



\$10 suggested
donation

Jewish Family Services Presents...

Our Aging Parents: How We Can Help and How We Can Cope

Tuesday, April 5, 2022, 7:00-8:30 p.m.

JFS, 184 Washington Ave Extension, Albany

Hybrid event: participants can attend in-person or via Zoom

Join us for a rich panel discussion that will explore the challenges and opportunities that we face as adult children as our parents age and change before our eyes.

The panelists include experts in local, regional and statewide resources who will explore:

- Aging in place
- Understanding long-term care options
- Changing family relationships
- Balancing families, jobs and parents' new needs

PANELISTS

Tara Hempel, LCSW-R

JFS Director of Clinical Services

Alice Rudnick, MPA

Office of Alternative Dispute Resolution, NYS Unified Court System Principal Analyst

Lynda Shrager, OTR, MSW, CAPS

JFS Senior Resource Network Program Manager

BJ Rosenfeld

Author: Who She Was Who I Became: An Adult Daughter Reaches Out to Her Aging Mother

Tanya Zelman Schwartz, LCSW-R, C-ASWCM

Care Manager for All, LLC Regional Director

REGISTRATION

jfsneny.org/calendar or

info@jfsneny.org; 518-516-1102

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