

REAL *Women,*
REAL *Wisdom:*

A Caregiver's Guide to Balancing it All

WITH OUR SPECIAL SENIOR CARE PANEL:

Ann Fowler-Cruz, J.D., CELA

Elder Care Attorney, Cohen and Wolf, P.C.

Joan Garbow, MSW, LCSW, CCM

Geriatric Care Manager, Joan Garbow & Associates

Barbara McMahon, AAMS, CSNA

Financial Advisor, Merrill Lynch

Kathie Nitz

Caregiver Coach, Strive to Thrive

Rose Bilash and Kim Pernerewski

Directors of Community Relations,
Ridgefield Crossings

Thursday, October 20th • 7:00-8:30pm

RIDGEFIELD COMMUNITY CENTER

Lounsbury House • 316 Main Street • Ridgefield, CT

Sponsored by



Ridgefield Crossings

A Benchmark Senior Living Community

*A*s women, we take care of everyone. If your day is split between your career, your parents, and your children, you know how overwhelming it can be. Join The Village as we celebrate strong women, share our stories, and provide resources you can lean on when it comes to caring for your loved one.

LEARN ABOUT:

- Elder law, and what documents every family needs
- How to make care decisions
- Financial benefits and planning for seniors
- Short-stays and other little-known services offered by assisted living communities
- Taking time for you, to be the best caregiver you can be

RSVP to 203-431-2255.

Ridgefield Crossings
640 Danbury Road
Ridgefield, CT 06877

Enjoy refreshments, laugh, and learn with us!

Enter in our raffle to win a certificate to The **Adam Broderick** Salon & Spa!