



# Put Your Brain to Work This Summer

*The Clinical Neuroscience Research Unit's (CNRU)*

## 2008 *Summer Lecture Series*

Monday, August 4<sup>th</sup> 6:30-8:00 p.m.

### Caring for Our Loved Ones, Caring for Ourselves

What are the implications for those of us who are caregivers for our loved ones and how can we take better care of ourselves? The panelists will discuss these issues and offer strategies and new ways of thinking about care-giving, from both sides of the relationship.

Anita Royer, Licensed Clinical Social Worker (LCSW). Fletcher Allen Health Care, Myra Woodruff, LCSW, in private practice and Toni Hill, M.A., Family Caregiver.

Monday, August 11<sup>th</sup> 6:30-8:00 p.m.

### Loving Someone With a Mental Illness

What should I say? How do I react? What do I do? Learn about constructive ways to support your loved one while providing healthy boundaries for yourself.

Joan Knight, M.S., MAT, Coordinator, Mental Health Education Initiative (MHEI) of Chittenden County, Mary Cliver, from MHEI, will speak of her experience with a loved one who has a mental illness, and Terry Rabinowitz, M.D., Medical Director of the Psychiatric Consultation Service at Fletcher Allen Health Care.

Monday, August 18<sup>th</sup> 6:30-8:00 p.m.

### Memory Matters: Brain & Memory Fitness

Is it just a matter of time before we all have memory problems? Is there anything that can be done to preserve memory? Dr. Singer will address these questions and talk about what we are learning from the latest research.

Clifford Singer, M.D., is a geriatric psychiatrist and geriatrician at Fletcher Allen Health Care. He conducts studies on sleep and Alzheimer's disease at the Clinical Neuroscience Research Unit, University of Vermont.

- \* Sheraton Hotel Conference Center Williston Rd. So. Burlington
- \* Light refreshments will be served.
- \* RSVP is desirable, but not necessary.

Call Sally Ross Nolan at 802 847-9488

[www.uvm.edu/~cnu](http://www.uvm.edu/~cnu)

