

Library slated to host free 'Senior Solutions' seminar

BY ABIGAIL FARR
THE OCEAN STAR

POINT PLEASANT — On Wednesday, July 9 at 7 p.m., the Point Pleasant Borough Library will host a free seminar presented by Senior Solutions for the Jersey Shore.

The seminar is titled "Lifestyle Changes: Coping and Caring for Our Seniors."

The seminar is aimed at the "sandwich generation," the generation juggling careers and children, while caring for their elderly parents.

"It's usually during a crisis that someone will speak to me and then there are a lot of decisions that need to be made," owner Beverly Zaccherio said.

The seminar seeks to help families and individuals plan Senior care and learn about their options.

"Juggling family, career, and children makes it difficult to find information and I want to give back by providing the resources in this free seminar to the community," Ms. Zaccherio said.

Topics to be addressed include: dynamics of the family

structure, seniors' lifestyle changes, the emotional family roller coaster ride, as well as the lack of communication and resources by the government and communities.

It will also cover how to get the resources necessary for senior care, explore the options of assisted living facilities versus keeping seniors in their homes, nursing home care versus assisted living facilities, and the role of home health care agencies.

Due to the complex nature of the topics, a full hour will be left for a question and answer segment in addition to an open discussion.

Ms. Zaccherio, President of Senior Solutions of the Jersey Shore, aims "to empower families, individuals and Seniors with education, informational resources and assist with coordinated care to make Seniors smile."

Ms. Zaccherio began a career as a Certified Home Health Aide after being laid off from her corporate job in 2009.

Her experiences with home care agencies led her to become aware of the emo-

tional toll that senior care can have on families when the Senior has to leave the home they adore.

Ms. Zaccherio realized there had to be a better way to assist seniors and their families coping with these changes.

She founded Senior Solutions of the Jersey Shore to assist families and individuals in caring for their seniors.

The seminar aims to educate seniors and families about the options available to them. It seeks to fill the void in informational services and aims to make planning Senior care easier.

Due to limited space, individuals must register ahead of time with the library. Call the Point Pleasant Borough Library at 732-295-1555 to reserve a space for the free seminar.

For additional information on Senior Solutions for the Jersey Shore, call Beverly Zaccherio at 732-714-8470 or email her at admin@jersey-seniorsos.com.