

What's Happening May 2

Welcome to the annual Southern Maine Senior Expo, scheduled for May 2, 2018, 9 a.m. – 2 p.m. at St. Max Kolbe Church, 150 Black Point Road in Scarborough. Maine Senior Guide is delighted to host this FREE event that shares information and resources important to mature Mainers and their families. Many thanks to gold sponsor Spectrum Medical Group and silver sponsor Back in Motion Physical Therapy. Thanks also to media sponsors The Forecaster and **Maine Seniors** magazine. Learn more at the resource website www.MaineSeniorGuide.com.

Be sure to sign up for the free DOORPRIZE RAFFLES that include two round-trip tickets on the Downeaster or four tickets to Million Dollar Quartet at the Maine State Music Theatre and \$50 for snacks!

The day includes 43 exhibitors, antique appraisals with Daniel Buck, former appraiser for *Antiques Road Show*, speakers, yoga demonstrations, balance workshops, blood pressure screening and entertainment. Free coffee all day and free root beers floats in the afternoon!

Yoga Demo

Are you curious about the benefits of YOGA? Come to a gentle demo at 12 or 1 pm at the Senior Expo, led by **Jennifer Cooper** from The Yoga Center on Forest Ave in Portland. The sessions will be 15 minutes and we will be using chairs, so everyone can participate. **The Yoga Center** is Portland's original yoga center offering quality instruction for over 40 years. Clientele tends to be mostly 50 plus, and Jennifer is very experienced in modifying traditional yoga poses to fit the needs of the individual. Join the demo and discover the joy of doing YOGA! Call for more info at 774-YOGA(9642) or on their website at www.maine yoga.com

Speakers

9:15 Managing Emergencies - Maine Emergency Management Agency Information Officer Susan Faloon talks about the risk of many different natural and man-made disasters in Maine. She will offer many preparation tips for keeping ourselves, and our communities safe and ultimately protecting our nation.

10:00 The Aging Spine: an Owners Guide to Care Have you noticed those aches and pains increase as you age? It doesn't have to be that way. Join us as OA Centers for Orthopaedics Spine Specialist Dr. Daniel Robbins discusses how to enhance lifelong spine health through early intervention and self-care. *A Division of Spectrum Healthcare Partners.*

11:00 All About Balance & Safe Landing Strategies Did you know there are over a dozen factors that statistically contribute to your fall risk? Did you know that new research suggests squatting when you are falling backwards reduces the impact energy at the hip by 44%? Participants will learn all about balance, some easy ways to reduce fall risk, and will view a live demonstration of how to fall with safe landing strategies.

12 noon Is Shoulder Pain Slowing You Down? Learn about current developments in total shoulder replacement treatment from one of Maine's leading experts, orthopedic surgeon Jonathan Watling, M.D. He'll answer your questions about common shoulder pain and treatment options, and total shoulder replacement procedures that result in less pain, quicker

recovery and fewer restrictions. A light lunch is provided, thanks to Maine Medical Partners-Orthopedic & Sports Medicine.

1:00 Advanced Directives with Robin Hirsch-Wright from VNA Home Health Hospice. Join Robin and get all the information you need (and the legal forms) to complete your advanced directives.