

Speaker's Gallery at the Seacoast Senior Expo
Kittery October 26, 2016 9 a.m. – 3 p.m.
Kittery Community Center 120 Rogers Rd., Kittery

10:00- Planning Ahead to Stay At Home: Patricia Martine and Laura Dehler from York Housing's Neighborhood Network will talk about Tips for Planning to Age at Home and introduce the Neighborhood Network concierge service for people age 50 and beyond – a partnership between York Housing and York Hospital now available to residents of York, Kittery, Eliot, S.Berwick, Wells and Ogunquit. .Let them help you take the work and worry out of home repairs, housekeeping, transportation, meal preparation, just to name a few. If you are doing most of that and just need yard work, or minor repairs, that's just fine. This is a "use it as you need it" service. So think about planning, and think of Neighborhood Network, keeping people independent for over 30 years....

11:00 A Survival Guide to Aging

Senior Care Advocate and Author Chris Orestis discusses the eight *Quality of Life Factors* that impact your health and well-being. Learn about important aspects of long term care such as the primary forms of care and how to pay for them. Learn about different forms of private pay and the differences between what Medicare and Medicaid will *and* won't cover. You will also learn how to recognize when someone is in need of care and you will learn about how to put in place a "family action plan" to be ready for when that time comes.

12 noon: Joint Surgery from the Inside Out

Join Maine Medical Center Joint Replacement Center nurse experts for lunch. Come hear about the center from the folks behind the scenes! Mary Sexton-Sands, RN, Practice Manager, Kathy Mariano, RN, Clinical Practice Manager and Janet Dyroff, RN, Joint Replacement Services Coordinator and Patient Educator will be giving a presentation and Q&A on joint replacement. A free light lunch is available for the first 35 attendees.

1:00 – 3 p.m. Hidden Ireland. Whether from an armchair or the seat of a small coach, Irish native Ann Quinlan draws the heart and soul of her travelers into a rarely experienced visit to her homeland, Ireland. During this HIDDEN IRELAND presentation, Ann invites the traveler to visit the great megalithic sites, Dolmens, stone circles and the oldest solar observatory in the world. Come and learn about leylines, explore Ireland's connection to Egypt, India and the indigenous peoples of America. Stand at the outermost edge of the great Atlantic, learn about 21st Century Ireland's commitment to ecology, preservation to wildlife, through solar technology and the importance of her role as one of the first nations to join The European Community. Irish roots or not, travelers always speak of the warm welcome and genuine hospitality they experienced from the people of this small island called Ireland. WELCOME TO IRELAND!