

Bergen County Executive  
**James J. Tedesco, III**  
and the

**Bergen County Board of Commissioners**

Cordially invite you to the  
Department of Human Services, Division of Senior Services/ADRC



# Caregivers Conference

*Do you provide care for a loved one or neighbor?  
Learn about services, support, and other helpful information.*

**Thursday, April 10, 2025**  
**5:00PM-9:00PM**

*\*Registration will begin at 4:30PM*

**Bergen County Administration Building**  
**Multi-Purpose Room - 1st Floor**

One Bergen County Plaza  
Hackensack, NJ 07601

## Featured Speakers & Presentations:

**Tess Tomasi**, *Information & Assistance Supervisor, Division of Senior Services*  
**“Introduction to Programs and Services for Seniors in Bergen County”**

**Anna Navatta Esq.**, *Northeast New Jersey Legal Services*  
**“Legal Considerations”**

**Kristine Allen**, *Act Now Foundation*  
**“Coping with Challenging Situations in Dementia Care”**

**Shavonda Sumter**, *CEO of Children’s Aid and Family Services*  
**“Avoiding Social Isolation”**



**TO RSVP, scan the QR code, [click here](#),  
call (201) 336-7400 or email [seniors@bergencountynj.gov](mailto:seniors@bergencountynj.gov)**

*This presentation is brought to you in partnership with the  
Division of Senior Services Advisory Council Education & Outreach Committee and  
Caregiver Coalition of Bergen County.*

**James J. Tedesco, III**  
*Bergen County Executive*

**Board of County Commissioners**

Mary J. Amoroso, *Chairwoman* • Steven A. Tanelli, *Vice Chairman* • Dr. Joan M. Voss, *Chair Pro Tempore*  
Rafael Marte • Germaine M. Ortiz • Thomas J. Sullivan • Tracy Silna Zur



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One Bergen County Plaza, Hackensack, New Jersey

**PROGRAM**

**4:30PM - 5:15PM Registration & Light Refreshments**

**5:15PM - 5:30PM Welcome and Introductions**

Lorraine Joewono, Director of Senior Services

**Opening Remarks**

James J. Tedesco, III, Bergen County Executive

**5:30PM - 6:00PM Introduction to Programs and Services for Seniors in Bergen County**

Tess Tomasi, Division of Senior Services Information & Assistance Supervisor

**6:00PM - 7:00PM Legal Considerations**

Anna Navatta Esq., Northeast New Jersey Legal Services

**7:00PM - 7:15PM Intermission to visit the exhibit tables**

**7:15PM - 7:45PM Coping with Challenging Situations in Dementia Care**

Kristine Allen, Act Now Foundation

**7:45PM - 8:15PM Avoiding Social Isolation**

Shavonda Sumter, CEO of Children's Aid and Family Services

*\*The following Agencies have representatives available throughout the Conference:*

- **Act Now Alzheimer's Resource Center**
- **Bergen County Division of Senior Services**
- **Ship Medicare Counseling**
- **Bergen County Division of Senior Services Advisory Council Education & Outreach Committee/CCBC**
- **Bergen County Division of Disability Services** (Statewide Respite, All Abilities Support Group, In-Home Caregiver Education & Support)
- **Heightened Independence and Progress**
- **Bergen County Board of Social Services/Adult Protective Services**
- **Speakers table**
- **Pampering and/or Stress Relief Activity Station(s)**