



**FREE**

# Senior Living Seminar and Dinner

**Live safe.**

**Eat right.**

**Plan for your  
future.**

**You're invited to a FREE  
Senior Living Seminar!**

**CZEPIGA DALY POPE**  
Estate Planning | Elder Law | Special Needs | Probate  
15 Massitro Drive, Berlin, CT 06037



FIRST CLASS  
US POSTAGE  
**PAID**  
HARTFORD, CT  
PERMIT NO. 1140

**FREE**

# Senior Living Seminar and Dinner



**Live safe.  
Eat right.  
Plan for your  
future.**

**Whether you want to age gracefully or age with attitude, you know that your health, safety, and an eye to the future are important.**

On September 28th, join a physical therapist, a professional chef, and an estate planning attorney to learn about:

- Keeping your home safe
- Reducing fall risks
- How to avoid unhealthy eating habits
- Why proper nutrition is still important as we age
- How to qualify for Medicaid
- How to protect your assets
- And much more...

**A delicious and healthy meal will be provided courtesy of October Kitchen!**

Wednesday, September 28th 5:30 – 7:30 pm  
Avon Free Public Library, 281 Country Club Road, Avon CT  
Space is limited and you must RSVP to attend

**Reserve your seat in advance and sign up now!**

Register online at: [www.ctseniorlaw.com/avonseniordinner](http://www.ctseniorlaw.com/avonseniordinner)  
Call: (860) 236-7673 or Email: [kevin@ctseniorlaw.com](mailto:kevin@ctseniorlaw.com)

*This program is not sponsored by the Avon Free Public Library*

## **YOU'LL HEAR FROM:**

**Attorney Brendan Daly, CzepigaDalyPope will discuss:**

**Planning for Long-Term Care:  
Understanding Medicaid and how  
to protect your assets**

Connecticut has the 2nd highest cost of long-term care in the nation. So unless you're planning to leave the state, you need to protect yourself and your retirement assets from long-term care costs. Should you give your home to your children? How can you get the state to pay for nursing home and home care? How can you qualify for Medicaid benefits while keeping your assets? If you know the rules and plan ahead, you can still protect your hard-earned assets.

**Chef Paul Finney, October Kitchen will discuss:**

**Proper Nourishment for Seniors**

One of the biggest health risks to millions of Americans is completely preventable. Chef Finney will cover the five basic steps to preventing malnourishment and their importance. Discover if you or your loved ones are at risk and what you can do about it.

**Cathy Watso, Physical Therapist Farmington Valley VNA**

**Staying Safe at Home:  
Ways to assess your home for  
hidden hazards**

From your foyer to the kitchen sink, learn how to see your home through "safety glasses." We'll discuss ways to determine not-so-obvious hazards, and create the actions needed to fix them.

