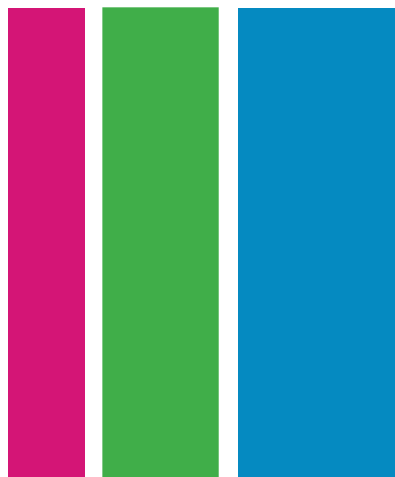


# EMPOWERING ETHICAL ELDERERS

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)

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CHAIR, SOCIAL SERVICE BOARD: Phyllis Harrison-Ross, MD  
EEE CO-DIRECTORS: Mark Zilberman, LCSW and Rosemary Irving, LCSW  
SSB EEE COORDINATORS: Rob Hofman  
NYSEC LEADER: Dr. Anne Klaeysen



**January 30 - 6:00 pm**

**The Benefits of Tech Adoption for Seniors**

Kimberly Brennstener - Director of Programs  
Thomas Kamber, PhD - Executive Director  
OATS and Senior Planet Exploration Center

**February 6 - 6:00 pm**

**Ha, ha, ha: Live Demonstration of Laughter Yoga**

Beverly Schutzman - Career and Life Balance Coach

**February 20 - 6:00 pm**

**Identity Theft: Discussion by New York County District Attorney's Office Community Affairs Unit**

**March 6 - 6:00 pm**

**Death Café: How Talking About Death And Dying Helps One Get The Most Out Of Life**

D. Min. Barbara Simpson, Pastoral Counselor

**March 20 - 6:00 pm**

**Loneliness and Social Isolation: How The Virtual Senior Center Helps You Fight Back**

Alexis Carter - LMSW, CGCM

**April 3 - 6:00pm**

**Activism, Part 2: Discover Where And How You Can Help**

Alidra Solday - Film Maker & Psychotherapist  
Mae Carpenter - Commissioner, Department of Senior Programs & Services, Westchester County

**April 17 - 6:00 pm**

**Composing an Ethical Will**

Dr. Anne Klaeysen - NYSEC Leader

**May 1 - 6:00 pm**

**Tai chi: For better balance, fall prevention, deeper breathing, focus, relaxation and overall health improvement**

Rob Hofman - Elder Fitness Specialist and Geriatric Care Manager

**May 15 - 6:00 pm**

**Understanding the Memory Loss Journey for Caregivers**

Trish Corrigan - Director of Sales Sunrise of Edgewater, NJ

**June 5 - 6:00 pm**

**Where Did I Put...?: A survey on the impact of nutrition, exercise and social interaction on memory**

Rosemary Irving -LCSW-R EEE  
Rob Hofman - Elder Fitness Specialist

**June 19 - 6:00 pm**

**End of Life Care Options Today - What they are and how they are accessed**

Toby Weiss - Director Cultural Diversity and Jewish Programming, Metropolitan Jewish Hospice and Palliative Care

**July 17 - 6:00 pm**

**Arts and Minds: Museum Based Experiences for People with Dementia and their Caregivers**

Carolyn Halpin-Healy - Executive Director Arts & Minds, Studio Museum of Harlem

**July 31 - 6:00 pm**

**The Impact of the Affordable Care Act on the Disabled and Elderly**

Judith Grimaldi, Esq.  
Grimaldi & Yeung, LLP

**August 7 - 6:00 pm**

**Huh? A Comprehensive Discussion on Hearing and Remedies**

Dr. Barbara Grossman, Au D.

**August 21 - 6:00 pm**

**Responsible Use of Medications**

Francisco Diaz - Gerontological Nurse Practitioner

**September 4 - 6:00 pm**

**Planning For Incapacity: A Discussion on Health Care Proxies, Power of Attorney and Living Will**

Douglas Chu, Esq. Hynes & Chu LLP

**September 18 - 6:00 pm**

**Retaining Choice: In the Face of Recent Health Care Legislative Changes**

Toby Weiss - Director Cultural Diversity and Jewish Programming, Metropolitan Jewish Hospice and Palliative Care

**October 2 - 6:00 pm**

**Smile: Introduction to Geriatric Dentistry**

Dr. Carolyn Norris, DDS

**October 16 - 6:00 pm**

**Talking To Doc: How to Effectively Communicate With Your Doctors and Have Your Health Care Wishes Respected**

David C. Leven -Executive Director Compassion & Choices of New York

**November 6 - 6:00 pm**

**End Stage Dementia Care: The Palliative Approach**

Ann Wyatt  
Residential Care Policy, Alzheimer's Association

**November 20 - 6:00 pm**

**Holiday Joys and Drudges: Gifting, Company, Isolation and Depression**

Micki Zucker, MSW, ACSW, CASWCM  
Geriatric Care Manager, Directions In Aging

**December 4 - 6:00pm**

**Senior Housing: Finding, Paying and Keeping**

Rita Golub, LCSW, CMC  
Geriatric Care Manager

**December 18 - 6:00 pm**

**Learning, Discovering and Travelling: A Presentation about The Road Scholars Program**

A Road Scholar "Ambassador"

The Social Service Board, United Social Services Inc. (SSB) is dedicated to helping the most vulnerable members of our community through social service projects that make a difference. For over 130 years Ethical Culture has served New York City through the work of the SSB, building a more Ethical world. The core programs of the Social Service Board, focus particularly on children and adults at-risk and in need.



The New York Society for Ethical Culture (NYSEC) is the cornerstone of the Ethical Culture movement founded in 1876 to advance social justice for all. NYSEC created or helped establish important civil rights, social service, and educational organizations including the NAACP; the ACLU; the Visiting Nurse Service; the Ethical Culture Fieldston School; the National Urban League; the Hudson Guild; and the Encampment for Citizenship. Today, NYSEC continues its legacy as a center for community, advocacy and social justice and a cultural resource for all of New York City. NYSEC hosts hundreds of community programs a year including panel discussions on key social issues, lectures, concerts, films, theatrical events, town meetings, and writing, music and art workshops.

