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**June 28th 2019: How to Manage Setbacks as We
Grow Older**

This episode is about how people face the many physical, emotional, and personal setbacks that frequently occur as we age. We will discuss many of the usual events that we encounter, such as a new medical condition, loss of hearing or vision, driving difficulty, a loss of a family member or close friend, and others. There will be a discussion of how people face these setbacks, sometimes being adaptive and healthy, and sometimes being not so adaptive. Our guest will share his experiences as a psychologist who, for many years, has worked with older adults facing a wide array of medical probl

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Featured Guest



Dr. Hugh Pates

Hugh Pates received his doctorate degree in 1970. He served as Professor and Dean of Students at the University of California for 25 years.

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