



*Building a safe and healthy environment  
by effectively educating the community  
on positive life choices.*

## "PREVENTION WORKS"



Greetings!

March is Problem Gambling Awareness Month and like all addictions, problem gambling can negatively impact a person's family, job and friendships. Gambling has become a popular activity for people of many ages and seniors are no exception.

Many senior citizens come from a generation where it was uncommon to admit addictive behaviors and seek help and treatment for them. With age can come more isolation, more free time and changes in body chemistry, all of which can turn a weekend habit into a compulsion.

### Reasons Seniors Gamble:

- To be socially accepted
- Many seniors have more disposable income
- To increase fixed incomes
- Perception that they deserve to have some fun now
- Escape from loneliness or boredom
- To forget the past
- Physical limitations may not permit past hobbies
- Lured in by advertising

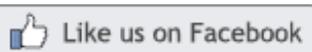
### Factors that Place Seniors at Increased Risk:

- Relocation (selling their home or moving to senior housing)
- Depression
- Stress
- Loneliness
- Fear of death
- Loss of friends or loved ones
- Strong marketing including "freebies" and prizes

### Warning Signs:

- Experience mood swings based on winnings and losses
- Neglects other responsibilities in order to concentrate on gambling activities
- Eats less or goes without food to gamble
- Gambles with money designated for necessary expenses, such as household supplies, groceries, medication, electricity and telephone
- Thoughts about cashing in an insurance policy for gambling money
- Spends retirement funds to gamble
- Fantasizes about big winnings and winning back all losses
- Sudden requests to borrow money
- Change in daily activities or behaviors

If you or someone you know needs help with a gambling problems, call the NYS Hopeline at 877-846-7369, NYS



CASAC Offices  
are located at:

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51 E. Third Street  
Suite 2  
Dunkirk, NY 14048  
(716) 366-4623  
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**Visit our website.**

## About Us

Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, [www.casacweb.org](http://www.casacweb.org).

