



# ENCOURAGING ACTIVE AND REWARDING LIVES

Prime Time Living



#### Airing Details:

Sue Lachenmeyr and Leigh Ann Eagle of Maryland Living Well Center of Excellence talk about the signs of depression, how it impacts the lives of older adults, and how they can help treat it with the PEARLS program. A Program to Encourage Active and Rewarding Lives (PEARLS): A community resource to help older adults who are lonely, feeling isolated and depressed

#### Agenda:

- 1) The number of older adults in MD who may be dealing with undiagnosed depression/ the link between Depression and chronic conditions
- 2) Key questions to ask to determine depression
- 3) Program strategies to empower older adults to overcome depression through problem-solving treatment, increasing physical activity and social interaction, and scheduling pleasant activities

Tune in: Thursday, May 17, 7:00 PM on MPT

After the airing, we will also share this video on our Youtube Channel. <https://tr.im/MDoAyoutube>

This is a continuing series produced by MPT and Maryland Access Point (MAP) to promote healthy and independent living