

ANNOUNCEMENT



NARFE

National Active and Retired Federal Employees Association

Calvert County Chapter

FEATURED PRESENTATION by
**Ted Meyerson, President, United
Seniors of MD Education Foundation**

DATE: **Thursday, May 15**

TIME: **1:00 – 2:00** COST: **Free**

PLACE: **Calvert Pines Senior Center,**
end of W. Dares Beach (past Safeway)
Prince Frederick, MD

TOPIC: **Technology to Enhance Your Life**



Ted Meyerson

Ted Meyerson, past president of USM, is now President of USM's **MD Education Foundation**. The Foundation's main goal is to help Maryland seniors lead healthy and productive lives. Its focus is on long term care, living safely and economically at home, and benefits to seniors of using modern technology.

Mr. Myerson will explain how technology can:

- Assist with activities of daily living
- Track health care
- Monitor activities
- Provide safety
- Connect to friends and family

Family, caregivers, and health care providers can use technology to help you remain independent as you age. Questions? Contact Ted at tedmeyerson@verizon.net

For more information: ... about this event or Calvert NARFE, email NARFE1466@gmail.com
... on NARFE, go to www.narfe.org
... on USM, go to www.unitedseniors.net or www.usm-foundation.org

HOW YOU CAN JOIN NARFE

There are 3 ways to join **Calvert County Chapter 1466**:

- < By snail-mail – Get an application at this event, complete it, and mail to the address shown.
- < Through the Internet – go to www.narfe.org and click on **JOIN NARFE**.
- < By phone – call toll free **800-627-3394**, M-F, 8 - 4:30 ET.