

# UMaine Health Connection Chats

## Seventh Round of Sessions – Sept.-Oct.

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](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 (Sept. 30 – Oct. 28)

September 30<sup>th</sup> – ***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 7<sup>th</sup> – ***The Healthful Benefits of Yoga During the COVID-19 Pandemic***: Presented by **Angela Fileccia**, LCSW, Manager, Health Life Resources, Northern Light Acadia Hospital

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

October 21<sup>st</sup> – ***Planning for Retirement in the Age of COVID-19***: Presented by **Lori Lommler**, Financial Advisor, Edward Jones

October 28<sup>th</sup> – ***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>

### PROGRAM SPONSORS

