




Shoreline Eldercare Alliance
 P. O. Box 446
 Branford CT 06405
 Phone: 800-426-5086
 Email: info@sea-ct.org
 Website: www.sea-ct.org

2019 SEA Events




Shoreline Eldercare Alliance (SEA)
In Partnership with Branford Community Dining Room and Branford Gets Fresh

Seniors Eat Healthy with Culinary Divas of the Shoreline
 Betty Ann Donegan and Mindy Baker

Sunday December 8, 2019 2:00 - 4:00 PM
 At the Branford Community Dining Room — 30 Harrison Ave., Branford

This event will be a presentation, a demonstration and a tasting.
 Learn how to shop healthy, cook healthy and enjoy healthy eating!



Mindy Baker is the Prima Culinary teacher at Branford High School. Although she grew up working for her Grandmother's catering business, she came to her present position after teaching English for 20 years. She works with several organizations; the Martin Luther King Jr. breakfast, Shoreline Community Dining Room, Camp Totokett and Branford Gets Fresh. Mindy is passionate about using her love of cooking to help her students and the shoreline community.

Betty Ann Donegan has been a "foodie" all her life. Raised with five generations of her family all working together in their grocery store, she has amassed a legacy of family recipes. Betty Ann has a BS in chemistry and a Masters in Science, which enables her to focus on "the science behind it." Teaching fun and informative classes for 45 years, she has been dedicated to making the shoreline community healthy by using fresh vegetables, fruits, meats and fish and preservative free ingredients.

Door Prizes!
Limited Seating: Call 1-800-426-5086 to Register
www.sea-ct.org
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Shoreline Eldercare Alliance

You are invited to attend the 2nd in our Free Fall Education series:
"Healthy from the Neck—Up"
Healthy Smile—Healthy You

Saturday October 12, 2019
2:00—4:00 PM
 At the Hagaman Memorial Library - 227 Main Street, East Haven, CT




Karen Peterson-Gallo, DMD


- University of Connecticut, School of Dental Medicine
 Class president
 Awarded the Mastery of Dental Materials Award
 Delta Sigma Delta Dental Fraternity Worldwide
- Private Practice from 1990
- Sole Proprietor since 1994
- Member of:
 - American Dental Association
 - Connecticut State Dental Association
 - New Haven Dental Association

Dr. Gallo grew up in Hamden and began her dental career as a dental assistant, then continued her education at the University of Bridgeport, Fones School of Dental Hygiene and University of Washington where she received a Bachelor of Science degree before attending the University of Connecticut School of Dental Medicine.

Dr. Gallo will tell us how oral health is tied to overall wellness...the mouth-body connection

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Event Sponsor  Gulford Savings Bank


SEA Shoreline Eldercare Alliance
10 Year CELEBRATION OF HEALTHY AGING
Remembering the Past, Celebrating the Present, Looking Towards the Future

Wednesday May 22, 2019
10:00 a.m.— 3:30 pm
WOODWINDS, 29 School Ground Rd., Branford

Keynote Speaker: Dr. Gerard Kerins
After Geriatric Center at Yale




Laugh with Joyce Saltman
10 Ways to Preserve Your Humor



Swing to the Sounds of a Big Band, The Survivors
Wellness Room, Lunch & More
Free Valet Parking
Tickets are Free but required for each attendee!
 Available at SEA website www.sea-ct.org
 Branford: Tova's Pharmacy, Gulford Savings Bank-Branford Branch
 North Branford: Senior Center
 East Haven: East Haven Library
 Guilford: Guilford Community Center
 Madison: The Health at Toxic Peak, Madison Senior Center
 For Questions, Call 1-800-426-5086
 Free Event but Traveling @airings are accepted!

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Shoreline Eldercare Alliance (SEA)
In Partnership with Guilford Free Library

SEA INVITES YOU TO THE THIRD OF THE FREE WINTER SERIES ON CANCER

Saturday March 23, 2019
2:00 - 4:00 pm
Guilford Free Library, 67 Park St. Guilford

"Palliative Care: Helping People With Serious Illness
 Get the Care They Want."



Dr. Joseph Sacco is board certified in family medicine and hospice and palliative medicine. **The chief medical officer of the Connecticut Hospice, Inc.**, founded in 1974 and America's first hospice, he is also the founder (2004) and former medical director of the palliative medicine consultation service and hospice inpatient service at Bronx Lebanon Hospital Center.

He is a clinical assistant professor of medicine at the Yale School of Medicine and has been the palliative medicine director of the New York Reduce Avoidable Hospitalization (NYRAH) grant since 2012, and medical director since 2014. He has published in Health Affairs, the American Journal of Hospice and Palliative Medicine, and the New York Times.

For More Information Call:
 1-800-426-5086
 OR
 Visit Website: www.sea-ct.org

Dr. Joseph Sacco will discuss how palliative care is:

- **Appropriate for anyone with serious illness**
- **Promotes Choice**
- **Helps avoid non-beneficial care**
- **Benefits of health care financing changes**
- **Expertise and specialization**

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2019 SEA Events



Shoreline Eldercare Alliance (SEA)
In Partnership with Madison Senior Center

SEA INVITES YOU TO THE SECOND OF THE FREE WINTER SERIES:

Sunday February 24, 2019
2:00 – 4:00 pm
Madison Senior Center, 29 Bradley Ave., Madison, CT

Learn More About Cancer and Outstanding Treatment Options in New Haven and Shoreline Locations



Justin Drew MSN, RN, NEA-BC
 Director, Middlesex Health Cancer Center



Justin graduated with a bachelors degree in nursing from Syracuse University in 2000. He has worked in a variety of settings as a nurse including; pediatrics, Surgical ICU, medical/surgical, and homecare. Justin has been at Middlesex Health for 12 years in leadership roles. Those roles have included an inpatient Nurse Manager, Clinical Director of Homecare, and now as the Director of the Middlesex Health Cancer Center. Justin got his Masters degree in nursing with a focus on leadership in 2016. Justin also serves on the multi-state Organization of Nurse Leader's Board of Directors as one of two elected representatives from Connecticut. Justin has board certification through the American Nurses Credentialing Center as a Nurse Executive Advanced (NEA-BC).

Justin Drew will discuss:

- Types of cancer
- Treatment options
- Alternative medicines
- Research toward a cure
- Expertise and specialization
- Outstanding places for help

For More Information Call : 1-800-426-5086
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Shoreline Eldercare Alliance (SEA)
In Partnership with Nathanael B. Greene Community Center

SEA INVITES YOU TO THE FIRST OF THE FREE WINTER SERIES:

Saturday February 2, 2019
2:00 – 4:00 pm
 Menunkatuck Room at the Nathanael B. Greene Community Center
 32 Church Street, Guilford CT

Learn More About Cancer and Outstanding Treatment Options in New Haven and Shoreline Locations



Elan Gorshein, DO, JD, MPH

Dr. Elan Gorshein, Assistant Professor of Clinical Medicine (medical oncology) cares for patients at the Smilow Cancer Hospital Care Center in Guilford. He focuses his practice in the care of patients with hematological and thoracic malignancies.

He completed his residency and his fellowship in Hematology/Oncology from Rutgers Robert Wood Johnson Medical School.

Dr. Gorshein received his Doctor of Osteopathic Medicine degree from Rowan University – School of Osteopathic Medicine and graduated from Rutgers University School of Law with a Juris Doctor degree.

He recently received his Master of Public Health from Johns Hopkins Bloomberg School of Public Health. In 2017, Dr. Gorshein received the Melvyn H. Motolinsky Research Foundation Fellow Award.

Dr. Elan Gorshein will discuss:

- Types of cancer
- Treatment options
- Alternative medicines
- Research toward a cure
- Expertise and specialization
- Outstanding places for help

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Shoreline Eldercare Alliance
 In partnership with
Soundview Family YMCA

"BREATHING EASIER"

Do You Have Trouble Breathing due to Chronic Bronchitis, COPD, Asthma, or other Pulmonary Issues?

Saturday September 21, 2019
2:00–4:00 PM
 At the Soundview Family YMCA, 628 East Main Street, Branford

A Pulmonologist, Respiratory Therapist and a Professional Pulmonary Trainer will answer your Questions and Concerns!

Come hear how you can continue to enjoy life and live life to your fullest!




• Receive great information
 • Learn about Support Groups
 Refreshments will be served

RSVP 1-800-426-5086
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Shoreline Eldercare Alliance

You are invited to attend
The 3rd Free Fall Education series:

"Getting the Care you Want When You Need it the Most"

Saturday November 9, 2019
2:00–4:00 PM
Nathanael B. Greene Community Center
32 Church St., Guilford CT



Steve Cudgma, Medicare Specialist, Shoreline Insurance CT Medicare and Medicaid
This is an educational presentation only. No plan specific information will be available.

- What is a Medicare Plan? What is the best plan for you?
- What are the limits of Medicare?
- What is Medicaid? Who uses Medicaid?
- What is "observation status?" Why you must know.

Joan Reed Wilson, Elder Law Attorney
Necessary Legal Documents

- What is a POA, Conservator of Estate, Health Care Agent, Living Will, Advanced Directive?
- Do you have someone to speak for you and act on your behalf if you cannot? Why is this important?
- Who should have copies of all your legal documents?
- Do they need to be updated?

Bernadette DiGiulian, MDiv, SEA founder
Maintaining Personal Choice Throughout Your Life

- The spiritual, emotional and legal aspects of advanced directives
- What is the document "Five Wishes?" You will receive a copy.
- Know what is important to you throughout your life and make sure others do also.
- Can you create your own funeral or memorial service?

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Refreshments and Door Prizes

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