

# EMPOWERING ETHICAL ELDERERS

Information and Support for SENIORS, FAMILY CAREGIVERS, AND THE GENERAL PUBLIC

EEE

Family Members, Companions, Care Givers: Our social workers, Mark Zilberman and Rosemary Irving 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, Education Mgmt. Professional

## 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](http://www.socialserviceboard.org)

## CHAIR SOCIAL SERVICE BOARD:

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Mark Zilberman, LCSW  
and Rosemary Irving, LCSW

## SSB EEE COORDINATORS:

Rob Hofman

**NYSEC LEADER:** Dr. Anne Klaeyssen

<p><b>February 19 - 6:00 pm</b></p> <p>Urban Foraging for Seniors Wildman Steve Brill, Naturalist, Author</p>	<p><b>June 4 - 6:00 pm</b></p> <p>Seniors' Footwear: Feet Don't Fail Me Now! Neil McDonnel, Manager, Eneslow Shoes</p>	<p><b>September 17- 6:00 pm</b></p> <p>Medicare: It's Choice Time Again Howard Recht, CLU, ChFC.</p>
<p><b>March 5 - 6:00 pm</b></p> <p>Find a Workout for Your Condition Cynthia Shipley, Pilates Instructor</p>	<p><b>June 18 - 6:00 pm</b></p> <p>Online Dating: A Review Walker Thornton, Writer, Speaker, Sex Educator</p>	<p><b>October 1 - 6:00 pm</b></p> <p>This Chair Rocks - Pushing Back Against Ageism Which Affects Everyone Ashton Applewhite, Writer</p>
<p><b>March 19 - 6:00 pm</b></p> <p>Assistive Technology: Walkers, Canes, Rollators, Scooters, Wheelchairs Charles Sanbury, Owner Sansbury Medical Equipment</p>	<p><b>July 2 - 6:00 pm</b></p> <p>Senior Scams: Don't Be A Victim Claire Rosenzweig, President BBB New York</p>	<p><b>October 15 - 6:00 pm</b></p> <p>TED Talk: Older People Are Happier Mark Zilberman, LCSW, Co-Director EEE</p>
<p><b>April 2 - 6:00 pm</b></p> <p>Teaching Breath~Body~Mind: For Overall Health Dr. Richard Brown, MD</p>	<p><b>July 16 - 6:00 pm</b></p> <p>Senior Planet: Who They Are, What They Do Kim Brennstainer</p>	<p><b>November 5 - 6:00 pm</b></p> <p>Yum, Yum!: Live Organic Cooking Demonstration Colombe Jacobsen-Derstine, Chef, Actress</p>
<p><b>April 16 - 6:00 pm</b></p> <p>Don't Downsize Your Life...Rightsize It! Barbara Z. Perman Ph.D</p>	<p><b>August 6 - 6:00 pm</b></p> <p>Social Media for Seniors - Pros and Cons Rosemary Irving, LCSW, Co-Director EEE</p>	<p><b>November 19 - 6:00 pm</b></p> <p>Senior Travel: Road Scholars Mary Vinquist</p>
<p><b>May 7 - 6:00 pm</b></p> <p>Senior Housing: Getting It &amp; Keeping It Larry Wood, Goddard-Riverside Family Council</p>	<p><b>August 20 - 6:00 pm</b></p> <p>Digital Photography for Seniors Mark Zilberman, LCSW, Co-Director EEE</p>	<p><b>December 3 - 6:00 pm</b></p> <p>Technology with Medical Treatments Allen D. Andrade, MD - Icahn School of Medicine at Mt. Sinai, Geriatric Specialist</p>
<p><b>May 21 - 6:00pm</b></p> <p>Genealogy: Who You Are. How To Know Bertis Shankle-Reyes, SAGE</p>	<p><b>September 3 - 6:00 pm</b></p> <p>Roommating: Not Just For Your Kids, (or Grandkids) Anymore Kevin Queen, LMSW, ACSW, Vice President of Programs, NY Foundation for Senior Citizens</p>	<p><b>December 17 - 6:00 pm</b></p> <p>End Of Year Senior Tax &amp; Finance Q&amp;A Gideon Y. Schein, MBA</p>

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