

## Attend the Business of Aging for a dynamic discussion on mental health and older adults



St. Mary's annual Business of Aging event is a free, virtual discussion where leaders from around the country come together to explore the most pressing issues facing America's aging population and the organizations and people who serve them. This year's event will focus on mental health issues faced by America's seniors.

Older adults around the country are battling rises in substance abuse, increased isolation, and other personal and emotional challenges. To understand the scope of the issue, consider these statistics from the World Health Organization:

- More than 20% of adults aged 60+ suffer from a mental or neurological disorder.
- The most common mental and neurological disorders in adults 60+ are dementia and depression, which affect approximately 5% and 7% of the world's older adults, respectively.
- Anxiety disorders affect 3.8% of the older population.
- Substance use problems affect almost 1% of older adults.
- Around a quarter of deaths resulting from self-harm are among people 60+

St. Mary Development sees similar statistics with its older residents, 20% of whom self-report mental health or substance abuse struggles. We invite you to the Business of Aging to learn more about the issues older adults are facing and how organizations and leaders can help build supportive solutions and advocate for change. Register for free at [StMaryDevelopment.org](http://StMaryDevelopment.org).

## Meet the 2023 Business of Aging Keynote Speaker and Panelists

St. Mary is thrilled to announce our full line-up of speakers and panelists for the 2023 Business of Aging. Learn more about the four leaders in mental health who are joining us on Thursday, October 5 at 11:00 a.m. ET and register for the Business of Aging for free today at [StMaryDevelopment.org](http://StMaryDevelopment.org).

### Keynote Speaker: *Eleanor Feldman Barbera, PhD*

Eleanor Feldman Barbera, PhD, is a licensed psychologist and long-term care industry expert. She combines her training and decades of experience to provide innovative solutions to problems affecting cost and quality of care. Dr. El, as she's commonly known, speaks

internationally on aging and mental health, is the author of *The Savvy Resident's Guide*, and is an expert media resource for publications such as *The Washington Post*, *Kaiser Health News*, and *AARP*.



Her keynote address will focus on:

- Aging and ageism in the U.S., and issues with insufficient support systems and lack of youth engagement in eldercare
- The physical impacts of mental health problems on older people, including substance abuse as a family disease
- The experiences of older adults in treatment centers and the importance of treatment and prevention as the country's aging population increases

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### Help Support Our Mission

St. Mary Development Corporation is a faith-based non-profit organization called by God to improve the quality of life for seniors. We create sustainable, affordable housing for those in need, and connect seniors to healthcare and other services. We work toward the day when all seniors — especially the economically disadvantaged — have a decent, affordable place to live and access to services. We are interested in creative ideas and opportunities for older people in our communities. Do you want to build a partnership with us? If so, please reach out to:

#### President:

Tim Bete  
P: 937-277-8149 ext. 210  
Email: [tbete@smdcd.org](mailto:tbete@smdcd.org)

#### Senior VP & COO:

Natalynne Baker, CHW, OCPS  
P: 937-277-8149 ext. 213  
Email: [nbaker@smdcd.org](mailto:nbaker@smdcd.org)

#### Make a gift:

We depend on donors like you to help our low-income seniors continue to live independently. Your donation supports our St. Mary Connect program of service coordination. St. Mary Development Corporation is a 501(c)(3) non-profit organization; your charitable donation is tax-deductible to the extent allowed by law.

#### Please make checks payable to:

St. Mary Development Corporation  
2160 E. Fifth Street  
Dayton, OH 45403

#### Make a secure online donation at:

[www.StMaryDevelopment.org](http://www.StMaryDevelopment.org)

## Meet the 2023 Business of Aging Keynote Speaker and Panelists

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#### Panelist:

### **Loren Anthes**

Loren Anthes is the Head of Policy and Programs at Yuvo Health, a risk-bearing physician enablement company that builds value-based care capacity at federally qualified health centers. Anthes also serves as a Visiting Fellow, Value-Based Healthcare at the Center for Community Solutions where he recently served as the William C. and Elizabeth M. Treuhaff Chair in Health Planning and led Community Solutions' Center for Medicaid Policy. He holds board and committee positions with the May Dugan Center, Magnolia Clubhouse, and Better Health Partnership, and is a lecturer at Ohio University's Heritage College of Osteopathic Medicine.



#### Panelist:

### **Valerie Leach, OCPS**

Valerie Leach is an Assistant Chief with the Ohio Department of Mental Health & Addiction Services, Office of Prevention. She currently leads and facilitates the advancement of behavioral health prevention and early intervention services and supports utilizing a public health approach related to substance abuse, suicide, depression/anxiety, and youth empowerment for the State of Ohio. Leach has been working in the behavior health field for more than 20 years and has experience

providing services to individuals with co-occurring substance use and mental health disorders.



#### Panelist:

### **Steve Swedlund, MD**

Steve Swedlund, MD, is the former Program Director of Geriatric Fellowship at the Wright State University Boonshoft School of Medicine. Prior to his position as Program Director, for 15 years, Steve worked in family practices in the Midwest and served as Assistant Medical Director of Miami Valley Hospital Family Practice Residency. He is a member of the American Geriatrics Society. Recently retired, Dr. Swedlund will join our panel to lend his experience in geriatrics to our discussion.



## Preview of one of the *Hope!* podcasts on St. Mary's website



Meet Ruth Maxwell, one of St. Mary's residents featured in *Hope!* and one of the residents interviewed in St. Mary's podcast. Like many of St. Mary's residents, Ruth's story is one of perseverance and faith.

Ruth comes from a family that valued hard work — and had to in order to survive. Ruth, her father, and her 12 siblings picked cotton to get by. On a rare, special day, Ruth got to go to school.

By the time Ruth was in her 20s, eight of her 10 brothers had run away from home. Eventually, her father told her she needed to leave home, too. So Ruth moved to Dayton, Ohio to live with her aunt who introduced her to a church she fell in love with. She developed connections to her community and God, read scripture, and, over time, learned that she could create a life that was rich with meaning — something she never saw as a child.

During her time in Ohio, Ruth fell in love, had five children, and later lost one of them, a daughter, to alcoholism. She helped raise her daughter's children so that they might know a love during childhood that Ruth was never given. Over time, Ruth did what so many of us strive for: She created a life of meaning, faith, and purpose despite her childhood.

To listen to Ruth's entire story and learn more about her life, you can read *Hope!* or listen to her podcast interview at [StMaryDevelopment.org/book](http://StMaryDevelopment.org/book).



## *Hope!* eBook, study guide, and podcasts now available

St. Mary has received an outpouring of interest and support around the release of *Hope!*, a collection of stories that capture the resilience and faith of a few St. Mary residents. By popular request, we're thrilled to announce the release of several new resources:

- ***Hope!* eBook:** A free electronic copy of *Hope!* is available online with instructions to convert the file for use on e-readers like Kindle, Nook, and Kobo.
- **Study guide:** The guide includes a collection of questions for book clubs, groups, and individuals who want to reflect on the book's stories alone or together.
- **Podcast:** Four podcast episodes are now available to listen to — one featuring the author of *Hope!*, Anna Luepke, and three featuring residents whose stories are captured in the book.

To access the free eBook, study guide, and podcasts, visit [StMaryDevelopment.org/book](http://StMaryDevelopment.org/book).



## Senior Village at Kettering Town Center set to open in Spring 2024

Remarkable progress has been made on Senior Village at Kettering Town Center. The community will create 52 units of affordable senior housing at the corner of Woodman Drive and Danube Court.

The new property is being developed in partnership with Oberer Companies; once the building is operational, St. Mary will provide service coordination and Oberer will serve as the property manager. St. Mary is not yet accepting applications for housing, but those interested are welcome to call St. Mary's office to learn more.

## What's Inside...

- **Business of Aging 2023** Keynote Speaker and Panelists Announced
- **Hope!** podcasts are now available
- Building update on **Senior Village** at Kettering Town Center

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## A Letter from Our President



As I watch the construction of the Senior Village at Kettering Town Center, I'm reminded of all the people I know who have asked me about living there. It's tempting to think of the poor as "other people" but over my life, I've had many family members whose incomes were low enough to qualify to live in our affordable senior apartments. I've also had quite a few family and friends who have lived in affordable housing. Most people, if they live long enough, will run out of savings, and be left with Social Security as their sole source of income. That's why the median annual income of our residents is only \$12,400--half of which is going toward rent. But in our latest resident survey, more than 80% of our residents said their quality of life was "good" or "very good." That's the miracle of St. Mary Development's work. Thank you for being part of our mission!

May God bless you and your family,

A handwritten signature in blue ink that reads "Tim Bete".

Tim Bete  
President