

## NRS 499 A

# Issues of Aging and Mental Health: Dealing with Change

Adjusting to change is an ever evolving reality for everyone. As we age, change seems to come more quickly and adapting to it seems a little more difficult. When you couple change with any number of mental health concerns it can set the foundation for stress, overwhelming frustration and in extreme cases hopelessness.

This full-day program will provide an overview of current mental health trends for older adults and discuss contributing factors and indicators of compromised mental health. The affects of medications on mental health will also be presented. Practical information will be provided to help health care providers and care givers recognize situations that may require intervention.

### Continuing Education

**Nurses:** (6 Contact hours)  
The Maryland Community College Association for Continuing Education and training is accredited as a provider of continuing nursing education by the ANCC.

**Nursing Home Administrators:**  
Approved for 6 hours, folder 3158

**Activities/CNA/GNA:** Certificate noting 6 hours

**Social Workers, Psychologists, Counselors/Therapists:** 6 hours

**Occupational Therapy:** 6.0 contact hours MD Board

**Physical Therapy:** 0.6 CEUs MD Board

**Speech Language:** 6 hours MD Board

## Friday, April 16, 2010

**8:30 am—4:15 pm (Registration: 8:00 am)**  
**Kepler Theater, Hagerstown Community College**

### *A Collaborative Program with:*

*Geriatrics and Gerontology Education & Research (GGEAR) Program at the University of Maryland Baltimore and Western Maryland AHEC, Alzheimer's Association, Brook Lane, Easter Seals Adult Day Services, Washington County Commission on Aging, Washington County Department of Social Services, Washington County Mental Health Authority and Hagerstown Community College*

### Program Agenda

8:00— 8:30 am	Registration Check-in & Continental Breakfast
8:30— 9:45 am	Normal Aging vs Mental Health Concerns
9:45— 10:00 am	Break
10:00—11:00 am	For Better or Worse? The Impact of Mental Health on the Family
11:00 - 12:00 am	Case Management Approach to Care
12:00—1:00 pm	Lunch ( <i>on your own</i> )
1:00—1:45 pm	The Magnitude of Medication Management
1:45—2:00 pm	Break
2:00— 3:15 pm	Evidence-based Depression Care in Community Services: Health IDEAS and PEARLS (National Council on Aging)
3:15— 4:00 pm	Case Studies: Utilizing Community Mental Health Resources

### Seminar Fee:

**\$ 59.00 Health Care Professionals**

**\$ 25.00 Non-Health Care (Family Member)**

Fee includes continental breakfast, education credits, handout manual and certificate of attendance.



To register, complete the registration form on the back side of this flyer or call 301-790-2800, ext. 236 (have your credit card available when calling), or visit: [www.hagerstowncc.edu.coned/seminars](http://www.hagerstowncc.edu.coned/seminars).

# Center for Continuing Education

Hagerstown Community College  
 11400 Robinwood Drive  
 Hagerstown, Maryland 21742-6514

Phone: 301-790-2800, Ext. 236  
 Fax: 301-582-4001  
 E-mail: learn@hagerstowncc.edu

## Fax Transmittal Form

TO: \_\_\_\_\_ FROM: \_\_\_\_\_  
 Name: \_\_\_\_\_ Name: \_\_\_\_\_  
 Organization Name/Dept.: \_\_\_\_\_ Organization Name/Dept.: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Fax Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_  
 Date Sent: \_\_\_\_\_ Time Sent: \_\_\_\_\_ Number of pages (including cover page): \_\_\_\_\_

### FOUR EASY WAYS TO REGISTER!

**FAX** your registration form with credit card info to: 301-582-4001

**-OR-**

**MAIL** your registration form and payment to: Center for Continuing Education, Hagerstown Community College, 11400 Robinwood Drive, Hagerstown MD 21742-6514

**-OR-**

**PHONE** 301-790-2800, ext. 236; please have credit card information available. You will be mailed a pre-paid postcard to sign and return to the college

**-OR-**

**IN PERSON** visit HCC's Valley Mall Training Center located across from the Valley Mall Management Office near the rear entrance of JC Penney or visit HCC's Main Campus, Administration Building

Walk-in registrations will be processed before mail-in, faxed, and phone-in registrations.

 TS:RS:cm 2/26/10



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Center for Continuing Education

## Registration Form

Each student must use a separate registration form. Please send completed registration form and payment to the College. (Payment, invoice, or purchase order must accompany this registration.) **This form may be duplicated.**

To avoid delay, please complete all information requested.

Mr.  Ms.  Mrs.  Other \_\_\_\_\_

Last Name \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_ Maiden/Former \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ E-mail Address \_\_\_\_\_

Social Security # \_\_\_\_\_

Birthdate (mo/day/yr) \_\_\_\_\_

Senior Citizen (60 and over)  Yes  No

Employer's Name \_\_\_\_\_

**Ethnicity:** Are you of Hispanic or Latino origin?

Yes  No

**Race:** You may check more than one race.

White

Black or African American

Asian

American Indian or Alaskan Native

Native Hawaiian or Pacific Islander

Information not used for admission. Federal regulations require colleges to report enrollment data by ethnic, racial, and gender categories.

Course #	Course Title	Begin Date	Tuition	Materials Fee	Total
				<b>Total Fee</b>	

#### For Credit Card Use Only:

Card Holder's Name \_\_\_\_\_

Account No. \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Billing Address for Card \_\_\_\_\_

The Refund Policy is published in the current issue of the HCC Continuing Education Non-Credit Schedule.

I certify that the information on this form is correct.

Signature \_\_\_\_\_ Date \_\_\_\_\_

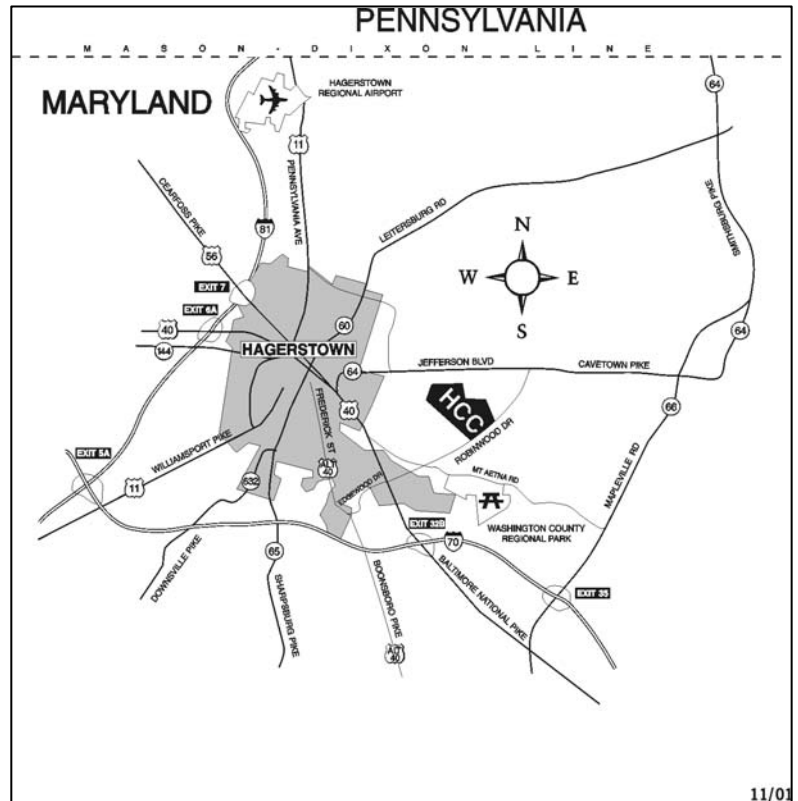
# Directions to Hagerstown Community College's Kepler Theater

## From Interstate 81

From Interstate 81, take Interstate 70 East to Exit 32B Route 40 West (Dual Highway).

## From Interstate 70

Take Interstate 70 West to Exit 32B Route 40 West (Dual Highway).



## From 40 West (Dual Highway)

Follow 40 West for approximately 1 mile to the first intersection you come to which is Edgewood Drive / 40 W (Dual Highway). Turn right onto Edgewood Drive which will become Robinwood Drive. At the third traffic light turn left onto the Hagerstown Community Campus.

## Kepler Theater

After you enter the college, take the very first left-hand turn onto Scholar Drive. Follow Scholar Drive past Kepler Drive and park in the first parking lot to the right. Follow the steps up, keeping right to the Kepler Theater.