

# COMING UP FOR AIR: A VIRTUAL GROUP FOR SENIORS

JFS is providing a virtual group to help seniors stay connected\*. We are waiving fees for this group. It will be facilitated by JFS clinical staff.

## COMING UP FOR AIR: A GROUP FOR SENIORS

Facilitated by the JFS Senior Resource Network team, this group is for older adults to discuss **A**ging **I**nformation and **R**esources and other timely issues. We will address staying connected when you feel disconnected, coping with the barrage of changes and realities that impact your life, maintaining safety in your home, preserving healthy habits and self-care, and more.

*Facilitators: Erin Plonka, LMSW, Lynda Shrager, OTR, MSW, CAPS, and Clara Simon, MSW.*

**Wednesdays, 4:30 – 5:30 p.m.**

- 6/17 Coming Up for Air- getting to know you
- 6/24 How to Stay Connected (dealing with social isolation)
- 7/1 Healthy Habits and Self-Care
- 7/8 Safety in the Home
- 7/15 Self-Advocacy
- 7/22 Taking the Next Breath

**To register, email [info@jfsneny.org](mailto:info@jfsneny.org), call 518-482-8856 or visit [jfsneny.org](http://jfsneny.org)**

You will be emailed a link / phone number to join the group via Zoom, an online, interactive platform with video -- but you can also simply call in! *If you need one-on-one help accessing Zoom, please contact JFS.*

\* More groups being added. Please be in touch to suggest additional topics.

