



KNOWLEDGE FOR SENIOR CARE:

3 **FREE** Workshops for
Seniors and Caregivers

All 3 workshops will be held
from **9:30 AM to 11:00 AM**
in **Paramus**. The exact
location will be provided
upon registration.

For more information,
call **Diana Kochaha**
at **201-489-6106**.



DATES:

January 23, 2026

Technology Support for Seniors

Tips for using assistive technology, such as AI voice tools, health **COMPLETED** to manage daily routines.

Presented by Linda Pollock – Owner, North Jersey Home Maintenance Group

March 27, 2026

Fall Prevention for Low-Vision Clients

Strategies for preventing fall-related injuries among seniors with **COMPLETED**

Presented by Elsa Zavoda, MS OTR/L, SCLV, CLVT – Senior Vice President of Programs of the Vision Loss Alliance of NJ; and Paula Webber – Volunteer for The Seeing Eye and Bergen Volunteers' Senior Connections program

June 12, 2026

Home Accessibility Education

Affordable, practical modifications for creating safer home environments with fewer barriers, so that seniors can enjoy improved mobility.

Presented by Tracey Kirstein – Physical Therapist and Certified Aging in Place Specialist