

Event offers information, education to seniors

Professional Resources for Seniors of Eastern Montgomery County recently hosted a community event designed to provide education and share information on a variety of topics that impact the lives and well-being of seniors and their families.

Residents from the community, including the Plaza Apartments in Jenkintown, attended the May 18 program, which took place at the Brownstone of Sunrise of Abington, 1801 Susquehanna Road, Abington.

Mary Ann Moylan, a licensed dietitian nutritionist and registered dietitian at the Giant Supermarket

in Willow Grove, was the featured speaker. Moylan, an expert in nutritious eating and a recent guest on "Good Morning America," spoke about "Nutrition as We Age" and gave numerous examples of how to adopt a healthier lifestyle.

The professionals from PRS were available to answer questions pertaining to Medicare supplements and long-term care insurance, reverse mortgages, elder law, non-skilled and skilled in-home health care, assisted living options, senior day care, family support services, hospice, durable medical equipment, downsizing and moving concerns.



Standing from left are Marlene Stocks, Senior Transition Services; James Egbert, Esq., Elder Law Attorney, Stewart Weitz, Creative Benefit Plans; Mary Spencer, Univest Bank; Arsen Ustavev, Sarah Care Adult Day Care Center; Missy Coopersmith, licensed clinical social worker; Karen Devine, Medical Home Care; seated, from left Sandra Saltzman, Mercy Home Health Care; Danielle Gannon, Sunrise Senior Living of Dresher; and Staci Warsaw, Hospice Compassus. Not pictured is Caryn Coff, Visiting Angels Jenkintown.

