



Daughters of Sarah Community for Seniors Speakers Forum

Thursday, September 12, 2019 at 7:00pm

"I Don't Want Dinner: Depression or Is it Something Else?"

Speaker: Dr. Robert Figlerski, Director

Behavioral Health Services/Team Health, Inc.

Dr. Figlerski is a Clinical Psychologist Specialist who speaks about depression among seniors as the #1 illness worldwide, and how, all too frequently, it is accepted as normal. Are we understanding the true meaning behind the words and behaviors of our seniors?

Thursday, October 17, 2019 at 7:00pm

"Happiness Is a Choice You Make:

Lessons from a Year Among the Oldest Old"

Speaker: John Leland, Reporter and Author

New York Times

His words to live by: "Old age is the last thing we will ever do, and it might teach us about how to live now." Attendees will receive a complimentary copy of his book.

Thursday, November 7, 2019 at 7:00pm

"Buddies Forever: Creating Moments of Pleasure, Purpose and Peace for Persons with Dementia"

Speaker: Erin Bonitto, M.S., A.D.C., Founder & Lead Coach

Gemini Consulting

Part 2: Explore new communication techniques that will help reduce feelings of fear, anxiety and frustration of someone with dementia.
Part 1 attendance is not required.

Open to the public.
No fee to attend.

Reservations
recommended.
RSVP: (518) 724-3261 or
foundation@dosscc.org

All presentations
will be held at:
Daughters of Sarah Nursing Center
Founders Room
180 Washington Ave Ext
Albany, NY