathwaysforaging.com

PLEASE CONTACT US

Call or [email](mailto:contactus@pathwaysforaging.com) us today if you, a friend, family member, neighbor, or client needs help with an older adult. We can also help caregivers with decision-making, support, ideas or professional counseling. Visit our [website](http://www.pathwaysforaging.com) to [learn more about all of our social workers](#), detailed information about our services and to read about current issues of aging, mental health, and therapy on our [Pathways for Aging Blog](http://www.pathwaysforaging.com).

PATHWAYS FOR AGING

6614 Clayton Road, #235

St. Louis, Missouri 63117

Telephone: 314-361-3530

Fax: 314-685-1047

www.pathwaysforaging.com

contactus@pathwaysforaging.com