

	Title of Talk	Summary	Speaker/Organization	Phone/E-mail	Available Mon.-Fri. Business Hours	Available Evenings	Available Weekends
Advocacy	Advocacy Flexible - Caring for any Senior	Caring for any Senior requires learning practical strategies and solutions to help one better deal with the eldercare issues surrounding Dementia and other elder illnesses that touch us all - Find out about the ethical issues and gain a better understanding of rights and the facilities responsibilities. - Care Giving - Navigating the Elder Care Maze - The Perils of Individual Elder Care in the U.S. - Senior Care Overview - Senior Housing Option - Long Distance Care Giving - Understanding Alzheimer's disease and relater dementia - The Sandwich generation - Social Security and Medicare basics.	Mark Brownstein President Comprehensive Senior Care Solutions	(845) 358-1220 mbrownsteincs2@gmail.com	✓	✓	✓
Advocacy	Visibility for Your Organization	How can your organization gain the visibility it deserves? The speaker will address publicity, speaking opportunities and the media.	Cole, Susan President Cole Communications www.colecommPR.com	(914) 793-0318 scole@colecommPR.com	✓	✓	
Advocacy	Social Media	Speaker will address how to use social media such as LinkedIn, blogs, Twitter, Facebook and your own website to promote your organization.	Cole, Susan President Cole Communications www.colecommPR.com	(914) 793-0318 scole@colecommPR.com	✓	✓	
Advocacy	7:00 p.m.	Set up a development (fund-raising) and communications department for your organization using a membership business model.	Mueller, Carlyn Manager, Annual Fund and Donor Relations, HealthCare Chaplaincy	(212) 644-1111, Ext. 135 cmueller@healthcarechaplancy.org		✓	✓
Advocacy	Ideas for Strengthening Your Annual Campaign: Building a Lifelong Relationship with Donors	Learn about how to develop positive relations with donors and the community where your organization is based.	Sweeney, Anne Executive Director Arc of Westchester Foundation www.westchesterarc.org	(914) 495-4625 asweazey@westchesterarc.org	✓	✓	
Advocacy	Kinship/Relative Caregiving	Speaker addresses issues often discussed by family caregivers for people of all ages, the benefits of peer support groups and holiday and summer programs for children raised by relative caregivers.	Berman, Seth Executive Director Family Services of Yonkers www.fssy.org	(914) 963-5118 sberman@fssy.org	✓		
Advocacy	Elder Advocacy	We educate people about how to navigate the nursing home/hospital/assisted living system	Sgaglio, Ruthayn Owner Elder Advocate westchester.myelderadvocate.com	My (914) 292-0444 westchester@myelderadvocate.com	✓	✓	✓
Caregiving	Alzheimer's Services you May Need	Learn about the different types of services (e.g., adult day care, home care and respite care) and levels of care that are available for caregivers.	Addeo, Jody MPH Patricia LMSW Care Consultants Alzheimer's Association www.alz.org/hudsonvalley	Gaston, (914) 253-6860 cau@alz.org pgaston@alz.org	✓	✓	✓
Caregiving	How Geriatric Care Managers Work	I will explain what a geriatric care manager does. We can keep people out of hospitals, oversee home care, advocate for clients.	Blackwell, Gwyneth President Gwyneth Blackwell Senior Care Resources, Inc. Wwww.gwynethblackwellseniorcareresou ces.com	(914) 574-1568 gwyn@gwynethblackwellseniorcareresou rces.com	✓	✓	✓
Caregiving	Technology Helping Seniors Age in Place	Presentation discussing hands-free technology allowing seniors and their caregivers to detect and prevent falls, wandering and urinary tract infections. The technology can also be used to detect water on the floor, monitor temperature changes, medication side effects, sedentary behavior, or changes in activities of daily living such as sleeping and eating. Technology helps seniors to continue living in their homes rather than have to move to skilled nursing facilities.	German, Gary President Nonnatech www.nonnatech.com	(914) 439-4288 garygerman@nannatech.com	weekday evenings	✓	✓

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Caregiving	CareTransitions	What happens when your loved one or yourself knows you need extra care during the day? What are your options?	Kathryn, Pojer MPH LMSW Social Worker Yonkers Gardens Adult Day Health Center	(914) 375-3398 kpojer@yonkersgardens.com		✓	✓
Caregiving	Caregiving	What caregivers should know, where to get information and case studies of effective caregiving.	Phipps, Colette Deputy Executive Director, Livable Communities Initiative Westchester Department of Senior Programs and Services www.westchestergov.com	(914) 813-6441 cap2@westchestergov.com	✓	✓	
Caregiving	Caring for the Caregiver	Presentation focuses on exploring some common causes of stress related to caregiving and strategies to minimize it. Also - the importance of caring for yourself.	Sweeney, Robbin Attorney & Certified Professional Coach Better Living Life Coach. www.betterlivinglifecoach.com	(914) 260-2668 swnyrb@aol.com	✓	✓	✓
Caregiving	Westchester Business Climate and Legislative/Regulatory Issues	What's happening on the Westchester business scene - and what are the legislative and regulatory issues in the county and New York State that will affect the lives of county residents.	Gordon, Marsha President & CEO Business Council of Westchester www.westchesterny.org	(914) 948-2110 mgordon@westchesterny.org	✓	✓	
Caregiving	Fall Prevention -- A Major Problem Among Seniors	Studies have shown that one in every three people over 65 will fall this year, resulting in serious injuries. We offer recommendations for keeping seniors safe at home.	Trapasso, Ed & Waga, Phil Presidents The Perfect Home Care, Inc. http://thepperfecthomecare.com	(917) 399-5578 Phil@ThePerfectHomeCare.com	✓	✓	✓
Current Events	Climate Change	I have been lecturing on climate change all around the world for over 22 years, both as a private citizen and as a UN Consultant. I have new information that clearly shows climate change is far worse than the public is being told.	Anderson, D. C. Captain Earth Ship Limited www.earth-ship.com	(877) 765-5722 anderson@earth-ship.com	✓	✓	✓
Current Events	Workforce Diversity and Generational Dynamics	A discussion of the dynamics from having three-plus generations in the current and future workforce.	Bowman, Edwin Principal Bowman Becker Consultancy www.bowmanbeckerconsultancy.com	(914) 682-4137 edwin.bowman@bowmanbecker.com	✓		
Current Events	Economic Development in Westchester	What is being done to attract new business to Westchester, how this will affect life in the county and how business and community leaders can speed the process.	Gottlieb, Larry Director of Economic Development Office of the County Executive www.thinkingwestchester.com	(914) 995-2963 lgottlieb@thinkingwestchester.com	✓		
Current Events	Call to Action for a Better State Government	President of Westchester County Association will discuss his organization's efforts to address problems in Albany -- and the roles interested parties in the county can play in the process.	Mooney, William President Westchester County Association www.westchester.org	(914) 948-3671 wmooney@westchester.org	✓		
Current Events	Health Care Reform, A better way, Medicare for ALL	Discussion of the U.S. health care system and how (Obamacare) will not solve the problems. Will explain how a "Medicare for All" national health plan without the private, for-profit insurance companies will solve them and bring health care justice to our country or state.	Rosenthal, MD, Dr. Elizabeth R Member, Executive Committee, Physicians for a National Health Program, NY Metro Chapter www.pnhpnymetro.org	(914) 834-3025 betsyr@optonline.net	✓	✓	
Diversity	Employing People with Developmental Disabilities	Presentation covers the opportunities available for area businesses to hire people with developmental disabilities -- and how organizations serving this population sector can partner with businesses to facilitate the process.	DeMarco, Steven Director, Corporate & Government Relations Arc of Westchester www.westchesterarc.org	(914) 495-4498 sdemarco@westchesterarc.org	✓	✓	
Diversity	Helping Students with Developmental Disabilities Transition to Life After High School	Presentation covers the eligibility process for assistance and how students can connect to services after high school.	Gonzalez, Marshal Transitional Services Director Arc of Westchester www.westchesterarc.org	(914) 495-4615 mgonzalez@westchesterarc.org	✓	✓	

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Diversity	Lesbian Gay, Bisexual, Transgender (LGBT) Aging: What Makes it Different	Speaker provides information on working with lesbian, gay, bisexual and transgender older adults, and breaks down barriers to access services for these individuals.	Halvelka, Scott Director of Programs and Services The LOFT, LGBT Community Services Center www.loftgaycenter.org	(914) 723-5225 scott@loftgaycenter.org	✓	✓	✓
Diversity	Services Provided by the County Office for the Disabled	Speaker will describe the Office for the Disabled's services, which include Paratransit, a disability awareness program, sign language interpreter services, travel training, the Beat Plus program, the disability resource guide and work with the Miracle League of Westchester.	Latainer, Evan Director County Office for the Disabled www.westchestergov.com	(914) 995-2958 ehl2@westchestergov.com	✓		
Diversity	People with Disabilities and Their Options for Independent Living	Speaker covers topics that must be considered when exploring independent living options for individuals with a disability. Medicaid, home care, and systemic and attitudinal barriers to independence are also discussed.	Tanzman, Mel Executive Director Westchester Disabled on the Move www.wdom.org	(914) 968-4717 melt@wdom.org	✓	✓	✓
Diversity	Disability Rights	What are the rights of people with disabilities regarding employment, access to places of public accommodation and access to transportation. The speaker also will talk about how people with a disability can more successfully navigate the Medicaid community-based service system.	Tanzman, Mel Executive Director Westchester Disabled on the Move www.wdom.org	(914) 968-4717 melt@wdom.org	✓	✓	✓
Diversity	"What Does "Cloud Technology" Mean for My Small Business?	With traditional office-based systems giving way to Internet-based ones such as "cloud technology," the benefits and potential pitfalls of this change continue to puzzle small business owners. What are the right questions to ask? How will I know what's right for my business? The speaker addresses these and related questions.	Cioffi, Robert Managing Partner Progressive Computing www.pro-comp.com	(914) 375-3009 x212 rcioffi@pro-comp.com	✓	✓	
Education	A Guide to Riding the Bee-Line System	B.E.A.T. - Be Educated About Transit Program, is a transit orientation program that instructs Westchester seniors on how to safely and successfully use the Bee-Line System to promote greater travel independence.	Burns, Mary Ellen Senior - B.E.A.T Be Educated About Transit Program Westchester County Department of Transportation http://transportation.westchestergov.com/transit-education/senior-b-e-a-t	(914) 813-7741 mbb4@westchestergov.com	✓	✓	
Education	How to Infuse Service-Learning in Your Curriculum	Speaker will explain service-learning, which is a growing trend nationally in higher education as well as K through 12, to help students apply what they learn in the classroom to solve real world problems. She'll also show how any course can include service-learning without sacrificing curriculum requirements.	Coppola, Jean Associate Professor, Information Technology Pace University www.pace.edu	(718) 288-5105 jcoppola@pace.edu	✓	✓	✓
Education	Preparing Staff and Students for an Environment in Which One in Five People are 60 or Older	Are students and staff prepared to handle the needs of an expanding senior population? Are they aware of what they might be facing? Have they considered a career in a gerontology-related field? The speaker will discuss sensitivity training, role-playing and interactive exercises that can provide helpful answers.	Coppola, Jean Associate Professor, Information Technology Pace University www.pace.edu	(718) 288-5105 jcoppola@pace.edu	✓	✓	✓
Education	Disability Benefits: Know Your Rights	Get information and insight into how the Social Security Disability process works.	Dieuveuille, Gina Independent Field Representative Allsup, Inc. www.allsupcares.com	(914) 482-3545 g.dieuveuille@allsupinc.com	✓	✓	✓
Education	Computers and Seniors	How to overcome fears about computers so that you can use them to make life easier, connect with family members living elsewhere, gain access to information and surf the Internet safely.	Kanawitz, Irene Director of Staff Programs JCY-Westchester Community Partners www.jcy-wcp.org	(914) 423-5009 lkanawitz@jcy-wcp.org	✓		

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Education	The Importance of Intergenerational Programs.	Learn how to educate and give advice on introducing intergenerational programs, how they are working out in Westchester and how to make them more effective.	Lubin Kirschner, Janice Executive Director JCY-Westchester Community Partners www.wroinc.org	(914) 423-5009 jlkirschner@jewishcouncil.info	✓		
Education	Planning for Your Future: Advance Directives and Other Considerations	This seminar explains what advance directives are and the importance of each. Additionally, it addresses some of the personal issues and considerations related to aging with joy.	Sweeney, Robbin Attorney & Certified Professional Coach Better Living Life Coach. www.betterlivinglifecoach.com	(914) 260-2668 swnyrb@aol.com	✓	✓	✓
Education	Human Resource Management and Strategic Involvement for Organizational Success	A discussion of the evolution of human resource functions from an operative and administrative focus to a strategic focus in the management of talent and organizational achievement.	Bowman, Edwin Principal Bowman Becker Consultancy www.bowmanbeckerconsultancy.com	(914) 682-4137 edwin.bowman@bowmanbecker.com	✓		
Employment	Implications of Global Labor Shortages for Experienced and Senior Workers	A discussion on filling the experience and competency gaps in selected subject matter areas in today's economy.	Bowman, Edwin Principal Bowman Becker Consultancy www.bowmanbeckerconsultancy.com	(914) 682-4137 edwin.bowman@bowmanbecker.com	✓		
Employment	Employment for People with Disabilities	The speaker will review the rationales and procedures for hiring people with a disability, as well as financial incentives for employers who do.	Canfield, Gwenn District Marketing Representative VESID www.vesid.nysed.gov	(914) 946-6527 gcanfield@mail.nysed.gov	✓		
Employment	Job Search After 50	The presenter provides practical guidance on techniques and opportunities as she addresses these questions: How do you decide to "stay or leave" your current employer? Is there handwriting on the wall that makes you think your job is in jeopardy? Are you ready for another opportunity but have not done a resume or interview in years? Where are the jobs now?	Kenny, Bernadette Certified Care Consultant Sound Consulting www.soundcareeradvice.com	(914) 584-5490 bernadettekennyschuler@gmail.com	✓	✓	✓
Employment	Making the Most of your Pre- and Post-Retirement Life	Whether you are currently in the workforce and wish to think about retirement, find a new job, or locate a volunteer opportunity, this workshop provides the guidance and techniques to make your journey successful.	Kenny, Bernadette Certified Care Consultant Sound Consulting www.soundcareeradvice.com	(914) 584-5490 bernadettekennyschuler@gmail.com	✓	✓	✓
Employment	Alternative Career Opportunities: Self-Employment Options	The speaker reviews the advantages, disadvantages and differences among starting a business from scratch, buying an existing business and franchising opportunities. He also discusses business plans, legal structures and financing options.	Kleinman, Barry Business Coach/Owner The Entrepreneur's Source www.theesource.com/Bkleiman	(866) 469-9480 bkleiman@esourcecoach.com	✓	✓	
Employment	Second Careers - Where Will Your Talent Take You?	This presentation focuses on the questions that individuals need to answer to identify a targeted second career. It's easy to say: "I want to be a real estate agent," but it makes no sense for anyone who does not like to meet new people. Attendees leave with tools for mapping a new career.	Mazin, Rebecca Managing Partner Recruit Right www.recruitright.net	(914) 834-0870 rebeccamazin@recruitright.net	✓	✓	✓
Employment	Using Technology for a Job Search	This presentation begins with the most-used Internet technologies, effective and professional email and voice mail messages. Attendees will learn about researching companies, targeting sites for job searches, online applications, resume etiquette, and when to step away from the keyboard. Participants will leave with the tools to get up to speed on the basics of web-based job search and response.	Mazin, Rebecca Managing Partner Recruit Right www.recruitright.net	(914) 834-0870 rebeccamazin@recruitright.net	✓	✓	✓
Employment	Starting a Business for yourself or + 1, 2, 3 or more people	Do you want a business "to death do you part?", with family members or friends? To pass down to kids? Sell and cash out? Go public? Each option has a different strategies from the start. Learn now, smart later.	Oppenheim, Ilene Owner Focus on Business LLC	(914) 771-9484 ileneoppenheim@yahoo.com	✓	✓	

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Environment	Prevention Back Injuries & Short Term Rehabilitation for Orthopedic Patients	Learn about ways to prevent back injuries, what's involved in hip and knee replacements, bone density, transition in care from subacute to home, exercise techniques to retain balance and flexibility and more.	Cohen, Janet Marketing & Speakers Bureau Rehabilitation Services Jewish Home Lifecare www.jewishhome.org	(914) 864-5172 hrosenberg@jewishhome.org	✓	✓	✓
Health & Wellness	Strategies of Effective Communication	Learn strategies to use when communication with hearing loss or when communicating with a friend or loved one with hearing difficulties. Stay connected and active through the use of effective communication skills!	Angelo, Renee Au.D. Audio Help Hearing Centers www.myhearingexpert.com	(914) 472-4444 rangelo@mail.audiohelp.org	✓		
Health & Wellness		This talks discusses the importance of exercise for seniors, especially as it relates to chronic disease, and provides information on how to engage in safe, effective physical activity. This talk can be adjusted to include specific topics based on the dynamic of the audience.	Bonney, Alicia Clinical Exercise Physiologist Exercise is Medicine	(347) 248-9122 aliciasbonney@gmail.com	✓		
Health & Wellness	Self-Advocacy: Taking Charge of Your Health Care Decisions to Ensure They are Understood and Honored	Learn about steps to take early in the planning process to ensure your health care decisions are honored. They include sharing feelings with loved ones about the kinds of medical care you want or don't want so they will not have to make decisions for you later on without knowing your preferences and values.	Breitbart, Vicky Director, Health Advocacy Program Sarah Lawrence College www.sl.c.edu/graduate/programs/health-advocacy/index.html	(914) 395-2602 vbreitbart@sarahlawrence.edu	✓		
Health & Wellness	How to Boost Your Brain	Learn simple everyday steps you can take to maintain comprehension and concentration to keep your brain healthy, happy and functioning well to stay vital and sharp for a long time.	Burckhard, Amy Director of Memory Care Sterling Care www.sterlingcare.com	(914) 517-0520 amy.burckhare@sterlingcare.com	✓	✓	✓
Health & Wellness	Medicare 101	How to navigate through the Parts A, B, C, & D. Medigap & Supplemental plans, Advantage Plans and various cost associated with Medicare.	Casalbore, Maxine Vice President MCM Agency, Inc.	(914) 276-0469 maxine@mcmagency.com	✓	✓	✓
Health & Wellness	Spine Health and Wellness	An explanation of the most common sources of back and neck pain and the interventions available from the medical field, allied medical professions and alternative health care providers.	Cohen, Janet Marketing & Speakers Bureau Rehabilitation Services Jewish Home Lifecare www.jewishhome.org	(914) 948-7400 bcashmd@aol.com	✓	✓	
Health & Wellness	Foot Health for Seniors	The speaker will discuss common foot disorders and treatment, diabetic foot care and how to keep your feet healthy. The presentation reviews foot facts, common foot conditions that should be treated by the podiatrist, diabetic foot care do's and don'ts, tips to keep your feet healthy and a self-assessment quiz.	Castiello, Michelle Podiatrist Westchester Podiatry Association www.westchesterpodiatryassoc.com	(914) 337-8030 westchesterpodiatry@yahoo.com	✓		
Health & Wellness	Preventing Falls at Home	Give overview or why falls occur and ways to make home safer and prevent falls.	Cohen, Susan PT susancohenpt.com	(914) 263-1717	✓	✓	✓
Health & Wellness	Falls/Osteoporosis prevention education & exercise	Information & exercise to prevent bone loss, fractures, while improving strength and balance	Cohen, Naomi Physical Therapist, Falls/Osteoporosis Prevention 3397 stoney st	(914) 548-6028 naomi.homecare@gmail.com	✓	✓	
Health & Wellness	Medicare Supplement Programs; What are your options?	Medicare Supplement Walk-through	Clarissa, Carmona Owner Carmona Insurance Agency	(914) 469-6184 claricarmona@gmail.com	✓	✓	✓
Health & Wellness	Foot care	Foot care assessment, recommendations for foot care conditions including fungus conditions, exercises for healthy feet	Cozzi, Linda Lic. Mobile Nail Technician	(914) 400-3669 lindacozzi@yahoo.com	✓	✓	✓

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Health & Wellness	Reducing Pain Through Nutrition and Exercise	Guiding the elder population to understand how the typical food groups we consume often lead to subclinical inflammation, which can cause and/or perpetuate chronic or acute pain and headaches. Suggestions for which foods to eat and which to avoid will be provided. Speaker will also discuss the importance of exercise to reduce pain.	Damkohler, Leigh Chiropractor & Massage Therapist Chiropractor - Westchester www.chiropractor-WestchesterNY.com	(914) 523-7947 leigh.damkohler@gmail.com	✓	✓	
Health & Wellness	What have you been missing: Body Composition - The Window to your Health	How monitoring body composition is as easy as stepping on a scale and yet it provides so much more information that it useful to us. This talk answers the Who, What, When, Why and How of composition monitoring.	DiSisto, Chris PT,DPT,CHT Ivy Rehabilitation www.ivyrehab.com	(914) 762-2222 cdsisto@ivyrehab.com	✓	✓	
Health & Wellness	Healthy Hearing	100% Educational lecture (no sales) on the importance of healthy hearing (i.e. how to prevent hearing loss, their causes, and various ways to treat).	Donchek, Rachel Hearing Instrument Specialist Community Hearing Services www.communityhearingservices.com	(917) -285-0761 racheld@communityhearingservices.com	✓	✓	✓
Health & Wellness	Diabetes, Health and Wellness	Edwards is executive producer and host of "The Diabetes Diva Show" which airs on the Fishbowlradionetwork, Tuesdays, from 6 p.m. to 8 p.m. While she does not have health care credentials, she is a diabetic and has been trained by the American Diabetes Association to speak about general treatment concerns and answer questions.	Edwards, Isabelle Executive Producer and Host "The Diabetes Diva Show"	thediabetesdiva@hotmail.com		✓	✓
Health & Wellness	Various Health Options	Various health care topics of interest to seniors, caregivers, and people with vision impairment and disabilities. Presentations of changes in Medicaid/Medicare as well as fall prevention and diabetes.	Farrell, Judy A. Vice President, Government Affairs GuildNet/Jewish Guild Healthcare Vision + Health www.guildhealth.org	(212) 769-6330 farrellj@lighthouseguild.org	✓	✓	
Health & Wellness	Therapeutic Qi Gong for Better Balance	Description of philosophy and benefits of Therapeutic Qi Gong (Chinese's Yoga) followed by a 25 minute demonstration with participation of attendees.	Fried-Tanzer, Nancy Qi Gong Instructor nancy@nandon.net	508-494-6610	✓	✓	
Health & Wellness	Keeping Fit from the Neck Up	Although there is no way to prevent Alzheimer's disease, research has shown that eating right, exercising and keeping your brain active may delay the onset of symptoms. The speaker focuses on the results of the research and ends with fun brain-teasers.	Gaston, Patricia Au, Curtis Care Consultants Alzheimer's Association www.alz.org/hudsonvalley	(914) 253-6860 pgaston@alz.org cau@alz.org	✓	✓	✓
Health & Wellness	State of the Art Treatment of Arthritis	This talk will discuss all the non-surgical and surgical options for the treatment of knee, hip and shoulder arthritis	Gott MD, Michael Westchester Health Orthopedics and Sports Medicine www.westchesterhealth.com	(914) 358-9700 michaelgotmd@gmail.com	✓	✓	✓
Health & Wellness	"Understanding Memory Loss"	This program helps the audience to distinguish between Alzheimer's disease and age-associated memory impairment. Differences between the two are discussed, and information about the prevalence of Alzheimer's disease and the 10 warning signs is provided, along with guidance on how to obtain a diagnosis and a brief description of treatments currently available	Gaston, Patricia Au, Curtis Care Consultants Alzheimer's Association www.alz.org/hudsonvalley	(914) 253-6860 pgaston@alz.org cau@alz.org	✓	✓	✓
Health & Wellness	Creating a Fall-Free Zone at Home: How to Remain Vertical into Your 90s!	Fall prevention tips for seniors and their caregivers. Aging in place safely at home.	Goka PT, DPT, Dr. Delali co-owners Steps To A Healthier You Physical Therapy, LLC www.AHealthierYouPT.com	(914) 458-2249 ahealthieryou4life@gmail.com	✓	✓	✓
Health & Wellness	Helping Sandwich Generation People Help Their Loved Ones	Tips and case studies on how people in the "sandwich generation" can use available services to meet the challenges of raising children and caring for aging parents.	Greenberg, Carol President & CEO Concept Care www.conceptcare.com	(914) 682-7990 cgreenberg@conceptcareny.com	✓	✓	✓

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Health & Wellness	Hearing Health Awareness Seminar	The seminar covers warning signs and types of hearing loss, common causes, consequences of untreated loss and other hearing-related issues. Zound's goal is to educate seniors on the importance of regular hearing care.	Hoffman, Avery Director of Operations Zounds Hearing of Westchester www.zoundshearing.com/westchester	avery@zoundswestchester.com	✓	✓	✓
Health & Wellness	Do you have trouble hearing on the phone? Captioned telephone is your solution	CapTel is a phone for people with hearing disabilities that provides captions of what a caller is saying on a large, customized built-in display screen. In some cases CapTel equipment is provided free or at a reduced rate; governmental subsidies are available in many cases.	Howard, Erin Outreach CapTel www.captel.com	(917) 862-4742 erin.howard@outreachexpertsinc.com	✓		
Health & Wellness	General Healthcare Concerns	Speaker provides information on different health topics of interest to older adults, including allergies, cardiology, hypertension, orthopedics, stress and stroke prevention.	King, Kellie Assist. Director, Community Relations & Outreach White Plains Hospital www.wphospital.org	(914) 681-1192 kking@wphospital.org	✓	✓	✓
Health & Wellness	Medicare Homecare	Cover Medicare basics and options seniors have including Medicare advantage vs Medicare supplement plans	Lee, Kathy Sales Rep Empire Blue Cross/Blue Shields www.empireblue.com	(845) 754-6688 kathy.lee@empireblue.com	✓	✓	✓
Health & Wellness	Get Your Creative Juices Going!	His show "Creative Juices" is about honoring our journey through creative evolution through our bold intuition and our hard work. Mario has extensive knowledge and experience in the subconscious mind in the areas of advertising. He distinctly challenges people to consider new ways of creativity.	Leone, Mario	(203) 722-0505 marioleone@me.com		✓	
Health & Wellness	Mental Illness	Mental Illness Developmental Disabilities Health & Wellness	Lopez, Wanda Life Enrichment Director Cretsvie Manor Adult Home	(917) 595-841 wandalopez923@gmail.com		✓	
Health & Wellness	Introduction to Meditation: Reduce Stress and Increase Wellness	Bodhi Meditations are 30 minute guided visualizations that use beautiful imagery and soothing music to induce a state of deep relaxation. Then enable the body to return to its natural state of balance and harmony. In the talk, I will introduce meditation and its benefits, then we will do 1-30 minute guided visualization. There will be time afterwards for relaxation and questions.	Lu, Kristen Volunteer Bodhi Meditation Society www.meetup.com/Bodhi-Meditation-Westchester/	(914) 330-5650 kristenhintonlu@icloud.com	✓		
Health & Wellness	Five Ingredients, Five Minutes, Five Healthy Meals	For older adults, the key to healthy eating is to keep it simple, quick, and affordable. Learn how to combine just a few ingredients to make delicious meals and snacks.	Hermann, Mindy MBA, RDN Food & Nutrition Consultant Hermann Communications www.hermanncomm.com	(914) 241-8714 mindy@hermanncomm.com	✓	✓	
Health & Wellness	Growing Up Gracefully is Easier Said than Done: Coping with Stress	An overview of common sources of stress that affect older adults -- and strategies to cope with them. Speaker will also cover warning signs of depression in older adults and resources for help.	Marino, Patricia Associate Professor Institute for Geriatric Psychiatry at New York-Presbyterian Hospital-Westchester Division www.cornellpsychiatry.org/research/geriatric_psychiatry.html	(914) 997-8691 pam2029@med.cornell.edu	✓		
Health & Wellness	Food	It would be great to have a speaker that can talk to our seniors regarding fun foods and about healthy eating choices.	Regan Masciovecchio, Sharon Development Managers Aisling Irish Community Center 990 McLean Ave.	(914) 237-5121 sharon@aislingcenter.org	✓		
Health & Wellness	Chief Audiologist	How to improve quality of life by getting hearing examined and utilizing hearing devices. Also how vertigo or tinnitus can be treated.	Ruiz, Jasen Chief Audiologist, Owner Advanced Audiology of NY www.advancedaudiologyofny.com	(914) 395-3277 dreads1@gmail.com	✓		

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Health & Wellness	Reducing our risk for falls	The lecture will talk about identifying fall risk factors for the elderly, ways that we can prevent falling, signs to look out for and how the healthcare community can help the elderly reduce their risk for falling and hurting themselves. We will primarily discuss the physical therapists role in addressing fall risk factors in the elderly and the appropriate therapeutic interventions.	May, Derrick Physical Therapist Active Physical Therapy, PLLC www.activesopt.com	(914) 630-7724 activesopt@yahoo.com		✓	✓
Health & Wellness	Keeping Seniors Injury Free: Fall Prevention in the Elderly	One in three adults over the age of 65 will fall. A fall initiates a cascade of physical and emotional toil on the individual, their families and caregivers. Talk will outline practical strategies in fall prevention for adults aged 65 and older.	McCarthy BS, Mary Trauma Injury Prevention and Outreach Coordinator Westchester Medical Center www.westchestermedicalcenter.com/injury-prevention	(914) 493-5846 (office) (914) 598-6246 (cell) mary.mccarthy@westchestermedicalcenter.org	✓	✓	✓
Health & Wellness	Rehabilitation	This presentation will talk about the rehabilitative services patients often need after surgery -- for example, physical, occupational and speech therapy -- and how a therapist will determine the treatment. The speaker can also address falls prevention, safety in the home, exercise, diabetes and osteoporosis.	O'Brien, Nora Director of Rehabilitation Services United Hebrew of New Rochelle www.ughc.org	(914) 632-2804 x1156 nobrien@uhgc.org	✓	✓	✓
Health & Wellness	Eating Healthy on a Fixed Budget	This presentation focuses on healthy food choices, meal planning, reading labels and choosing foods in a budget conscious manner.	Parliament, Joann Director of Admissions Visiting Nurse Services in Westchester www.vnsw.org	(914) 682-1480 x603 jparliament@vns.org	✓		
Health & Wellness	Introduction to A Matter of Balance: Managing Concerns about Falls	The talk will introduce "A Matter of Balance: Managing Concerns about Falls." Also offered as 8 session course.	Roffman, Molly Olivia Physical Therapist StepWISEnow Balance and Fall Prevention for Seniors	(914) 486-8125 molly@stepwiselow.com	✓	✓	
Health & Wellness	The Power of Breath & Meditation	How to improve your health thru breathing and meditation.	Saddler, Paula Viniyoga Teacher American Viniyoga Institute https://www.viniyoga.com/user/131	(917) 757-1822 pfsbrx6@icloud.com			
Health & Wellness	Helping Those Who Want to Hear Better	The speaker describes modern amplification devices and how they can be effectively used to improve the quality of life for people with mild to profound hearing losses.	Schaffer-Cohen, Phyllis Director of Audiology ENT	(201) 538-1990 pcohen@entandallergy.com	✓		
Health & Wellness	Health Care Today	Burke can provide a variety of presentations dealing with some of today's most pressing health issues and concerns. Topics can include; medication interactions, stroke prevention, types of brain injury, joint replacement surgery, physical therapy, home safety, drive safety, memory evaluation, fitness and exercise, outpatient therapy and planning for your healthcare future. Other topics may be available.	Sgaglio Ph.D., Richard Directory of Marketing & External Relations Burke Rehabilitation Hospital	(914) 597-2491 rsgaglio@burke.org www.burke.org	✓	some	some
Health & Wellness	Say Goodbye to Pain and Stiffness, Say Hello to Balance and Ease	An introduction to the Alexander Technique will explore how self-awareness can restore the coordination of the body and mind to a state that feels balanced and natural. Learn how to understand your unhealthy tension habits that cause poor postural habits, stress and pain and begin to understand an approach to living with a greater sense of ease and optimal functioning.	Silver, Eve Alexander Technique Wellness Educator M.AMSat evesilverat.com	(914) 921-2400 evesilver33@gmail.com	✓	✓	✓
Health & Wellness	Chew Better Live Longer	The importance of dental care as you age.	Smith, Helaine Pound Ridge Cosmetic Dentistry	(914) 476-3540 helainessmithdmd@aol.com	✓	✓	✓
Health & Wellness	Spine Health and Wellness	An explanation of the most common sources of back and neck pain and the interventions available from the medical field, allied medical professions and alternative health care providers	Wolkenberg, Andrea Director of Physical Therapy Spine Options www.spineoptions.com	(914) 948-7400 awolkenber@aol.com	✓	✓	

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Health & Wellness	Functional Vision Impairment and its Implications for Daily Living and Mobility	Looking at the effects of the three major types of vision impairment, compensatory techniques and understanding the effects for family and friends.	Yablonski, Martin Orientation & Mobility Specialist Martin Yablonski	(914) 232-3145 martin.yablonski@verizon.net	✓	✓	
Housing Options	Legal Issues of Housing Options for Seniors	Alternative housing options such as assisted living residences, independent living communities and continuing care retirement communities will be discussed. The speaker also will review the legal issues to be aware of when signing a contract.	Bellus, Melinda Elder Law Attorney Legal Services of the Hudson Valley www.lshv.org	(914) 949-1305, x106 mbellus@lshv.org	✓		
Housing Options	Planning for Senior Years: Options & Choices	This presentation looks at the various options seniors should consider -- staying at home with services or moving to various types of residential communities. It covers the services and benefits associated with various choices, discusses "how to decide, and provides some "questions to ask" potential providers.	Doyle, Pat CEO Kendal on Hudson www.kohud.kendal.org	(914) 922-1081 pdoyle@kohud.kendal.org	✓	✓	
Housing Options	Housing Options for Older Adults	The presentation discusses the various characteristics of assisted living, senior housing, nursing homes and continuing care retirement communities. Advice will be given on how to evaluate the choices.	Dunphy, Jean Executive Director Willow Towers Assisted Living, United Hebrew of New Rochelle www.ughc.org	(914) 636-6565 jdunphy@uhgc.org	✓	✓	✓
Housing Options	HECM Counseling Helps You Make an Informed Decision	A certified HECM Counselor will provide guidance about loan features, costs, responsibilities, alternatives, and protections so that consumers understand if a reverse mortgage is an appropriate financial option for their individual needs.	Giancaspro, Brenda L. Human Development Services of Westchester www.hdsw.org	(914) 939-2005 x 1102 brendahdsw@aol.com	✓	✓	✓
Housing Options	Ten Mistakes Seniors Make When Selling their Home	The speaker helps seniors navigate through the home selling process by offering tips on readying their home, accentuating its positives and avoiding mistakes disappointed would-be sellers have made. The goal is to have seniors feel comfortable about selling their home.	Grafstein, Shelley Sales Associate Prudential Centennial Realty www.shelley.prucent.com	(914) 723-5225 sgrafstein@prucentennial.com	✓	✓	
Housing Options	Addressing Aging Issues Before Rather than After	The speaker will discuss the questions older adults and/or their children should address as they assess living and recreational options before, rather than after, a move into an independent living facility, assisted living facility or nursing home is deemed necessary.	Gentner, David President & CEO of Wartburg www.wartburg.org	Maria Belsito, Dir of Development (914) 513-6179 mbelsito@wartburg.org	✓	✓	✓
Housing Options	Using Reverse Mortgages to Age in Place	Get educated on how a reverse mortgage can help you live comfortably, how to negotiate fees on reverse mortgages and how to use these instruments to avoid or deal with a mortgage foreclosure or tax foreclosure.	Lindau, Jane Director of Senior Housing Westchester Residential Opportunities www.wroinc.org	(914) 428-4507 x313 jlindau@wroinc.org	✓	✓	
Housing Options	Options in Retirement Living	The presentation is designed to empower people to navigate an increasingly complex landscape of choices, understand current terminology in senior living and focus on issues that may impact decision making when planning for the future.	Lotter, Shelley Assistant Vice President for Marketing Integrated Development Group www.idg-LLC.com	(914) 923-4050 slotter@idg-LLC.com	✓	✓	✓
Housing Options	Returning to the Community	Speak to seniors about some of the many supports available to help enable them to both remain in their home and transition from a Nursing Home back to the community. Briefly explain programs such as the MFP (Money Follows the Person) Program and the CDPAP (Consumer Directed Personal Assistance Program). A brief explanation of some of these programs and who to contact should the need arise could prove invaluable for either the senior themselves, their friend, or a relative.	Marcus, Tracy Transition Specialist Westchester Independent Living Center www.wilc.org	(914) 475-9144 tmarcus@putnamils.com	✓	✓	

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Housing Options	Alternatives in Senior Housing	The speaker will describe the three levels of care for residents at a continuing care retirement community -- independent living,, assisted living and skilled nursing. Home care needs will also be discussed.	Maver, Gemma Director of Marketing & Community Relations Kendal on Hudson www.kohud.kendal.org	(914) 922-1060 (914) 329-3947 cell gmaver@kohud.kendal.org	✓	✓	✓
Housing Options	Independent Living at Villa St. Francis Peekskill	Villa St. Francis offeres independent living for senior women with many amenities. Villa St. Francis is located on a scenic property overlooking the Hudson River.	McAdam, Catherine Director of Marketing Villa St. Francis www.villastfrancis.net	(914) 299-6358 villastfrancispeekskill@gmail.com	✓	✓	✓
Housing Options	Home Care for Elders	Optins our agency offers for at home care for elders	Oleynick, John Business Development Manager Great Generations www.greatgenerations.org	(914) 365-7600 john@greatgenerations.org	✓		
Housing Options	How to Move Your Parents from the Family Home with Dignity	This presentation discusses the preparation and planning required for this very emotional time in the lives of our parents. It explores the steps involved from the initial introduction of the concept to moving day and beyond. The sandwich generation faces this task in the near future and needs to understand what has to be done to support our parents with loving care and preserving their dignity.	Robinowitz, Randi Licensed Real Estate Salesperson Weichert Realtors www.randirobo.com	(914) 656-9075 randi@randirobo.com	✓	✓	✓
Housing Options	Moving in the Right Direction	Speaker is a senior living advisor and Realtor with a background in operating senior living communities. Presentation will empower attendees with knowledge of housing options for those 55+ in various stages of life, enabling them to choose the housing option right for them or a loved one.	Singer, Diana SRES Senior Living Choices, LLC www.senior-living-choices.net	(203) 343-1932 diana@senior-living-choices.net	✓	✓	✓
Housing Options	Laws Mandating Accessibility in Housing - and Making a Home Accessible	Learn about Fair Housing Laws and Federal regulations under HUD that require accessibility for people with mobility or sensory impairments.	Tanzman, Mel Executive Director Westchester Disabled on the Move www.wdom.org	(914) 968-4717 melt@wdom.org	✓	✓	✓
Housing Options	Affordable Assisted Living	Presentation on what our facility has to offer. We ar an very affordable non-for profit continuum in Westchester County	Vignolesi, Veronica Community Liaison Bethel Springvale Inn Assised Living www.bethelwell.org	(914) 739-4404 vvignolesi@bethelwell.org	✓	✓	
Housing Options	Creating an Organization for Aging in Place	The president of the Center for Aging in Place Support describes the ways members of a community can create their own organization to help themselves and their neighbors remain in their own homes as they age. He also explains the different steps involved in the process and cites organizations that can provide assistance.	Waldman, Robert President Center for Aging in Place Support www.aipsupport.org	(914) 315-6491 rwaldman@aipsupport.org	✓	✓	
Legal Services	Estate & Trust Planning for Asset Protection & Tax Avoidance	For over 40 years, Gary Bashian has assisted individuals with trust and estate planning techniques that minimize the Federal and State Income Tax, Estate Tax and Gift Tax. Thereby, allowing them to leave more behind for loved ones. Mr. Bashian can tailor the lecture to suit the interests of the specific audience.	Bashian, Gary E. Attorney Bashian & Farber, LLP www.bashianfarberlaw.com	(914) 946-5100 GaryBashian@bashianfarberlaw.com	✓	✓	✓
Legal Services	Housing Evictions	Speaker will discuss steps to take if a termination notice or a demand for rent from the landlord is received.	Bellus, Melinda Elder Law Attorney Legal Services of the Hudson Valley www.lshv.org	(914) 949-1305, x106 mbellus@lshv.org	✓		
Legal Services	Guardianship Issues	Discussion of the challenges surrounding guardianship for incapacitated adults who are in danger of neglect, abuse and/or financial exploitation.	Berman, Seth Executive Director Family Services of Yonkers www.fssy.org	(914) 963-5118 sberman@fssy.org	✓		

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Legal Services	Basic Landlord/Tenant Law	The speaker will review the basics of the landlord/tenant relationship and tenants' rights.	Bradshaw-Soto, Jill Managing Attorney Legal Services of the Hudson Valley www.lshv.org	(914) 813-6880 jbradshaw@LSHV.org	✓	✓	
Legal Services	Who Gets the Business When You're Gone?	Nigel Codrington is the Founder and Managing Partner of Codrington Law, P.C., a NY Law firm with offices in Manhattan and Westchester County. He studied law at both the University of London (class of 1999) and Fordham University School of Law (class of 2007). Clients call on CODRINGTON LAW to properly plan for the future, ensure their wishes are carried out and protect their assets and family. Through legacy planning, the experts as CODRINGTON LAW help clients preserve their financial wealth and their legacy, including their life stories and family heirlooms, for future generations. Business owners who don't have a succession plan are putting a lot at risk if they hope to someday cash out at a fair price and/or ensure that their companies survive them. This workshop on Business Succession Planning is designed for those who are considering passing their business on to their children or to other family members--whether they run the business or not.	Codrington, Nigel Fonder/Managing Partner Codrington Law, P.C.	(914) 705-5575 info@codringtonlaw.com	✓	✓	✓
Legal Services	Plan today to manage your legal, financial, and healthcare needs and those of your loved ones	A highly experienced elder law and estate planning attorney, Salvatore M. DiCostanzo will discuss powers of attorneys and health care proxies; was to protect assets for long-term care costs; the strategic use of revocable, irrevocable, and special needs trusts; Medicaid planning; wills and estate administration; guardianships; and other related issues concerning planning for the future.	Costanzo, Salvatore M. Partner, Elder Law & Estate Planning Attorney Maker, Fragale & Di Constanzo www.plantodayfortomorrow.com	(914) 925-1010 smd@mfd-law.com	✓	✓	✓
Legal Services	Elder Law	The speaker will provide an overview of health care proxies, powers of attorney and related issues.	Cursio, JD, MSW, Valerie Attorney at Law, Consultant	(917) 572-3004 vfcursio@gmail.com	✓		✓
Legal Services	Elder Law: Planning for Long-Term Care Needs, Protecting Your Assets, Power of Attorney	David Cutner is a highly experienced and well-received speaker on elder law and estate planning topics. Planning ahead can protect seniors and the disabled against the ruinous cost of long-term care. Asset protection strategies and avoiding court costs are also discussed. Estate planning can be integrated with other planning strategies. The importance of a comprehensive Power of Attorney and Health Care Proxy can also be discussed. Content can be tailored to the interest of the audience.	Cutner, Esq., David Lamson & Cutner, P.C. lamson-cutner.com	(914) 732-3636 dcutner@lamson-cutner.com	✓	✓	✓
Legal Services	Elder Law: Medicaid Planning & Applications: Wills, Trusts & Estates; Guardianship Planning; Asset Protection; Estate Litigation; Medicaid Home Care	Anthony Enea was named "Westchester County's Leading Elder Care Attorney" at the Above the Bar Awards. He has specialized in protecting the rights of seniors and the disabled for the past three decades. He can address specific ways to safeguard assets from the cost of long-term care; how to gain eligibility to qualify for Medicaid; uses of power of attorney and health care proxies; guardianship proceedings; and wills, trusts, and estates; among other topics.	Enea, Anthony J. Elder Law Attorney Enea, Scanlan & Sirignano, LLP www.esslawfirm.com	(914) 948-1500 aenea@aol.com	✓	✓	✓

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Legal Services	Guardianship and Surrogate Decision Making for Incapacitated Persons	What options are available when a person is unable to manage some or all of her/his affairs? They include general and limited guardianship, powers of attorney and advanced health care directives. The speaker will explain when the various alternatives are appropriate or not appropriate and the procedures for putting the options in place.	Falcon, Jr., Ray Attorney Falcon & Singer www.falconsinger.com	(914) 723-3919 rfalcon@falconsinger.com	✓	✓	
Legal Services	Essentials of Estate Planning	We will discuss: Wills and Revocable Trusts - what they are, how they are prepared and what they cover; Durable Financial Powers of Attorney - which are used to authorize a person to handle financial matters for a person who has become incapacitated and Advanced Health Care Directives - living wills - which authorize a person to make medical decisions for someone who has become incapacitated. Speaker to also address end-of-life issues, such as CPR, feeding tubes and life support.	Falcon, Jr., Ray Attorney Falcon & Singer www.falconsinger.com	(914) 723-3919 rfalcon@falconsinger.com	✓	✓	
Legal Services	Planning for Families That Have a Loved One with Special Needs	To discuss issues of importance to those parents and caregivers and their families in planning for the present and future care and needs of persons with special needs /disabilities. The presentation will include an overview of life care planning, documents necessary to enable someone to manage the special person's affairs, government benefits available to persons with special needs such as Medicaid and Supplemental Security Income and the use of special needs trusts to provide for those needs not covered by government benefits.	Falcon, Jr., Ray Attorney Falcon & Singer www.falconsinger.com	(914) 723-3919 rfalcon@falconsinger.com	✓	✓	
Legal Services	Awareness and Prevention of Elder Abuse	Speaker will address all areas of elder abuse, including physical, financial, sexual, psychological and neglect. The presentation will provide relevant statistics and definitions, signs and symptoms, "red flags," how to protect against elder abuse and legal repercussions of elder abuse.	Ferlauto, Susan Senior Staff Attorney Pace Women's Justice Center www.law.pace.edu	(914) 422-4633 sferlauto@law.pace.edu	✓		
Legal Services	Article 81 Guardianships	Presenter will outline the legal process and subsequent responsibilities of guardians of tincapacitated older adults and their property.	Frankel, Helen Director of Adult Services Family Services of Yonkers www.fssy.org	(914) 963-5118 hFrankel@fssy.org	✓		
Legal Services	Immigration Issues Today	Speaker will discuss how immigration issues affect many persons within our community, even involving our family members, our neighbors or our own status. The presentation will focus on different benefits afforded to citizens, lawful permanent residents and visa holders. Also to be discussed: how to bring family members to the United States.	Henner, Susan Immigration Attorney Susan B Henner Attorney at Law, LLC www.sbhenner.com	(914) 358-5200 susan@sbhenner.com	✓	✓	
Legal Services	Article 81 Guardianship Proceedings; Estate Planning & Asset Protection	Speaker will discuss proceeding for individuals incapacitated by age or infirmity as well as estate planning and administration. Topics that can be discussed include: Advanced Health Care Directives, Wills, Supplemental Needs Trusts and other vehicles of asset protections.	Hyer, Esq., James L. Attorney Bashian & Farber, LLP www.bashianfarberlaw.com	(914) 946-5100 jhyer@bashianfarberlaw.com		✓	✓
Legal Services	Elder Law, Asset Protection, Medicaid Planning	Littman Krooks has over 20 of experience helping seniors and their families plan for a secure future. A well constructed estate plan can save taxes and court costs. Topics that can be discussed include wills and trusts, long-term care planning, advance health care directives and veterans' benefits	Krooks, Bernard A. Elder Law and Estate Planning Attorney Littman Krooks, LLP www.elderlawnewyork.com	(914) 684-2100 bkrooks@littmankrooks.com	✓	✓	✓

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Legal Services	Elder Law Asset Protection	Moira Laidlaw provides strategic counsel and advocacy in the areas of Estate Planning, Elder Law/Medicaid Planning, Probate, and Estate/Trust Administration. She advises in all aspects of this specialty, including wills, trusts, powers of attorney, health care proxies, living wills, Medicaid applications and probate.	Laidlaw, Moira S. Attorney www.laidlawfirm.com	(914) 767-0646 mlaidlaw@laidlawfirm.com	✓		
Legal Services	PACG/30...Stay at Home, Protect Assets, Choose Your Caregiver, Gov Pays, 30 Days/No Lookback	How to keep loved ones at home, protect family assets (no 5 year look back), choose own caregiver, have gov pay....30 days to qualify when work is done.....	Mahl, Olga Berde Attorney law.com	www.obm- (914) 336-2080 obmahl@nymoney1.com	✓	✓	✓
Legal Services	How to keep elders at home safely,	Protect the family assets, choose your own caregiver, have gov't pay, only 30 day look back.....NO 5 YEAR LOOK BACK!!!! SAVE YOUR MONEY, BE SAFE AT HOME WITH ALL THE COMFORT YOU NEED OBM	Mahl, Olga Berde Attorney law.com	www.obm- (914) 336-2080 obmahl@nymoney1.com	✓	✓	✓
Legal Services	Workplace Discrimination	Speaker will review how claims of age, race, sex and other types of discrimination are handled. He will also provide advice for dealing with such claims.	Martin, Joe Attorney Jackson Lewis www.jacksonlewis.com	(914) 514-6116 martinjm@jacksonlewis.com	✓		
Legal Services	Estate Planning and Elder Law	Estate Planning is the creation of a definite but flexible plan for managing your assets while you're alive or if you become ill. It will also explain how to distribute your assets after your death. A well-drafted Estate Plan will ensure your assets pass to whom you want, when you want, and in the manner you have chosen.	Martin Esq., Michael Attorney Martin Law Group www.martinlawny.com	(845) 440-8594 mm@martinlawgroup.biz	✓	✓	✓
Legal Services	Medicaid Planning, Special Needs Planning, Home Health Care, Elder Law, Wills, Trusts and Estates, and Guardianship	For two decades, Sara Meyers has protected the rights of Westchester's seniors and disabled populations as an elder law, Medicaid and special needs planning authority. Meyers, a frequent speaker for both professional and private organizations, can tailor content to suit the specific needs and interests of the audience.	Meyers, Sara Attorney Enea, Scanlan & Sirignano, LLP www.esslawfirm.com	(914) 948-1500 s.meyers@esslawfirm.com	✓	✓	✓
Legal Services	How to Protect your Assets for your Family	The speaker will: a) explain the four documents that people of all ages must have to protect themselves and their families, b) how to avoid having the court appoint a guardian for you, c) living trusts, d) how to avoid probate, preserve assets and pass them on in a cost-effective manner.	Micek, Patricia Attorney McMillan Constable Maker & Perone LLP www.miceklaw.com	(914) 834-3500 patmicek@mcmplaw.com	✓	✓	✓
Legal Services	Medicaid Planning	Talk is aimed at individuals worried about losing all of their assets to a nursing home or home health care. Presentation explains Medicaid rules and shows how to retain assets for loved ones. It also explains available legal options for saving money while still qualifying for Medicaid benefits -- and using NYSARC trusts to qualify for Medicaid even if you are over the income limits.	Micek, Patricia Attorney McMillan Constable Maker & Perone LLP www.miceklaw.com	(914) 834-3500 patmicek@mcmplaw.com	✓	✓	✓
Legal Services	Elder Law	This is an overview presentation that explains the basic documents people should have to protect themselves, their loved ones and their property. It also covers Medicaid planning and the available options.	Reimann, Tracy Attorney Tracy Christen Reimann, P.C. www.lcreimannlaw.com	(914) 617-8447 Cell: (914) 393-7544 reimannlaw@optonline.net	✓	✓	✓

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Legal Services	Estate Planning & Elder Law	This is an overview of the nuts and bolts of estate planning and elder law. Depending on the specific interests of the audience, the speaker can focus special attention on the uses of power of attorney, health care proxies, living wills, trust and wills, as well as income and estate tax ramifications and asset preservation.	Schurkman, Steven Attorney Keane & Beane www.kblaw.com	(914) 946-4777 sschurkman@kblaw.com	✓	✓	✓
Legal Services	Your Parents, Their Money	This overview presentation will provide attendees with strategies for talking with parents about <i>THEIR</i> money. The second part of the presentation will include an elder law attorney discussing necessary documents that can help to preserve the fiscal well being of the older adult.	Zucker, Miriam Elder Care Consultant and Professional Geriatric Care Manager Directions in Aging www.directionsinaging.com	(914) 636-7347 mzucker@directionsinaging.com	✓	✓	
Leisure & Entertainment	Writing for Life: A Writer's Workshop for Seniors	Through stimulating writing exercises in a supportive group, we will revisit and write about the important moments in our lives. Topics we will explore include childhood memories, careers, love and family and personal quests.	Beer-Fouhy, Cindy Creative Writing Instructor	(914) 528-5535 cindyf@bestweb.net	✓		
Leisure & Entertainment	"Awakening The Sage Within"	"Awakening The Sage Within" is an all day (9am - 4pm includes lunch break) program for anyone who is curious about ways to live their elder years more consciously, more joyfully and more compassionately. It's a model for developing and living a balance plan for one's elder years that is personally fulfilling and also beneficial to others.	Briggs, Deborah H Certified Sage-ing Leader Sage-ing International www.6403 Via Rosa	(917) 770-7013 dhbriggs@gmail.com	✓	✓	✓
Leisure & Entertainment	Growing Older "Sage-ing@": Growing Whole, Not Old	Workshop to explore a way of living life with more consciousness, more joy, and more compassion. Through Sage-in@ we uncover the blessings that comprise their rich fabric of our lives, and we transmit the wisdom of a lifetime of learning to heal and nurture ourselves, our loved ones, and our world.	Briggs, Deborah H Certified Sage-ing Leader Sage-ing International www.6403 Via Rosa	(917) 770-7013 dhbriggs@gmail.com	✓	✓	✓
Leisure & Entertainment	A Guide to Riding the Bee-Line System	B.E.A.T. - Be Educated About Transit Program, is a transit orientation program that instructs Westchester seniors on how to safely and successfully use the Bee-Line System to promote greater travel independence.	Burns, Mary Ellen Senior - B.E.A.T Be Educated About Transit Program Westchester County Department of Transportation http://transportation.westchestergov.com/ transit-education/senior-b-e-a-t	(914) 813-7741 mbb4@westchestergov.com	✓	✓	
Leisure & Entertainment	Creative Gift Giving	Want to give a memorable gift? The speaker will show how to how to put together create creative, custom gift baskets plus add unique touches that can enhance each one.	Colonna, Rose President Tasteful Treats www.tastefultreats.com	(914) 219-5260 rose@tastefultreats.com	✓	✓	
Leisure & Entertainment	Public Speaking - How To Take The Terror Out of Talking	Trying to ace a new job or career? Have a wedding speech coming up? Graduation? Or maybe you just want to improve yourself? This workshop will help you find your voice. The Speaker is president of the Legend of Sleepy Hollow Toastmasters.	Edwards, Isabelle Certified Public Speaker Legends of Sleepy Hollow Toastmasters, Toastmasters International www.toastmasters.org	(347) 224-6181 thediabetesdiva@hotmail.com		✓	✓
Leisure & Enrichment	How Libraries Can Help You	The presentation describes the many services libraries have to help older adults and others enhance their reading and learning activities.	Falcone, Elena Director of Public Innovation and Engagement Westchester Library System www.westchesterlibraries.org	(914) 231-3240 elena@wlsmail.org	✓		
Leisure & Enrichment	Helping Build Livable Communities through Art	The speaker will discuss how literary, performing or visual arts instruction improves the quality of life for older adults.	Friedman, Ed Lifetime Arts Inc. www.lifetimearts.org	(914) 355-2304 efriedman@lifetimearts.org	✓	✓	✓

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Leisure & Enrichment	The Arts in Westchester	What's available, where, and why and how art enriches lives.	Langsam, Janet CEO Arts Westchester www.artswestchester.org	(914) 428-4220 jlangsam@artswestchester.org	✓		
Leisure & Enrichment	The Lilly Jazz Project	Jazz history and music presentation Performing on clarinet. Participants will see a variety of woodwind instruments. Sharing our love for jazz. There will be several jazz standards performed through the presentation.	Lilly, Darr Jazz in the Afternoon	(857) 928-0548 lillyd@student.mville.wdu			✓
Leisure & Enrichment	Problem Alcohol, Drug, Medications and Gambling Prevention - Golden Years	The speaker discusses why some seniors may be vulnerable to problem alcohol, drug, medications and gambling. Early warning signs, red flags and the phases of how each problem develops are also explored.	Morehouse, Ellen, Director Mezey, Judy Assistant Director Student Assistance Services	(914) 332-1300 annielinden@sascorp.org	✓	✓	
Leisure & Enrichment	Why Not Write a Book? You Know You Want To	Everyone has a book in them and most people want to write one but never get to it. This talk is about making your dream of being a book author a reality.	Mintzer, Rich Author & Ghostwriter Your Book Your Way www.ricmintzer.com	(914) 244-1020 rsmz @optonline.net	✓	✓	✓
Leisure & Enrichment	Active Aging	A focus on the different ways to stay engaged -- and optimize opportunities for participation, good health and security,	Moore, Penelope Associate Professor Iona College www.iona.edu	(914) 633-2118 pjmoore@iona.edu	✓	✓	✓
Leisure & Enrichment	How to Avoid Travel Scams	The speaker will tell audiences how to avoid scams when booking trips online and buying travel insurance. She'll also discuss the pros and cons of escorted travel and independent travel.	Nichuals, Barbara President Bayside Travel www.luxurytravelservices.com	(914) 833-8880 baysidetrvl@aol.com	✓	✓	
Leisure & Enrichment	Who Gets Grandma's Fruit Bowl?	tools or a fruit bowl that has meaning for them and family members. This power point presentation/talk will help you make decisions and provides an informative, humorous and provocative guide to decision-making.	Owner/Online Publisher of Women's Issues I-Go-Concierge www.i.go.concierge.com	(914) 771-9484 i.go.concierge@gmail.com	✓	✓	✓
Leisure & Enrichment	Arts and Aging	How the arts enhance the quality of life for older adults	O'Malley, Maura President & CEO Lifetime Arts Inc. www.lifetimearts.org	(914) 355-2304 momalley@lifetimearts.org	✓	✓	✓
Leisure & Enrichment	Legacy Letters - an inheritance more valuable than money	A discussion of the recent resurgence in writing Legacy Letters (aka 'Ethical' Wills) and how to write one. Legacy Letters are a lasting gift for family/friends/ others who you care about.	Paul Amy HeirloomWords LLC www.HeirloomWords.com President	(914) 629-2788 HeirloomWords@gmail.com	✓	✓	
Leisure & Enrichment	Event Planning and More	Helping seniors facilitate planning cost-effective meetings, social gatherings and/or special events by developing timelines and coordinating with the right vendors.	Poisson, Sabine President Sabine Poisson Event design, Inc. www.iredesign.com	(212) 355-8444 sabinepoisson@iredesign.com	✓		
Leisure & Enrichment	Medicare 101 Basics/Social Media Basics for Seniors	Carl's knowledge sharing facilitates the Medicare decision making process being less stressful with the end result of improving life quality healthcare choices. Social Media Basics is a plain English seminar that helps seniors connect with family, friends and useful senior resources using the latest sites like Facebook, Pinterest and Instagram.	Reid, Carl E Chief Savvy Intrapreneur http://SavvyIntrapreneur.com	(914) 999-2535 carlreid@savvyintrapreneur.com	✓	✓	✓
Leisure & Enrichment	Bubby's Stories - an immigrant's arrival & assimilation	Educational talk with powerpoint presentation about book BUBBY'S STORIES - a biography of immigrants from Belarus 1880 - 2005	Roslyn Rothstein Author RoslynRothstein.com	(914) 376-9199 roslynrothstein@aol.com	✓	✓	✓

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Leisure & Enrichment	Time Stories	This is the first time in the history of humanity where we are able to preserve life stories and combine them on video (& in photo books) with our favorite photos, movies, fashions, music-capturing a personal narrative to explain life's hardships, choice and realizations. The value bestowed on future generations by a first-hand memoir is priceless. Every age has a story to tell.	Savigny, Peter President Time Stories www.timestories.com	(914) 948-7006 Peter@timestories.com	✓	✓	✓
Leisure & Enrichment	Music, the Arts and Creative Lifelong Learning	The presentation highlights the importance of learning and practice opportunities for seniors.	Shiffman, Carol Executive Director Music Conservatory www.musicconservatory.org	(914) 761-3900, x114 carols@musiced.org	✓	✓	
Leisure & Enrichment	Tourism in Westchester	An overview of sites to see in Westchester, as well as information about restaurants, hotels, local attractions and travel & meeting arrangements.	Sinistore, Kim Director Westchester County Office of Tourism & Film www.thewestchesterway.com	(914) 995-8500 tourism@westchestergov.com	✓		
Leisure & Enrichment	Travel Opportunities in a Changing World	What's new, what's exciting, what are the best ways to get there. The speaker also will focus on group and individual travel - and can spend extra time discussing travel options for seniors.		(914) 992-5560 joyce.striar@protravel.com	✓		
Leisure & Enrichment	The Neighborhoods of New York City	Multimedia trips to various neighborhoods of New York City. During these journeys, audiences will learn the history of the neighborhood, its past and present residents and special points of interest.	Zuckerman Susan & Art Co-Presidents Z Travel and Leisure www.ztravelandleisure.com	(914) 633-6658 marscot@att.net	✓	✓	
Leisure & Enrichment	Cultures of New York City	This multi-media presentation describes the different cultures of New York City. Specific topics include: The Rich and the Famous, Murder and Mayhem, How the Other Half Lives, The Women of New York, Irish New York, Italian New York and Jewish New York.	Zuckerman Susan & Art Co-Presidents Z Travel and Leisure www.ztravelandleisure.com	(914) 633-6658 marscot@att.net	✓	✓	
Leisure & Enrichment	Home Health Care	Speaker will discuss the availability of multicultural, bilingual home care aides, nurses and social workers to help individuals who wish to remain in their home community.	Berman, Seth Executive Director Family Services of Yonkers www.fssy.org	(914) 963-5118 sberman@fssy.org	✓		
Long-term Care Services	Financial Options and Benefits of Continuing Care Retirement Communities	This discussion will help audiences assess continuing care retirement community options by focusing on the financial solvency and dynamics of each one. Topics will include the financial structure, residential requirements, regulations and benefits, and cover independent living to advanced levels of care.	Anderson, Jennifer CFO Kendal on Hudson www.kohud.kendal.org	(914) 922-1082 janderson@kohud.kendal.org	✓		
Long-term Care Services	Life Settlements	The benefits of a life settlement for long term care, medical needs & assisted living.	Behan, Jay F. President & M Capital bnmcapital.com	(203) 296-4852 info@bnmcapital.com	✓	✓	✓
Long-term Care Services	Long-term Care	The speaker will cover the many options facing people as they assess the need for long-term care.	Biddle, Betsy Executive Director Andrus on Hudson www.andrusonhudson.org	(914) 478-3700, x606 bbiddle@andrusonhudson.org	✓	✓	✓
Long-term Care Services	Long Term Care Planning	My presentation helps seniors understand long term care and the impacts it may have on their lives. We examine the cost of care, types of care, and where it can be delivered. We discuss what is covered by Medicaid, and other approaches to planning for this need.	Boyd, Sarah Long Term Care Insurance Specialist LTC Associates www.lts-associates.com	(571) 236-0420 sarah@lts-associates.com	✓	✓	

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Long-term Care Services	When It is Time for a Nursing Home	This presentation gives an overview of the boundaries between home health care, assisted living and a skilled nurse facility. Topics include functional limitations, cognitive impairment and ability to perform activities of daily living.	Clayton, Eileen Director of Marketing & Community Relations United Hebrew of New Rochelle www.uhgc.org	(914) 632-2804 x1225 eclayton@uhgc.org	✓	✓	✓
Long-term Care Services	Why PrePlan your Funeral	Discussing Funeral PrePlanning options and understanding cost associated with funeral expenses. Questions answered about Revocable and Irrevocable Funeral Trusts and SSI/Medicaid eligibility.	Fiorillo, Matthew President/CEO Ballard-Durand Funeral & Cremation Services www.BallardDurand.com	(914) 949-0566 mfiorillo@BallardDurand.com	✓	✓	✓
Long-term Care Services	Resources Available to Seniors in Westchester	The speaker discusses the many resources available to Westchester seniors and their caregivers that are provided by Westchester County and community-based agencies.	Fink, Judy Director of Geriatric Services Westchester Jewish Community Services www.wjcs.com	(914) 761-0600, x340 jfink@wjcs.com	✓		
Long-term Care Services	Understanding Long Term Care Planning	What is long-term care (LTC), what is its purpose and where is it provided? What are the consequences of LTC? What roles do our government programs play (Medicare/Medicaid etc.)? Also to be discussed: how to protect assets and what do the New York State Partnership for Long-Term Care plans offer and who are they for?	Gallo, Vivian Principal & Founder CHOICES For Long Term Care Insurance www.choicesfortlci.com	(914) 472-2223 Info@Choicesfortlci.com	✓	✓	
Long-term Care Services	What you Need to Know when Filing Claims for LTD Benefits	The speaker will address issues that may be confronted when filing a claim so that individuals can get the benefits they are entitled to receive.	Gallo, Vivian Principal & Founder CHOICES For Long Term Care Insurance www.choicesfortlci.com	(914) 472-2223 Info@Choicesfortlci.com	✓	✓	
Long-term Care Services	Why Living a Long Life Requires More than Good Luck.	The speaker explores the impact that living a long life and/or having a long-term illness can have on retirement plans -- and the steps that can be taken to minimize them.	Gould, Nancy Long-term Care Planning Specialist LTC Financial Partners www.nancygouldltdc.com	(914) 242-3250 nancy.gould@ltdcfp.net	✓	✓	✓
Long-term Care Services	Navigating Home Care	The presentation is designed to help people make informed decisions before - rather than after - a crisis requires immediate action. It describes different government programs, eligibility requirements, hospice and private pay options.	Greenberg, Carol Community Relations Advocate Concept Care www.conceptcare.com	(914) 682-7990 cgreenberg@conceptcareny.com	✓		
Long-term Care Services	Nursing Home, Assisted Living, and Independent Living Regulations	Topics include admission and retention criteria for each level of care; payment sources; difference between assisted living programs and assisted living residences (ALR) including enhanced ALR and special needs ALR; web links to obtain information regarding skilled nursing and assisted living facilities.	Harvartin, Karen Health Services Administrator Kendal on Hudson	(914) 922-1083 kharvatin@kohud.kendal.org			
Long-term Care Services	The Evolution of Long-Term Care Planning	Not everyone needs long-term care insurance, but almost all retirees need long-term care planning. Discover how to make long-term care planning an asset as opposed to an expense. Co-Author of What You Don't Know About Retirement Will Hurt You.	Klein, Robert A Retirement Healthcare Advisor Inertia Advisory Services Group www.inertia-asg.com	(914) 461-3341 ardmoregroup@gmail.com	✓	✓	
Long-term Care Services	All About Long Term Care	Learn about the demographic changes making this one of the most important issues the most important issues the Boomer generation will face. Understand what long term care is (and isn't), where care is received, who is providing care, and who is (and isn't) paying for care. Be informed, and make a plan for your future.	Lavelli, Jennifer Certified Senior Advisor, Certified Long Term Care Specialist	(914) 295-4502 jenniferlavelli@live.com	✓	✓	✓

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Long-term Care Services	Healthcare Decision-Making	The presentation will cover advanced care planning, end-of-life services, palliative care and transitions across healthcare settings.	Morrissey, Mary Beth Health and Legislative Consultant Fordham Ravazzin Center on Aging www.fordham.edu	(914) 714-2241 mamorrissey@fordham.edu	✓	✓	✓
Long-Term Care Services	Medicare Homecare	Presentation will include a review of the qualifications for Medicare homecare, as well as the types of services available.	Parliament, Joann Director of Admissions Visiting Nurse Services in Westchester www.vnsw.org	(914) 682-1480 x603 jparliament@vns.org	✓		
Long-term Care Services	Living Options	The speaker will explain the importance of planning for the future and review options such as independent living communities, assisted living and memory support care.	Santa Cruz, Lourdes Community Relations Manager Classic Residence by Hyatt www.viliving.com	(914) 709-1234 lsantacruz@5sqc.com	✓	✓	✓
Long-term Care Services	Collaborating with Mom and Dad on a Better Future for Them	The trials, tribulations -- and fun -- of working with parents to assess their options and making the right decisions on housing and other matters before - rather than after - they must be made.	Singer, Diana Executive Director Atria Woodlands www.atriaseniorliving.com	(914) 400-1114 diana.singer@atriaseniorliving.com	✓	✓	
Long-term Care Services	End of Life Choices New York	Aid in dying occurs when at the request of a terminally ill, mentally competent patient, a doctor prescribes a life ending medication which the patient must self-administer, if he or she chooses to do so. Bills that would realize aid in dying are being considered by the NY State legislature. In this workshop, we explore the current status of aid in dying in New York, the experience of other states that have realized it, and the best alternatives in states where it is not legal.	Woods, Ayana Director of Outreach and Education End of Life Choices New York www.endoflifechoicesny.org	(917) 589-6720 ayana@endoflifechoicesny.org	✓	✓	✓
Money Management	Top 3 Reasons to get a Financial Check-up	The purpose of this talk is to encourage and educate seniors about how and why to stay on top of their finances	Amiel, Ilene Owner Personal Affairs Administrator, Inc. www.personalaffairsadministrator.com	(914) 980-0898 ilene@personalaffairsadministrator.com	✓	✓	✓
Money Management	Evaluation of Estate Jewelry.	Speaker will explain the evaluation process, discuss liquidation and insurance, and offer tips on buying and selling estate jewelry. Will give appraisals and make group presentations.	Angelo, John President All Facets Gemological Group www.allfacetsgemcorp.aol.com	(914) 941-7239 hrhjonll@aol.com	✓		
Money Management	Bill-Paying: "The Mail is Here, Now What?" or "Paper, Paper Everywhere"	Speaker gives advice and information on streamlining and simplifying paperwork, setting up a bill-paying system, handling clutter and paper "overload" for seniors and caregivers. Discusses managing and organizing paperwork, completing forms and monitoring expense	Caccavo, MBA, Karen R. Owner Personal Money Manager www.personalmoneymanager.net	(914) 288-5229 Karen@personalmoneymanager.net	✓		✓
Money Management	Philanthropy in Westchester	What is happening in philanthropy in Westchester, why it is important, how can organizations increase their chances of receiving their fair share of the philanthropic dollar.	Cole, Susan Board Member Association of Development Officers www.colecommPR.com	(914) 793-0318 sue7010@optonline.net	✓	✓	
Money Management	Beneficiary Designations and Avoiding Probate	We discuss the nuances of how to use beneficiary designations to avoid probate in all of different types of accounts available to the public. We also discuss many of the common mistakes people make with designation beneficiaries, TOD account, per stirpes designations, etc.	Covert, Bryan Investment Consultant Gary Goldberg Financial Services www.ggfs.com	(845) 875-6514	✓	✓	✓
Money Management	Paying for Homecare When You Need It	This presentation is done together with an elder law attorney. It describes how people can pay for homecare through Medicaid when they have an immediate need for custodial, community-based care.	Craig, Kathleen Manager of Business Development Priority Home Care www.premierhomehealthcare.com	(914) 467-5654 Kcraig@premierhomehealthcare.com	✓	✓	✓

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Money Management	Property & Casualty Insurance	What to know about P&C insurance needs, mistakes about over- insuring and under-insuring, and where to get information.	Davis, Robbie President Arnold K. Davis Insurance www.arnoldkdavisinsurance.com	(914) 701-5200, x201 rdavis@arnoldkdavisinsurance.com	✓		
Money Management	Working with Widows: A widow's path to financial freedom	After the loss of a husband, a woman finds herself dealing with legal, tax and financial issues and professionals, often for the first time. Drawing upon years of experience in supporting widows throughout this transition, the speaker shares practical tools advisers can use to guide their clients from overwhelmed observers to empowered decision makers.	Fain, Dorie CEO/Founder &Wealth www.andwealth.com	(212) 379-4050 amy.bortner@andwealth.com	✓	✓	✓
Money Management	The Woman's Insider Guide to Managing Her Money	If you are faced with managing money on your own for the first time; a widow, divorcee or recipient of an inheritance, here are the facts on how to be an educated consumer and cut through the "noise" of conflicting financial advice. This step-by-step guide helps you to assess your situation, identify goals, assess timing and evaluate advisors.	Fain, Dorie CEO/Founder &Wealth www.andwealth.com	(212) 379-4050 amy.bortner@andwealth.com	✓	✓	✓
Money Management	Protecting Your Family and Assets	We help our clients find solutions that match their financial needs, priorities and changing financial situations. Not jumping into any product. Strictly educational.	Fakhir, Amanda Financial Services Representative MetLife Financial Solutions	(914) 372-1956 afakhir@metlife.com	✓	✓	✓
Money Management	Medicare 101	Explore and review Original Medicare, Parts A, B, C and D as well as Medicare Supplement Insurance and Medicare Advantage plans.	Farnha, James Owner James W. Farnham, MBA, MS www.linkedin.com/in/jamesfarnham	(845) 255-2508 jimfarnham1000@gmail.com	✓	✓	✓
Money Management	ABC's of Final Expense Protection	Examine what final expense protection is and how it works, types of coverage, benefits and characteristics, guaranteed issue protection and how to qualify.	Farnha, James Owner James W. Farnham, MBA, MS www.linkedin.com/in/jamesfarnham	(845) 255-2508 jimfarnham1000@gmail.com	✓	✓	✓
Money Management	Your Life, Your Legacy	In addition to serving families during their time of need, Edward F. Carter Funeral Homes demonstrates an ongoing commitment to the community by sponsoring free outreach programs to keep families safe, honor those who serve and comfort those who grieve. To learn more, please contact Matthew Foley or William Villanova at (914) 737-0900. We plan for important life events, such as weddings and college education for our children. We insure ourselves against things that may or may not happen, including vehicle accidents and medical emergencies. Doesn't it make sense to plan for the inevitable? It takes four steps. Reflect: how do you want to be remembered? Record: document your wishes. Support: select the funding option that works best for you. Share: let your loved ones know where your documents are located. We also offer family planning guides including one for veterans	Foley, Matthew Funeral Director Edward F. Carter Funeral Homes www.efcarterfuneralhome.com	(914) 271-4882 matthew.foley@dignitymemorial.com	✓	✓	✓
Money Management	Westchester County Dept. of Consumer Protection	The speaker will provide tips on how to stay safe and avoid financial exploitation. Specific topics will include dealing with scam artists and telemarketers, avoiding home improvement rip-offs and stopping identify theft.	Gaccione, John Acting Director Crime Busters http://consumer.westchestergov.com	(914) 995-2190 jpg4@westchestergov.com	✓		

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Money Management	An Overview of Financial Planning	Can be geared for women. Talk covers achieving independence: the process of, getting organized, understanding yourself and risk tolerance, cash flow, asset allocation, protection issues for the family, basic estate planning and ownership, as well as how to find a qualified professional.	Goldman, Donna Senior Director Investments Oppenheimer & Co. Inc. donna.goldman@opco.com	toll free (866) 504-3746 Donna.Goldman@opco.com	✓	✓	✓
Money Management	Discover your Passion For Giving	Can be geared to not-for-profits or donors. Presentation addresses the questions: Where does your passion come from? How to examine your portfolio? What are the tools for giving?	Goldman, Donna Senior Director Investments Oppenheimer & Co. Inc. donna.goldman@opco.com	toll free (866) 504-3746 Donna.Goldman@opco.com	✓	✓	✓
Money Management	Retirement/Downsizing	Budgeting, creating a plan, understanding cash flow and IRA roll-overs from a 401-k.	Goldman, Donna Senior Director Investments Oppenheimer & Co. Inc. donna.goldman@opco.com	toll free (866) 504-3746 Donna.Goldman@opco.com	✓	✓	✓
Money Management	Financial Issues for Seniors	This presentation is aimed at seniors about to start retirement, or already retired, who have questions about their financial options and challenges. Topics covered include alternate retirement vehicles, asset allocations, beneficiary designation forms and managing retirement accounts.	Goldstein-Sidley, Heidi Managing Director Stone Street Equity www.stonestreetequity.com	(914) 251-0466 x8002 hsidley@stonestreetequity.com	✓	✓	✓
Money Management	Coping with New Tax Laws in 2011	Will Congress change, or not change, current legislation about taxes in 2011? The speaker explains what will happen if Congress does nothing about the legislated changes for 2011, what will happen if Congress passes new legislation and how this will affect taxpayers.	Hecht, Richard Senior Consultant Marks, Paneth and Schron (CPA) www.markspaneth.com	(914) 909-3424 rhecht@markspaneth.com	✓		
Money Management	Advance Planning: Providing peace of mind for you and your loved ones	Whalen and Ball Funeral Home provides a wide range of offerings that can help alleviate some of the financial burdens of planning a funeral either in advance or at the time of need.	Herring, L.F.D., Priscilla A. Family Service Counselor Dignity Memorial www.whalenandballfh.com	(914) 965-5488 priscillaHerring@DignityMemorial.com	✓	✓	✓
Money Management	The Impact and Consequences of Long-Term Care on Family, Spouse & Retirement	Speaker will present the concerns and impact of long-term care on families, spouses and retirement assets and developing a plan to address these concerns.	Kirby, Theodore Long-Term Care Insurance Planning Agent Genworth Financial www.genworth.com	(203) 524-0190 theodoremkirby@aol.com	✓	✓	✓
Money Management	Your most important asset: your health	Discuss mandatory healthcare costs in retirement and how they are priced. Keep more of your income, lose less Social Security and keep health costs down.	Klein, Robert Retirement Healthcare Advisor Jester Financial www.jesterfinancial.com www.yourretirementcosts.org	(914) 461-3341 ardmoregroup@gmail.com	✓	✓	✓
Money Management	Organizing, Decluttering and Paper Management	The speaker, an attorney for over 20 years and founder of SilverBills, LLC, a bill-paying service, will discuss home organizing, decluttering and paper management. She will talk about strategies for maintaining a calm, peaceful environment through managing paper and clutter.	Lobel-Esrig Esq., Marci Founder SilverBills, LLC www.silver-bills.com	(914) 414-1708 mlesrig@silver-bills.com	✓	✓	✓
Money Management	Ensuring Your Legacy	While not every philanthropist is a millionaire, everyone can be a philanthropist. The definition of philanthropy is "love of mankind," which many people have demonstrated by dedicating time and energy to a cause they are passionate about. The speaker will explain how to ensure your legacy through philanthropy.	Marsh, Catherine Executive Director Westchester Community Foundation www.wcf-ny.org	(914) 948-5166 x3 cmarsh@wcf-ny.org	✓	✓	

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Money Management	Estate Planning	How-to tips on protecting and preserving your assets for your family, rather than lose them to estate taxes or probate costs. This includes how to avoid the 55% estate tax, doubling the estate tax exemption, and having a new will save your assets for your family, even if your spouse has to go into a nursing home.	Micek, Patricia Attorney McMillan Constabile Maker & Perone LLP www.miceklaw.com	(914) 834-3500 patmicek@mcmplaw.com	✓	✓	✓
Money Management	Income Investment	What people should know about how, why, when and where to invest. Specific subtopics will include fixed-income investments, dividend-paying stocks, growth funds and do's and don'ts of investing.	November, Stephen Associate Vice President Wells Fargo Advisors www.wfadvisors.com	(914) 682-5738 stephen.m.november@wfadvisors.com	✓		
Money Management	A Financially Secure Retirement	An overview on how to secure income in retirement and protect assets so that they can be passed on to loved ones rather than shared with 300 million strangers.	Ostrove, Mitch Chairman/CEO The Ostrove Group, Inc. www.ostrovetgroup.com	(914) 428-4095 mitch@ostrovetgroup.com	✓	✓	
Money Management	Social Security & Retirement Income Planning	Financial Educator - Educational Workshops on Social Security & Retirement Income. Helping people maintain dignity and independence and live comfortably, when it comes time to sit back & relax	Petrone, Paul M. CFP, CPA Independent Financial & Tax Professional	(914) 944-3073 petronefinancial@yahoo.com	✓	✓	✓
Money Management	Gauranteed Incom-Living in Retirement	Showing a possible investment which gives them guaranteed income for life	Redondo, Mauricio David Lerner Associates www.davidlerner.com	(914) 539-2047 mauricio.redondo@davidlerner.com	✓	✓	✓
Money Management	Senior Citizen Finances and Estate Planning	Supporting seniors and their adult children as they deal with matters of personal finance.	Saalman, Daniel W. Financial Advisor Ameriprise Financial www.ameripriseadvisors.com	(914) 923-6490 x320 daniel.w.saalman@ampf.com	✓	✓	
Money Management	Your Last Gift	How planning can be the best gift you can give your loved ones. How a failure to plan can have lasting unintended devastating effects on families.	Schleimer, Esq., Karen B. Attorney at Law	(914) 244-1134 kbschleimer@gmail.com	✓	✓	
Money Management	Majore Gaffes and Mistakes in Estate, Medicare & Medicaid Planning	A checklist of things to do when planning and identifying what can go wrong if you don't	Soricelli, Joseph Partner Aging Issues Info www.AgingIssuesInfo.com	(914)-468-0186	✓	✓	✓
Money Management	Financial Tools to Meet Your Goals	This presentation offers information on health insurance, investing vehicles and other financial related options necessary for remaining independent, having choices and protecting assets -- and the pros and cons for each option.	Warren, Erik Financial Advisor/Insurance Agent Bankers Conseco Life Insurance Company www.bankersconseco.com	(914) 214-8071 erik.warren@bankers.com	✓	✓	✓
Money Management	Savings and Investing	Speaker will review the ways to most efficiently save and invest for the future while taking into account the interests of one's children and parents, the current economic environment and the short- and long-term outlooks.	Werlinich, Greg President Werlinich Asset Management, LLC www.waminvest.com	(914) 741-6839 greg@waminvest.com	✓	✓	
Safety & Security	Making a Home Manageable & Safe	Speaker has 12 years of home modification experience and research. She is a trusted safety expert, who has spoken on news and talk shows such as "Today," "Good Morning America" and "Fox & Friends"	Alison Rhodes-Jacobson "The Safety Mom" Safety Mom Enterprises www.safetymom.com	(888) 680-SAFE (7233) Alison@SafetyMom.com	✓	✓	✓
Safety & Security	Diasaster Preparedness	A training course that provides an introduction to resonding to a natural or man-made disaster. Participants are advised on how to properly parepare for any disaster, includig developing a family emergency plan and stocking up on emergency supplies.	Bennett, Brian Master Sergeant Citizen Preparedness Corps www.prepare.ny.gov	(518) 390-0786 brian.j.bennett6.mil@mail.mil	✓	✓	✓
Safety & Security	Elder Abuse and Fraud Prevention	In my presentation, I speak about the various forms of Elder Abse, including scams, fraud and financial abuse.	Diodati, Melissa Site Director/Elder Abuse Specialist Westcop/Victim's Assistance Services www.mdiodati@westcop.org	(914) 739-8046 mdiodati@westcop.org	✓	✓	

	Title of Talk	Summary	Speaker/Organization	Phone/E-mail	Available Mon.-Fri. Business Hours	Available Evenings	Available Weekends
Safety & Security	Fall Prevention and Technology Designed to Keep You Safe At Home	Falls are one of the primary reasons people need short term/sub acute rehabilitation and/or nursing home placement. The speaker will provide tips on how to prevent falls and ideas to make homes safer.	Gallagher, Bridget SVP Community Services Jewish Home Lifecare www.jewishhome.org	(914) 864 5651 hrosenberg@jewishhome.org	✓	✓	
Safety & Security	Fall Prevention/Balance Training/Evidence Based Program/Exercise	Helping the older identify/reduce their Fall Risk factors and discuss balance and strength training the older adult can do in their home. Discuss and demonstrate Tai Chi and balance workout.	Katz, Angela Trauma Injury Prevention & Outreach Coordinator Westchester Medical Center Health Network	(914) 493-5846 angela.katz@wmchealth.org	✓	✓	
Safety & Security	Safe Homes & Streets	The speaker will review steps that are being taken to improve walkability in neighborhoods inhabited by older adults, as well as ways to insure safe access to one's home.	Stoner, Will Associate State Director for Livable Communities AARP www.aarplivability.org	(212) 407-3737 wstoner@aarp.org	✓		
Safety & Security	Seniors - B.E.A.T. - Be Educated About Transit	Senior B.E.A.T. is a transit education program which instructs older individuals on how to safely and successfully use the Bee-Line Bus System to promote greater travel independence.	Burns, Mary Ellen Program Specialist - Community Outreach Westchester County Department of Public Works and Transportation http://transportation.westchestergov.com/ about-us/transit-education	(914) 813-7741 mbb4@westchestergov.com	✓		
Technology	Smartphones, Tablets, and Computers, Oh My!	Technology is constantly changing and your choices are ever expanding. Figuring out what you want and need can be hard. Making the most of technology can be fun!	Falker, Charles Daily Money Manager The Fiscal Handyman www.fiscalhandyman.com	(914) 473-6609 cfalker@gmail.com	✓	✓	✓
Technology	Technology Helping Seniors Age in Place	Presentation discussing hands-free technology allowing seniors and their caregivers to detect and prevent falls, wandering and urinary tract infections. The technology can also be used to detect water on the floor, monitor temperature changes, medication side effects, sedentary behavior, or changes in activities of daily living such as sleeping and eating. Technology helps seniors to continue living in their homes rather than have to move to skilled nursing facilities.	German, Gary President Nonnatech www.nonnatech.com	(914) 439-4288 garygerman@nannatech.com	weekday evenings	✓	✓
Volunteerism	Volunteerism and Intergenerational Activities	The speaker will discuss the advantages of volunteerism and intergenerational practice as parts of successful livable communities.	Cursio, Valerie, Esq	(917) 572-3004 vfcursio@gmail.com	✓		
Volunteerism	Volunteer Management	The speaker will discuss volunteer project development; volunteer management, including recruitment and recognition and corporate employee volunteer programs.	Gisbert, Jeanette Coordinator, Corporate Programs The Volunteer Center of United Way www.volunteer-center.org	(914) 227-9310 jeanette@volunteer-center.org	✓		
Work of the Department of Senior Programs and Services	The Livable Communities Initiative	What the award-winning Livable Communities Initiative is and how it is improving the quality of life for older adults throughout Westchester. The speaker can also discuss the Livable Communities Chronic Disease Self-Management Program, which assists persons with chronic conditions such as diabetes, asthma, heart disease, arthritis and others.	Phipps, Colette Executive Director, Livable Communities Initiative Westchester Department of Senior Programs and Services www.westchestergov.com	(914) 813-6441 cap2@westchestergov.com	✓	✓	