

NEWS RELEASE

Contact: Gina Webb-Metz
Phone: 201-568-8680
Email: webb-metz@tenafly.bccls.org
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FOR IMMEDIATE RELEASE

TENAFLY MAYORS WELLNESS CAMPAIGN @ the TENAFLY PUBLIC LIBRARY

CONVERSATION OF A LIFETIME, part of the New Jersey Mayors Wellness Campaign is an initiative focusing on engaging in fruitful dialogue to help individuals' family, friends, or doctors understand and respect end-of-life wishes through advanced planning. Tenafly is one of three New Jersey communities piloting this program. In conjunction with the Tenafly community wide effort led by Mayor Peter Rustin, the Tenafly Public Library invites residents to join *The Conversation* and explore issues related to retirement, aging and end-of-life decisions.

The following programs and events related to the *Conversation of a Lifetime* are planned for this fall at the Tenafly Public Library:

RECENT ADVANCES IN ALZHEIMER'S DISEASE RESEARCH

Thursday, September 17, 2015 @ 7:30 p.m.

Arthur Peck, M.D., former Associate Clinical Professor of Psychiatry, Mt. Sinai School of Medicine, will discuss recent advances in Alzheimer's disease research.

LONG TERM CARE AND YOU

Thursday, September 24, 2015 @ 7:00 p.m.

What is long term care and what triggers the need for it? Options, solutions and guidance on navigating long term care will be addressed in this program.

ADVANCE DIRECTIVES AND HEALTHCARE PROXIES

Wednesday, September 30, 2015 @ 1:00 p.m.

The Holy Name Hospital Center for Healthy Living will provide information to begin a conversation with loved ones on decisions regarding healthcare choices.

AMAZING AGING: AN EXPLORATION INTO AGING AS A TIME OF GROWTH

Thursday, October 15, 2015 @ 7:00 p.m.

Presenter Anne Wennhold will facilitate an exploration of meaningful growth and aging.

DR. ANGELO VOLANDES WILL DISCUSS *THE CONVERSATION*

Monday, November 2, 2015 @ 7:00 p.m.

The author of *The Conversation: A Revolutionary Plan for End-of-Life Care* will discuss his work re-envisioning the patient-doctor relationship regarding end of life decisions. Volandes is the President of *Advance Care Planning Decisions*, an organization whose mission is to empower patients, along with their families, to participate in their own health care. A practicing internal medicine physician in the Massachusetts General Hospital Department of Medicine, Volandes is a faculty member at Harvard Medical School.

ELDER LAW & ESTATE PLANNING WORKSHOP

Tuesday, November 10, 2015 @ 7:00 p.m.

Attorney Benjamin D. Eckman will discuss wills, trusts, living wills, power of attorneys, probate, guardianship, Medicaid, veterans benefits, special needs trusts and estate tax planning.

MOVIES @ 1:00 p.m.

Wednesday, September 16, 2015 – *Still Alice* – 2015 – PG-13 – 99 minutes

Stars Julianne Moore, Alec Baldwin, and Kristen Stewart.

A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.

Wednesday, October 21, 2015 – *Amour* – 2012 – PG-13 – 127 minutes

Stars Jean-Louis Trintignant, Emmanuelle Riva and Isabelle Huppert.

Georges and Anne are a cultivated octogenarian couple of retired music teachers. When Anne has a stroke, the couple's bond of love is severely tested.

Wednesday, November 18, 2015 – *The Bucket List* – 2007 – PG-13 – 97 minutes

Stars Jack Nicholson, Morgan Freeman and Sean Hayes.

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.

All programs and events are open to all and free of charge. The Tenafly Public Library is open Monday, Tuesday and Thursday from 10:00 a.m. to 9:00 p.m., Wednesday, Friday and Saturday from 10:00 a.m. to 5:00 p.m. and Sunday from 12:00 noon to 4:00 p.m. September through May. The Tenafly Public Library is located in the Tenafly Municipal Center at 100 Riveredge Road. For additional information please call the Library at 201-568-8680 or visit the Library web site at **tenafly.bccls.org**.