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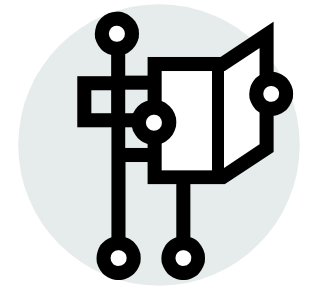
*A Branch of the American Association for  
Adult Development and a Division of the  
Alabama Counseling Association*

**Upcoming events**

- 03/11–15/2015 ACA Annual  
Conference, Orlando, FL

**Winter 2015  
Volume 4 Issue 1**

Mark Your Calendar



**Mailing Address:**

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### President's Message

Linda Frederick, M.A., L.P.C.-CS

We had a good turn out for the Content Sessions that we sponsored and co-sponsored. Additionally, we distributed over 250 National Institute of Health brochures on issues relating to our mission and met up with both old and new friends.

We are hoping to schedule a workshop with ALASGW sometime in the spring following a Program Committee meeting next month. We welcome any suggestions that you might have in terms of topics, location or dates that might fit your schedule best.

Ballots will be sent out for electing officers who will serve in the 2015-2016 year. If you are interested in being nominated, please contact me at [lfrederick2041@charter.net](mailto:lfrederick2041@charter.net). We look forward to working with Kristine Ramsay as our President who's term will begin in May 2015.

The American Association for Adult Development and Aging is holding a Summer Conference in New York on August 6-7, 2015. We encourage you to consider attending as there are many exciting presentations being planned.



Sincerely,  
Linda Frederick, M.A., L.P.C.- CS



### Sleep Hygiene cont:

8. **Cut down on all caffeine products.** Caffeinated beverages and foods (coffee, tea, cola, chocolate) can cause difficulty falling asleep, awakenings during the night, and shallow sleep. Even caffeine early in the day can disrupt nighttime sleep for some people.

9. **Avoid alcohol, especially in the evening.** Although alcohol helps tense people fall asleep more easily, it causes awakenings later in the night.

10. **Smoking may disturb sleep.** Nicotine is a stimulant. Try not to smoke during the night when you have trouble sleeping.

11. **Don't take your problems to bed.** Plan some time earlier in the evening for working on your problems or planning the next day's activities. Worrying may interfere with initiating sleep and produce shallow sleep.

12. **Train yourself to use the bedroom only for sleeping and sexual activity.** This will help condition your brain to see bed as the place for sleeping. Do *not* read, watch TV, or eat in bed.

13. **Do not try to fall asleep.** This only makes the problem worse. Instead, turn on the light, leave the bedroom, and do something different such as reading a book. Don't engage in stimulating activity. Return to bed only when you are sleepy.

14. **Put the clock under the bed or turn it so that you can't see it.** Clock watching may lead to frustration, anger, and worry, which interfere with sleep.

15. **Avoid naps.** Staying awake during the day helps you to fall asleep at night.

Submitted by Mary Morris-Billings, M.S., L.P.C.

## Sleep Hygiene



1. **Sleep only as much as you need to feel refreshed during the following day.** Restricting your time in bed helps to consolidate and deepen your sleep. Routinely spending an excessively long time in bed leads to fragmented and shallow sleep. Get up at your regular time the next day, no matter how little you slept.
2. **Get up at the same time each day, 7 days a week.** A regular wake time in the morning leads to regular times of sleep onset, and helps to set your "biological clock."
3. **Exercise regularly.** Exercise makes it easier to initiate sleep and it helps to deepen sleep. Schedule exercise times so that they do not occur within 3 hours of when you intend to go to bed.
4. **Make sure your bedroom is comfortable and free from disturbing light and noise.** A comfortable, noise-free sleep environment will reduce the likelihood that you will wake up during the night. Noise that does not awaken you may also disturb the quality of your sleep. Carpeting, insulated curtains, and closing the door may help. Background white noise may block out other potentially disturbing noises.
5. **Make sure that your bedroom is at a comfortable temperature during the night.** Excessively warm or cold sleep environments may disturb sleep.
6. **Eat regular meals and do not go to bed hungry.** Hunger may disturb sleep. A light snack at bedtime (especially carbohydrates) may help sleep, but avoid greasy or "heavy" foods.
7. **Avoid excessive liquids in the evening.** Reducing liquid intake will minimize the need for nighttime trips to the bathroom.

## ALAADA's Mission

- ◆ Provide leadership, advice, and counsel to counselors and service providers, family members, legislators, and other community agencies and persons on matters related to the development of adults across the life span.
- ◆ Serve as an advocate for quality professional services related to adult development and aging.
- ◆ Promote accurate information regarding the aging process to individuals, families, and caregivers.



### 2015 ALAADA Executive board members:

President	Linda Frederick
Past President	Shirley Johnson
President Elect	Kristine Ramsay
Secretary	Dr. Jeane Lee
Treasurer	Dr. M. Carolyn Thomas
Historian	Denise Whittle Smith
Newsletter Editor	Mary Morris Billings
Member at large	Vacant



Submitted by Dr. Jeane B. Lee

**GERONTOLOGY: study of the aged**

- 70% Of psychologists have older adults as clients
- 3% (only) have had geropsychological training

(2002 SURVEY PUBLISHED IN *PROFESSIONAL PSYCHOLOGY: RESEARCH AND PRACTICE* (VOL. 33, NO. 5)

**Geropsychology includes dealing with:**

- Bereavement
- Chronic illness
- Cognitive impairment
- Effect of medication on psychological well-being

**Yes, 5 people born in the 1800s are still with us**

Source: Matthew Diebel, USATODAY

January 21, 2015



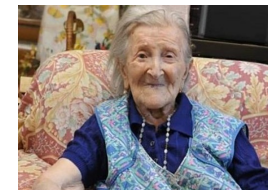
**Name: JERALEAN TALLEY**  
**Country of residence: United States**  
**Birthday: May 23, 1899**

Jeralean Talley of Inkster, Mich., a suburb of Detroit, Michigan



**Name: SUSANNAH MUSHATT JONES**  
**Country of residence: United States**  
**Birthday: July 6, 1899**

Born in Alabama, the third-oldest of 11 children of sharecroppers



**Name: EMMA MORANO**  
**Country of residence: Italy**  
**Birthday: November 29, 1899**

Europe's oldest living person. Incredibly, she still lives on her own in northern Italy and takes care of herself and her house independently.



## Yes, 5 people born in the 1800s are still with us

Source: Matthew Diebel, USATODAY  
January 21, 2015



**Name: MISAO OKAWA,**  
**Country of residence: Japan**  
**Birthday: March 5, 1898**

The oldest person in the world hails from Japan.



**Name: GERTRUDE WEAVER**  
**Country of residence: United States**  
**Birthday: July 4, 1898**

The second-oldest person in the world also is America's oldest person. The daughter of sharecroppers who witnessed the Civil War, Gertrude Weaver was born in southwest Arkansas.

We are living longer. What are the needs of our seniors? How can we as counseling professionals learn to better address “developmental needs “ across the lifespan. Please think about our division, our profession, and the clients we desire to serve. Contribute to this newsletter. Share the ways in which you make a difference in the lives of your clients utilizing your counseling skills and resources.

Send submissions to Mary Morris-Billings, M.S., L.P.C. at:  
[Mary.morris-billings@comcast.net](mailto:Mary.morris-billings@comcast.net)

## Children Learn What They Live

If children live with criticism,  
they learn to condemn.  
If children live with hostility,  
they learn to fight.  
If children live with fear,  
they learn to be apprehensive.  
If children live with pity,  
they learn to feel sorry for themselves.  
If children live with ridicule,  
they learn to be shy.  
If children live with jealousy,  
they learn what envy is.  
If children live with shame,  
they learn to feel guilty.  
If children live with encouragement,  
they learn to be confident.  
If children live with tolerance,  
they learn to be patient.  
If children live with praise,  
they learn to be appreciative.  
If children live with acceptance,  
they learn to love.  
If children live with approval,  
they learn to like themselves.  
If children live with recognition,  
they learn that it is good to have a goal.  
If children live with sharing,  
they learn about generosity.  
If children live with honesty and fairness,  
they learn what truth and justice are.  
If children live with security,  
they learn to have faith in themselves  
And in those about them.  
If children live with friendliness,  
they learn that the world is a nice place in which to live  
If you live with serenity,  
your child will live with peace of mind.

Article Review by Linda Fredrick

# Counseling Today

The January 2015 edition of "Counseling Today" contains an article by Laurie Meyers on Confronting Loneliness in an age of Constant Connection. She points out that loneliness is not limited to the elderly but is also reported among a significant number of individuals under the age of 18. Additionally, she notes studies that link loneliness with increased risk of serious health problems.

She also refers to reports from many counselors who have seen an increase in the number of persons seeking services due to feeling "disconnected" and lonely. Many of those counselors reported that people seem to be relying on electronic communications rather than engaging in personal interactions. One counselor even lamented the decline of people sitting on their front porches greeting people passing by.

## Obituary of Dr. Jane E. Myers



Dr. Jane E. Myers, internationally renowned scholar and leader in professional counseling for over 45 years died at her home in Lexington, NC on December 23, 2014 after a months long illness. Dr. Myers retired from the University of North Carolina—Greensboro Department of Counseling and Educational Development after 24 years of distinguished service.

She previously taught on the counseling faculty for Florida State, the University of Florida, and Ohio University. She also recently retired as Executive Director of Chi Sigma Iota Counseling Academic and Professional Honor Society International, the third largest counseling membership organization in the world.

Her work on gerontological counseling made an everlasting positive change on the field. An avid gardener, wellness advocate, private pilot, friend to nature, and outstanding counselor and mentor, she lived her favorite Gandhi quote: "Be the change you wish to see in the world."

Submitted by Kristine Ramsay