

Speaker's Gallery – Room A

9:30 - “HOW we do anything means EVERYTHING” – Learn from Lea Rust and Mary Willson from Northbridge Companies about the “buzz words” of healthcare and what they identify. How do companies communicate the value of their services? Lea is the admissions director at Avita of Stroudwater and Mary is the admissions director at the new Stroudwater Lodge, opening this fall.

10:30 – Medicare 101 with the staff of Martin's Point Health Care. Are you wondering what Medicare will cover? Is the alphabet soup of supplemental plans completely overwhelming? Learn the basics of Medicare: what you already get, what might be worth paying extra for, and how to assess different plans according to your personal needs.

11:30 - State Of The Art Hip Replacement. Maine Medical Partners – Orthopedics & Sports Medicine is nationally recognized as a leader in advanced hip, knee, and shoulder surgeries. Working with The Joint Replacement Center at MMC, our team has performed more than 6,000 anterolateral hip replacements, the highest volume in Maine. George Babikian, M.D. continues to lead this effort, and remains committed to providing the highest quality care for each patient's specific needs.

12:30 - Salvation Army Planned Giving: Tips and Traps When Naming Beneficiaries. Learn how to coordinate designations with your will, accounts and jointly-owned property for a smooth-working estate plan. A light lunch is provided for the first 25 attendees.

1:30 – Gorham House Therapist Sara Hastings of Gorham House is hosting a Q & A session on innovations in therapy. There are many new techniques in rehabilitation that aid in swifter and more complete recovery. Come learn more about what's available!

2:30 - Caregiver Stress, with Meghan Jodrie from Genesis Sedgewood Commons. Learn 10 ways to manage stress and be a healthier caregiver, so that you're not exhausted and at wit's end in your important role. Complete a caregiver stress check up, review the 10 common signs of caregiver stress, and learn to identify need for support in the home.

SMAA Balance and Strength – Room B

A quick review of your strength and balance will help you discover areas that might need work! Join the SMAA staff for free assessments and health and safety tips. All day!

MemoryWorks - Memory Quiz and Name That Old Tune – Room C

Test your memory from 9 – noon with a short screening tool from the Alzheimer's Foundation of America. From 12:30-2 p.m., come try out the new game **Name That Old Tune**, and see if you can win the \$100 Hannaford gift certificate!