



**OPEN SEASON
IS FAST APPROACHING!**

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 option 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
- ★ Integrative Health Services:* Chiropractic Care, Massage Therapy, Acupuncture
- ★ Enhanced benefits such as \$0 to low cost eyeglasses, preventative dental services, or wellness reimbursement... the choice is yours.

USFHP members have access to some of the best hospitals and physicians in the nation as per US News best hospital rankings for 2022.**

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 or on Facebook at
<https://www.facebook.com/usfhp.net/timeline>**



**For Additional
Information**



* Chiropractic Care 12 visits,
Acupuncture 6 visits,
Massage Therapy 6 visits.

** <https://health.usnews.com/best-hospitals/area/nj>

LUNCH & LEARN BRIEFING LOCATIONS 2023

CHOOSE A DATE AND LOCATION BELOW. MUST RSVP.

NEW YORK / NORTHERN NEW JERSEY



New York/Northern NJ

Dwayne Carter

RET. US Navy
Health Benefits
Consultant
(646) 988-0303
dcarter@svcmcnj.org



Queens & Long Island

Jason Prosser

RET. US Army
Health Benefits
Consultant
(646) 891-8706
jprosser@svcmcnj.org

NEW YORK BROOKLYN

Fort Hamilton Officer's Club

Brooklyn, NY 11209
Sept 21, Oct 19,
Nov 1, Dec 6:
12:00 pm-1:00 pm

YONKERS

Applebee's Yonkers

2 Executive Blvd
Yonkers, NY 10701
Oct 24, Nov 16, Dec 7
12:00 pm-1:00 pm

NORTHERN NEW JERSEY

HUDSON COUNTY

Applebee's

Jersey City Hudson
Mall, 701, NJ-440
Jersey City, NJ 07304
Oct 18
12:00 pm-1:00 pm

Applebee's

Bronx Terminal Market
610 Exterior Street
Bronx, NY 10451
Nov 9, Nov 29
12:00 pm-1:00 pm

QUEENS

Applebee's

213-29 26th Ave, Queens, NY 11360
Sep 14, Nov 16: 1 pm - 2 pm

LONG ISLAND

NASSAU

Applebee's

1300 Corporate Dr
Westbury, NY 11590
Oct 12, Nov 30: 1 pm - 2 pm

SUFFOLK

Applebee's

1832 Old Country Rd
Riverhead, NY 11901
Nov 2, Oct 26, Dec 7: 1 pm-2 pm

CONNECTICUT



Ericka Thurman-Washington

RET. US Army
Health Benefits Consultant
(347) 271-2822
ewashington@svcmcnj.org

HARTFORD COUNTY

The Officer's Club of CT

360 Broad Street
Hartford, CT 06105
Oct 5, Nov 6
12:00-1:00pm &
1:00-2:00pm

Black-Eyed Sally's Southern Kitchen & Bar

350 Asylum Street
Hartford, CT 06103
Dec 1
12:00-1:00pm &
1:00-2:00pm

NEW LONDON COUNTY

The Black Sheep

247 Main Street
Niantic, CT 06357
Oct 19, Nov 13
12:00-1:00pm &
1:00-2:00pm

MIDDLESEX COUNTY

Gyro Love

136 Berlin Road
Cromwell, CT 06416
Oct 10, Nov 3
12:00-1:00pm &
1:00-2:00pm

NEW JERSEY / PHILADELPHIA



South Jersey

Pamela Kwiat

Field Manager
(646) 341-2545
pkwiat@svcmcnj.org

Red Lion Diner

1753 US0206,
Southampton Township,
NJ 08088
Oct 23, Nov 15, Dec 4:
12:00 pm-1:00 pm &
1:00 pm-2:00 pm

Braddock's Tavern

39 South Main Street
Medford, NJ 08055
Oct 27, Nov 10, Nov 28:
12:00 pm – 1:00 pm &
1:00 pm – 2:00 pm

Turning Point of Moorestown

East Gate Square, 1690
Nixon Drive
Moorestown, NJ 08057
Oct 30, Nov 13, Nov 29:
11:00 am-12:00 pm &
12:00 pm -1:00 pm

Bordentown Armory

Building B,
1048 US Highway 206,
Bordentown, NJ 08505
Nov 8, Nov 30, Dec 7:
12:00 pm – 1:00 pm &
1:00 pm – 2:00 pm



South Jersey/Philadelphia

Josephine Grey

RET. US Army
Manager of Military Relations
(347) 501-2308
jgrey@svcmcnj.org

MERCER COUNTY

FICUS Restaurant

235 Nassau St, Unit A, Princeton, NJ 08540
Nov 8, Dec 4: 12:00-1:00 pm & 2:00-3:00 pm

OCEAN COUNTY

B2BISTRO

1250 Hooper Ave., Toms River, NJ 08753
Oct 16, Nov 13
12:00-1:00 pm & 2:00-3:00 pm

PHILADELPHIA

Longhorn Steakhouse

9769 Roosevelt Blvd, Philadelphia, Pa 19114
Sept 27, Oct 25, Nov 29, Dec 12
1:00 pm – 3:00 pm



JBMDL and Central New Jersey

Miguel Cedeno

RET. US Navy
Health Benefits
Consultant
(917) 763-4889
mcedeno@svcmcnj.org

MANASQUAN

Blend on Main

152 Main Street,
Manasquan, NJ 08736
Sept 22, Oct 13, Nov 14, Dec 1
11:00am -12:00pm & 12:00pm-1:00pm

JOINT BASE MDL

Tommy B's Community Center

Building 2705
East Arnold Ave
Joint Base MDL, NJ 08641
Oct 19, Oct 26, Nov 15
12:00pm-1:00pm & 1:00-2:00pm

PENNSYLVANIA



Tammy Cartagena

RET. US Air Force

Senior Health Benefits
Consultant
(646) 284-5736
tcartagena@svcmcnj.org

MONROE

Longhorn Steakhouse

300 Crossroads Mall Rural, PA-611
Bartonsville, PA 18321
Sept 12, Oct 17, Nov 14, Dec 5
1:00 pm – 3:00 pm

TOBYHANNA

Café 11 (brunch)

Sept 19, Oct 3, 17, Nov 14,
Dec 5
9:00 am – 12:00 pm

BUCKS/MONTGOMERY

Longhorn Steakhouse

240 Easton R,
Warrington, PA 18976
Sept 26, Oct 10, Nov 6, Dec 11
1:00 pm – 3:00 pm

Longhorn Steakhouse

240 Easton Rd
Warrington, Pa 18976
Sept 26, Oct 16, Nov 7, Dec 4
1:00 pm – 3:00 pm

111th Chaplains Office

Every Monday and Friday from
Sept – Dec: 10:00 am – 2:00 pm
(RSVP for Lunch) Pizza & beverage

NORTHAMPTON

Longhorn Steakhouse

3784 Dryland Way, Easton, PA 18045
Sept 13, Oct 18, Nov 15, Dec 6
1:00 pm – 3:00 pm

LEHIGH/CARBON

Longhorn Steakhouse

1035 Grape St., Whitehall, Pa 18052
Sept 4, Oct 19, Nov 16, Dec 7
1:00 pm – 3:00 pm

BERKS/SCHULYKILL

Longhorn Steakhouse

1085 Woodland Rd
Reading, PA 19610
Oct 24, Nov 21
1:00 pm – 3:00 pm

DELAWARE/CHESTER

Longhorn Steakhouse

1001 Baltimore Pike
Springfield, Pa 19064
Sept 28, Oct 26, Nov 28
1:00 pm – 3:00 pm



ST VINCENT CATHOLIC MEDICAL CENTERS OF NEW YORK

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

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