

UMaine Health Connection Chats

Fourth Round of Sessions - July

Wednesdays from 11am – 12 Noon

LIVE, practical information and tips for staying healthy for Maine's 60+ citizens and other high risk COVID-19 individuals. 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

If you have suggestions for future topics and speakers, contact Len Kaye at len.kaye@maine.edu or 207-262-7922

SCHEDULED SPEAKERS (July 8 – July 29)



July 8th – *Being Mindful While Navigating the Pandemic*: Presented by **Emily A.P. Haigh**, Ph.D., Associate Professor and Director of Clinical Training, Department of Psychology, University of Maine



July 15th - *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, Department of Communication Sciences and Disorders, University of Maine



July 22nd - *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



July 29th – *How Technology Can Help Older Adults Maintain Their Health and Avoid Social Isolation*: Presented by **Susan Corbett**, Director, National Digital Equity Center

Each session will include a resource expert from the Eastern Area Agency on Aging and a facilitator from the UMaine Center on Aging. Sessions will be recorded and be made available at: <https://mainecenteronaging.umaine.edu/stayhealthy>

PROGRAM SPONSORS

