



Jewish Family & Career Services
Aviv Older Adult Services – Tools for Aging



Aging: Facing the Facts, Feelings & Fears

Sunday, January 29, 2012 | 2 – 5pm

Temple Emanu-El (1580 Spalding Drive, Atlanta)

Aging is something each of us will face in one way or another - whether it's an aging parent, spouse or our personal journey. This workshop, co-sponsored by the Atlanta Rabbinical Association (ARA), will explore aging and caregiving and provide practical resources and information.

Session 1: The Practicalities of Aging

Panel presentation with Dr. Sarah Howell, Psy.D., Neuropsychologist & Cori Sackin, CIRS, Resource Support Specialist - JF&CS Aviv Older Adult Services - Tools for Aging and Steve Krumm of Atlanta Legal Aid will explore:

- How do I know when something is wrong? What are the red flags?
- How do I figure out what services are appropriate for my loved-one?
- What information should I know about my parents and what documents should be in order?

Session 2: The Spiritual and Emotional Side of Aging

Panel presentation with Rabbi Fred Greene, Temple Beth Tikvah, Debbi Dooley, LPC & Mandy Kaufman, LCSW, JF&CS Aviv Older Adult Services - Tools for Aging will explore:

- How do I deal with my feelings about the changes happening with my parents?
- How do I change my role from adult child to caregiver?
- How do I juggle the demands of being in the sandwich generation?
- How do I convince my parent to give up driving and face other difficult decisions like that?

Free and open to the community

RSVPs requested – outreach@jfcs-atlanta.org or 770.677.9434

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