



Durham and Middlefield Senior and Social Services Presents:

The “Prepared & Empowered” Series is back!

4 brand-new presentations

that give you real solutions for the things that's been weighing on your mind:

- ✓ Clutter you keep meaning to deal with, and somehow never do
- ✓ A health crisis or family emergency that could hit without warning — and you have no plan in place
- ✓ Essential documents and household information buried somewhere you'll “never forget” but have
- ✓ Wanting AI to help with everyday tasks — emails, planning, research — but not knowing where to start

Upcoming Presentations

• September 10: Why Is It So Hard to Let My Stuff Go?

The Real Reasons Your Stuff Is Still There and What to Do About It

You know the basement, the closet, or the china cabinet you keep meaning to deal with. This session gets to the real reasons decluttering feels so hard, even when you know exactly what needs to go. You'll leave with three questions that cut through the “should I keep it” struggle and two strategies you can start immediately.

• October 8: Organize Your Life – Be Ready for Anything

No More Guesswork, No More Scrambling

Emergencies, illness, and loss can change everything overnight, and most of us aren't ready. This session walks you through the essential information and access the people you love will need to step in and help. You'll leave with a clear plan for your home, accounts, pets, and even your own end-of-life wishes — decided by you, not left to chance.

• November 12: “I Know I Have It Somewhere...”

Find Any Document in Under 5 Minutes — Every Time

If your important papers are scattered across drawers, folders, and “it's somewhere in that pile,” this session is for you. You'll learn exactly which documents you need and a simple three-step system that puts them all within easy reach. You might even uncover money you didn't know you had.

• December 10: AI [Artificial Intelligence] Made Simple: More Useful Than You Know

Practical AI for Everyday Life

AI doesn't have to be confusing or intimidating. In this easy-to-understand session, you'll learn how different AI models like Chat-GPT, Gemini or Perplexity can help with everyday tasks like writing emails, planning meals and trips, comparing products, and answering questions in plain English — plus how to spot scams, fake reviews, and misleading offers. You'll leave with practical skills and the confidence to get started.

About the Speaker

Lynn McPhelimy is a sought-after life organizer, speaker, and international bestselling author who helps people face life's transitions with clarity and confidence. With nearly 30 years of experience, she has helped thousands organize their essential information, plan ahead, downsize, and simplify their lives. She has been featured on *The Oprah Winfrey Show*, NBC's *TODAY Show*, PBS, ABC, CBS and *The New York Times*.

Mark Your Calendar & Register Today!

When: 2nd Thursday of the month [September–December 2026] **Time:** 6:00pm

Location: Durham Community Center • 144 Pickett Lane

Registration: Call: Morgan @ 860-349-3153 • **E-Mail:** mperry@townofdurhamct.org

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