

# The Mirror's Guide To Good Health

VALUABLE TIPS TO HELP YOU ACHIEVE A HEALTHIER LIFESTYLE

## MassMutual Foundation Inc. Makes Donation

### Traumatic Brain Injury Resource Center Awarded Grant

The Traumatic Brain Injury Resource Center, a nonprofit organization dedicated to supporting TBI survivors, their caregivers and families, has received a \$5,000 grant from the MassMutual Foundation Inc. as part of a national Community Service Award (CSA) program.

The Traumatic Brain Injury Resource Center is one of only 16 organizations nationally to receive an award. The MassMutual Foundation made the grant as a tribute to the volunteer efforts of Larry Tomczak, an agent with MassMutual Ohio in Maumee.

“Our Community Service Awards program aims to encourage and recognize those financial professionals who are active members of their communities,” said

Nick Fyntrilakis, Mass Mutual’s vice president of community responsibility and president of the MassMutual Foundation. “Larry’s volunteer work reflects our steadfast commitment to supporting organizations in the communities where MassMutual financial professionals live and work.”

The Traumatic Brain Injury Resource Center’s mission is to support TBI survivors, their caregivers and families as they navigate the difficult rehabilitation back from a traumatic brain injury. The center also educates, advocates, supports and helps raise awareness for traumatic brain injury and its effects on society.

The center will use the funds from the grant to provide an introduction to yoga and meditation to help sur-

vivors with managing the lasting effects of traumatic brain injury.

Tomczak has been with MassMutual Ohio for 35 years. He has been committed to the Traumatic Brain Injury Resource Center since 2014 and has dedicated countless hours of time and talent to help the organization grow and flourish.

“I am very pleased that my dedication to the Traumatic Brain Injury Resource Center has been recognized by the MassMutual Foundation,” Tomczak said. “This grant will provide much-needed funding to continue supporting our community through programs that aid in speech and cognitive therapy, support groups, social events and community outreach, recreational therapy/yoga and Bible study.”



Larry Tomczak presents \$5,000 for the Traumatic Brain Injury Resource Center to center founders Jackie and Michael Moore. This is the first grant the center has received.

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### FREE WELCOME TO MEDICARE SEMINAR

Wednesday, August 17 @ 6:00 p.m.

Stautzenberger College,  
Arrowhead Park

1796 Indian Wood Circle, Room 125, Maumee, OH



Join me, Ron Myers, for my free “Welcome to Medicare” seminar. This event is for everyone turning 65 soon with questions about Medicare.

**It is critical that you understand your options!** We will discuss the different Parts of Medicare, how and when to enroll, and the basics of Medicare Supplement, Medicare Advantage Plans and Part D Prescription Plans.

**This is an Educational Event NOT a Sales Event. No specific carrier or plan materials will be presented or sold. There is no cost or obligation to attend.**

Walk-ins are welcome. RSVP is optional. Individual appointments are available if you prefer. Call 419-872-0204 with any questions. (Not affiliated with Medicare or any government agency.)



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