



Capital District Senior Issues Forum invites you to a community forum, "Speedbumps and Potholes: Aging Defensively." This forum will explore ways to help navigate the journey into our later years. Panels on how faith communities can help support their members as they make decisions about where to live, deal with financial and legal issues associated with aging, and caregiving. This journey will be addressed as follows:

Keynote Speaker: Mark Fruiterman, MD

"The Road Trip": Gail Myers, Deputy Director, NYS Statewide Senior Action Council

- **Roadside Assistance:** Rabbi Scott Shpeen, Congregation Beth Emeth
The role faith communities can play to help aging individuals and to support their families.
- **Mapping the Journey:** JulieAnn Calareso, Esq., Elder law Attorney, The Shevy Law Firm, LLC
Planning for the aging journey ahead of time: legal documents and advance directives.
- **Partners on the Journey:** Lauren Benoit, Program Director, Catholic Charities Senior & Caregiver Support Services
Changing family dynamics: awareness of the roles of family members and what to expect as a caregiver.

"The Fork in the Road": Deborah Hanish-Schreyer, L.M.S.W. and Geriatric Care Manager

- **How does one decide appropriate next steps when an elder experiences changes to health and function?**

This presentation will discuss the role of a care manager's comprehensive assessment in developing a plan. Levels of care and services, including home care, adult day services, assisted living and nursing home, will be reviewed.

To Register:

While there is no cost to attend, registration is required by **June 28, 2019. You may register in one of three ways:**

- Email Albany Guardian Society at ags@albanyguardiansociety.org. Please note "July 10th Forum" in the subject line.
- Call Albany Guardian Society at 518-434-2140.
- Online at www.albanyguardiansociety.org.

Community Forum

"Speedbumps and Potholes: Aging Defensively"

Date: Wednesday, July 10, 2019

Time: 9:00 a.m. to 12:15 p.m.
(check-in and continental breakfast begin at 8:30 a.m.)

Location: St. Sophia Greek Orthodox Church
440 Whitehall Rd.
Albany, NY 12208

Mark Fruiterman, MD

Dr. Mark Fruiterman, a well-known Albany endocrinologist, will share his experience as a caregiver for his mother during the time prior to her passing last year. A native of Brooklyn, Dr. Fruiterman graduated from Albany Medical College in 1972. After two years at Montefiore Hospital in the Bronx, he returned to Albany to complete his Internal Medicine training and subsequently spent two years as an Endocrinology fellow. He entered private practice in 1977.

Deborah Hanish-Schreyer, L.M.S.W.

Deborah has been working in the field of eldercare as a Licensed Master Social Worker since 1980. In 2003, Deborah established a private practice in geriatric care management. Her work engages elders and their families during times of transition or crisis, facilitating decision making, setting up and coordinating services, and planning for the future.

Sponsored By:



The **Capital District Senior Issues Forum** (CDSIF) is an interfaith and community initiative for individuals and organizations. Objectives include recognizing the contributions of older adults, identifying issues and unmet needs of the senior community, to educate the community about issues affecting seniors, and to generate the support of faith communities for health, healing, and wholeness of older adults.

Albany Guardian Society (AGS) is a not-for-profit charitable foundation with a mission to engage in a wide range of endeavors that improves the life of seniors, their family members, and caregivers of seniors.

Co-Sponsors: **Albany County Office for the Aging, Rensselaer County Unified Family Services, Saratoga County Office for the Aging, Schenectady County Department of Senior & Long Term Care Services**