UMaine Health Connection Chats
Wednesdays from 11am – 12 Noon

LIVE, practical information and tips for staying healthy and engaged for Maine's 60+ citizens and other high risk COVID-19 individuals. Chats are held by Zoom (internet) and by telephone. No cost to attend. Those joining by phone can send questions to our speakers ahead of time.

For call-in information or Zoom connection link and to submit questions 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 (Sept. 30 – Oct. 28)

September 30th – Growing with Maine’s Lifelong Communities: Presented by Karen Campbell, Lifelong Community Fellow, Bangor Livable Communities
Ellen Ceppetelli, Chair, Eliot Aging in Place Committee
Candy Eaton, Coordinator, Age-Friendly Sullivan
Laura K. Lee, Director of Grantmaking, Maine Community Foundation
Patricia Oh, Program Manager, UMaine Center on Aging
Jean Saunders, Coordinator, Age-Friendly Saco

October 7th – The Healthful Benefits of Yoga During the COVID-19 Pandemic: Presented by Angela Fileccia, LCSW, Manager, Health Life Resources, Northern Light Acadia Hospital

October 14th – AARP's Perspective on COVID-19 and Staying Safe and Well: Presented by Lori K. Parham, PhD, State Director, AARP Maine


October 28th – The Importance of Volunteering and Remaining Civically Engaged: Presented by Maryalice Crofton, Executive Director, Volunteer Maine

Chat sessions 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

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