

Are you a caregiver or do you know someone who is?

Please join us as we **PACK** an evening full of information on caregiving tactics! **PACK** stands for **P**atience; **A**daptive; **C**ompassion and **K**indness.

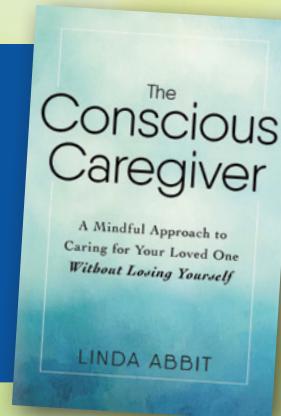
Tuesday, October 29, 2019 from 5pm – 7pm
BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER
15 Chrissy Road Great Barrington, MA 01230
Free & Open to the public, a light dinner will be served.

This is a **FREE** panel discussion on opportunities to improve healthy aging by connecting seniors and caregivers with the most appropriate resources and support systems to achieve their optimum quality of life.

PANELISTS:

Meghan Lemay—MS of the MA Alzheimer's Association
Cheryl Hutto—Life & Wellness Coach
Paula Almgren—Elder Law Attorney
Bonnie DiTomasso—Elder Services Caregiver Support Program

The first 25 to register and attend will receive a free copy of *The Conscious Caregiver* by Linda Abbit!



Seating is limited. RSVP by Tuesday, October 22 to **Deb Pelletier, 860-824-2625** or dpelletier@geercares.org

 **GEER VILLAGE**
Senior Community
S. Canaan Rd., Canaan, CT 06018
www.geercares.org

About the Panel:

Meghan Lemay, MS of the MA Alzheimer's Association, is the Western MA Regional Manager for the Alzheimer's Association. She has a Master of Science in Public Health from UMASS Amherst and has a background in community health. At the Alzheimer's Association, Meghan works to raise awareness and reduce the stigma surrounding dementia, as well as, facilitates community education programs on dementia throughout the four counties of Western MA.

Cheryl Hutto is a Life and Wellness Coach, who lives in Stockbridge, Ma., serving and teaching care partners how to make themselves a priority in their self-care. She has had many years of experience as a caregiver and a coach. She firmly believes that it is possible to gain peace, clarity, and joy throughout the journey. Cheryl works on a one to one basis with her clients through weekly phone/video calls to support them in attaining their wellbeing while caring for their loved one.

Paula K. Almgren is an attorney based in Lenox, Massachusetts. Paula concentrates her practice in Elder Law, Estate Planning, Life Care Planning, Medicaid Eligibility, Trust and Estate Administration and Veteran Administration benefits. She is President Elect of the Board of Directors of the Massachusetts Chapter of the National Academy of Elder Law Attorneys (MassNAELA), Fairview Hospital Ethics Committee, Alzheimer's Association, Life Care Planning Law Firms Association, Veterans Advocates Group of America, Berkshire County Estate Planning Council and the Massachusetts and Berkshire Bar Associations.

Bonny DiTomasso, Home and Community Based Programs Supervisor at Elder Services of Berkshire County, Inc. joined ESBC in 2012 as the SHINE and Money Management Coordinator. Bonny assumed her current role at ESBC in 2014 and also serves as the Berkshire Aging and Disability Resource Consortium Coordinator (ADRC) in partnership with ADLIB of Berkshire County.

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