

***Massachusetts Association of Older Americans, Inc.
Massachusetts Department of Mental Health
Massachusetts Department of Public Health***

announce an

Aging & Mental Health Conference

For older adults, caregivers, health care and mental health professionals
and all those interested in aging well

***Promoting Emotional Well-being
During Later Life***

In partnership with:

**St. Anne's Hospital
Coastline Elderly Services
Bristol Elder Services
The Samaritans of Fall River/New Bedford, Inc.**

When: May 24, 2011
8:45 AM to 3:30 PM
Registration begins at 8:00 AM

*Where: Whites of Westport
66 State Road, Westport, MA 02796*

Contact Advocacy@maoamass.org for additional information

Registration: Deadline is May 19, 2011

Name

Agency

Home Address

City

State

Zip Code

Phone

Email

Affiliation: MAOA DMH OTHER _____

CEUs: Check Box(es)

Social Worker Nurse Licensed Mental Health Counselor

License Number(s) _____

Fees: (Cost includes continental breakfast, lunch, conference materials & CEUs)

DMH/MAOA members*	\$ 5.00
Seniors/Retirees	\$25.00
All Others	\$45.00

*Organizational membership in MAOA entitles agency to THREE (3) \$5.00 registrations.

Not an MAOA member? Join today and receive the \$5.00 member registration rate for this conference:

Annual Membership Dues:

Seniors/Retirees (65 and older)	\$ 25.00 for 1-year, \$45 for 2-years, \$60 for 3-years
Future Seniors	\$ 50.00 for 1 year, \$85 for 2-years, \$130 for 3-years
Organizations	\$100.00

Mail, phone & fax registrations accepted. Please make checks payable to **MAOA** and return to:

MAOA

Attn: Westport MH Conference

19 Temple Place, 4th Floor

Boston, MA 02111

Tel: (617) 426-0804 / Fax: (617) 426-0070

or

Email registration form to Advocacy@MAOAMass.org

Keynote Presentation:

Successful Aging in Mind, Body and Spirit

Ann Webster, Ph.D

Dr. Webster is a scientist and health psychologist at the Benson-Henry Institute for Mind/Body Medicine, an associate psychologist in Psychiatry at Massachusetts General Hospital, and an Instructor in Medicine at Harvard Medical School. A widely respected expert in the field of mind/body health, she has lectured and conducted workshops for corporations, hospitals and universities all over the world for over 25 years.

Morning Presentation:

Compassionate Care: Instilling Hope When We Have Little Left to Give!

Donna McCarten White RN, PhD,CS,CADAC-II

Addiction Specialist, Lemuel Shattuck Hospital, A Department of Public Health Hospital for the Commonwealth of Massachusetts

Lunch Buffet

Afternoon Presentations:

Cultural Implications in Emotional Health and the Older Adult

Marcie Becker Freeman, MEd

Chair, Multicultural Coalition on Aging

Helena S. Marques,

Executive Director, Immigrants' Assistance Center, Inc.

Connecting Yourself to the Community: Knowing What is Available

Bristol Elder Services, Coastline Elderly Services, Saint Anne's Hospital

Workshops:

A. Assessing Emotional Well-being: Intervention Strategies for Healthcare Providers

Donna M. Amaral PMHCNS-BC

Intake Coordinator, Saint Anne's Geriatric Psychiatry Partial Hospital Program.

B. The Power of Family

Susan Mitchell, LICSW

Program Manager, Saint Anne's Geriatric Psychiatry Partial Hospital Program.

C. Making the Most of Your Leisure Time: A Workshop for Seniors

Jeanne Martin, MSW, MTS, Ed.D.

Massachusetts Council on Compulsive Gambling

Conference Objectives:

1. To increase participant's understanding of the physical, emotional, cognitive and spiritual components of healthy aging and emotional well-being.
2. To increase participant's understanding of stress physiology and stress warning signs.
3. Participants will be able to list two supports for individuals who feel stress associated with caring for another person.

Directions to White's of Westport:

FROM BOSTON - Route 24 South to I-195 East to Exit 9 (Sanford Road). Bear right and take first right. White's will be on your right. (Hampton Inn Westport is on your left.)

FROM WORCESTER - I-495 East to Route 24 South, to I-195 East to Exit 9 (Sanford Road). Bear right and take first right. White's will be on your right. (Hampton Inn Westport is on your left.)

FROM FRAMINGHAM - I-95 South to Route 24 South to I-195 East, take Exit 9 (Sanford Road), bear right, take first right. White's will be on your right. (Hampton Inn Westport is on your left.)

FROM THE CAPE, NEW BEDFORD - I-195 West, take Exit 10 (Horseneck Beach/Westport-Route 88), take first Exit (Route 6 west), travel approximately 2 miles. White's will be on your right. (Hampton Inn Westport is on your left.)