

# EMPOWERING ETHICAL ELDERS

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



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 <b>Let's Talk About Ageism</b> Alice Fisher, MSW	June 7 - 6:00 pm <b>Arts &amp; Minds</b> Carolyn Halpin Healy E.D. of Arts & Minds	September 20 - 6:00 pm <b>The Best Nutrition for Our Aging Bodies</b> Avigdor Arad, RDN, EP-C Clinical Dietitian
March 1 - 6:00 pm <b>Medical Marijuana, the Pros and the Cons</b> Michael Morgenstern, MD	June 21 - 6:00 pm <b>Avoiding Scams, Identity Theft, and Elder Abuse</b> James Dees Dept. of Financial Services	October 4 - 6:00 pm <b>Wisdom of LGBTQ Elders</b> Tom Weber Dir. Care Management, SAGE
March 15 - 6:00 pm <b>Your Feet: Ask the Pedorthist</b> Sarah Goldberg Certified Pedorthist	July 5 - 6:00 pm <b>The Gerontocracy, a Club We'd All Like to Join</b> Wendy Panken, LCSW	October 18 - 6:00 pm <b>Open Enrollment, What to Do</b> Howard Recht, CLU
April 5 - 6:00 pm <b>Planning for End of Life, and That Doesn't Mean Giving Up</b> Abby Nathanson, LCSW	July 19 - 6:00 pm <b>Treatment for Addicted Older Adults and Caregivers</b> Sharon Matthew - Clinical Director, Older Adult Program at Caron	November 1 - 6:00 pm <b>Vision Loss and Diabetes</b> Janet Weinstein Director of Outreach Lighthouse Guild NYC
April 19 - 6:00 pm <b>Introduction to Chair Yoga</b> Virginia Atkins - Yoga Instructor	August 2 - 6:00 pm <b>Staying Friendly With Your Aging Body</b> Michael Ing, MSPT	November 15 - 6:00 pm <b>Capturing Memories: A Class in Memoir Writing</b> Melissa Petro - Author
May 3 - 6:00 pm <b>Can Older People Cope with An "Inconvenient Truth"</b> Vince Brancato	August 16 - 6:00 pm <b>Dealing With Arthritis</b> Vickie Mullin Senior Executive Director Arthritis Foundation	December 6 - 6:00 pm <b>Sexual Health and Aging</b> Mark Ing, PHD
May 17 - 6:00 pm <b>Yes to Aging, No to Ageism</b> Ashton Applewhite Writer and Activist	September 6 - 6:00 pm <b>The Language of Aging, What's Normal About Aging</b> Cynthia Berke, MA	December 20 - 6:00 pm <b>Helpful Technology, Devices and Services for Seniors</b> Mark Zilberman, LCSW

# EEE 2018