



eMpowered for Wellness

Presented by Magellan Healthcare & the Depression and Bipolar Support Alliance

Older adults and wellness

A message from Thomas Lane, CRPS, senior director, consumer and recovery services

This issue of *eMpowered for Wellness* provides details about the health and wellness of older adults. Building on the foundation of our previous newsletters, we continue to offer resources to help improve overall health and well-being through peer support and whole health planning.

We are pleased to bring you *eMpowered for Wellness* along with the [Depression and Bipolar Support Alliance](#), a national non-profit organization dedicated to providing hope, help, support, and education to improve the lives of people who have mood disorders.

Thanks for your support - we encourage you to keep sharing this e-newsletter with others!

"Those who improve with age embrace the power of personal growth and personal achievement and begin to replace youth with wisdom, innocence with understanding, and lack of purpose with self-actualization." - Bo Bennett



Thought leader interview: A chat with Stephen Bartels

Dr. Bartels leads a research group that focuses on the intersection of physical and mental disorders in older adults. [Read more](#)



Clifford Beers: The role a peer played in his recovery

From experiencing hospital restraints to founding the nation's oldest mental health organization, Beers credited a peer for his recovery. [Read more](#)



Web spotlight: National Council on Aging (NCOA)

NCOA offers opportunities to learn in the community through the Aging Mastery Program®, which aims to help people ages 50 to 100 make the most of their longevity. [Read more](#)



Health education library: NEW additions!

Three new documents are available in English and Spanish at no cost. [Giving your self-esteem a boost](#)
[Say something positive to yourself](#)
[Ease the transition: hospital to home](#)



Looking for more resources for seniors?

Check out the links on this page for healthy aging tips and more. [Read more](#)



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Why not sign up to receive it directly? Join our email list! Email ELearning@MagellanHealth.com.

Previous issues of this newsletter are available on Magellan's [Resiliency and Recovery e-Learning Center](#), which offers a range of no-cost resources, including previously recorded webinars and on-demand e-courses

about peer support specialists, and a health education and literacy library.

MagellanHealthcare.com/Training/eLearning

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