

# Commission on Aging

Come Learn!

**Third Monday Each Month | 3:00 PM**

**Ridgefield Town Hall**

**Conference Room**

**Refreshments Provided**

*Join the COA and explore issues specific to the senior population.  
Each month guest speakers on specific topics will join the group.*

**April 15<sup>th</sup>: Emergency Preparedness**

Dick Aarons, Deputy Emergency Manager, Ed Briggs, Health Director

**May 20<sup>th</sup>: Understanding the Effects of Dementia**

Maria Victor Smith

**June 17<sup>th</sup>: Fraud Alert – Beware of Fakes and Scammers**

Don McGran, Retired Ridgefield Police Major

**July 15<sup>th</sup>: Senior Protective Services**

Valerie O'Rourke, State of CT DSS

**August 19<sup>th</sup>: Naturopathic Approaches to Common Health Concerns**

Dr. Abby Egginton, ND

**September 16<sup>th</sup>: Ridgefield Police Department**

Captain Shawn Platt

**October 21<sup>st</sup>: Medicare Review**

Darylle Willenbrock, WCAAA

**November 18<sup>th</sup>: Eating for Health**

Meg Whitbeck, RVNA & Dean Miller, Meals on Wheels

**December 16<sup>th</sup>: Alternative Modalities and Ancient Healing Wisdom**

Turning Point Healing Arts Center

Joann Duncan, MS, RMT