

How are we getting the word out about Maine Senior Guide?

We've been promoting Maine Senior Guide in many ways:

On Radio

MPBN

Blueberry Broadcasting
99.9 Wolf

In these publications:

MyGeneration*
SMAA Senior News
The Forecaster (all editions)
Maine Sunday Telegram
The Notes
Maine Seniors Magazine
Brunswick Times Record
Lewiston Sun
Coastal Journal
Portsmouth Herald

At these expos and fairs:

Successful Aging Expos in Freeport, Kittery, Scarborough, Auburn and Rockland

With our social media:

Blog page and guest blogs
Article links
Searchable events calendar
Facebook (2,200 fans)
MSG newsletter (3,400+ subscribers)

Google Analytics 2018

37,492 visits were made by 33,281 individual visitors who looked at 80,979 pages. They read 2+ pages per visit. 87.8% were new visitors and 12.2 % were returning visitors.

Twitter card: Maine Senior Guide. On-line products, services, and resources for Maine seniors & their families. @MaineSeniorGuide

Photo of a man sitting on a rock with arms raised. FREE! Maine Senior Expo. Oct. 5, 2018. 9 a.m.-2:30 p.m. Street Freeport. Exhibitors * speakers. Under/donuts. New Health. orGuide.com

Group photo of five people at an event. Maine Senior Guide

Andy Valley Senior Expo. June 6, 2018. Hilton Riverwatch, Great Falls Plaza, Auburn. 35+ exhibitors * entertainment * five speakers. living will workshop * seminars * blood pressures. Thanks to our media

Compass Point. Maine Senior Guide. Website. Calendar. Blog. Contact

Home Health Care, Palliative Care, Hospice Care? What's what? Definitions of Care. At our last networking meeting, we had a lot of discussion about definitions of care. Many clients and those of us not involved in direct care wanted to know the differences between home health care, palliative care and hospice. MaineHealth Care at Home shared this handy chart with us and I thought it might be good for readers to have this information, too. Sometimes, holidays are when we're all together, and having this information at hand is important. It's good to have "critical conversations" before there is a critical need. Thanksgiving is an appropriate time to let others know we are grateful that they will listen to our desires for future care, and we're also thankful to have the knowledge of how our loved ones want to be cared for as they age.

Approaching the Holidays: travel tips. Holiday travel can be a stressful event for anyone, and traveling when you're older is no exception. The key is planning! Sit down with a cup of tea and a piece of paper, and list what you need to be comfortable on your journey and at your destination. Give yourself the luxury of thinking about this for a few minutes without distraction. What would have been nice last time? Put the list where you can easily add to it during the day. [read more](#)