



RETIREMENT MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)
Invites you to its meeting, July 17, 2024, at 11 am at
First Presbyterian Church, 1 West Putnam Ave., Greenwich, CT. The
program will also be shown on Zoom: <https://bit.ly/30IBj21>

“Successful Aging at Home and in Our Community.”

Panel Discussion moderated by Steven Katz

Steven Katz, President of Sterling Home Health Care and chair of the Commission on Aging for the Town of Greenwich, will lead a panel discussion of local experts on different theories of successful aging and practical steps that may help us age well. Discussions will focus on quality of life, behavioral adaptations, helpful resources, common stressors, and cognitive and physical wellbeing. Katz will be joined by three health care professionals.

Roni Lang, LCSW, is a clinical social worker with over 40 years' experience in the field of clinical social work with specialty in aging and family caregiving. She is currently with the Department of Psychiatry at Greenwich Hospital providing psychotherapy to older adults and their families.

Dr. James Pallett is Board Certified in Internal Medicine and is the Medical Director of the Hospitalist Program at Greenwich Hospital. He graduated from the University of Edinburgh Medical School in 2003 and worked with Doctors Without Borders in the Central African Republic and Haiti. He currently leads a group of 32 physicians and advanced provider practitioners who provide inpatient care 24/7/365 within the Yale New Haven Health System.

Linda Ziac, founder and president of the Caregiver Resource Center, is a CT licensed and nationally certified professional, with over 49 years of experience in the health and mental health field. In 1990, Ziac had a vision of creating a place where seniors, people with special needs, and their loved ones could turn for support, find answers to their questions, and engage trained professionals to help them navigate the often confusing and overwhelming healthcare maze.



Katz



Lang



Pallett



Ziac

In our next presentation, on July 24, award-winning architect Phillip Dodd will discuss “An American Renaissance: Beaux-arts Architecture in New York City.”

*The Greenwich Retired Men’s Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at **10:40 am** followed promptly by our presentation at **11:00 am**. Programs are at the First Presbyterian Church, 1 West Putnam Ave. in Greenwich. For additional information see www.greenwichrma.org.*