

Southern Maine Senior Expo

October 4, 2018 9 a.m. – 2 p.m.

Hilton Garden Inn, 5 Park St., Freeport



AGE: Attitude, Grace & Energy

Who reading this is not aging? And do you believe all the aging myths: that you'll get feeble, decrepit and out-of-touch? Come hear Dr. Marilyn Gugliucci of the University of New England, our closing keynote speaker at the Southern Maine Senior Expo.

Dr. Gugliucci will give tips on how to fight the myths of aging in her talk **AGE: Attitude, Grace & Energy**. She believes that our vision of aging has been co-opted and people don't need to buy into the many myths of aging. Join us for afternoon coffee/tea and refreshments and listen as she speaks about aging, resiliency and the truth about getting older.

2 p.m. Old Town Hall - Hilton Garden Inn, 5 Park St., in Freeport. Many thanks to Maine Medical Partners Orthopedics, Trauma & Sports Medicine, our keynote sponsor.

Successful Aging Forum Speakers - Old Town Hall

10 am Room A: Spectrum Healthcare Partners

Total joint replacement - what to expect and how to know when it's time to see a doctor.

11 am Room A: Learning the differences between the onset of Alzheimer's and/or Dementia and Depression. Join Greggus Yahr, PhD, DCMHS, MidCoast Counseling & Senior Services to discuss our typical responses to loss, grief, and the stress of life's transitions.

12 noon Room A: Salvation Army: "I'd rather have a root canal than deal with my Will..."

What's the bare minimum I can do to get my estate paperwork in order? Should I add a loved one to my bank account and/or house deed? How do recent tax changes affect me? Whether you have a will or not, there are some basic suggestions that will help everyone breathe easier--especially you! Walk home with the Personal Estate Planning Organizer to get you started on creating and/or updating your will. Join Amy Anderson from Salvation Army and tackle some Frequently Asked Questions about estate planning.

Senior expo and speakers free.

Thanks, sponsors!



DOING THE MOST GOOD

10 am Room B: Disability Rights Maine Lisa Penney, Disability Rights Maine: Go mobile with Hamilton CapTel - place and receive captioned calls on a smartphone, computer or tablet at no cost. Lisa will show you how with a free demonstration.

11 am Room B: Rolling on the River; Tips and Tricks to Riverboat Cruising



Have you ever wanted to go on a river cruise, but don't know where to start planning such a journey? Maybe you're worried about traveling on your own? Thomas Wilson from Cruise Planners will talk about the world-wide explosion in river cruising, with cruise itineraries designed to help you explore and engage with your destination!

12 noon Room B: Anthem BlueCross BlueShield: Medicare 101 Learn what you need to know about signing up for Medicare. And if you're already signed up, it's time to review your current plan. Come check out this overview of plan types around the state.

10 am Room C: Advanced Care Planning: Helping Make Decisions as You Age Join Dr. Carl DeMars of Mid Coast Palliative Care, part of Mid Coast-Parkview Health, for a discussion of how and when to have the critical conversations that go into advanced care planning.

11 am Room C: You're So (not) Vein! Join Dr. Robert Abrahamsen of Advanced Vein Center as he discusses the natural progression of venous disease. What are the symptoms and complications? And what about treatments and modern techniques for dealing with venous disease? Now's your chance to learn about solutions and ask questions!

12 noon Room C: The Clutter Class. The first step to downsizing is controlling what comes in! The Clutter Class gives you tips, tools and inspiration to control your household. Presented by Deborah McLean of Maine Senior Guide.

1 p.m. Room C: Minimally invasive joint replacement overview with expert surgeons from Maine Medical Partners Orthopedic, Trauma & Sports Medicine.

**"The afternoon knows what the morning never suspected."
— Robert Frost**