



Roundtable for Boomers & Seniors



Everyone has opinions about older people and what getting older means. We invite you to dispel myths about aging, change the conversation about older people, and learn strategies to make positive changes in your community so that you can live well into older age.

Myths, Facts and Possibilities: Five-Part Boomer & Senior Roundtable Series

Thursday, March 14th, 2019

8:30am – 10:30 am

**Lenox Hill Neighborhood House
331 East 70th Street (btwn 1st & 2nd)**

Session III: Loneliness

- **Lauren Goldman**, Deputy Volunteer Director, Friendly Visiting Program, Lenox Hill Neighborhood House
- **Lindsay Goldman**, LMSW, Director, Healthy Aging, NY Academy of Medicine
- **Jacqueline Berman**, PhD, Director of Research, NYC Department for the Aging
- **Manou Pardasani**, PhD, Associate Professor, Fordham Graduate School of Social Work

Loneliness is a subjective feeling that is different from solitude. We are learning that loneliness can have serious consequences on our health and well-being. Find out about programs designed to combat loneliness on the individual and the community level.

'18-'19 Roundtable Calendar:

- **Meeting the Needs of a Growing Community**
Thursday, April 4th
- **Organizing for Change**
Thursday, May 9th

PLEASE RSVP at <https://tinyurl.com/lonelinessforum> or by phone at 212-490-9535.