



PLAN FOR TOMORROW, TODAY

St. Paul's Educational Series

St. Paul's Educational Series **Workshop 3** Mental Health, Social Isolation, and Memory Loss in Seniors

Wednesday, August 26 at 10 AM
Join us on Zoom!

Topic 1: Ten Warning Signs of Alzheimer's: What to Watch for in Yourself and Others

Speaker: Allison Gutteridge, Community Educator, Alzheimer's Association



Allison Gutteridge has been a Community Educator with the Alzheimer's Association since September of 2019. Allison comes to the Alzheimer's Association as an Educator to support families and individuals as they educate themselves on dementia. Allison was a care partner for her mother, who died of Alzheimer's Disease after a ten year "journey." She hopes to translate this experience, and all that she learned, into helping others going through this journey.

Topic 2: Mental Health and Social Isolation in Seniors

Speaker: Brian Mullin, Licensed Clinical Social Worker with St. Paul's



As a Behavioral Health Licensed Therapist at St. Paul's PACE, Brian Mullin works with older adults and individuals experiencing life transitions, overwhelming stress, trauma, relationship issues, and mood disorders (anxiety, depression). His extensive experience in the mental health field has given him insight into how social isolation affects seniors, and how they can learn to combat its effects.

Register on EventBrite to be entered into a raffle: <https://bit.ly/3hkLWgK>

Zoom Link: <https://us02web.zoom.us/j/89030190056>

Call-In Number: 1(669)900-9128

Meeting ID: 890 3019 0056



Learn more about St. Paul's Senior Services
visit **StPaulsSeniors.org** or call **1(833) STPAULS**

St. Paul's Senior Services is a mission based San Diego non-profit.