

# Announcing 2022 Zoom Dementia Series Workshop: for Providers, Caregivers, Friends, and Advocates of Persons Living with Memory loss



**Mestisa C. Gass, PsyD**, is the Program Director for Mental Health America of Hawaii. Her education and experience has been focused on diverse populations including inpatient acute adolescent care, community mental health, and military mental health. She is co-chair for the American Foundation of Suicide Prevention – Hawaii chapter, a member of the Mental Health Task Force and Prevent Suicide Hawaii Task Force, and an advisory board member for the Waipahu Aloha Clubhouse. Since 2006, she has been working in Hawaii, originally from the Appalachian Mountains. She is passionate about bringing education, support, and resources to all communities, especially rural areas like those in which she grew up. Resiliency, self-care, and suicide prevention have been primary focuses in her current work in public health and mental health. Recently, after a parent's passing and her own personal experience in caregiving, hospice care, and grief, she has created and taught community-based trainings on healing, grief, and caregiving.

## Mental Health and Healing for Dementia Caregivers

**Thursday, January 13, 2022, 10-11:30am**

Dr. Gass will cover:

- Brief review of statistics on dementia caregivers
- Importance of Self-Care as a dementia caregiver
- The role of grief in dementia caregiving
- Mental health strategies to address stress, burnout, and anxiety
- The Covid pandemic: mental and emotional challenges
- Resources for dementia caregivers

**Advance Registration is required at this link:**

<https://www.eventbrite.com/e/mental-health-and-healing-for-dementia-caregivers-tickets-239522106067>

The Zoom link & handouts will be sent to registrants before the session.

Sorry, no CEs or certificates are available for this presentation.

For questions about the workshops or you need help registering, please contact:  
Jody Mishan, (808) 295-2624 or [jmishan@hawaii.rr.com](mailto:jmishan@hawaii.rr.com)

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