EMPOWERING ETHICAL ELDERS

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
New York, NY 10023

INFO: (718) 247-9900
www.nysec.org

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

SSB Chair: Henryka Komanska
NYSEC Leader: Richard Koral

February 15 - 6:00 pm
Let's Talk About Ageism
Alice Fisher, MSW

June 7 - 6:00 pm
Arts & Minds
Carolyn Halpin Healy E.D. of Arts & Minds

September 20 - 6:00 pm
The Best Nutrition for Our Aging Bodies
Avigdor Arad, RDN, EP-C Clinical Dietitian

March 1 - 6:00 pm
Medical Marijuana, the Pros and the Cons
Michael Morgenstern, MD

June 21 - 6:00 pm
Avoiding Scams, Identity Theft, and Elder Abuse
James Dees
Dept. of Financial Services

October 4 - 6:00 pm
Wisdom of LGBTQ Elders
Tom Weber
Dir. Care Management, SAGE

March 15 - 6:00 pm
Your Feet: Ask the Pedorthist
Sarah Goldberg
Certified Pedorthist

July 5 - 6:00 pm
The Gerontocracy, a Club We’d All Like to Join
Wendy Panken, LCSW

October 18 - 6:00 pm
Open Enrollment, What to Do
Howard Recht, CLU

April 5 - 6:00 pm
Planning for End of Life, and That Doesn’t Mean Giving Up
Abby Nathanson, LCSW

July 19 - 6:00 pm
Treatment for Addicted Older Adults and Caregivers
Sharon Matthew - Clinical Director, Older Adult Program at Caron

November 1 - 6:00 pm
Vision Loss and Diabetes
Janet Weinstein
Director of Outreach
Lighthouse Guild NYC

April 19 - 6:00 pm
Introduction to Chair Yoga
Virginia Atkins - Yoga Instructor

August 2 - 6:00 pm
Staying Friendly With Your Aging Body
Michael Ing, MSPT

November 15 - 6:00 pm
Capturing Memories: A Class in Memoir Writing
Melissa Petro - Author

May 3 - 6:00 pm
Can Older People Cope with An “Inconvenient Truth”
Vince Brancato

August 16 - 6:00 pm
Dealing With Arthritis
Vickie Mullin
Senior Executive Director
Arthritis Foundation

December 6 - 6:00 pm
Sexual Health and Aging
Mark Ing, PHD

May 17 - 6:00 pm
Yes to Aging, No to Ageism
Ashton Applewhite
Writer and Activist

September 6 - 6:00 pm
The Language of Aging, What’s Normal About Aging
Cynthia Berke, MA

December 20 - 6:00 pm
Helpful Technology, Devices and Services for Seniors
Mark Zilberman, LCSW

“EEE 2018”

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 718.247.9900