

**Westchester Reform Temple**  
***Aging Well***  
**Sponsored by WRT's Caring Community**  
**Sundays, 10 a.m.-11:30 a.m.**

Are you concerned about aging with dignity or caring for elderly family members? This three part series includes panels of experts who will share information, suggestions and advice.

**October 22: PREPARING FOR AGING**

To kick-off this three-part series, the focus will be aging well at home. Our panelist are Debbie Ratner from the New Jewish Home, Solutions at Home, Cippi Harte, Director of DOROT Westchester and Adriane Geiger, Director of Family Advocacy, A Dignified Life.

**November 12: TRIGGER EVENTS**

This session's topic focuses on the health of both patient and caregiver. Our panel will help prepare us and our loved ones for unanticipated bumps in the road that may cause a sudden decline in health, mobility and/or cognitive impairment. We will also provide guidance regarding compassion fatigue for caregivers.

Panelists include Cristina Giarranto from Sarah Neuman Center, Glendalee Olivera, Elder Abuse Specialist at the Weinberg Center at the Hebrew Home and Heidi Weiss, Coordinator of Pathways to Care at WJCS.

**December 3: MEMORY CARE FOR YOURSELF AND YOUR LOVED ONES**

Our final session will be a conversation about cognitive issues that can be normal age-related changes or those that reflect a real memory disorder. In addition, an elder law attorney will be discussing how to have difficult conversations among family members.

Presenting will be Dr. Laurie Posner, Medical Director at Sarah Neuman Center and internist specializing in geriatrics and palliative medicine, Lisa D. Ravdin, Associate Professor and Director of Neuropsychology at Weil Cornell Medicine and Bernie Krooks, Elder Law Attorney.