

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

In partnership with
Elder Services of Worcester Area, Inc

Present an Aging & Mental Health Conference

**Body / Mind Connection:
Brain Health**

Wednesday, June 30, 2010
8:45 AM to 3:30 PM
(Registration begins at 8:00 AM)

College of the Holy Cross
Hogan Center
One College Drive
Worcester, MA 01610



Registration: Deadline is June 25, 2010

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	\$ 25.00
Other Individuals	\$ 50.00
Organizations	\$100.00

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

Attn: Worcester 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

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Keynote Presentation: *Aging Without an Expiration Date*

Ann Webster, Ph.D., 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, she has lectured on mind/body health and conducted workshops for corporations, hospitals and universities all over the world for over 25 years.

Plenary Presentations By:

Sander Auerbach, MD, is an Associate Professor of Neurology and Psychiatry at the Boston University School of Medicine, and he is Director of Behavioral Neurology and Director of the Sleep Disorders Center at Boston Medical Center. He has been actively involved over many years in dementia treatment and care, and is actively involved in dementia research through the Boston University Alzheimer's Disease Center.

Robert J. Schreiber, M.D., is physician-in-chief and chief medical officer at Hebrew SeniorLife. His specialty interests include prevention and wellness strategies for older adults, care transitions, palliative care and developing new models of care that emphasize integration of evidence-based approaches to self-management strategies for older adults.

Workshops:

Still Needed: Civic Engagement and Healthy Aging

Kristin Kiesel is Director of the Sudbury Senior Center and Council on Aging. She supervises the outreach, information, nutrition, health promotion, entertainment and educational offerings of the senior center and in-home supportive services for seniors. Ms. Kiesel has a Master of Arts Degree in Counseling Psychology and Master of Sciences in Gerontology, and teaches at the University of Massachusetts, Boston.

Supporting Families through the Alzheimer's Journey: Facilitating Transition

Susan Rowlett, LICSW, joined the Alzheimer's Association in 2005 to manage the Care Consultation program, providing in-depth education and support to individuals with memory impairment and their caregivers across Massachusetts and New Hampshire.

Mindful Moving, Grooving and Schmoozing

Leslie H. Worris, MPH, RYT-500, is a wellness consultant and coach, educator and trainer who helps individuals achieve mind and body fitness. Founder of The Wellness Alliance, she creates custom programs for women, seniors, and people with chronic illnesses. Her experience in health education includes clinical research in the biotechnology/pharmaceutical industry, teaching seminars for health educators, and lecturing at medical and wellness conferences

Eating Well for Healthy Aging: Feeding the Mind, Body and Soul

Margaret Mikkola, RD, LDN, is the Minuteman Senior Services Healthy Aging Coordinator and a licensed, registered dietitian who specializes in helping people eat well and maintain a healthy lifestyle. In addition to her position with MSS she has an active private practice in Acton and consults with Thoreau Health and Fitness Club in Concord.

Conference Objectives:

- 1) To increase participant's knowledge of mind/body interactions.
- 2) To increase participant's understanding of the physical, emotional, cognitive and spiritual components of healthy aging.
- 3) To increase participant's knowledge of vascular dementia.
- 4) To increase participant's awareness of the ways civic engagement and volunteering can benefit older individuals and their communities, and the methods to increase participation.
- 5) To better identify the transitions caregivers and individuals with Alzheimer's disease must navigate while preserving their health and well-being.

Directions to the College of the Holy Cross:

From the **EAST** or **WEST** take MA Turnpike to Exit 10 to Route 290 East toward Worcester. From Route 290, take Exit 11 –College Square. Cross over to far **RIGHT** lane immediately after coming off the ramp. Take first sharp right before traffic light. As you make the turn, you will see the college on your left. Follow the road up the hill and turn left into the last gate (#7). The Hogan Center is the second building on the left; parking is on the right.

From the **NORTH** take Route 495 South to Route 290 West (Worcester). From Route 290 take Exit 11 and follow directions above.

From the **SOUTH** take Route 146 North to Auburn. Take Route 20 West to Route 290 East toward College Square. Take Exit 11 and follow directions above.

For questions please call MAOA at (617) 426-0804 or email at Advocacy@MAOAMass.org