

JSSA and
Congregation Olam Tikvah
present:

jssa!

You and Your Aging Parents

An informational, interactive workshop for adult children caring for aging parents (whether local or long-distance). Discussion will focus on:

- Sandwich Generation Issues
- Balancing Your Own Needs
- How to Cope with Frail Parents Living Alone
- Finding Resources

Date/Time: Wednesday, October 6, 2010; 6:30-8:30 p.m.

Location: Congregation Olam Tikvah
3800 Glenbrook Road
Fairfax, VA 22031

Facilitators: Ivy Weitzner, JSSA NoVA Synagogue Liaison
Tala LaManna, JSSA NoVA Senior Services Specialist
Rabbi David Kalender, Congregation Olam Tikvah

Partner Agency of
The Jewish Federation
OF GREATER WASHINGTON



About JSSA

JSSA has been helping people across the Washington metropolitan area meet emotional, social, and physical challenges for more than 115 years. A nonsectarian provider, we serve people of all religious backgrounds, races and ethnicities, helping the youngest child to the most fragile senior, from individuals to entire families. JSSA provides services and support to more than 25,000 individuals a year through our wide range of counseling, educational, employment, in-home support, hospice and nursing care, and social services.

For the best in child, family, and senior services...Think JSSA