

Speakers at Southern Maine Senior Expo
Wednesday, May 2, 2018
St. Max Kolbe Church Hall
150 Black Point Road Scarborough

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, with Jason Adour of the Maine Strong Balance Center.



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.

For more information, contact Maine Senior Guide at 207-232-7847 or dmclean@mainesenior.org.