



Navigating the Emergency Department

A Guide for Seniors and Caregivers

Tuesday, April 1, 2025, from 1:00 p.m. - 2:00 p.m.
Pascack Valley Medical Center
Basement Conference Room 2
250 Old Hook Road, Westwood, NJ

For seniors, especially those with early-onset dementia or other cognitive challenges, a trip to the Emergency Department (ED) can be overwhelming—especially if they arrive alone. This seminar is designed for both seniors and their caregivers to better understand what to expect, from registration to discharge. Topics will include how to prepare for a visit, communicate effectively with healthcare providers, and ensure that essential needs are met. Attendees will gain practical tips and resources to make the ED experience more manageable. *Refreshments will be provided.*

To register, please
scan the QR code.



bit.ly/3DmmJmx

Harmony
VILLAGE
at CareOne Valley



Hackensack Meridian
Pascack Valley Medical Center

Speakers Include:

Beena Mathaikutty, M.D., MPH, Chair/Medical Director of the Emergency Department

Dr. Beena Mathaikutty, M.D., MPH, is a highly accomplished and dedicated Board-certified Emergency Medicine physician with over 15 years of experience in clinical practice. A respected leader in her field, Dr. Beena has served as the Chair and Medical Director of Pascack Valley's Emergency Department since 2021, where she oversees operations, leads quality improvement initiatives, and fosters a patient-centered approach to care.

In 2023, Dr. Beena was honored with the prestigious Physician of the Year award, recognizing her outstanding contributions to patient care, leadership, and commitment to excellence. Under her guidance, the Emergency Department at Pascack Valley has continued to thrive as a hub of integrity, compassion, and superior medical care.

Margo Tucker, L.S.W., C.D.P.

Margo Tucker, L.S.W., C.D.P., is the founder of Tucker Senior Life Care that was established in 2014. Margo brings 30 years of expertise to the field. With a master's in social work and a specialization in Gerontology from the University of Pennsylvania, Margo has dedicated much of her career to medical social work, honing her skills for a specialized role in care management. A distinguished leader in navigating aging and its complexities, Margo was named the Winner of the ALCA (National Aging Life Care Association) NJ Chapter Care Manager of the Year 2023 award.

Justina Cutola, M.A CCC-SLP and Dementia Specialist

Justina Cutola is a certified memory care specialist for Harmony Village at CareOne Valley. With a strong background in medical Speech-Language Pathology, she brings a wealth of expertise in communicative skills and cognitive support to the community. Justina is passionate about helping individuals as they transition through different life stages, always aiming to enhance their quality of life.

Naomi Becker Collier, Esq.

Naomi Becker Collier is a Partner at Pashman Stein Walder Hayden and a co-chair of their Trusts & Estates and Elder Law & Special Needs Planning practices. Naomi specializes in legal and financial guidance for individuals and families at various life stages. She helps clients navigate estate planning and administration, asset preservation, elder law, special needs planning, and trust administration with a focus on compassionate, tailored strategies. Naomi also advises on Medicaid eligibility, guardianship, long-term care planning, and creating trusts for families with dependents with special needs. Through education and collaboration, she provides peace of mind and practical solutions to complex legal issues.

