

## SPEAKER SERIES BY THE COMMISSION OF AGING

### July 16th:

Gerri Lewis, and Vivian Epstein from the Emergency Operations Center along with Fire Chief Jerry Myers will discuss how to prepare before a natural disaster and what to expect afterwards.

### August 20th:

RVNA Nutritionist Meg Whitbeck will discuss nutrition and how to deal with all the different diet restrictions when diagnosed with an illness or due to medications side effects.

### September 17th:

Get ready for Open Enrollment! Daryl Willenbrock from the Western CT Area Agency on Aging will provide an overview of Medicare and how to make the best CHOICE for you.

### October 15th:

Rick Schreiner from HARTransit, Nancy Brandon from Rides for Ridgefield, and Laurie Fernandez from the Town Loop bus will talk about the various types of transportation available to seniors and people with disabilities in Town.

### November 19th:

Elder Care Attorneys Linda Lee Arnold and Colleen Massy of Czepiga, Daly, Pope and Perri will discuss Estate Planning, Pooled Trusts and Medicaid. Don't miss this opportunity to hear from these very experienced attorneys.

### December 17th:

Join the COA to celebrate the end of 2018 and plan topics for the coming year. Refreshments will be provided!