

PROGRAMS & SERVICES

BULLYING

Bullying in Older Adults functions to discuss how prevalent bullying takes place amongst older adults,

- Harmful impact on mental health.
- Review the types of bullying older adults experience
- Understand the cycle of victimization known as elderly perpetuated bullying.
- Describe the difference between disputes and bullying

EDUCATES ON THE DANGERS OF BULLYING

- Health conditions that can develop
- Provide statistics
- Teaches about the risks associated with bullying

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Use interaction to foster empathy and respect
- Provide resources for older adults to report bullying



CREATE A CULTURE OF CARE

- Explore techniques to stop bullying before it starts
- Continued discussion
- Eliminate peer pressure
- Explore other organizational level interventions
- Create a safe and supportive environment where bullying is not tolerated.

To inquire about a program or schedule a course Please Contact:

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PROGRAMS & SERVICES

ELDER ABUSE

Elder Abuse to discuss how prevalent bullying takes place amongst older adults,

- Harmful impact on mental health
- Review the types of bullying older adults experience
- Understand the cycle of victimization known as elderly perpetuated bullying
- Describe the difference between disputes and bullying

EDUCATES ON THE DANGERS OF ELDER ABUSE

- Health conditions that can develop
- Provide statistics
- Teaches about the risks associated with bullying

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Use interaction to foster empathy and respect
- Provide resources for older adults to report bullying



CREATE A CULTURE OF CARE

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COMPASSION FATIGUE

Compassion Fatigue functions to enhance emotional regulation amongst older adults,

- Boost both physical and emotional well-being
- Improve our relationships
- Learn practical skills to manage our stress
- Educate yourself about the signs and symptoms of compassion fatigue

EDUCATES ON THE DANGERS OF COMPASSION FATIGUE

- Emotional exhaustion that arises from continuous exposure to suffering and trauma of others
- Understanding the symptoms

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Incorporate mindfulness
- Engage in self-care
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Create a supportive environment and practice self-awareness to identify warning signs
- Build resilience in caregiving roles
- Continued discussion

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SEX IN YOUR 70'S

Sex in your 70's functions to discuss healthy sex habits amongst older adults,

- Maintain sexual health
- Clear up misconceptions around sex and older adults
- Normalize sexual health as part of the aging process and overall wellness.
- Redefine intimacy

EDUCATES ON THE DANGERS OF FINDING CONNECTIONS

- STI's awareness
- Explore barriers to intimacy
- Discuss sexual needs and concerns with partners and healthcare providers

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Safe sex practices
- Provide resources for older adults

"It is not"

- We do not use stigma or shaming tactics.
- Sexual health resources should be clear, accessible, and inclusive.



CREATE A CULTURE OF CARE

- Healthy boundaries
- Create a safe and supportive environment
- Eliminate stigma surrounding sexual activity

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POWER IN LONELINESS

Power in Loneliness functions to reduce social isolation amongst older adults,

- Improve mental health
- Find support during life's most difficult moments
- Examine the differences between loneliness and solitude

EDUCATES ON THE DANGERS OF LONELINESS

- Explore the risk factors
- Statistics

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Sense of belonging and connection
- Continued discussion

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DEPRESSION IS NOT A NORMAL PART OF AGING

Depression is **NOT** a normal part of Aging

functions to improve mental health,

- Understanding depression is a treatable condition that may require medical attention
- Find support during life's most difficult moments
- Explore how anxiety impacts older adults
- Reduce stigma
- Raise awareness of the issue of suicide

EDUCATES ON THE DANGERS OF MENTAL HEALTH

- Explore the risk factors
- Statistics

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Sense of belonging and connection
- Encourage the development of a stigma free environment
- Continued discussion

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AGING & THE 8 DIMENSIONS OF WELLNESS

Aging & the 8 Dimensions of Wellness

functions to improve mental health,

- Boost physical and emotional well-being.
- Aid in healthy aging
- Help to manage stress
- Develop healthy habits

EDUCATES ON THE DANGERS OF POOR WELLNESS

- Explore the mind can impact risky behavioral choices

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Engage in self-care
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Build good coping skills
- Encourage the development of a stigma free environment
- Continued discussion

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GRIEF

Resiliency & Wellness Dealing with Grief

functions to improve mental health,

- Educate on the signs and symptoms of depression
- Find support during life's most difficult moments
- Locate where to get help and find support
- Reduce stigma
- Raise awareness of the issue of suicide

EDUCATES ON THE DANGERS OF GRIEF

- Explore the risk factors
- Emotional exhaustion that arises from exposure to suffering & trauma
- Statistics

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Engage in self-care
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Create a supportive environment to build resiliency and strong coping skills
- Encourage the development of a stigma free environment
- Continued discussion

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MANAGING PAIN

Managing pain functions to improve pain regulation,

- Provide alternatives to using pain medications to treat acute and chronic pain
- Find support during life's most difficult moments
- Reduce stigma
- Reduce pain intensity to help participants return to normal activities

EDUCATES ON THE DANGERS OF PAIN MANAGEMENT

- Explore the risk factors
- Reduce reliance on opioids

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Increase the ability for participants to advocate on how to talk to their doctors
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Encourage the development of a stigma free environment
- Continued discussion

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THE ART OF SELF-CARE

The Art of Self-Care functions to improve mental health,

- Boost both physical and emotional well-being
- Improve our relationships
- Learn practical skills to manage our stress
- Find support during life's most difficult moments
- Aid in healthy aging

EDUCATES ON THE DANGERS OF NOT TAKING CARE OF YOURSELF

- Explore the risk factors
- Emotional exhaustion that arise from exposure to suffering and trauma
- Statistics

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Reduce anxiety's impact on older adults
- Learn to engage in better self-care practices
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Sense of belonging and connection
- Create a supportive environment to build resiliency and good coping skills
- Continued discussion

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HEALTHY UNPLUGGING

Healthy Unplugging functions to improve mental health,

- Identify triggers and adopting healthy lifestyle habits to reduce the physical and emotional impact of stress
- Improve our relationships
- Find support during life's most difficult moments
- Learn when it is time to seek professional help

EDUCATES ON THE DANGERS OF POOR STRESS MANAGEMENT

- Explore the risk factors
- Avoid the use of alcohol, tobacco, or drugs to manage stress

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Learn to engage in better self-care practices
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Build resilience in caregiving roles
- Sense of belonging and connection
- Create a supportive environment to build resiliency and good coping skills
- Continued discussion

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RENEWED YEARS

Renewed Years functions to prevent substance misuse and encourage healthy living choices.

- Identify triggers and adopting healthy lifestyle habits to reduce stress
- Find support during life's most difficult moments
- Learn when it is time to seek professional help

EDUCATES ON THE DANGERS OF POOR SUBSTANCE MISUSE

- Explore the risk factors
- Avoid the use of alcohol, tobacco, or drugs to manage stress

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Sense of belonging and connection
- Create a supportive environment to build resiliency and good coping skills
- Continued discussion

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TAKE CONTROL OF YOUR HEALTH

Take Control of your Health functions to help people with chronic condition.

- Assist in helping participants overcome daily challenges and maintain an active and fulfilling life
- Find support during life's most difficult moments
- Learn when it is time to seek professional help

EDUCATES ON THE DANGERS OF POOR HEALTH

- Explore the risk factors
- Avoid the use of alcohol, tobacco, or drugs to manage stress

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Learn to engage in better self-care practices
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Build resilience in caregiving roles
- Sense of belonging and connection
- Create a supportive environment to build resiliency and good coping skills
- Continued discussion

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AGELESS AGING

Ageless Aging functions to celebrate the positives in getting older.

- Encourage healthy living choices
- Understanding the changes associated with aging
- Learn medication management and how to advocate for our health care
- Explore hobbies or interests that you may not have had time for earlier in life

EDUCATES ON THE DANGERS OF POOR HEALTH CHOICES

- Explore the risk factors
- Avoid the use of alcohol, tobacco, or drugs to manage stress

EMPOWER OLDER ADULTS TO MAKE INFORMED CHOICES

- Lead to better quality of life
- Create healthy discussion
- Learn to engage in better self-care practices
- Provide resources for older adults



CREATE A CULTURE OF CARE

- Fostering healthy relationships
- Sense of belonging and connection
- Create a supportive environment to build resiliency and good coping skills
- Continued discussion

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