

AGING (PARENTS) ● 101

8 a.m. – 3:00 p.m. Saturday, April 7, 2018
Freeport Performing Arts Center
Holbrook Street, Freeport, Maine 04032

Aging (Parents):101 is an all-day event designed to help you gain baseline information to help yourself or an aging parent or loved one as they grow older. You'll listen to Dr. Marilyn Gugliucci, our inspiring keynote speaker, and learn from three other experts on important topics of aging.

- MaryKathryn Brennan and Smilie Rogers from the estate planning law firm of Brennan Rogers will talk about Paying for Aging, from the differences between Medicare and MaineCare to conserving assets.
- Dr. Carl DeMars, head of Hospice and a physician at MidCoast/Parkview Health, will discuss Critical Conversations. How do you start and maintain a crucial conversation, and which topics are most important to get settled?
- Kathy Adams from Maine CITE, our state's technology resource agency, will show off technology for independence. What's available, what's coming down the pike, and how to balance between independence and interference.

During lunch, we'll break out into round-table discussions groups around topics ranging from respite tips and financial planning to dementia care and senior travel, lead by area experts.

The \$65 fee includes workshops, morning coffee and lunch. The first 50 people signing up will also take home a copy of "Being Mortal" by Atul Gawande. There are no refunds, but you can send someone in your place if you can't make it. Parking is free. Please visit www.MaineSeniorGuide.com for more information. Many thanks to gold sponsor MidCoast/Parkview Health!

Please fill out this registration form, with your check for \$65 made out to Maine Senior Guide, and mail to:

Aging (Parents) 101/Maine Senior Guide
P.O. Box 48
Freeport, ME 04032

If you want to pay by credit card, please use the Brown Paper tickets option on the Aging (Parents):101 page on Maine Senior Guide.com on the top menu.

Name

Address

Town/State/Zip

Email

Phone

Lunch table (you don't have to sit there, but we'd like to know how many might want to join group)

___ dementia care ___ hearing issues ___ downsizing ___ financial planning ___ respite tips

___ insurance options ___ health care directives ___ senior travel ___ assistance technology

___ your suggestion