# In the Mood >:

A Newsletter of the Fuqua Center for Late-Life Depression of Emory University

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# Internet Use May Improve the Minds of Older Americans. Fact or Fiction?

RESEARCHERS AT UCLA FOUND THE BRAIN TO BE STIMULATED BY WEB SEARCHING. Whether it is the novelty of internet use or the actual task at hand is yet to be evaluated. According to Gary Small, MD, "the study confirms what research suggests: that the brain is plastic, and by stimulating it with complex or new activities, it functions better and longer." Any activity which stimulates thinking will preserve brain functioning. Just like your muscles,

if you don't exercise your brain it will atrophy.

Older adults need to stay involved and active both physically and mentally.

The lesson learned here is an old one in understanding how the brain functions as we age — "use or lose it" is the common phrase. Any activity which stimulates thinking will preserve brain functioning.



#### SYMPTOMS OF DEPRESSION

- :-( Feeling sad or numb
- :-( No interest or pleasure in things you used to enjoy
- :-( Crying easily or for no reason
- :-( Feeling slowed down or feeling restless and irritable
- :-( Feeling worthless or guilty
- :-( Change in appetite; unintended change in weight
- :-( Trouble recalling things, concentrating or making decisions
- :-( Headaches, backaches or digestive problems
- :-( Problems sleeping, or wanting to sleep all of the time
- :-( Feeling tired all of the time
- :-( Thoughts about death or suicide

#### Who to call



Call 1-877-498-0096 to reach Emory Health Connection & general information about the Fuqua Center or Michele Miles at (404) 728-6948 for specific requests.

For new patient appointments, call (404) 728-6302.

For telemedicine appointments, call 1-866-754-4325.

For community clinical sites, call (404)728-6380.

For information on community education or training, call Nancie Vito at (404)728-4558.

For information on our support group and the peer support program call Michele Miles at (404) 728-6948.

For opportunities to participate in research studies, call Sinead Quinn at (404)728-6957.

For information about **Transitions Senior** Program, a day treatment program, contact Ed Lawrence at (404) 728-4776.

To be added to our newsletter mailing list, call 404-728-6948 or email your name and address to fuguacenter@emory.edu

### Life Transitions Don't Have to Remain Puzzling with "Families in Transition"

"Families in Transition" is

for family and friends of older

adults who are experiencing

physical or mental illness.

At Wesley Woods, we are aware of the many areas of life affected by the aging process. Physical and emotional changes impact everyone in our social network, friends and family. There exists a forum where members of our community

are finding help handling changes.

It is a group for those dealing with memory loss of a loved one and the role changing that occurs. The group is both supportive and educational facilitated by a case

manager at Wesley Woods. Meeting two Tuesday's a month (the first and third), participants find camaraderie in negotiating common hurdles.

Pat Rich, LPC NCC, created educational topics for each month. One recent session's discussion was about the rewards and challenges of being care giver; another's was the stress of long

distance care giving. The care receivers also participate and talk about managing physical and cognitive changes. "Aging at home" and relocation are themes that have dominated conversations. Very often a valuable resource is

> sitting in the same room. Pat Rich and two other professionals provide individual counseling, group therapy and case management.

Whether you are a caregiver needing

emotional support or a family member making decisions for a loved one, there is someone in the group with experience and hope to share.

Join us. We warmly welcome you. We meet the first and third Tuesday of every month from 6:30 - 7:30 pm at 52 Executive Park South, Suite 5200, Atlanta, GA. For more information, please call 404-728-6975.

### Heroes in the Fight Award Goes to the Fuqua Center's Treatment Team

Mental Health America Georgia and partnering organizations awarded the Fuqua Center's Treatment Team the "Heroes in the Fight" award. This award was established to celebrate dignity, hope and recovery in mental health treatment. The Center was anonymously nominated to be recognized for providing innovative mental health care through partnerships with a wide variety of community organizations.

#### Meet our New Team Members

SONJA SANDERS joined the Division of Geriatric Psychiatry in June 2008 in the role of Manager of Clinic Operations. She has been with Emory Healthcare over twelve years.

MICHELE MILES joined the Fugua Center in June 2008. She holds a Masters Degree in Social Work Administration. As the Fugua Center Administrative Manager, she will bring her organizational skills to a community integrative program working with a senior population.

ERICA COOK has joined the team as a Medical Coder. Erica has been in medical coding for eight years before joining Emory Healthcare in September 2008.



#### Georgia Cares

GeorgiaCares is a unit of Georgia's State Health Insurance Assistance Program (SHIP) and provides counseling and information about Medicare, Medicaid, prescription assistance, Medicare savings programs, long-term health insurance and other health insurance related issues. GeorgiaCares' focus is to educate Medicare beneficiaries and their caregivers about the many options available to people with Medicare. The GeorgiaCares program also serves to partner with organizations and agencies who serve people with Medicare to help provide outreach to Medicare beneficiaries and train professionals who have contact with them and their families. Georgia Cares also educates and counsels seniors and their caregivers to recognize, prevent and report fraudulent Medicare and Medicaid activities GeorgiaCares can be reached at 1-800-669-8387.

## Mental Health Parity Approved for Medicare Recipients

On July 15 of this year, both houses of Congress voted to ensure mental health parity. Their doing so places mental health services on more equal footing with general health care with Medicare and health insurance practices.

By phasing down the higher coinsurance rate for mental health services by 2014, this bill ends Medicare's discriminatory treatment of people who need mental health care. In addition, by decreasing the coinsurance rate to be equal to that of all other medical services, the bill provides increased access to mental health services and medications.

# The Fuqua Center website offers health information and resources about depression.

Log on to http://fuqua.emoryhealthcare.org to learn more.

- Find out about recent news and up-to-date research on mental health and aging
- Learn about treatment options for depression
- Discover upcoming events
- Find health care providers in your area





### Research Participation Opportunities

For more information on any of the research opportunites listed, please contact Sinéad Quinn at (404) 728-6957 The Department of Psychiatry at Wesley Woods is partnering with researchers at Duke University and the University of Mississippi to study the link between structural and biological causes of depression. Interested subjects must have no major psychiatric disorder, past or present, other than depression and must agree to have an autopsy upon death.

The Department of Psychiatry at Wesley Woods is conducting a study using Magnetic Resonance Imaging (MRI) to study Major

Depression in older adults. We need volunteers with and without depression who are at least 50 years old, currently experiencing an episode of depression or have no history of depression, no other major mental illness, generally healthy (OK to have medical conditions that are under control), no history of neurological disease (such as Parkinson Disease, dementia, epilepsy or stroke) and are willing to have an MRI scan of the head. Participants will receive up to \$100 to compensate for their time participating in the study.

#### EMORY HEALTHCARE

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http://www.emoryhealthcare.org/departments/fuqua/

