

MARCH 2019 SEMINARS

A Guide to Healthy Snacking

Tuesday, March 12, 12:00 pm

Presented by Home Helpers and Shoprite

Join Nicole from Home Helpers and Michelle, the Dietitian from ShopRite, for a fun and informative healthy snacking demo. Recipes, coupons and giveaways will be included! Please note any food allergies or intolerances when signing up for this event in order to accommodate your dietary needs. Please call 860-763-7425 in order to ensure enough supplies.

Stress Relief for Caregivers

Wednesday, March 13th, 1:00 PM

Presented by St. Francis Hospital and Medical Center

Maria Eberle, R.N. will discuss how being a caregiver can be rewarding, but also very challenging at times. Caregivers are under constant stress, and often experience moments of frustration, anger, and anxiety. Join us for this informational and experiential class that will teach you how to manage your stress and take better care of YOU.

Medicare: What You Need to Know

Wednesday, March 20th, 1:00 pm

Presented by St. Francis Hospital and Medical Center

Maria Palomares, Outreach Educator & Patient Advocate will discuss Medicare basics, traditional Medicare benefits, Medicare Advantage plans, and Medigap or supplement insurance.

Medicare Plans Workshop

Wednesday, March 27th, 1:00 pm

Presented by William McCloskey from Stateline Senior Services

Looking for a fun no pressure way to learn about Medicare? This seminar will answer any questions you have and discuss the benefits of the plans from United Healthcare. This is ideal for people new to Medicare and there is no cost or obligation to attend. Stateline Senior Services, LLC is in Somers CT and has been serving the senior community for 18 years