



What does it mean to age well? On **Sunday, April 30 from 3:00-5:30pm**, at **Round Hill Community Church**, a panel of 6 experts in the field of senior living and aging well will offer their expertise and answer your questions. Over 15 companies and agencies will also have people available to provide information in the areas of: senior living options; physical and emotional well-being; community connections; legal documents; town and regional resources. Free and open to all!

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## PANELISTS



Libby Grant,  
Partner,  
Whitman, Breed,  
Abbott and Morgan



Ricki Goldstein, RN, JD  
Medical Administrator,  
Sterling Care



Donna Spellman, MS  
Executive Director,  
River House Adult Day  
Center



Linda Ziac  
Founder/Owner,  
The Caregiver  
Resource Center



Joan Brustman,  
Community Sales  
Director,  
Atria Rye Brook



Dr. Stephanie Paulmeno,  
DNP, RN  
The Greenwich  
Department of Health  
SWCAA

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Representatives from the following organization will be available to answer questions: Assisted Living Locator, At Home in Greenwich, Atria at Rye Brook, The Caregiver Resource Center, Edgehill, Elderhood, The Greens at Greenwich, Greenwich Commission on Aging, Nathaniel Witherell, Oasis Senior Advisors, The Osborn, River House, The Settler, Sterling Care, Sunrise of Stamford, SWCAA, *and more!*



Round Hill Community Church  
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[roundhillcommunitychurch.org](http://roundhillcommunitychurch.org)  
203-869-1091