Activities Guide

Movie Screening
- Show a movie or documentary with a mental health and aging theme
- Facilitate a discussion after the film

Lecture
- Host a “brown bag” luncheon to focus on mental health and aging.
- Invite a speaker to make a presentation.
- Facilitate an interactive discussion about the topic.

Public Information Display
- Identify materials from OWL’s toolkit, website, or partner resource list
- Contact OWL National to request additional copies for your display
- Work with local institutions to set up a display to educate the public

Other
- Write a letter to the editor of a local newspaper.
- Customize the newsletter article in the OAMHW toolkit and publish it in a newsletter for a community organization.
- Host or participate in a mental health screening.
- Choose a book about mental health and aging for a May book club selection.

Movie Ideas:
- Iris
- About Schmidt
- In a Nutshell
- The Straight Story
- Away From Her
- The Notebook
- The Savages

Speaker Ideas:
- Clinical Experts
- Geriatric Psychiatrists
- Researchers
- Advocates
- Authors
- Older Adults who have overcome a mental health problem

Location Ideas:
- Library
- Hospital
- Senior Center
- Supermarket

Other Activities Guide
- Identify materials from OWL’s toolkit, website, or partner resource list
- Contact OWL National to request additional copies for your display
- Work with local institutions to set up a display to educate the public

Movie Ideas:
- Iris
- About Schmidt
- In a Nutshell
- The Straight Story
- Away From Her
- The Notebook
- The Savages

Speaker Ideas:
- Clinical Experts
- Geriatric Psychiatrists
- Researchers
- Advocates
- Authors
- Older Adults who have overcome a mental health problem

Location Ideas:
- Library
- Hospital
- Senior Center
- Supermarket