



# Helping Seniors Cope with the Loneliness and Isolation from COVID

- Information to assist staff in keeping seniors engaged to minimize depression/mental health as we continue to move forward through the pandemic
- Experienced Nurse and Crisis Care Manager, Aimee J. Gustitis, BSN, RN, JD

Thursday December 14, 2021 11:45 AM – 1:00 PM ET

## Live Stream Series (Online Synchronous Training)

### Complimentary CE Event for Piedmont/Shepherd Hospital Systems

Space is limited.

Please register online at

[www.ceucreationsinc.com](http://www.ceucreationsinc.com)

### 1 CREDIT HOUR APPROVED FOR:

- **Social Workers**  
(ASWB ACE; New York State Education Department's State Board for Social Work – 1 Credit Hour)
- **Case Managers**  
(CCMC – 1 Contact Hour)
- **Nurses**  
(CA Board of Registered Nursing – 1 Contact Hour)
- **Counselors**  
(NBCC; New York State Education Department's State Board for Mental Health Practitioners – 1 Credit Hour)

*Attendance or applied credit certificate available for other credentials.*

Please make sure to check with your own state board to ensure transferability of CE credit.

## PRESENTER:



### Aimee J. Gustitis, BSN, RN, JD

Aimee advises caregivers and their loved ones how to comfortably and confidently age in place. Her combined nursing and legal experience encompasses over a decade serving patients and their families in long-term care, assisted living, hospital, home, and hospice settings. After years of counseling caregivers and their loved ones from the "inside", Aimee started her own Life Care Management agency to bring her wealth of clinical, legal and practical knowledge to her private clients.

Aimee J. Gustitis, BSN, RN, JD

We appreciate the ongoing support of our 2021 Sponsors! We could not provide these complimentary events without them.

Additional information for each sponsor can be found in the 2021 CEU Creations Georgia Hospital Supporter Directory that will be provided to each registrant.



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## AGENDA

**11:45 AM - 12:00 PM:** Log-In and Virtual Networking

**12:00 PM - 1:00 PM:** Presentation

COVID 19 has physically affected people of all different ages, races, genders, and ethnicities. As the pandemic continues, researchers are acknowledging the impact on people's mental health due to isolation, loneliness, loss of jobs, insecurity, etc. One population affected so deeply by this pandemic has been seniors, both living in their homes or in other living arrangements. The isolation and separation from their friends, families, and loved ones have caused depressive symptoms and other mental health challenges. Seniors, being an at-risk population, are also facing fear and anxiety as it relates to the pandemic. This timely training led by Aimee J. Gustitis, BSN, RN, JD, will approach this topic utilizing multiple interactive techniques to keep participants engaged in exploring why these mental health challenges are so prevalent in this population. Participants will find themselves better equipped to assist seniors with mental health challenges, as well as find creative and new ways to engage them to prevent loneliness and isolation.

## BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

- Recognize signs and symptoms of depression in the elderly population
- Identify 2-3 new ways to engage seniors during a pandemic
- Understand the impact of the pandemic on the elderly population

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is not required. You will receive an email approximately 24 hours prior to the start of the event with a link to the webinar.

**In order to receive credit, you must login on time, attend the entire presentation, and complete an evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.**

Target audience: Social workers, case managers, counselors, discharge planners, nurses and other healthcare professionals – beginning to intermediate content level.

**SOCIAL WORKERS:** CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/2021-11/22/2024]. Social workers completing this course receive 1 Clinical continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 contact hour.

*The GA Board governing social work CE's accepts ACE Programs.*

**NURSES:** 1 Contact Hour - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**COUNSELORS:** 1 Clinical Credit:

 CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 contact hour.

**All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.**

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Anne McSweeney at [info@ceucreationsinc.com](mailto:info@ceucreationsinc.com)