



9am to 9:10am - Welcome by Dr. Margaret Manoogian (10 min)

9:10am to 9:30am - Intro by Tera Stegner: Grace Center Overview & How to Support Us (20 mins)

9:30am to 10:15am - Dr. Adam Brady, "Navigating the COVID-19 Pandemic" (30min presentation; 15min Q&A)

10:15am to 11am - Dr. Meghan Marty, "Living with Worry & Uncertainty" (30min presentation; 15min Q&A)

11am to 11:45am - Dr. Mari Goldner, "Sleeping in Stressful Times" (30min presentation; 15min Q&A)

11:45am to 12:30am - Q&A with Expert Panel followed by closing remarks (45min)

Speaker Bios:

- *Tera Stegner is the Director of Community Relations at Grace Center for Adult Day Services. She completed her Bachelors of Science in Human Development and Family Sciences with an emphasis in Gerontology at Oregon State University. She also has the Oregon State University Certificate in Gerontology.*
- *Dr. Adam Brady is an infectious disease physician working at Samaritan Health Services. His current role is chair of the SHS Coronavirus Task Force, which is leading and coordinating Samaritan's response to the virus across Samaritan hospitals and clinics in Linn, Benton, and Lincoln Counties. Dr. Brady completed his undergraduate at Oregon State University in Microbiology and attended medical school at the Royal College of Surgeons in Ireland. He completed his Internal Medicine residency at the University of Massachusetts Medical Center and his Infectious Disease fellowship was completed at the Oregon Health Sciences University School of Medicine. Dr. Brady is Board Certified in Internal Medicine and Infectious Disease.*
- *Dr. Meghan Marty is a licensed clinical psychologist and founder of Rose City Geropsychology, LLC in Portland, OR, where she provides psychotherapeutic services for older adults and their families. Dr. Marty also supports emotional well-being in later life by hosting healthy aging groups and book discussions at her practice, as well as offering educational presentations.*
- *Dr. Goldner attended medical school at Harvard and did her Internal Medicine residency at Boston City Hospital. She completed her Pulmonary, Critical Care, and Sleep fellowships at the University of Minnesota and has been practicing Sleep medicine for 18 yrs. in Corvallis*

Panelists:

- **Moderator:** Heidi Igarashi, PhD, OSU College of PHHS, Courtesy Faculty
- Tom Field, RPh, Rice's Pharmacy, Pharmacist/Manager
- Barb Hansen, RN, Oregon Hospice Association, CEO
- Christy Fitch, BS, Senior & Disability Services, Senior Corps Administrative Assistant

Host: Margaret Manoogian, PhD, Western Oregon University, Associate Professor & Head Gerontology Dept.