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Center on Aging_UMaine Health Connection Chats

University of Maine Center on Aging

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UMaine Center on Aging

UMaine Health Connection Chats

August Sessions

Wednesdays from 11am - 12 Noon

LIVE, practical information and tips for staying healthy for Maine's 60+ citizens and other high risk residents during COVID-19. Chats are held by Zoom (internet)

or by telephone. No cost to attend. THOSE JOINING BY PHONE CAN SEND IN QUESTIONS TO OUR SPEAKERS AHEAD OF TIME.

For call-in information or Zoom connection link, please contact Kelley Morris at kelley.morris@maine.edu or 207.262.7925

For questions and suggestions for future topics, contact Len Kaye at len.kaye@maine.edu or 207.262.7922

SCHEDULED SPEAKERS (August 5-26)

August 5th - **The Importance of Sleep in Maintaining Health**: Presented by **Angelica Boeve**, M.A., Doctoral Candidate in Clinical Psychology, Department of Psychology, University of Maine

August 12th - **Everything You Always Wanted to Know About Home Health Care**: Presented by **Sandy Nesin**, Esq. Vice President, Accountable Care Operations & Population Health Strategy, St. Joseph Healthcare and **Amy Shawley**, Operations Manager, St. Joseph Homecare and Hospice, St. Joseph Healthcare

August 19th - **Dealing with Vision Loss**: Presented by **Laura Vittorioso**, M.Ed., CVRT, CLVT, Vision Rehabilitation Therapist, York County, The Iris Network, and **Samantha Green**, M.A., CVRT, Certified Vision Rehabilitation Therapist, Northern Team Lead, The Iris Network

August 26th - **Using In-patient and Out-patient Services During a Pandemic**: Presented by **Jessica Taylor**, R.N., BSN, CCCTM, Director, Outpatient Care Management Dept. and Interim Director, Inpatient Care Management Dept. and UR, St. Joseph Healthcare

Each session will include resource experts from the University of Maine Center on Aging and Eastern Area Agency on Aging. Sessions will be recorded and be made available at: <https://mainecenteronaging.umaine.edu/stayhealthy>

PROGRAM SPONSORS

UMaine Center on Aging

Eastern Area Agency on Aging

University of Maine Medicine

AgingME - Geriatrics Workforce Transformation Program (GWEP)

[Click Here for Our Latest Flyer](#)

For our Health Chat Resources:

<https://mainecenteronaging.umaine.edu/health-chat-resources/>

All Chat Sessions are Recorded and Available for Viewing (See Below)

April 15, 2020 - Wellness & General Health Issues

Presented by **Kelley Strout**, Interim Director and Assistant Professor, UMaine School of Nursing

https://video.maine.edu/media/UMaine+Health+Connection+Chat+April+15%2C+2020/1_welm0thv

April 22, 2020 - Nutrition & Food Issues

Presented by **Mary Ellen Camire**, Professor, UMaine School of Food & Agriculture

https://video.maine.edu/media/UMaine+Health+Connection+Chat+April+22%2C+2020/1_rchqyegb

April 29, 2020 - Stress Reduction/Management Issues

Presented by **Rebecca MacAulay**, Assistant Professor, UMaine Department of Psychology

https://video.maine.edu/media/UMaine+Health+Connection+Chat+April+29%2C+2020/1_j11eldvf

May 6, 2020 - Issues Relevant to Those with Cancer & Caregivers of Those with Cancer

Presented by **Matt Dexter**, President & Executive Director, The Christine B. Foundation, Inc.

https://video.maine.edu/media/UMaine+Health+Connection+Chat+May+6%2C+2020/1_35bdn4q3

May 13, 2020 - Keeping your Brain Active (Healthy)

Presented by **Cliff Singer**, M.D., DFAPA, AGSF, Chief of Geriatric Mental Health & Neuropsychiatry, Northern Light Acadia Hospital

https://video.maine.edu/media/UMaine+Health+Connection+Chat+May+13%2C+2020/1_pvnzjya7

May 20, 2020 - How to Know When Social Information is Real

Presented by **Judith Rosenbaum**, Ph.D., Associate Professor, Department of Communication & Journalism, UMaine and **Jen Bonnet** Social Sciences & Humanities Librarian, UMaine

https://video.maine.edu/media/UMaine+Health+Connection+Chat+May+20%2C+2020/1_vj9o1w2f

May 27, 2020 - Staying Safe & Healthy in Assisted Living Communities

Presented by **Angela Hunt**, RPT, MS, Administrator, Chief Operating Officer, The Cedars

https://video.maine.edu/media/UMaine+Health+Connection+Chat+May+27%2C+2020/1_b8mudb91

June 3, 2020 - Building Personal Resilience

Presented by **Susan Wehry**, MD, Chief of Geriatrics, Primary Care, University of New England

https://video.maine.edu/media/UMaine+Health+Connection+Chat+June+3%2C+2020/1_v2nfn5y9

June 10, 2020 - Supporting Grandfamilies & Kinship Parents

Presented by **Adrienne Carmack**, MD, Medical Director, Office of Child & Family Services, DHHS and

Travis Bryant, Executive Director, Adoptive & Foster Families of Maine, Inc.

https://video.maine.edu/media/UMaine+Health+Connection+Chat+June+10%2C+2020/1_pgu28ypb

June 17, 2020 - How to Start & Maintain a Successful Home Garden

Presented by **Katherine Garland**, MS, Horticulturist, UMaine Cooperative Extension Penobscot County

https://video.maine.edu/media/UMaine+Health+Connection+Chat+June+17%2C+2020/1_al9ov6ag

June 24, 2020 - Don't Let the Bugs "Bug" You

Presented by **James Dill**, Ph.D, Pest Management Specialist, University of Maine, Maine Food & Agriculture Center

https://video.maine.edu/media/UMaine+Health+Connection+Chat+June+24%2C+2020/1_n1j5iu26

July 1, 2020 - Staying Healthy in the Age of COVID-19

Presented by **Patricia Hamilton**, APRN, Public Health Director, City of Bangor

https://video.maine.edu/media/UMaine+Health+Connection+Chat+July+1%2C+2020/1_a5nmnyzg

July 8, 2020 - Being Mindful While Navigating the Pandemic

Presented by **Emily A.P. Haigh**, Ph.D., Associate Professor and Clinical Director, University of Maine, Department of Psychology

https://video.maine.edu/media/UMaine+Health+Connection+Chat+July+8%2C+2020/1_6q9pfdc6

July 15, 2020 - The Importance of Our Sense of Hearing for Staying Connected

Presented by **Amy Engler Booth**, M.A., CCC-A, FAAA, Clinical Faculty and Audiology Supervisor Director, University of Maine, Department of Communication Sciences and Disorders

https://video.maine.edu/media/UMaine+Health+Connection+Chat+July+15%2C+2020/1_4grratot

July 22, 2020 - Dealing Effectively with the Trauma of Living During COVID-19

Presented by **Judith Josiah-Martin**, Ph.D., ACSW, CADC, Lecturer, School of Social Work, University of Maine

https://video.maine.edu/media/UMaine+Health+Connection+Chat+June+22%2C+2020/1_s99mq4fk

July 29th - How Technology Can Help Older Adults Maintain Their Health and Avoid Social Isolation

Presented by **Susan Corbett**, Director, National Digital Equity Center

https://video.maine.edu/media/UMaine+Health+Connection+Chat+July+29%2C+2020/1_e5j7cvxy

August 5 - The Importance of Sleep in Maintaining Health

Presented by **Angelica Boeve**, M.A., Doctoral Candidate in Clinical Psychology, Department of Psychology, University of Maine

https://video.maine.edu/media/UMaine+Health+Connection+Chat+August+5%2C+2020/1_x5004fjw

August 12 - Everything You Always Wanted to Know About Home Health Care

Presented by **Sandy Nesin**, Esq. Vice President, Accountable Care Operations & Population Health Strategy, St. Joseph Healthcare and **Amy Shawley**, Operations Manager, St. Joseph Homecare and Hospice, St. Joseph Healthcare

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