

Sage Stage of Life: Empowering Older Adults through Supportive Conversations

When and where:

Wednesday, March 6 from 1 - 4:30pm at the Senior Center in Hadley
Livestream on Channel 191 and [youtube.com/@HadleyMedia](https://www.youtube.com/@HadleyMedia)

Our Panelists:

Colleen Sondrini

Stigma, Empowerment, and Opening Up



Colleen Sondrini, Director of Recovery at the Brien Center in Pittsfield, has introduced herself as "a mother, grandparent, woman in long term recovery from alcohol/ substance misuse, activist and survivor of trauma and abuse." She has supported people reckoning with substance misuse and trauma in various roles at the Brien Center for almost 25 years. Colleen has used the power of self-disclosure and peer support to teach a deeper understanding of people's capabilities and shape supportive practice. In 2015, Colleen was recognized by the Association for Behavioral Healthcare, a statewide organization representing more than 80 community-based

behavioral healthcare organizations, with the Moe Armstrong Award for Peer Leadership. In 2014, she guided five individuals to create the first peer-run home in Berkshire county, Freedom House. In her free time Colleen works to support housing for people without homes, support for people in farming communities, gardens, enjoys creating recycled art and spending time with family.

Maureen Callahan Smith

Grief and Loss



Author Maureen Callahan Smith has thought a lot about the questions each of us carries inside us, including through a focus on helping those experiencing grief and loss in her work as a licensed clinical social worker. Maureen's own history with perinatal loss and cancer has only deepened her interest in helping others survive traumatic experiences. In 2021, she published *Grace Street: A Sister's Memoir of Grief and Gratitude* on her experience accompanying her younger sister through a late-stage cancer diagnosis. Maureen balances her professional work as a therapist specializing in trauma work on Boston's north shore with writing,

journaling and artmaking, as well as with yoga and meditation practices.

Jane Mildred*Isolation and Connection*

spending her retirement years working with and for older adults.

Dr. Jane Mildred is the President of the Board of Amherst Neighbors, a non-profit organization whose mission is to create neighbor to neighbor connections, provide access to information and services, and empower older adults to maintain socially engaged lives while aging at home. Jane believes in reciprocity and interdependence at all stages of life and appreciates older adults as a diverse group of individuals capable of both giving and receiving mutual support. Jane moved to Western Massachusetts in 1998 to join the faculty at Westfield State University, where she helped develop both the BSW and MSW programs, served in several Field and Program Director positions, and taught courses across the curriculum. Having spent much of her career focusing on children and childhood, Jane is looking forward to

Tammy Nothe-Hebert*Sex and Love in Our Later Years*

Tammy Nothe-Hebert is the Vice President of Disability and Elder Services at the Center for Human Development. She is a licensed social worker, human services-board certified practitioner, mediator, and sexuality educator. Prior to joining CHD's leadership team, Tammy served as Director of Service at Vinfen for a segment of residential programs in Windsor, CT, for 4 years and as Division Director for residential programs at the Western Massachusetts Training Consortium for 10 years prior. She has also served as an Independent Community Case Manager at the MA Statewide Head Injury Program since 2006.