



Nirmala Dhar is a licensed clinical social worker with a master's degree in social work from the Brown School of Social Work, Washington University, St. Louis, Missouri and Bombay University, India. She is mission driven and has a passion to work with the most vulnerable clients, often with cross sector complex care needs. Nirmala has worked for 36 years in all aspects and programs of behavioral health in the public sector in Missouri, New Jersey, and Oregon. She is a senior policy analyst and the Older Adult Behavioral Health Lead Strategist and a subject matter expert on aging, for Oregon Health Authority's Division of Behavioral Health. She brings her strong social work and faith values of service and caring to her work which is animated by anti-oppressive practice and the dignity and respect for all who we serve. Her career has been focused on the values of social justice and equity with a passionate focus on disability justice for individuals with serious mental illness. She has provided trainings on a variety of topics over the past twenty years locally and nationally.

Nirmala will present the first three topics: **Blue Zone Living:** How to Live to be a Hundred, **The Power of Connection:** It's good for your health and well being! **Falls Prevention:** Falling is not a normal part of aging!



Rod Harwood is an Older Adult Behavioral Health Coordinator with GOBHI serving Eastern Oregon. He is one of 25 specialists who are supporting a statewide initiative providing behavioral health for older adults and people with disabilities in local and regional community mental health programs around the state. He has 38 years of healthcare experience which includes providing clinical pastoral support as a chaplain in hospital, mental health, and hospice settings. .

He is a trained Positive Approach to Care (Dementia Care) Enhanced Trainer & Advanced Consultant. He also provides training on a host of topics relating to older adult issues such as Advance Directives, QPR (Suicide Prevention), PEARLS (Depression Relief), Grief Support and Age-Death-Memory Cafes.

Rod will present the fourth topic: **Living Under the Umbrella of Dementia:** What is that like and how do you take care of you as a care partner with a person living with dementia.