



# Keys to Living & Aging Well: Mental Health & Social Connection

May 16th, 2023  
11:30 am – 12:30 pm

# Sponsors & Partners

A Special Thank You to Our Series  
Sponsor



and Partners



Jewish Family Service



Mental Health & Social Connection



# Mental Health & Social Connection Panel

Ashley Franklin, LMSW

Hannah Feliciano, LMFT, MMFC/T

Betsy Chernau

**Ashley Franklin, LMSW**



**Jewish Family Service**

# Social Connection in Seniors

## Interpersonal Connection is Vital as we Age

- Connection, Isolation, and Mental Health
- Health Benefits and Signs for Concern
- Ways to Stay Connected
  - \* Pandemic Programs



# Change and Challenges

- Dealing with Change and Loss
- Caring and Supporting Loved Ones
- Resources





Jewish Family Service

Senior Services include:

- Counseling (insurance and sliding scale)
- Programs: Helping Hands, Golden Lunch Bunch, Jacob's Ladder, Cyber Seniors, PenPals, Friendly Visitor, Low Vision Aid, OMA Dementia Support, etc.
- Senior Resource Directory:  
<https://jfsnashville.org/services/older-adults/#directory>
- [www.jfsnashville.org](http://www.jfsnashville.org)

**Ashley Franklin, LMSW**

**615-354-1662**

**[ashleyfranklin@jfsnashville.org](mailto:ashleyfranklin@jfsnashville.org)**

**Hannah Feliciano, LMFT,  
MMFC/T**



**Insight**  
COUNSELING  
CENTERS



# Challenges & Strategies to Resiliency During Aging

- How to cultivate mental well being?
- Finding and maintaining JOY
- Feel empowered as we age and/or empower others we care for to do the same



# Challenges: Things to Watch For as We Age

## Recognizing and Planning for Mental Health Challenges

- Recognizing depression, anxiety and substance use
- Signs/symptoms
  - how to find & afford help
- Mental Health Stigma and Safeguarding our mental health:
  - Car maintenance analogy
  - Diabetes analogy
  - Benefits of physical activity to mental health & well-being
  - Importance of sleep
- Chronic Pain and Illness
  - Risk and Protective Factors
  - Managing pain/illness for self and caregivers
  - Mental health strain

Keyes, C. L. (2005). Chronic physical conditions and aging: Is mental health a potential protective factor?. *Ageing International*, 30, 88-104.

# Insights on Challenges in Aging Marginalized Populations

- Aging populations may look different in different demographics (i.e., immigrants, refugees, racial and gender/sexual minorities)
  - Different barriers to care
  - Overcoming these overt and covert barriers/prejudices
  - How to help
- Client story

# \*Paula's Story

\*Name has been changed to  
protect client's confidentiality



# Keys for Maintaining Mental Health & Well-being as we Age

- **Remember the Signs**
- **Reach out for Support**
- **Return to Resiliency**
  
- **Insight Counseling Centers**
  - Income Based Fee Scale (more affordable mental health services)
  - Call our **Intake line** at **615-383-2115 ext. 100**
  - **Spanish intake line** at **615-383-2115 ext. 2**
  - **[www.insightcounselingcenters.org](http://www.insightcounselingcenters.org)**



# **Betsy Chernau**

AgeWell Ambassador & Community Volunteer



# Questions for the Panel

Q&A



# Upcoming Webinars

## *Keys to Living & Aging Well* Upcoming Webinars

- Financial Well-Being for a Long Life - mid June TBA

*Register at [agewelltn.org/upcoming-events](https://agewelltn.org/upcoming-events)*



# Sponsors & Partners

A Special Thank You to Our Series  
Sponsor



and Partners



Jewish Family Service



Mental Health & Social Connection

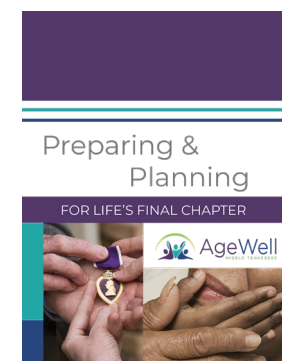
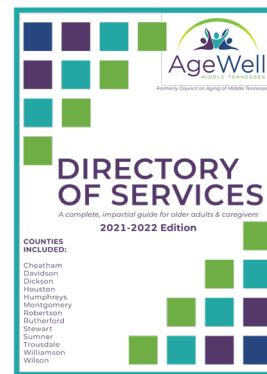
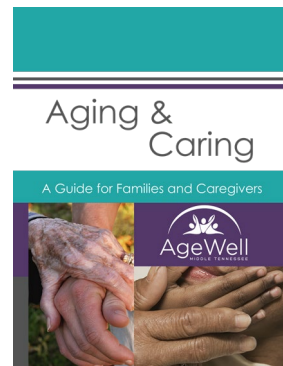


# Contact & Resources



**Physical Address:** 3511 Belmont Blvd. Nashville, TN 37215  
(Located on Second Presbyterian Church Campus)

615-353-4235 • [www.agewelltn.org](http://www.agewelltn.org) • [info@agewelltn.org](mailto:info@agewelltn.org)



Mental Health & Social Connection

