

# UMaine Health Connection Chats

## Fifth Round of Sessions - August

Wednesdays from 11am – 12 Noon

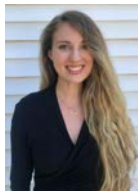
**LIVE, practical information and tips for staying healthy for Maine's 60+ citizens and other high risk COVID-19 individuals. Chats are held by Zoom (internet) or by telephone. **No cost to attend.** THOSE JOINING BY PHONE CAN**

**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](mailto: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](mailto:len.kaye@maine.edu) or 207-262-7922

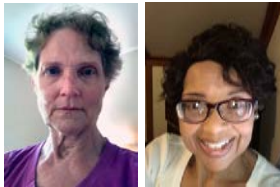
### SCHEDULED SPEAKERS (August 5 – August 26)



August 5<sup>th</sup> – *The Importance of Sleep in Maintaining Health*: Presented by **Angelica Boeve**, M.A., Doctoral Candidate in Clinical Psychology, Department of Psychology, University of Maine



August 12<sup>th</sup> - *Everything You Always Wanted to Know About Home Health Care*: Presented by **Sandy Nesin**, Esq. Vice President, Accountable Care Operations & Population Health Strategy, St. Joseph Healthcare and **Amy Shawley**, Operations Manager, St. Joseph Homecare and Hospice, St. Joseph Healthcare



August 19<sup>th</sup> – *Dealing with Vision Loss*: Presented by **Laura Vittorioso**, M.Ed., CVRT, CLVT, Vision Rehabilitation Therapist, York County, The Iris Network, and **Samantha Green**, M.A., CVRT, Certified Vision Rehabilitation Therapist, Northern Team Lead, The Iris Network



August 26<sup>th</sup> – *Using In-patient and Out-patient Services During a Pandemic*: Presented by **Jessica Taylor**, R.N., BSN, CCCTM, Director, Outpatient Care Management Dept. and Interim Director, Inpatient Care Management Dept. and UR, St. Joseph Healthcare

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

