

REDDING: Willing and Able

Brought to you by... RVNA's Quality Living at Home, Redding Commission on Aging and the Town of Redding

Wednesday, May 18th | 5:00pm - 7:00pm

Redding Community Center

37 Lonetown Road | Redding, Connecticut

a FREE event designed to inform, educate and elicit discussion

**Reservations strongly suggested.*

Please pre-register to receive raffle tickets for free prizes.

*Call Eloise Barron,
Director of
RVNA's Quality
Living at Home
203.438.5555, x 1005.*

Light refreshments will be served.

WORKSHOPS*

5:00-5:30: Legal and Financial Strategies

~Eldercare Attorney Ann Fowler-Cruz & Financial Advisor Barbara McMahon

5:30-6:00: Alternative Therapies – Reiki ~ Reiki Master Ellie Kirk

6:00-6:30: Scams: What You Don't Know Can Hurt You

~Redding Police Chief Fuchs

6:30-7:00: Strategies for Dealing with Aging Parents ~Dr. R. Kopfstein

HEALTH SCREENINGS, INFORMATIONAL BOOTHS, RAFFLES

- Free cholesterol (non-fasting) and anemia screenings, blood pressure and diabetic risk assessments.
- Free Lion's Club vision and glaucoma screenings.
- Learn about housing options and safety in your home from Fire and Police.
- Meet representatives from: Danbury Hospital, rehabilitation centers, CL&P, Alzheimer's and Lyme associations.
- Sign up for AARP Safe Driver and Keystone Club's winter programs.
- Visit booths for a chance to win a free raffle prize.

EVENT SPONSORS:

Redding Commission on Aging
Town of Redding

 **DANBURY HOSPITAL**
A Higher Level of Care



**rVna**
RIDGEFIELD VISITING
NURSE ASSOCIATION

**quality living
at home**
FOSTERING COMMUNITY PARTNERSHIPS

**KELLER
WILLIAMS**
REALTY

*Laurel Ridge*
Health Care Center

*The Greens
AT CANTONVILLE*