UMaine Health Connection Chats
Second Round of Sessions May-June
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 (May 13th – June 3rd)

May 13th - Keeping your Mind Active: Presented by Cliff Singer, M.D., DFAPA, AGSF, Chief of Geriatric Mental Health & Neuropsychiatry, Northern Light Acadia Hospital

May 20th - How to Know When Social Media Information is Real: Presented by Judith Rosenbaum, Ph.D., Associate Professor, Department of Communication & Journalism, University of Maine and Jen Bonnet, Social Sciences & Humanities Librarian, University of Maine

May 27th - Staying Safe & Healthy in Assisted Living Communities: Presented by Angela Hunt, RPT, MS, Administrator, Chief Operating Officer, The Cedars

June 3rd - Building Personal Resilience: Presented by Susan Wehry, M.D., Chief of Geriatrics, Primary Care, University of New England

Each session will include a resource person 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

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