

## **January 29th, 2016-Living Options for Seniors**

On January 29, my husband (Pompie) and I had the privilege of attending the "Living Options for Seniors - Making the Most of Your Golden Years" presentation by Debbie Araujo, BBA. Debbie, who is a retired Home Administrator with 30 years of experience in Health Management, gave us a better understanding of the health care options (including costs) available to us. After this seminar, we felt a sense of peace because we are equipped to make informed decisions that will allow us to age gracefully.

To make this evening even more enjoyable, the TEGSA Committee also provided pizza, great music, dancing and BINGO!

Kudos to TEGSA committee who worked tirelessly to put on this great event – which was FREE for members!

We look forward to the next event!

Mavis Gois