

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



February 2 - 6:00 pm

Our Feet, Our Selves

Sarah Goldberg, Cert. Pedorthist, Educational Coordinator, Eneslow Pedorthic Enterprises

February 16 - 6:00 pm

CARE NYC: Support for Caregivers

Elizabeth Daniele, MSW, Caregivers Support Specialist, CARE NYC

March 2 - 6:00 pm

The Power and Limits of Your Aging Brain

Jed Levine, EVP, CaringKind - Alzheimers Care

March 16 - 6:00 pm

Staying Connected Through SelfHelp's Virtual Sr. Center

David Dring, E.D. Selfhelp Innovations

April 6 - 6:00 pm

Moral Obligations of Older Adults

Michael B. Friedman, LMSW, Professor, Social Advocate, Expert on Geriatric Mental Health

April 20 - 6:00 pm

New Solutions to Falls Prevention

Toby Kasavan, CTCRI, Aikido 5th degree black belt

May 4 - 6:00 pm

What We Can Learn About Aging from LGBTQ Seniors

Tom Weber, Dir.Care Mgmt Services, SAGE

May 18 - 6:00 pm

Wise Aging Workshop

Rachel Cowan, E.D., Institute for Jewish Spirituality

June 1 - 6:00 pm

Fashion Statements for the Aging

Liz Singer, President, NY Society for Ethical Culture, & Fashion Consultant

June 15 - 6:00 pm

Senior Planet Center Tour (We will meet at 127 W. 25th ST., NYC)

Thomas Kamber, PhD

July 6 - 6:00 pm

Finding Meaning in the Big Changes and Transitions As We Age

Cynthia Burke, Former Outreach Director, Friends Indeed

July 20 - 6:00 pm

House Calls; When Old Is New Again

Dr. M. Victoria Kopke, MD

August 3 - 6:00 pm

Roles of Grandparents in NYC Today

Brandy Orange, Community Coordinator, NYC DFTA Grandparent Resource Center

August 17 - 6:00 pm

Adult Protective Services

Richard Koral, Leader Intern, NYSEC & Gary Barberio, Director, Community Affairs, NYC HRA

September 7 - 6:00 pm

Living With Pain the Alternative Way

Joan Griffith-Vega, MA, MFA

September 21 - 6:00 pm

Pelvic Floor/Bladder Control

Bill Gallagher, PT, CMT, CYT of The East West Rehab Institute

October 5 - 6:00 pm

Put a Handle on Your Diabetes

Francisco Diaz, GNP-DC, CDE

October 19 - 6:00 pm

Let's Talk About Affordable Housing

Larry Wood, Esq.

November 2 - 6:00 pm

Coping with Vision Changes

Carolyn Parris, LCSW Lighthouse Guild NYC

November 16 - 6:00 pm

Medicare Q & A: What You Need to Know During Open Enrollment

Howard Recht, CLU CHFC

December 7 - 6:00 pm

What's Depression All About: Is it Normal? Is It Not?

Wendy Panken, LCSW & Karen Gennaro, MD

December 21 - 6:00 pm

Aging Hips & Knees: Treatment Possibilities

Reuben Ingber, MD, www.dringber.com

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