

EMPOWERING ETHICAL ELDERERS

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



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

EEE CO-DIRECTORS:

Mark Zilberman, LCSW
and Wendy Panken, LCSW

SSB EEE COORDINATORS:

Rob Hofman

NYSEC LEADER: Dr. Anne Klaeyen



<p>February 2 - 6:00 pm</p> <p>Our Feet, Our Selves</p> <p>Sarah Goldberg, Cert. Pedorthist, Educational Coordinator, Eneslow Pedorthic Enterprises</p>	<p>June 1 - 6:00 pm</p> <p>Fashion Statements for the Aging</p> <p>Liz Singer, President, NY Society for Ethical Culture, & Fashion Consultant</p>	<p>October 5 - 6:00 pm</p> <p>Put a Handle on Your Diabetes</p> <p>Francisco Diaz, GNP-DC, CDE</p>
<p>February 16 - 6:00 pm</p> <p>CARE NYC: Support for Caregivers</p> <p>Elizabeth Daniele, MSW, Caregivers Support Specialist, CARE NYC</p>	<p>June 15 - 6:00 pm</p> <p>Senior Planet Center Tour (We will meet at 127 W. 25th ST., NYC)</p> <p>Thomas Kamber, PhD</p>	<p>October 19 - 6:00 pm</p> <p>Let's Talk About Affordable Housing</p> <p>Larry Wood, Esq.</p>
<p>March 2 - 6:00 pm</p> <p>The Power and Limits of Your Aging Brain</p> <p>Jed Levine, EVP, CaringKind - Alzheimers Care</p>	<p>July 6 - 6:00 pm</p> <p>Finding Meaning in the Big Changes and Transitions As We Age</p> <p>Cynthia Burke, Former Outreach Director, Friends Indeed</p>	<p>November 2 - 6:00 pm</p> <p>Coping with Vision Changes</p> <p>Carolyn Parris, LCSW Lighthouse Guild NYC</p>
<p>March 16 - 6:00 pm</p> <p>Staying Connected Through SelfHelp's Virtual Sr. Center</p> <p>David Dring, E.D. Selfhelp Innovations</p>	<p>July 20 - 6:00 pm</p> <p>House Calls; When Old Is New Again</p> <p>Dr. M. Victoria Kopke, MD</p>	<p>November 16 - 6:00 pm</p> <p>Medicare Q & A: What You Need to Know During Open Enrollment</p> <p>Howard Recht, CLU CHFC</p>
<p>April 6 - 6:00 pm</p> <p>Moral Obligations of Older Adults</p> <p>Michael B. Friedman, LMSW, Professor. Social Advocate, Expert on Geriatric Mental Health</p>	<p>August 3 - 6:00 pm</p> <p>Roles of Grandparents in NYC Today</p> <p>Brandy Orange, Community Coordinator, NYC DFTA Grandparent Resource Center</p>	<p>December 7 - 6:00 pm</p> <p>What's Depression All About: Is it Normal? Is It Not?</p> <p>Wendy Panken, LCSW & Karen Gennaro, MD</p>
<p>April 20 - 6:00 pm</p> <p>New Solutions to Falls Prevention</p> <p>Toby Kasavan, CTCRI, Aikido 5th degree black belt</p>	<p>August 17 - 6:00 pm</p> <p>Adult Protective Services</p> <p>Richard Koral, Leader Intern, NYSEC & Gary Barberio, Director, Community Affairs, NYC HRA</p>	<p>December 21 - 6:00 pm</p> <p>Aging Hips & Knees: Treatment Possibilities</p> <p>Reuben Ingber, MD, www.dringber.com</p>
<p>May 4 - 6:00 pm</p> <p>What We Can Learn About Aging from LGBTQ Seniors</p> <p>Tom Weber, Dir.Care Mgmt Services, SAGE</p>	<p>September 7- 6:00 pm</p> <p>Living With Pain the Alternative Way</p> <p>Joan Griffith-Vega, MA,MFA</p>	
<p>May 18 - 6:00 pm</p> <p>Wise Aging Workshop</p> <p>Rachel Cowan, E.D., Institute for Jewish Spirituality</p>	<p>September 21 - 6:00 pm</p> <p>Pelvic Floor/Bladder Control</p> <p>Bill Gallagher, PT, CMT, CYT of The East West Rehab Institute</p>	