

SilverSource, Inc.  
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**FOR IMMEDIATE RELEASE**

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***SilverSource Autumn Breakfast--A Bittersweet Season: Conversation with Jane Gross  
Including Elizabeth “Betsy” Ritter, CT Commissioner on Aging***

Featured Speaker: Jane Gross, *New York Times* expert on elderly care and author of *A Bittersweet Season: Caring for Our Aging Parents – and Ourselves*

STAMFORD, CT (August 17, 2015) Jane Gross, expert on the subject of elder care, and founder of “The New Old Age” blog at the *New York Times* will be the featured speaker at the *SilverSource Autumn Breakfast*. Gross, with a 30-year career at the *Times*, is the author of “A Bittersweet Season: Caring for Our Aging Parents – and Ourselves.” At the event, Gross will share her findings through years of writing on aging, as well as lessons she learned through her own personal experience as the sudden caretaker for her eighty-five year-old mother. Jane will share her frustrating, heartbreaking, enlightening, and ultimately redemptive journey, providing valuable information she says she wishes she had known sooner. Event attendees will learn valuable lessons for managing the emotional toll and demands on time that are part of the caretaking role.

The *SilverSource Autumn Breakfast* will take place on Thursday, October 22 at the Crowne Plaza, located at 2701 Summer St, Stamford, CT. The event will also feature Elizabeth Ritter, Commissioner for the State Department on Aging, who will open the event with unique insights on older adults in Connecticut.

Registration and networking begins at 7am, followed by a seated breakfast, speakers and Q&A beginning at 7:30am. To order tickets visit <http://silversourceautumnbreakfast.eventbrite.com> or call 203-324-6584.

**About SilverSource, Inc.**

SilverSource, formerly known as Senior Services of Stamford was founded in 1908. It is an independent, nonprofit organization that provides information, financial support, and other services that positively improve the quality of life for people over age 60 while serving as a

resource center and referral source on aging and related issues and programs. SilverSource, Inc., a 501(c) 3, is located at 2009 Summer Street in Stamford, CT 06905. For more information visit [www.silversource.org](http://www.silversource.org) or call 203.324.6584.

**Image to accompany this release: Jane Gross.jpg**

**Caption:** Jane Gross, *New York Times* expert on elderly care and author of *A Bittersweet Season: Caring for Our Aging Parents--and Ourselves*, will be the featured speaker at the October 22<sup>nd</sup> *SilverSource Autumn Breakfast—A Bittersweet Season: Conversation with Jane Gross*. This event is open to the community, visit [www.SilverSource.org](http://www.SilverSource.org) for details.

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