

Our thanks to our sponsors, vendors, seminar speakers, and volunteers, staff and Board members for their efforts in support of this Expo. And to the Shimon and Sara Birnbaum JCC for the use of this wonderful space.

Neil Wolf and Ruth Edelman  
Prime Time Expo Co-Chairs

Jerry Starr, LCSW  
Executive Director



## Exhibitors

American Red Cross	Osher Life Long Learning Institute
Bankers Life and Casualty Company	Overlook Medical Center
Bee Sharps Square Dance Club	Premier Homes NJ
CBDI---Raun Lynch Insurance	Ridewise of Raritan Valley
Colonial Penn	Right at Home
Community Visiting Nurse Association	Road Scholar
Congregation Knesseth Israel	RVCC Life Long Learning
Cooperative Housing	Senior Wealth Solutions
Garden State International Folk Dancers	Shimon and Sara Birnbaum JCC/ Fitness Center
George Street Playhouse	Siskin Family Chiropractic & Wellness
Global VIP Travel	Somerset County Office on Aging
Girl Scout Gold Award	Somerset County Park Commission
Home Instead Senior Care	Visiting Nurse Association of Somerset Hills
Jewish Family Service of SHW	
Jewish Federation of SHW	
Morgan Stanley	
Norris McLaughlin & Marcus, PA	
Oscar & Ella Wilf Campus	

## Volunteers

Abby Ages	Debbie Golden
Nancy Bisignano	Joan Handel
Lee Coopersmith	Rabbi Evan Jaffe
Talea Cornelius	Jeanne Lankin
Steve Darien	Nancy Lee
Susan Darien	Sudha Narasimhan
Morey Edelman	Lisa Nierenberg
Jeanmarie Feldman	Annette Raddick
Joan Flynn	Michelle Rosen
Michele Frankel	Helaine Weisberg
Laura Friedman	Sheila Wolf



## Presents

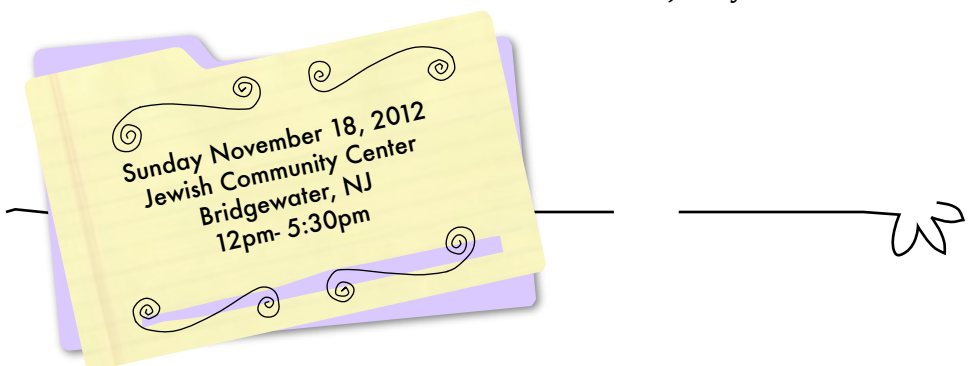
# “Prime Time” Expo

## Better Living for Baby Boomers

Sponsored by:

Morgan Stanley Wealth Management  
Colonial Penn Life Insurance Co.  
Bankers Life  
International Financial  
Overlook Medical Center

Partial funding provided by JFS Home Sweet Home program, the U.S. Administration on Aging, and The Horizon Foundation of New Jersey.



JFS  
150A West High Street Somerville.NJ.08876  
908.725.7799  
[www.jewishfamilysvc.org](http://www.jewishfamilysvc.org)

# Seminars

---

## **12:30-5:00 Health and Wellness Screenings (Conference Room C)**

**Overlook Medical Center** nurses will provide diabetes screenings, Body Mass Index, and more! **JFS social workers** will offer information regarding signs, symptoms, and consequences of undiagnosed and untreated depression as we age along with helpful resources

## **12:30-1:30pm: In Our Prime: The Invention of Middle Age (Multi-purpose Room A)**

Author & NY Times writer Patricia Cohen presents a fascinating and timely social history of the concept of Middle Ages from its invention to its current place at the center of American Society.

## **12:30-1:30pm: Gearing Up For 2013: Hot Tips for Portfolio Planning (Multi-purpose Room B)**

Are you familiar with the changes that are set to take place in 2013? Capital Gains tax, income tax and QDI are all set to change. Join Nancy Bernstein and Greg Rosen, Morgan Stanley Financial Advisors, and Melinda Fellner Bramwit, Norris McLaughlin Tax Attorney, to discuss hot topics on how to position your portfolio and take advantage of simple ideas to avoid a larger tax liability.

## **1:30 – 2:30pm: Aging with Grace and Dignity: How to Keep Geriactive (Multi-purpose Room A)**

Cheryl Gauff, RN, APN Summit Medical Group presents an informative, preventive care workshop to support staying healthy both physically and mentally while proactively planning for the future.

## **1:30-2:30pm: Discover a World of Learning Opportunities Right in Your Own Backyard (Multi-purpose Room B)**

Jacki Belin, Dean of College Advancement, RVCC ; Ronnie Weyl, Director, Raritan Valley Community College Foundation describe the rich array of cultural, educational & volunteer opportunities available at RVCC. . RVCC offers opportunities to expand your horizons, enrich your life and give back to the community.

## **2:30–3:30pm: Savvy Social Security Planning for Baby Boomers: Fact vs Fiction (Multi-purpose Room A)**

Thomas O’Connell, International Business , facilitates a workshop to dispel myths and give the information needed to avoid costly mistakes and make sound, educated decisions regarding Social Security.

## **2:30–3:30pm: The Sandwich Generation (Multi-purpose Room B)**

Jeanne Lankin, LCSW , Geriatric Social Worker at Jewish Family Service of Somerset, Hunterdon and Warren Counties leads an interactive seminar helping participants address the competing needs of adult children/grandchildren and aging parents.

## **2:30-3:30 Benefits of Exercise as We Age -Fitness Studio**

**JCC Fitness Director, Joy McIntyre** presents information on the benefits of exercise as we age, and an opportunity to find out more about classes, programs, training, and more.

## **3:30 - 4:30pm: Old Enough for G-d? Issues of Spirituality and Community As We Age (Multi-purpose Room A)**

Rabbi Evan Jaffe, Flemington JCC for the National Day of Jewish Learning will provide this thought provoking seminar.

## **3:30 – 4:30pm: Understanding Medicare Options (Multi-purpose Room B)**

Betsy Kamienowski, CLTC Bankers Life and Casualty Co/Colonial Penn will explain all of the Medicare options available and provide guidance on several important decisions that need to be made by those becoming Medicare eligible.

## **4:30 – 5:30pm: Folk Dancing (Multi-purpose Room A)**

Garden State International Folk Dancers, a local folk dance group meeting in Morris County and Red Bank will provide demonstration and participation of international folk dance, with an emphasis on Israeli folk dancing

Please join us at our Prime Time Expo Cafe next to Multipurpose room A