

# Bergen County Division of Senior Services Speakers Bureau Directory

Speakers agreed that the listed presentations does not include any commercial endorsements or selling of specific products or services.

Title	Summary	Speaker/Organization	Phone/Email
<b>Adults with Aging Parent Drivers</b>	Roadmap to help families address their loved one's ability to drive safely as a result of the natural aging process so that the older driver's dignity and independence is never unnecessarily jeopardized.	David Stamberg, Senior Care Authority	201-564-7997 <a href="mailto:davidS@seniorcareauthority.com">davidS@seniorcareauthority.com</a>
<b>Applying for Affordable Senior Housing</b>	Overview of local affordable and subsidized housing opportunities for seniors. Includes information on housing search, credit issues, and the application process.	Maureen McCormick, Division of Senior Services	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>A Safe Drive Through the Aging Process</b>	Developed specifically for senior drivers.	David Stamberg, Senior Care Authority	201-654-7997 <a href="mailto:davidS@seniorcareauthority.com">davidS@seniorcareauthority.com</a>
<b>Bill Management and Fighting Financial Fraud and Exploitation</b>	Overview of our free bill payor and management program and discussion of financial fraud and exploitation. We can speak at an event and/or host an information table at an event.	Ronnie Leo, SilverBills, Inc.	917-675-1085 <a href="mailto:ronni@silverbills.com">ronni@silverbills.com</a>
<b>Cancer 101 - A Conversation</b>	Presentation is focused on the importance of screening. Presenter talks to community members about the different types of cancer to educate them on the subject. Topics include Breast Cancer & Screening, Colorectal Cancer & Screening, Screening for Cancer, What are Gynecological Cancers & Prevention.	Siclali Flores Crossroads4Hope	908-524-6186 <a href="mailto:sflores@crossroads4hope.org">sflores@crossroads4hope.org</a>
<b>Depression &amp; Social Isolation</b>	The different types, warning signs of depression & links to dementia.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 <a href="mailto:kallen@actnowfoundation.org">kallen@actnowfoundation.org</a>
<b>Eating Healthy on a Budget</b>	Lecture and cooking demonstration.	Maire Brosnan Katavolos, YWCA Northern New Jersey	201-345-1880 <a href="mailto:mbrosnan@ywcannj.org">mbrosnan@ywcannj.org</a>
<b>Elder Abuse</b>	Identifies the different types and resources for help and reporting of elder abuse.	Harvey Silberstein, Division of Senior Services	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Fair Housing, Housing Discrimination and Housing Resources in Bergen County</b>	Presentation on housing discrimination, fair housing rights, homebuyer and rental counseling and housing resources in Bergen County.	David Whritenour Fair Housing Council of Northern NJ	201-489-3552 <a href="mailto:david@fairhousingnj.org">david@fairhousingnj.org</a>
<b>Falls &amp; Your Risk of Dementia</b>	Prevention lifestyle measures and home safety tips, and how to get up from a fall.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 <a href="mailto:kallen@actnowfoundation.org">kallen@actnowfoundation.org</a>

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<b>How and Why To Make a Fall Prevention Kit</b>	Empowering seniors to reduce the odds of a serious fall by involving them in their own home-safety.	Jeff Rosenfeld, Ph.D., Parsons School of Design	347-249-4014 <a href="mailto:Rosenfej@NewSchool.Edu">Rosenfej@NewSchool.Edu</a>
<b>Information Table: Bergen SHIP</b>	SHIP staff and/or volunteers can host an information table at an event.	SHIP Counselors, Division of Senior Services	201-336-7413 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Information Table: Division of Senior Services</b>	Division of Senior Services staff and volunteers can host an information table at an event.	Staff, interns, volunteers, Division of Senior Services	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Intergenerational Activities</b>	Overview of easy fun activities that seniors can do with their grandkids.	Maire Brosnan Katavolos, YWCA Northern New Jersey	201-345-1880 <a href="mailto:mbrosnan@ywcannj.org">mbrosnan@ywcannj.org</a>
<b>Interior Design for a Safer Home</b>	Tips for Seniors to keep their homes looking good, while making them safer.	Jeff Rosenfeld, Ph.D., Parsons School of Design	347-249-4014 <a href="mailto:Rosenfej@NewSchool.Edu">Rosenfej@NewSchool.Edu</a>
<b>Introduction to Medicare</b>	Provides an overview of Medicare to current and prospective beneficiaries. Includes information on the services of the Bergen County State Health Insurance Assistance Program (SHIP) including free Medicare counseling.	SHIP Counselors, Division of Senior Services	201-336-7413 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Introduction to Programs and Services for Seniors in Bergen County</b>	This presentation provides an overview of federal, state, and local programs and resources for older adults and caregivers in Bergen County, including services funded under the Older Americans Act.	Tess Tomasi or Lorraine Joewono, Division of Senior Services	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Introduction to Programs and Services for Seniors in Bergen County, for Korean Speakers</b>	Provides an overview, in Korean, of federal, state, and local programs and resources for older adults and caregivers in Bergen County, including services funded under the Older Americans Act.	Clara Choi, Division of Senior Services	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Mandala Project</b>	Integrates a stress-reliving, culturally-inspired arts & crafts activity with information about resources for seniors and caregivers including current advocacy issues and Medicare Savings Programs.	Linda Cross, Division of Senior Services	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Money Management and Taking Control of Your Finances</b>	Presentation empowering seniors to remain independent by offering in-person assistance with their day-to-day financial management needs, including mail sorting and bill organization, budgeting, and referring/applying to benefits and resources with the seniors.	Bright Side Family	201-530-7559 <a href="mailto:eivizzi@brightsidemanor.org">eivizzi@brightsidemanor.org</a>
<b>Navigating the Bergen Aging Network, for Professionals</b>	Introduces social workers and other professionals to federal, state, and local home- and community-based services for older adults and their caregivers.	Tess Tomasi, Division of Senior Services	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>

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<b>Northeast New Jersey Legal Services Overview</b>	Presentation covers all of the legal areas that Northeast NJ Legal Services handles as well as the intake process, to inform people in the community of free legal assistance in civil matters should they ever need it.	Laura Arriaza, Northeast NJ Legal Services	201-792-6363 x3269 <a href="mailto:larriaza@lsnj.org">larriaza@lsnj.org</a>
<b>Proactive Housing</b>	Be proactive about your housing situation - don't wait 'til it's too late! Learn about housing programs for renters and homeowners in Bergen County, including home repairs, property tax programs, how to search for and apply for affordable housing, and programs that can help you age in place.	Ron Romano/Maureen McCormick, Division of Senior Services	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Prevent, Detect, and Report Medicare Fraud</b>	Educating Medicare beneficiaries, their families, and caregivers to prevent, detect, and report Medicare fraud, waste, and abuse through outreach, such as group outreach and community events. Presentations are totally free and can be live or via Zoom or Microsoft teams.	Charles Clarkson, JFS of Middlesex County/Senior Medicare Patrol of NJ	732-777-1940 <a href="mailto:charlesc@jfsmiddlesex.org">charlesc@jfsmiddlesex.org</a>
<b>Radburn: "The Town for the Motor Age" at 95</b>	Using a PowerPoint slide presentation, I lead the audience through a virtual walking tour of Radburn, built in the 1920s as a model planned suburb -- "the town for the motor age." Radburn, one of only four National Historic Landmarks in Bergen County, has a fascinating history. For one thing, the community once advertised as "safe for children," because it separated pedestrians and cars, is increasingly popular with older pedestrians.	Rick Hampson, Radburn Historical Society	201-286-9577 <a href="mailto:fjhampson@gmail.com">fjhampson@gmail.com</a>
<b>Reducing Your Risk of Dementia</b>	Lifestyle Choices that Help Lower Your Risk of Dementia	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 <a href="mailto:kallen@actnowfoundation.org">kallen@actnowfoundation.org</a>
<b>Retirement Planning and Investing for Seniors</b>	This educational presentation guides seniors on retirement planning and investing. Topics include: calculating retirement funds needed, choosing investments, optimizing social security benefits, tax-efficient income plans, estate planning, understanding alternative investments, and differentiating between financial advisors. The goal is to help seniors secure a comfortable retirement.	Jeffrey Barnett, Fintegrity	201-266-6829 <a href="mailto:jeff@fintegrity.com">jeff@fintegrity.com</a>
<b>Ride Connect</b>	Provides information about available transportation services for older adults and persons with disabilities.	Orestes Rios, Division of Senior Services	201-336-7404 <a href="mailto:orios@co.bergen.nj.us">orios@co.bergen.nj.us</a>

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<b>Scams &amp; Frauds, Staying Alert</b>	Discussion of trending scams and popular scams that people fall for everyday including imposter, grandparent, phone, affinity, and romance scams. There is also discussion on shopping online scams and what to do if you are a victim of identity theft. In addition, we talk about skimming and finding resources so you can make good choices when donating to charities.	Denis Niland, Division of Consumer Affairs for Bergen & Passaic County	201-336-6409 <a href="mailto:dniland@co.bergen.nj.us">dniland@co.bergen.nj.us</a>
<b>Senior Housing Consultant Representative</b>	Helping area Seniors to get Senior and Affordable Housing applications and other Social Service needs	Stephan Jang, Korean American Senior Citizen's Association of NJ	201-945-2400 <a href="mailto:kascanj@gmail.com">kascanj@gmail.com</a>
<b>Sleep &amp; Dementia</b>	The complex process of sleep and how sleep changes as we age.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 <a href="mailto:kallen@actnowfoundation.org">kallen@actnowfoundation.org</a>
<b>Smart Food Choices for Healthy Aging</b>	Learn about the link between diabetes and dementia, and the Mind Diet.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 <a href="mailto:kallen@actnowfoundation.org">kallen@actnowfoundation.org</a>
<b>Stress in Seniors</b>	Defines and helps attendees understand and manage stress.	Lucy Bates and Myrna Bruno, DSS Senior Services Advisory Council, Health Committee	201-336-7400 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>
<b>Successful Aging Part 1 &amp; 2</b>	Get to know your brain and how learning and memory work.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 <a href="mailto:kallen@actnowfoundation.org">kallen@actnowfoundation.org</a>
<b>Tax/Refund Scams and How to Avoid Them</b>	Discusses the latest tax and refund scams that target seniors as well as resources to prevent a scam and what to do if you have been scammed.	Glenn Gizzi, Internal Revenue Service	732-777-7269 <a href="mailto:glen.j.gizzi@irs.gov">glen.j.gizzi@irs.gov</a>
<b>Tenants' Rights and other Greater Bergen Community Action Programs</b>	Brief summary of the rights of tenants and small landlords as well as an overview of the many other programs and services available through Greater Bergen Community Action such as Home Energy Assistance, Weatherization (home improvements), lead paint abatement, Immigrant Assistance and more.	Cynthia Arone Greater Bergen Community Action	201-968-0200 ext. 7501 <a href="mailto:cynthia.arone@greaterbergen.org">cynthia.arone@greaterbergen.org</a>
<b>Understanding Alzheimer's</b>	Looking for answers on What is Happening? What Should I do? Where Should I go for help?	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 <a href="mailto:kallen@actnowfoundation.org">kallen@actnowfoundation.org</a>
<b>What's New in Medicare: Open Enrollment</b>	Presented during Medicare Open Enrollment, this session includes information on Medicare so seniors can make informed choices for their Medicare in the upcoming year.	SHIP Counselors, Division of Senior Services	201-336-7413 <a href="mailto:seniors@co.bergen.nj.us">seniors@co.bergen.nj.us</a>

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<b>Your Legal Rights in the Face of a Disaster</b>	Noticing the impact of natural disasters in our communities from events like Hurricane Ida, we created this new presentation to inform everyone on how legal aid is crucial in that context. In this seminar, we will discuss the legal issues that arise in the short, medium, and long term of a disaster. We will also go over what you can do to prepare today, such as locating and protecting important documents.	Edward Madrigal Northeast NJ Legal Services	201-792-6363 ext. 3214 <a href="mailto:emadrigal@lsnj.org">emadrigal@lsnj.org</a>