

MINNEAPOLIS AREA SENIOR WORKERS ASSOCIATION



Our Mission:

To develop a multidisciplinary community of professionals working in the field of aging who are educated, supported, and interconnected so they may improve services and advocate for older adults.

Monthly News

September 2008

September 2008 Membership Meeting

- Date:** Thursday, September 25, 2008
- Location:** Epiphany Assisted Living
10955 Hanson Blvd. NE
Coon Rapids, MN 55433
- Contact:** Angie Bizal at 763.755.1066
- Schedule:** 2:25 p.m. – Registration and Networking
2:40 p.m. – Business Meeting
3:15 p.m. – Program Presentation
4:15 p.m. – Networking and Tour
- Topic:** “The Cycle of Pain, Depression, Anxiety and Chronic Fatigue in the Elderly”
- Speaker:** Pat Vitale, LICSW, Director of Strategy and Development

Pat is a Licensed Clinical Social Worker, Master Hypnotherapist and Trainer of NLP and Hypnosis. She is the co-founder and Trainer of The Meta Institute, a school for Therapeutic Coaching in Minnesota. She has an extensive background in managing in-patient and out-patient clinics and incorporating complimentary modalities into mainstream mental health services.

Objectives:

1. Understanding the cycle of Pain, Depression, Anxiety and Chronic Fatigue in the Elderly
2. The effects of pain on depression in the elderly
3. Using meditation to assist the elderly in relieving both pain and depression

Certificates of Attendance (CEU's) available.

1 CEU credit Guest fee: \$5.00

www.seniorworkers.org

The President's Message

Happy Fall, MASWA members!

I can't believe I actually uttered those words.

The children are back in school, some trees are starting to change color, I'm planning all of the things I need to do for “fall clean-up,” and I'm looking forward to the beauty of nature this fall season as we gear up for the Fall Aging Conference.



Only eight (8) weeks until the conference and everything is pretty well set. You should be receiving the brochure any day now. The topic this year is “The Invisible Elder”, focusing on the issues so many keep hidden (chemical dependency, psychological issues, GLBT, etc). I hope to see all of you at the conference on **Thursday, October 30, 2008** at the Earle Browne Heritage Center.

We are also asking all of you to help replenish the Metro area food shelves this fall by bringing one or more nonperishable food products to the conference. So many people need the basics with our slow economy, and we can help them. I thank you, in advance, for your contributions.

Sincerely,

Linda Debner

MASWA President

Meals on Wheels Donation

You may have heard some of the recent stories in the news regarding the trouble that the M.O.W. program is having due to the rising cost of fuel for the volunteer delivery drivers. The MASWA board has decided to make a donation to M.O.W. as an organization, in the form of pre-paid fuel gift cards. We will also be collecting additional funds to be able to help them even more. Details are being finalized, but look for a donation box at the September membership meeting.

Minneapolis Area Senior Workers Association

P.O. Box 26630, Minneapolis, MN 55426

www.seniorworkers.org

SAVE THE DATE!!!

FALL AGING CONFERENCE

THURSDAY, OCTOBER 30TH, 2008

The Invisible Elders. We see them every day without realizing that what is evident on the outside may not be truly reflective of their lives, their needs, and their struggles.

They may be polished, as in the pictures of active, vibrant seniors depicted in TV commercials and glossy magazine photos. Or they could be those we, as senior care professionals, assist every day. They may be those we miss altogether.

Each has an "invisible" element. This year's Fall Aging Conference hopes to touch on a few issues facing today's seniors and ways we can see past the obvious, watch for the hushed and communicate with all Invisible Elders to enhance the quality of their lives.

Look for brochures to arrive in the mail by the 2nd week of September, as well as the opportunity to register via the website. Also, there's still time to register for vendor opportunities- please visit our website at www.seniorworkers.org for more information or to download the exhibitor form.



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