

EMPOWERING ETHICAL ELDERS

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

Join the Social Service Board (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.



WHERE:

At 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.nysec.org/eee

EEE CO-DIRECTORS:

Mark Zilberman, LCSW
and Rosemary Irving, LCSW

SSB EEE COORDINATORS:

Rob Hofman and Wally Patawaran

NYSEC LEADER: Dr. Anne Klaeysen



**United Social Services Inc.
Social Service Board**

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

* Support group meets from 4:30 pm to 5:30 pm in the same room prior to each EEE event.

Sick from your Medicine? Learn about Alternative-Integrative Healing Practices	February 2 6:00pm	Dr. Martin Ehrlich, Director, Dept. of Integrative Medicine, Beth Israel
Decluttering! Creating Space and Order in Our Homes and Lives	February 16 6:00pm	Irene Silver LCSW
Senior Lifestyle Choices: Should I Have A Roommate & How Can I Find One?	March 1 6:00pm	Linda Zango Haley LCSW
Elder Travel Opportunities for People of All Abilities	March 15 6:00pm	Linda Cutrup Owner of Mainly Meetings Travel
End of Life Issues for Seniors: Legal and Ethical Considerations of Assistance During the Last Days	April 4 6:00pm	David C. Leven, JD Executive Director, Compassion & Choices. Terry Perlin, PhD, Consultant in Medical Ethics
Signs of Dementia in Friends & Family: What They Are and What to Do	April 5 6:00pm	Mark Zilberman, LCSW, Co-Director of EEE Series, Geriatric Care Manager of NorthStar Care & Guidance, LLC
Wise Hands: Massage and Self-Care	April 19 6:00pm	Eva Pendleton Certified Massage Therapist (CMT)
"I Thought a Mouse was Something that Ate Cheese..." How knowing More About Computers Can Empower Us as Elders	May 3 6:00pm	Robert Finkenthal, Technology Trainer
Opening Our Hearts to a Foster Pet	May 17 6:00pm	Lauren Bonanno Bide-A-Wee
Ethical Issues of Medicare and Medicaid Planning for Empowered Elders	May 27 1:45 pm	Attorneys Martin Petroff and Oscar Strauss Curt Collier, NYSEC Leader
Addiction Among The Elderly: More Common Than You Think	June 7 6:00pm	Georges J Casimir, MD, Clinical Assoc. Professor of Psychiatry SUNY Downstate Medical Center, Bklyn NY
What the Heck is Going On? Understanding Medicare Advantage, Medigap, Prescription and Long Term Insurance	June 21 6:00pm	Karen Baue LMSW, C-ASWCM Geriatric Care Manager Solutions at Home
Self Defense for Seniors	July 5 6:00pm	Senseis P. Paneque and S. Zamora
Martha Stewart Center for Living Presentation Specialized Elder Care	July 19 6:00pm	Sheila Barton LCSW, Dir. Of Social Work, Martha Stewart Ctr
When Should Memory Problems Be A Concern? Part II	August 2 6:00pm	Rosemary Irving LCSW-R Co-Dir. EEE series
How to Improve Mental & Physical Balance... and Dance!	August 16 6:00pm	Rob Hoffman, MS
"Aging in Place" Growing Older Without Having to Move! Learn About Naturally Occurring Retirement Communities	September 6 6:00pm	Fredda Vladeck, Dir. United Hospital Fund Anita Altman, Dir. United Jewish Appeal William Hamer, Abyssinian Development Corporation
Elder/Family Mediation: The Need and the Service	September 20 6:00pm	Ruth Lippin, JD, LCSW, Alighieri Care Management
Music and Seniors: Enhancing Our Physical, Emotional, Social, Spiritual and Aesthetic Life with Music	October 4 6:00pm	Brian L. Harris LCSW Psychotherapist
Preventing Falls! Learn Better Ways to Be Safer in Your Home and Elsewhere	October 18 6:00pm	Anne C. Sansevero RN, MA, GNP (Gerontological Nurse Practitioner), CCM (Certified Case Manager)
What is the Role of Forgiveness in Fulfilling Our Life Goals?	November 1 6:00pm	Dr. Anne Klaeysen, NYSEC Leader
The Third Act: Retired, But Working	November 15 6:00pm	Kerry Hannon, Contributor Forbes Magazine & author of "What's Next"
Love, Sex and Dating Among Seniors	December 6 6:00pm	Judy C. White, LCSW
Explore the Pelvic Floor + More! Strengthening your abs, lower back and inner core	December 20 6:00pm	Bill Gallagher, PT (Physical Therapist) and Richard Sabel, PT (Physical Therapist)