

Speakers Announced for Senior Expo May 3, 2017

Scarborough – Maine Senior Guide has announced the speakers for the free senior expo taking place May 3, 2017 at St. Maximillian Kolbe Church on Black Point Road in Scarborough. The free expo runs from 9 a.m. – 2 p.m. 40 senior-focused exhibitors, speakers, antique appraisals and workshops bring information to mature Mainers all day.

10:00 Clutter Control: Tips for Gaining the Upper Hand on Your Stuff, Deborah McLean from Maine Senior Guide.

Are you paralyzed by the amount of stuff you've accumulated? Get a better grip on your belongings and your sanity by learning a few clutter control tips and gaining resources in this one hour workshop.

11:00 - State of The Art Joint Replacement, orthopedic surgeon Adam Rana, M.D. At Maine Medical Partners – Orthopedics & Sports Medicine, they believe in transparent quality data. Learn how to compare quality data from one organization – or surgeon – to another. This will help ensure a positive experience, and a sure path back to living your full life.

12:00 - Is it time to update your will? Barbara S. Schlichtman, Esq., partner at the Maine Center for Elder Law LLC, and Amy Anderson, Director of Planned Giving at the Salvation Army, Northern New England. This hands-on workshop allows you to talk directly to the experts about your estate plans. A light lunch will be provided to the first 30 people at this talk.

Other opportunities include Strength and Balance Testing to discover what areas might need work, with the Southern Maine Agency on Aging.

MemoryWorks is offering a short Alzheimer Foundation of America memory screening tool/quiz and playing the music game Name That Old Tune in the afternoon.

Daniel Buck of Daniel Buck Auctions and Appraisals will be providing antique appraisals from 9 a.m. – 2 p.m. (\$5 donations benefit Alzheimer Association). Buck has been assisting clients with right sizing of their Antiques, Fine Art, Estates and Household Belongings for more than 40-years. Since 1999 you may have seen Daniel Buck as an independent appraiser on the PBS television show *Antiques Roadshow*.

The Southern Maine Senior Expo winds down from 1-2 p.m. with a free Make Your Own Sundae smorgasborg.

Expo is free, no registration required. FMI: Deborah McLean, Maine Senior Guide, 232-7847.

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