

# EMPOWERING ETHICAL ELDERERS 2016

Information and Support for SENIORS, FAMILY CAREGIVERS, AND THE GENERAL PUBLIC

Family Members, Companions, Care Givers: Our social workers, Mark Zilberman and Wendy Panken will consult and provide personal guidance. Call 212.721.4407



2014 Dr. Phyllis Harrison-Ross 'Champions For Change' Award

Join the Social Service Board, United Social Services Inc. (SSB) of the New York Society for Ethical Culture (NYSEC) for a series of presentations by experts on a range of issues facing seniors, their caregivers, families and friends today.

Learn how to protect and promote good health physical, mental and emotional—and empower yourself with the knowledge to make informed decisions about health care and social support.

*"I feel privileged to be able to attend the excellent programs provided by EEE. Strength Exercise Classes, Health, Dietary, Emergency Preparedness presentations are just a few of their wonderful offerings. The variety and scope of their programs are truly impressive."*  
—Phyllis Kreuttner,

## WHERE:

The New York Society for Ethical Culture  
2 West 64th St @  
Central Park West, NYC.  
(A, B, C, D, & 1 Subways to Columbus Circle).

**CONTACT:** (212) 721-4407  
www.socialserviceboard.org

**CHAIR SOCIAL SERVICE BOARD:**  
Phyllis Harrison-Ross, MD

**EEE CO-DIRECTORS:**  
Mark Zilberman, LCSW  
and Wendy Panken, LCSW

**SSB EEE COORDINATORS:**  
Rob Hofman

**NYSEC LEADER:** Dr. Anne Klaeyesen



## January 21 - 6:00 PM

Older Adults & Technology  
Pew Research Report

Norman Reiss, Author

## February 4 - 6:00 PM

Aging & Your Brain

Jed Levine,  
EVP, Alzheimers NYC.

## February 18- 6:00 PM

Know Your O.T.Cs: Over the  
Counter Medications

Francisco Diaz, NP

## March 3 - 6:00 PM

LGBT Older Adults: Our  
Issues Are Different & Not So  
Different

Tom Weber, Dir. Care Mgmt.

## March 17 - 6:00 PM

The State of House Call  
Medicine Care

M. Victoria Kopke, MD

## April 7 - 6:00 PM

Pushing Back Against  
Ageism, Which Affects Everyone

Ashton Applewhite,  
Author, Activist

## April 21 - 6:00 PM

Make the Most of Your Money:  
Enjoy Life with Limited Funds

Norman Reiss, Author

## May 5 - 6:00 PM

NYSEC, Dr. Phyllis Harrison-Ross, 2016  
'Champions For Change' Award, Honoring  
Eric Holder & Sen. Kristen Gillibrand

Dr. Phyllis Harrison-Ross

## May 19 - 6:00 PM

Senior Planet:  
Who They Are, What They Do

Thomas Kamber, PHD

## June 6 - 6:00 PM

"Advanced Style"  
Fashionable Elders - Film & Talk

Wendy Panken, LCSW

## June 16 - 6:00 PM

New Advancements in  
Hearing Remedies

Barbara Grossman

## July 7 - 6:00 PM

Staying Connected:  
Virtual Program

David Dring  
E.D, Selp-Help Innovations

## July 21 - 6:00 PM

Age Friendly NYC 2016

Dr. Martha Sullivan  
E.D. Gouverneur

## August 4 - 6:00 PM

Keep Your Feet Healthy  
and Yourself Happier

Sarah Goldberg  
ABC Cert. Pedorthist  
Enselow Foot Comfort Ctr.

## August 18 - 6:00 PM

Digital Photography  
For Seniors

Mark Zilberman, LCSW

## September 1 - 6:00 PM

Dealing With Pain Without Medica-  
tion - The Open Focus Method

Joan Griffith-Vega, MA, MFA

## September 15 - 6:00 PM

Adult Protective Services

Gary Barberio

## October 6 - 6:00 PM

Older Adults, Crisis in Affordable  
Housing

Larry Wood, Esq.

## October 20 - 6:00 PM

Medicare: Open Enrolment Q&A

Howard Recht

## November 3- 6:00 PM

ETHICAL: NY Society for Ethical  
Culture - Origins, Philosophy, and  
Contributions to NYC

Dr. Anne Klaeyesen, Leader

## November 17- 6:00 PM

Technology for Elders

Mark Zilberman, LCSW

## December 1 - 6:00 PM

TED TALKS on Mortality

Wendy Panken, LCSW,  
Psychotherapist

## December 15 - 6:00 PM

End of Year,  
Senior Tax & Finance Q&A

Phyllis Pawlovsky

EEE