

Aging with Dignity Senior Summit

JFS SV in partnership with APJCC and Kaiser Permanente



Health and Wellness In the 21st Century

Friday, November 13, 2015 10 AM - 3 PM

Music and Memory – Fun and Therapeutic Benefit
JFS SV HomeCare – Accepting Help
Mental Health and Aging – Awareness and Coping
Advanced Directives – Making Your Wishes Known
Senior Advocacy – Get Informed & Get Involved

Friday, November 20, 2015 10 AM - 3 PM

Family Dynamics – Effective Communication for Difficult Times
Mental Health and Aging – Awareness and Coping
Hospice and Palliative Care – When to Seek Services
Elder Abuse – Awareness and Protection
Care for the Caregiver – Self Care and Life Balance

Attend one or both days
\$15.00 per day
Lunch will be served

Jewish Family Services of Silicon Valley
14855 Oka Road, Suite 202 Los Gatos, CA 95032 408-556-0600 www.jfssv.org

RSVP by 11/4/15 - Contact Jodi Capitola-Duran 408-357-7456 or jodicd@jfssv.org

 **KAISER PERMANENTE**
in the community


Jewish Family Services
of silicon valley

 **Addison-Penzak JCC**
of Silicon Valley
Levy Family Campus