



5 Penn Plaza – 9th Floor  
New York, NY 10001



NON-PROFIT ORG  
U.S. POSTAGE  
**PAID**  
FARMINGDALE, NY  
PERMIT #125



**OPEN SEASON**  
**IS A FEW WEEKS AWAY!**

US FAMILY HEALTH PLAN

invites you to attend a

**Lunch & Learn**  
*on Us!*



## Find out about the TRICARE Options available to you

- OPEN SEASON
- TRICARE OPTIONS
- USFHP and More

**These Events are FREE.**

All Military Beneficiaries  
are Welcome.

Lunch  
provided by USFHP

Choose Your Date and Time

**Must RSVP.**  
Call or Email to  
Reserve a Seat

**Who We Are** The Uniformed Services Family Health Plan (USFHP) @ Saint Vincents is a TRICARE® Prime military health plan sponsored by the Department of Defense (DoD). We've been providing comprehensive care for military families and retirees for over 35 years. We provide the full TRICARE® Prime benefit including routine doctor visits, specialty care, hospitalization, urgent and emergent care, preventative health care services and prescription coverage—plus enhanced benefits such as \$0 to low cost eyeglasses, preventative dental services, or gym membership reimbursement... the choice is yours. USFHP members have access to some of the best hospitals and physicians in the nation.

We pride ourselves on providing friendly, personal service.

If you have questions call us toll free (800) 241-4848.

You can visit our website @ [www.usfhp.net](http://www.usfhp.net)

or on Facebook at

<https://www.facebook.com/usfhp.net/timeline>



**For Additional  
Information**



# LUNCH & LEARN BRIEFING LOCATIONS

CHOOSE A DATE AND LOCATION BELOW. MUST RSVP.

## NEW YORK / NORTHERN NEW JERSEY



Lower Hudson Valley,  
Northern New Jersey

**Darrel Hutchinson Sr.**  
Sr. Health Benefits Consultant  
(646) 354-0126  
dhutchinson@svcmcnycny.org



New York

**Dwayne Carter**  
RET. US Navy  
Health Benefits  
Consultant  
(646) 988-0303  
dcarter@svcmcnycny.org



Queens & Long Island

**Jason Prosser**  
RET. US Army  
Health Benefits  
Consultant  
(646) 891-9706  
jprosser@svcmcnycny.org

### NEW YORK BROOKLYN

**Fort Hamilton Officer's Club**  
Brooklyn, NY 11209  
12 pm-2 pm:  
October 12, November 2 & 16  
December 7

### YONKERS

**Applebee's Yonkers**  
2 Executive Blvd  
Yonkers, NY 10701  
October 5, 12 -1 pm  
November 16, 12 -1p m  
Dec 7, 12 -1pm

### WEST POINT

**West Point Club**  
603 Cullum Rd,  
West Point, NY 10996  
October 12, 12 -1pm  
Nov 9, 12 -1 pm  
Dec 5, 12 -1 pm

### NORTHERN NEW JERSEY HUDSON COUNTY

**Applebee's Jersey City**  
Hudson Mall, 701, NJ-440  
Jersey City, NJ 07304  
October 19, 12 -1 pm

### SUSSEX COUNTY

**Applebee's Dover, NJ**  
Rockaway River Commons  
435 US-46, Dover, NJ 07801  
November 2  
12 -1 pm

### BERGEN COUNTY

**Applebee's Paramus**  
Fashion Center Mall, 17 E  
Ridgewood Ave  
Paramus, NJ 07652  
November 30, 12 -1 pm

### QUEENS - Applebee's

213-29 26th Ave, Queens, NY 11360  
October 13, 12 pm-1 pm  
November 17, 12 pm-1 pm  
December 8, 12 pm-1 pm

## CONNECTICUT



**Erica Washington**  
RET. US Army  
Health Benefits  
Consultant

(347) 271-2822  
ewashington@svcmcnycny.org

### HARTFORD COUNTY

**The Officer's Club of CT**  
360 Broad Street, Hartford, CT 06105  
Thursday, October 6th, 12-1pm & 1-2 pm

### Black-Eyed Sally's Southern Kitchen & Bar

350 Asylum Street, Hartford, CT 06103  
Thursday, December 1st, 12-1 pm & 1-2 pm

### NEW LONDON COUNTY

**The Black Sheep**  
247 Main Street, Niantic, CT 06357  
Thursday, October 20th, 12 -1pm & 1-2 pm

### MIDDLESEX COUNTY

**Gyro Love**  
136 Berlin Road, Cromwell, CT 06416  
Thursday, November 3, 12-1 pm & 1-2 pm

### Red Fox Restaurant

218 Smith Street, Middletown, CT 06457  
Tuesday, December 13, 12-1 p.m. & 1-2 pm

### FAIRFIELD COUNTY

**Puerto Vallarta**  
99 Newtown Rd, Danbury, CT 06810  
Thursday, November 17, 12-1 pm & 1-2 pm

## NEW JERSEY



Central New Jersey  
including Bordentown,  
New Jersey

**Pamela Kwiat**  
Field Manager  
(646) 341-2545  
pkwiat@svcmcnycny.org



South Jersey

**Josephine Grey**  
RET. US Army  
Manager of Military Relations  
(347) 501-2308  
jgrey@svcmcnycny.org

### Blend on Main

152 Main Street  
Manasquan, NJ 08736  
October 19  
November 9  
December 2  
11am-12pm & 12pm-1pm  
RSVP: Pamela Kwiat  
(646) 341-2545

### Red Lion Diner

1753 US-206  
Southampton Township, NJ 08088  
October 24  
November 2  
December 1  
12pm-1pm & 1pm-2pm  
RSVP: Pamela Kwiat  
(646) 341-2545

### Pudgy's Sports Pub

2508 Can Do Way  
McGuire AFB, NJ 08641  
October 17; November 14  
December 5  
12pm-1pm & 1pm-2pm  
RSVP: Josephine Grey  
(347) 501-2308

## PENNSYLVANIA



Lehigh Valley

**Tammy Cartagena**  
RET. US Air Force  
Health Benefits  
Consultant  
(646) 284-5736

### MONROE

**Longhorn Steakhouse**  
300 Crossroads Mall Rural, PA-611  
Bartonsville, PA 18321  
November 3, December 1, 1- 3 pm

### BERKS / SCHULYKILL

**Longhorn Steakhouse**  
1085 Woodland Rd., Reading, PA 19610  
November 10, Dec 12: 1-3 pm

### LEHIGH / NORTHAMPTON

**Longhorn Steakhouse**  
3784 Dryland Way, Easton, PA 18045  
November 17, Dec. 5, 1-3 pm

### CARBON

**Longhorn Steakhouse**  
1035 Grape St., Whitehall, Pa 18052  
November 14, December 8, 1-3 pm



Philadelphia and  
surrounding counties

**Floyd L. White,**  
US Army/USAF RET.  
Health Benefits Consultant  
(917) 993-1510  
fwhite@svcmcnycny.org

### Penrose Diner

2016 Penrose Ave., Phila Pa 19145  
11:30 am – 1 pm  
October 12  
November 9; December 7