

Senior Expo June 8, 2017 in Rockland: What's Happening

A free senior expo on June 8, 2017, at the Rockland Elks (210 Rankin St.) will feature three speakers from the Maine Emergency Management Agency, CaptionCall, and MHCAH Hospice. The expo has 28 exhibitors on senior resources, and is free from 9 a.m.-2 p.m.

Bring a small antique for an appraisal by Daniel Buck of Daniel Buck Auctions and Appraisals. Daniel is a former appraiser for Antiques Road Show, and maybe you'll discover your little gem is worth big bucks. Appraisals all day, with a \$5 donation going to the Maine Alzheimer's Association.

Enjoy free coffee all day. Come for an hour or stay all day, but don't miss the entertainment in the afternoon with former Broadway performer Dennis St. Pierre of Across the Ages Entertainment. No registration required.

At 10:00, Kim Hanscom, Outreach Specialist for CaptionCall, will talk about how to use a free caption phone, and how crucial it is for seniors to stay connected with family and friends for longer, happier, healthier lives!

At 11:00, Maine Emergency Management Agency Information Officer Susan Faloon talks about the risk of many different natural and man-made disasters in Maine. Now more than ever, it is important for us to take steps to be resilient as individuals. She will offer many preparation tips for keeping ourselves, and our communities safe and ultimately protecting our nation.

At 12 noon, Heidi McCaffrey of MaineHealth Care at Home will share information on hospice. She'll talk about the benefits and services that are available with the program, including the Sussman House.

For more information on the senior expo, contact Deborah McLean at 207-232-7847.