



Resources
for Providers
& Caregivers

Aging and Emotional Wellness

About 70 million people in the US will be over the age of 65 in 2030. Aging adults face unique physical and behavioral health challenges which should be recognized by health care professionals and caregivers. Maintaining good behavioral and emotional health is important to a healthy quality of life.

Our panel of experts will explain the different behavioral health challenges that occur as we age, including social isolation, depression and anxiety. Learn about different healthcare, community support and education programs for individuals and caregivers. In addition, learn more about who can participate in your health care decisions, advance directives for care, health care proxies and more.

Wednesday, November 16
6-8:30 p.m.

Nangeroni Education Center at
Beth Israel Deaconess Hospital-Milton,
199 Reedsdale Road, Milton

Call 617-313-1557 to R.S.V.P.

Hear From Our Experts & Community Providers

Ashley Yeats, MD
Beth Israel Deaconess Hospital-Milton

Cheryl Bamberg,
Norfolk County Sheriff's Department

Cheryl Cates, RN, MSN
Randolph Board of Health

Janice Sullivan
Manet Community Health Center

Katelyn Szafir, South Shore YMCA

Kory Eng
Quincy Community Action Program

Leanne Rifenburg, DO
Child & Family Psychological Services, Inc./
Integrated Behavioral Associates

Marian Girouard-Spino, RN, MSN, CCM
BID-Milton

Nicholas Roberts, South Shore Elder Services

Rick Doane, Interfaith Social Services

Robert Sigadel, MD
Harbor Health Services - Elder Service Plan

Sara Tan
Enhance Asian Communities on Health

Virginia Cummings, MD
Beth Israel Deaconess Medical Center



Beth Israel Deaconess Hospital
Milton

SOUTH SHORE
MENTAL HEALTH