

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
Adults with Aging Parent Drivers	Learn how to navigate the sensitive issue of driving safety with aging loved ones—balancing compassion, safety, and independence without compromising dignity.	David Stamberg, Senior Care Authority	201-564-7997 davidS@seniorcareauthority.com
Aging in Place: 10 Tips for Combining Households with Parents	Whether your parents live nearby or far away, merging households is a major life shift. This presentation offers practical tips to ease the transition, foster harmony, and support aging in place with dignity and care.	Louanna Branca, Louanna's Senior Hub	551-580-1986 louannabranca@gmail.com
Aging Happily	Embracing the gifts of aging, myths and facts about aging, tips to help you age well, habits that may speed up aging.	Francheska Cibelli Humana	551-574-5278 mrivas7@humana.com
Aging Safely in the Home	This 30-45 minute presentation offers older adults the opportunity to learn tips and tricks to age safely in their homes. Presented by Kessler Insitute's Physical and Occupational Therapists, we will educate attendees on home safety, home modifications, fall prevention, and affordable durable medical equipment options which can help the older adult remain in their home safely. Additional time will be allotted for questions at the end, and snacks can be provided by request.	Karen Wauters OTR/L, BCPA Kessler Institute for Rehabilitation	201-452-3655 kwauters@Kessler-rehab.com
A Safe Drive Through the Aging Process	Developed specifically for senior drivers.	David Stamberg, Senior Care Authority	201-654-7997 davidS@seniorcareauthority.com

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Alzheimer's Presentations	<p>1. The 10 Warning Signs of Alzheimer's: This program helps attendees recognize the common warning signs of Alzheimer's and what symptoms to look for.</p> <p>2. Understanding Alzheimer's and Dementia: Provides a comprehensive overview of Alzheimer's disease and other forms of dementia, covering topics like diagnosis, stages of the disease and caregiving strategies.</p> <p>3. Healthy Living for Your Brain and Body: This program shares insights from the latest research on lifestyle choices that may help maintain brain and body health as you age.</p> <p>4. Managing Money, A Caregiver's Guide to Finances: This presentation will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, and assess financial and legal needs.</p> <p>5. The Empowered Caregiver: This program focuses on building essential caregiving skills and providing support to individuals with dementia.</p>	Sara Gorman Alzheimer's Association	732-475-0944 segorman@alz.org
Brain Health and Memory	An informative session on how to keep your brain sharp and healthy as you age. We'll share practical tips for maintaining memory and cognitive wellness, and explore how you can be part of the journey toward finding a cure for Alzheimer's and related conditions through research opportunities.	Marymae Henley, The Clinical Research Center of NJ	201-910-0774 lgavalas@thecrcnj.com
Cancer 101: A Conversation	A presentation focused on cancer awareness, prevention and the power of early detection. This presentation highlights the importance of routine screenings and offers easy-to-understand information on common cancers, including breast, colorectal, and gynecological cancers. Learn how screenings save lives, what symptoms to watch for, and how you can take proactive steps toward prevention and wellness.	Siclali Flores, Crossroads4Hope	908-524-6186 sflores@crossroads4hope.org
Depression & Social Isolation	The different types, warning signs of depression & links to dementia.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 kallen@actnowfoundation.org
Elder Abuse	Identifies the different types and resources for help and reporting of elder abuse.	Harvey Silberstein, Division of Senior Services	201-336-7400 seniors@BergenCountyNJ.gov

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Enhancing Quality of Life Through Effective Communication	This session focuses on how improving communication skills can positively impact the lives of senior citizens by fostering stronger relationships, better mental health, and more effective interactions with healthcare providers and their loved ones.	Claire Brinkman, MBA, Embracing Endings	973-554-3328 claire@embracingendings.com
Estate Planning & Elder Care Law Workshop, "How to Protect Your Stuff"	The workshop will cover all processes and details pertaining to estate planning, elder law and asset protection.	Michael Willis, Esq., Willis Law Group LLC	201-897-7750 csc@williselderlaw.com
Fair Housing, Housing Discrimination and Housing Resources in Bergen County	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 david@fairhousingnj.com
Fall Prevention, Strategies to Recover from Falls and Preventing Injuries	Falls account for about 30-40% of hip fractures, which is the leading cause of death for the elderly. Teaching strategies to assess home environment to prevent falls, strategies to recover from falls, and staying active to prevent injuries.	Ali Ismail, Core Care Plus Rehab	201-351-1064 aismail@corept.care
Fall Prevention	This presentation focuses on fall prevention and practical ways to stay safe in everyday environments. It covers strategies such as keeping pathways clear of clutter, using walking devices correctly, and ensuring adequate lighting throughout the home. Participants will learn simple, effective habits that reduce fall risks and support greater independence.	Darlene Williams Caring With Kidness LLC	201-241-2227 cwk@caringwithkindness.net
Falls & Your Risk of Dementia	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 kallen@actnowfoundation.org
Free for Seniors	If 65 is the new 45, what is 55? It is old enough to receive what might be called the Not-So-Senior Discount. Retailers, restaurants and travel services will do whatever they can to get people to buy what they are selling, and that includes extending the senior discounts to customers who are 55 years of age and older. Sometimes you may need to announce that you are 55 or older to get the best senior discounts, but it can save you money on big purchases or help pay for tips or taxes on the smaller.	Louanna Branca, Louanna's Senior Hub	551-580-1986 louannabranca@gmail.com

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Health is Wealth	Cultivating your most valuable assets? Protect and grow these assets into retirement. The goal of this program is to empower seniors with practical, actionable strategies for preserving their health.	Tazmisha Kopic Multi.TazLLC	201-921-6724 multi.taz@icloud.com
Healthy Heart	This presentation explores how everyday choices—what we eat, how we move, and the habits we build—directly impact the health of our hearts. It highlights the importance of choosing heart-healthy foods, staying physically active, and maintaining a balanced diet.	Darlene Williams Caring With Kidness LLC	201-241-2227 cwk@caringwithkindness.net
Healthy Legs, Happy Life! What to know about leg health and how to boost leg health	Our legs carry us everyday. We need our legs to explore, socialize, and so much more! We have some important core and stationary exercises that you should be aware of to prevent vascular disease and will give you information about what to do when you begin to notice symptoms.	Gloria Jung, Vascular Center for Lower Extremity Wellness	201-468-3143 gjung@advancedsurgerycentersnj.com
Healthy Movements for Everyday Living	Gentle movements (seated or standing) to improve mobility, flexibility, and reduce inflammation.	Christopher Carroll, YWCA	201-345-1912 ccarroll@ywcannj.org
Heart Art	Engaging the Senses, Inspiring the Soul! What if we could paint the emotions that music makes us feel? The goal of this program is to use the universal language of music to inspire visual expression. Format: 60-90 minute session. Benefits: Cognitive stimulation, emotional/social well being.	Tazmisha Kopic Multi.TazLLC	201-921-6724 multi.taz@icloud.com
Information Table: Bergen SHIP	SHIP staff and/or volunteers can host an information table at an event.	SHIP Counselors, Division of Senior Services	201-336-7413 seniors@BergenCountyNJ.gov
Information Table: Division of Senior Services	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 seniors@BergenCountyNJ.gov
Interior Design for a Safer Home	Tips for seniors to keep their homes looking good, while making them safer.	Jeff Rosenfeld, Ph.D., Parsons School of Design	347-249-4014 Rosenfej@NewSchool.Edu
Introduction to Medicare	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 seniors@BergenCountyNJ.gov

Title	Summary	Speaker/Organization	Phone/Email
Introduction to Programs and Services for Seniors in Bergen County	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 seniors@BergenCountyNJ.gov
Introduction to Programs and Services for Seniors in Bergen County, for Korean Speakers	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 seniors@BergenCountyNJ.gov
Keeping an Eye Open - Senior Safety	This presentation focuses on senior safety and the importance of staying aware, prepared, and physically strong. It highlights why older adults can be more vulnerable to accidents and how regular exercise helps maintain strength, balance, and confidence. Participants will learn practical strategies such as staying aware of their surroundings, using medical alert systems, and adopting simple daily habits that support independence and personal safety.	Darlene Williams Caring With Kidness LLC	201-241-2227 cwk@caringwithkindness.net
Liver Health	We will speak about fatty liver disease and opportunities to treat or reverse it.	Marymae Henley, The Clinical Research Center of NJ	201-910-0774 lgavalas@thecrcnj.com
Maintaining Your Health While Still Loving Your Favorite Foods	This presentation focuses on maintaining good health by enjoying the foods you love in moderation. It highlights how balanced choices, mindful eating, and portion awareness can support long-term wellness without giving up your favorites. Participants will learn practical strategies for creating healthier habits while still enjoying a satisfying and flexible diet.	Darlene Williams Caring With Kidness LLC	201-241-2227 cwk@caringwithkindness.net
Mandala Project	Integrates a stress-relieving, 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 seniors@BergenCountyNJ.gov
Matters of the Heart: Simple Tips for Stronger Living	Join Valerie, a master's-level nurse with years of cardiology experience, for a heart-to-heart conversation on practical ways to care for your heart. From smart eating to daily habits, you'll learn senior-friendly tips for living a longer, stronger life.	Valerie Lowman, RN, MSN, Allendale Rehabilitation and Healthcare Center	201-888-4829 estudt@mgshealth.com

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Money Management and Taking Control of Your Finances	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 ejvizzi@brightsidemanor.org
Navigating the Bergen Aging Network, for Professionals	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 seniors@BergenCountyNJ.gov
Northeast New Jersey Legal Services Overview	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 larrriaza@lsnj.org
Prevent, Detect, and Report Medicare Fraud	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 presented live or via Zoom or Microsoft teams.	Charles Clarkson, JFS of Middlesex County/Senior Medicare Patrol of NJ	732-777-1940 charlesc@jfsmiddlesex.org
Preventing Incontinence After Pelvic Surgery	Incontinence is a very common complication after pelvic surgery or even with aging. Physical therapy plays a major role in helping seniors to prevent these complications and improve control in pelvic floor muscles to improve quality of life.	Ali Ismail, Core Care Plus Rehab	201-351-1064 aismail@corept.care
Problem Gambling Presentation	Joe Kane, a Prevention Specialist with the Council on Compulsive Gambling of NJ offers a presentation on the state of gambling in NJ in 2025, warning signs of problem gambling, gambling and substance abuse, and his own story of compulsive gambling and recovery one day at a time.	Joe Kane Council on Compulsive Gambling of NJ	973-715-2546 joseph.kane@800gambler.org
Radburn: "The Town for the Motor Age" at 95	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, which is on the National Register of Historic Places, 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 fjhampson@gmail.com

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Reducing Your Risk of Dementia	Lifestyle Choices that Help Lower Your Risk of Dementia	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 kallen@actnowfoundation.org
Retirement Planning and Investing for Seniors	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 jeff@fintegrity.com
Ride Connect	Provides information about available transportation services for older adults and persons with disabilities.	Orestes Rios, Division of Senior Services	201-336-7404 orios@BergenCountyNJ.gov
Scams & Frauds, Staying Alert	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 dniland@BergenCountyNJ.gov
Senior Driver & Pedestrian Safety	An interactive presentation providing pedestrian and driver safety tips focused on safety for seniors with healthy living tips included. Free giveaways and hand-outs are provided. Maintaining safety, mobility and independence is prioritized during the presentation.	Lisa Lee, EZ Ride	201-939-4242 ext. 123 llee@ezride.org
Senior Housing Consultant Representative	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 kascanj@gmail.com
Sleep & Dementia	The complex process of sleep and how sleep changes as we age.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 kallen@actnowfoundation.org
Smart Food Choices for Healthy Aging	Learn about the link between diabetes and dementia, and the Mind Diet.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 kallen@actnowfoundation.org

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Staying Social: How to do it right	Going over different ways of staying social from joining classes to volunteering and many more ways.	Francheska Cibelli	551-574-5278 mrivas7@humana.com
Stress in Seniors	Defines and helps attendees understand and manage stress.	Lucy Bates and Myrna Bruno, DSS Senior Services Advisory Council, Health Committee	201-336-7400 seniors@BergenCountyNJ.gov
Successful Aging Part 1 & 2	Get to know your brain and how learning and memory work.	Kristine Allen, Act Now Foundation Dementia Resource Center	201-721-6721 kallen@actnowfoundation.org
Tax/Refund Scams and How to Avoid Them	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 glen.i.gizzi@irs.gov
Tenants' Rights and other Greater Bergen Community Action Programs	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 cynthia.arone@greaterbergen.org
Thrive in Place	The presentation will cover the concept of aging in place, the importance of regular safety evaluations, and the critical role of personalized planning. We will also discuss the unique challenges faced by Solo Agers and the necessity of regular plan updates to ensure that it remains effective	Claire Brinkman, MBA, Embracing Endings	973-554-3328 claire@embracingendings.com
Understanding and Supporting Your Autistic Grandchild: A Journey from Both Sides of the Desk	Bring expert insight and heartfelt wisdom to your organization with a presentation designed specifically for grandparents of autistic children. As both a school principal specializing in autism, I offer a unique dual perspective that transforms uncertainty into confident connection. I offer practical strategies, personal stories, and evidence-based approaches that help grandparents build meaningful relationships with their grandchildren.	Jennifer Kaufman, Grandparenting on the Spectrum	201-245-3480 jen@grandparentingonthespectrum.com
Understanding Alzheimer's	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 kallen@actnowfoundation.org

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What's New in Medicare: Open Enrollment	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 seniors@BergenCountyNJ.gov
Your Legal Rights in the Face of a Disaster	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 emadrigal@lsnj.org