

***Massachusetts Association of Older Americans, Inc.***

***Massachusetts Department of Mental Health***

With sponsorship from Nizhoni Health Systems

*announce an*

**Aging & Mental Health Conference**

**Maintaining Emotional Well-being  
For Family and Professional Elder Caregivers**

**Thursday, December 15, 2011**

**Federal Reserve Bank  
600 Atlantic Avenue, Boston**

**8:30 am -3:30 pm**

*Registration begins at 8:00 AM*

**Keynote by:**

**Donna McCarten White, RN, PhD, CS, CADC-II**

**Dr. White** is the Addiction Specialist for the Lemuel Shattuck Hospital, a Public Health Hospital for the Commonwealth of Massachusetts. Dr. White is a licensed drug and alcohol counselor with additional certification in advanced Drug and Alcohol Counseling, is certified in Chemical Dependency and Addictions Nursing and is an advanced practice Clinical Specialist in Public Health. She has lectured at many facilities and agencies nationwide and is a recognized leader in the field of Addictions, Impaired Practice and Peer Assistance, as well as Healthcare Professional Stress.

**Registration Required**

*See registration below or contact MAOA*

**[Advocacy@maoamass.org](mailto:Advocacy@maoamass.org) (617) 426-0804**

**Massachusetts Association of Older Americans, Inc.**  
Thursday, December 15, 2011  
**Maintaining Emotional Well-being**  
**For Family and Professional Elder Caregivers**

**REGISTRATION REQUIRED: Deadline is December 12, 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:** \_\_\_\_\_

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

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 are accepted.**

Tel: (617) 426-0804

Fax: (617) 426-0070

**Please make checks payable to MAOA and return to:**

MA Association of Older Americans, Inc  
19 Temple Place, 4<sup>th</sup> Floor  
Boston, MA 02111

## **Presenters:**

### **Donna McCarten White, RN, PhD, CS, CADC-II**

Dr. White is the Addiction Specialist at Lemuel Shattuck Hospital, a Public Health Hospital for the Commonwealth of Massachusetts. Dr. White has many awards to her credit. In October of 2010 she was recognized by the Massachusetts Department of Public Health as a Champion of Public Health. Dr. White has lectured at many facilities and agencies nationwide and is a recognized leader in the field of Addictions, Impaired Practice and Peer Assistance, as well as Healthcare Professional Stress.

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

A new perspective on the issue of caregiver stress and how it may potentially impact our lives will be presented. Research will demonstrate how caretaking behaviors in the professional as well as caregivers in the community at large, may increase the risk of specific stressors that often lead to Compassion Fatigue.

**Joanne Koenig-Coste** presently serves as an international consultant to healthcare providers and as an outspoken advocate for Alzheimer disease (AD) patients and families. She is a past Chairman for the Board of Directors Mass. Chapter of the Alzheimer's Association and since 1977 has been facilitating support groups for both patients and for family members.

#### *What Do You Call a Line of Rabbits Walking Backwards???*

Using the words professional or family caregiver and the word humor in the same sentence somehow feels wrong; it seems to be a bit of an oxymoron. This presentation suggests that we, who take care of others, must find or make the time to take care of ourselves and one of the best ways to do that is through humor. Medical researchers have proven, over decades of clinical reporting and observation, that laughter just may be the best bromide for feeling positive and to ward off burnout.

**Jeanne Martin, MSW, MTS, Ed.D.** has extensive teaching experience, which includes currently working as a faculty member at the Simmons Graduate School of Social Work, providing various workshops on a variety of elder-friendly topics, writing and editing curriculum, conducting staff trainings, and providing consultant services to several organizations. Prior to her current activities, she also worked as the Wellness Coordinator at Kit Clark Senior Services in Boston, a Prevention Specialist for the Center for Healthy Communities at Mount Auburn Hospital in Cambridge, as a social worker, and an alcoholism counselor.

### *The Art of Stress Reduction*

In this workshop will cover the definitions of stress, the causes, signs and symptoms of stress, and more importantly, what we can do to reduce stress and increase our quality of life.

### **James Ellison, MD**

Dr. Ellison is the Clinical Director of the Geriatric Psychiatry Program at McLean Hospital, Belmont, Massachusetts

### *Normal Cognitive Aging and Preventive Cognitive Care: Information for the Caregiver and Client*

This presentation describes the normal cognitive aging process and the continuum of clinical conditions in which cognitive difficulties are a predominant concern. The benefits of preventive cognitive care and healthy lifestyle choices for the purpose of optimizing cognitive function through later years will be reviewed.

### **Conference Objectives:**

- 1). To increase participants' understanding of how Secondary Traumatic Stress Disorder and Compassion Fatigue, is a risk to anyone who cares for humanity in need and those who suffer.
- 2). To increase participants' knowledge of the benefits of preventative cognitive care.
- 3). Participants will discover how laughter benefits the caregiver.
- 4). Participants will learn and practice three new stress reduction strategies.

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