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HEALTHY AGING MONTH

Stay Fit, Stay Healthy,
Stay Adventurous, Stay Connected

The annual observance month focuses national attention on the positive aspects of growing older, particularly among adults ages 45-plus. The mission is to encourage everyone to take personal responsibility for their health.

Carolyn Worthington, publisher of the Healthy Aging multi-media platform and president of the non-profit Educational Television Network, Inc. created the observance month in 1992 with the goal to “draw attention to the positive sides of growing older” and chose September because many people feel they can “get started” more easily then.

After three decades, Worthington sees that the national interest in continuing healthy lifestyles well into older ages has never been stronger. It’s never too late to strive for a healthier lifestyle, and September is the perfect time to make a plan. Recapture that “back to school” feeling with a personal commitment to renew yourself and to improve yourself physically, socially, and mentally.

Source: <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month-celebrates-30-years/>

this month

September 21
World Alzheimer’s Day

September 23
International Day of Sign Language

National Suicide Prevention Awareness Month
National Guide Dog Month
World Alzheimer’s Month



Promote National Suicide Prevention Month

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month.

National Suicide Prevention Month

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Suicide Prevention Week

Monday through Sunday surrounding World Suicide Prevention Day is National Suicide Prevention Week. It's a time to share resources and stories, as well as promote suicide prevention awareness.

World Suicide Prevention Day

September 10th is World Suicide Prevention Day. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

#BeThe1To

#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide: Ask, Be There, Keep Them Safe, Help Them Stay Connected, Follow Up, and Learn More. Share #BeThe1To's 5 action steps, as well as resources, tips and messages throughout National Suicide Prevention Month and beyond to help spread the word about suicide prevention and show how we can all take action and make an impact in someone's life. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope. Learn more at <https://www.bethe1to.com>.

Answer the Call

The Lifeline's network of over 200 crisis centers has been in operation since 2005, and has been proven to be effective. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

These centers are looking to bring on new volunteers and paid employees. You will receive training, so if you are a caring person who wants to help those in crisis, apply today. Find your opportunity at samhsa.gov/988-jobs.

Source: <https://988lifeline.org/promote-national-suicide-prevention-month/>

988 SUICIDE & CRISIS
LIFELINE

**The National Suicide
Prevention Lifeline is now:
988 Suicide and Crisis Lifeline.**

988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.)

TTY users can use their preferred relay service or dial 711 then 988. People who have hearing loss can also use the online chat feature at <https://988lifeline.org/>.

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Source: <https://988lifeline.org/>

Aging and Health Medication Management



You can take steps to lower your chances of overmedication and negative reactions to medicines. Keep the following tips in mind for safe medication use. Always ask your healthcare provider or pharmacist if you have any questions about your medications.

Make a List

Keep a list of all the medications you take including prescriptions, over-the-counter medications, herbal remedies, vitamins and other supplements, and creams and ointments. Write down the doses and what they are for. Bring the list with you whenever you see a healthcare professional. You can also write down any questions you have about your medicines, so you don't have to try to remember during the short time you have with your provider.

Review Regularly

Go over your medication list and questions with your healthcare provider, especially after you've been in the hospital or seen by another provider.

Watch for Side Effects

Ask about possible side effects your medications can cause, and watch for them. If you suspect a reaction to a medication, or if you think a medication is not working, tell your healthcare provider as soon as possible.

OTC Medications

Over-the-counter (OTC) medications are sold at pharmacies, grocery stores, gas stations, or discount stores. You can buy these medicines on your own without a prescription or direction. However, just because you can buy these medications without a prescription, doesn't mean that they are safer or have fewer side effects than a prescription medication. Some OTC medications can make your condition worse, cause side effects, or may interact with another medicine you may be taking.

Source: <https://www.healthinaging.org/medications-older-adults/what-older-adults-can-do-manage-medications>



National Guide Dog Month is held in September every year. It is a month-long celebration set apart to honor the work of guide dogs and raise awareness, appreciation, and support for guide dog schools across the U.S. Guide dogs go through rigorous training from an early age to help those with sensory issues such as blindness and provide added mobility and independence for those who might not have otherwise had such freedoms. In the month of September, a drive is held to collect funds that go towards funding non-profit guide dog organizations accredited by the International Guide Dog Federation.

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A guide dog will disobey its owner's commands if it sees a hazard that its owner did not.

The most popular breeds are Labradors, Golden Retrievers, and German Shepherds.

Guide dog names are chosen carefully and have one to two syllables for fast communication.

Guide dogs retire after about eight to 10 years of working.

Only about 75% of dogs complete the rigorous training.

Activities

- **Reward your pooch.** Spoil your furry friend and celebrate with some treats and dog toys.
- **Give financially.** Donate to a guide-dog training facility.
- **Throw a dog playdate.** Host a party for other dog owners to celebrate. It is a great opportunity to hang out with your fellow 'dog people.'

Source: <https://nationaltoday.com/national-guide-dog-month/>



The Arc of Laramie County Presents
Color Me Autumn
Fall Fling
September 17, 5:00 - 9:00 PM
Terry Bison Ranch Resort

The 2022 Fall Fling returns to the Terry Bison Ranch on Saturday, Sept 17th, 2022 from 5-9pm for a semi-formal event with dinner, dancing, raffles, awards and lots of fun!

Cost is \$10 for Arc Members and \$15 for Non-Members. Everyone must have a ticket to attend. A limited number of tickets are available while supplies last and can be purchased by calling the Arc at 307-632-1209, or online at <https://givebutter.com/fallfling2022>.

Source: <https://www.arcoflaramiecounty.org>

Laramie County Senior Activity Center
Presents

2nd Annual
Age Well Conference


September 29, 2022
Registration: 8:30a.m.
Conference: 9:00a.m.—3:15p.m.
Blue Federal Credit Union Headquarters

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This event will bring together senior citizens, advocates, and professionals to learn, share, and discuss the latest on aging issues, research, and innovation. Attendees will hear from 10 speakers throughout the day and will have access to displays of information at a vendor resource faire.

Attendees may leave for lunch, bring their own lunch, or purchase lunch at the event for \$8.

Admission to the public is **free**.



Alzheimer's Month

This year's theme, *Know Dementia, Know Alzheimer's*, focuses on post-diagnosis support. Following recent developments and potential breakthroughs, in both dementia treatment and support, the campaign will aim to highlight the importance of support for people living with dementia and their families following a diagnosis. In seeking out information, advice and support, especially following a diagnosis, people are better able to prepare, to plan and to adapt. If you are concerned about the warning signs of dementia or Alzheimer's disease, talk to your doctor. For more information or guidance on where to start, visit the Alzheimer's Association website at <https://www.alz.org/>.

Source: <https://www.alzint.org/get-involved/world-alzheimers-month/>

The *International Day of Sign Languages* on September 23rd highlights the unity generated by sign languages. Deaf communities, governments and organizations continue their collective efforts to foster, promote and recognize national sign languages as part of their countries' vibrant and diverse linguistic landscapes. The promotion and protection of the linguistic and cultural identities of all deaf people and national sign languages users can only be achieved through partnership and unity. We celebrate the collective efforts to recognize and promote the different national sign languages around the world. Together we sign onto a declaration of support for sign languages as an essential human right for deaf people, and sign for human rights!

Source: <https://wfdeaf.org/iwdeaf2022/>

Sign Languages Day



MISSION STATEMENT

To establish,
expand, protect,
and enforce the
human and civil
rights of persons
with disabilities
through administrative,
legal, and other
appropriate remedies.

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