

WVOA Interest Group

12/12/22

Participants:

Presenter – Lisa Wholley, Social Worker at Lifespan of Greater Rochester

Misty Bold, LMSW Chair Rochester NY

Mohini Mishra, LMSW Co-Chair Long Island NY

Francine Schaefer (franscene@hotmail.com)

June Cotton (cotton\_june@roberts.edu)

Stephanie Jackson ([sjacksonlmsw@gmail.com](mailto:sjacksonlmsw@gmail.com) or [stjackson@archcare.com](mailto:stjackson@archcare.com))

Yanina Prado ([yanina.prado@lc.cuny.edu](mailto:yanina.prado@lc.cuny.edu))

This evening's presentation was provided by Lisa Wholley, Social Worker with Lifespan of Greater Rochester Inc. Lisa presented on PEARLS which stands for Program to Encourage Active Rewarding Lives, created by the University of Washington. The program was designed for older adults who have no cognitive issues, suffering from depression. More information on this evidence-based program and how you can become certified can be found at [Program to Encourage Active, Rewarding Lives \(PEARLS\) | Health Promotion Research Center \(washington.edu\)](#) and [PEARLS | Tools | Resources | PRC | CDC](#).