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FOR IMMEDIATE RELEASE

Re: DINE WITH A DOC® 12/19/12 11am-1pm

**NOTE DATE CHANGE due to holidays**



Senior Education Ministries, Inc. has scheduled: **DINE WITH A DOC®** on the 4<sup>th</sup> Wednesday of every month from 11a-1pm at the Wabash Senior Citizen's Center located at 300 S 5th St. in Terre Haute.

**DINE WITH A DOC®** is a **FREE** community education program that welcomes the local senior public to getting to hear an educational topic while enjoying a complimentary lunch. You do **NOT** need to be a member of the Senior Center to come and participate. No need to bring any money! Just bring a questioning mind, an appetite and perhaps a friend.

Each doctor has graciously donated this time in effort to listen, hear, and answer your questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing complimentary breakfast for you to enjoy and learn about ways they may help you as well.

This program is a community effort of a doctor, a lunch sponsor, the senior citizens, local churches and area businesses coming together for the good of all to serve the senior citizens.

**Please join us December 19<sup>th</sup> when we welcome:  
Dr. Thomas E. Rea, Psy.D., HSPP**



**Director of Psychological Services  
Mehta Behavioral Health Unit  
Terre Haute Regional Hospital  
3901 S 7th St  
Terre Haute, IN 47802  
812-237-1470**

**Thomas E. Rea, Psy.D., HSPP, is a Licensed Clinical Psychologist who joined Terre Haute Regional Hospital in August of 2007. Dr. Rea earned his Bachelor of Science in Psychology from Indiana State University in 2001 and his Doctorate in Clinical Psychology (Psy.D.) from Indiana State University in August 2008. During his training, Dr. Rea worked in a variety of mental health settings, including both private practice and community mental health. He completed his doctoral internship at the VA Illiana Healthcare System in Danville, Illinois, in August of 2007. Dr. Rea provides individual, group, couples and family therapy to, acts as a case manager for, and conducts assessments with patients on the Mehta Behavioral Health Unit. He also functions as the Director of Psychological Services for Terre Haute Regional Hospital, providing many of the same services to patients throughout the facility.**

**We invite you to come and get acquainted with Dr. Rea and learn about ways to improve your quality of life and learn ways to get through the holidays as well as to get motivated to keep those New Year's Resolutions into February or longer.. A question/answer period will follow his discussion.**

**Additionally, we are excited to welcome a special guest for this holiday program.....**

## **DOES A WHITE CHRISTMAS MAKE YOU BLUE?**

**Most people have a sign of depression in their handwriting and that isn't troublesome; what you want to be careful of is having multiple signs at the same time.**

**Theresa Ortega, Certified Handwriting Analyst, will take participants through an interactive exercise in analyzing their own handwriting, particularly helpful at this time of year when "winter blues" and holidays can make everything seem overwhelming. Learn to quickly spot signs that you or a friend may need some help.**



**Lunch will be provided courtesy of:**

**1850 E. Howard Wayne Drive  
Terre Haute IN 47802  
(812) 232-0406**

**Cobblestone Crossing Health Campus (a Trilogy Health Services LLC company) knows that selecting the right healthcare option to meet your individual needs is important. That's why with Cobblestone Crossings you'll find a complete continuum of care and services so you can select the level of care that most closely matches your needs and preferences. Care and support services are carefully coordinated from level to level, setting to setting, as care needs increase or decrease. From adult day health and assisted living services in our elegant residential facility to skilled nursing and memory care services in our state-of-the-art health center, that's what the Cobblestone Crossings continuum of care is all about. Whether for a few days, a few weeks, or for as long as you need us... It's comforting to know that there is a source in Terre Haute you can turn to for help and guidance. Cobblestone Crossings is ready to help with:**

- **Skilled Nursing Services**
- **Transitional Care**
- **Legacy Lane - Memory Care**
- **Long-Term Care**

- **Adult Day Health Services**
- **Assisted Living Services**

**There will be an opening prayer and Veterans in attendance will be recognized for their service and dedication to our country followed by the Pledge of Allegiance to start off the program. There will be various Health Care Providers present to share information about their services and provide Door prizes for participants to win.**

**Additionally provided free of charge at every Dine with a Doc® is a “Wellness Clinic”. You’ll be able to count on Robin Collins with Springhill Village to provide you with blood sugar AND blood pressure information to take back to your doctor.**

**Seating is limited and Reservations are required to attend!  
RSVP to the senior center @ 812-232-2345.**

**The Dine with A Doc® program welcomes community participation. We are open to suggestions re: physicians and businesses you’d like to hear more about. Please call Senior Education Ministries, Inc. 812-917-4970 or email [loriaplin@gmail.com](mailto:loriaplin@gmail.com).**