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Speakers Announced for Successful Aging Expo April 30, 2019 in Scarborough

Older Mainers and their family and friends can learn about everything from cruise planning to physical therapy tips at the annual Successful Aging Expo held from 9 a.m. – 2 p.m. at St. Max Kolbe in Scarborough. The April 30, 2019 expo is free, with plenty of free parking. Dan Buck of Daniel Buck Antiques & Appraisals (and former Antiques Road Show appraiser) will be appraising antiques. Southern Maine Agency on Aging is hosting a balance testing room. Northeast Hearing & Speech will do hearing testing. Free coffee all day and free afternoon refreshments from 12:30 – 2 p.m., with 40+ exhibitors sharing expert information.

Speakers Gallery Room A

10-11 a.m. 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? Thomas Wilson from Cruise Planners will talk about the world-wide explosion in river cruising, with cruise itineraries designed to help you explore your destination!

11-12 noon Don't Wait for A Crisis: Create a Plan for Aging Caitlin Marsanskis , executive director of Atria Scarborough, has years of experience on the importance of planning for your future and not waiting for a crisis. Join her for some ideas on your plan for aging.

12 noon: Human Trafficking: What is it and why should Mainers Care? Major Annette Locke, Salvation Army. Human trafficking is a form of modern slavery – a multi-billion dollar criminal industry that denies freedom to over 20 million people around the world, including **right here in Maine**. Learn what it is and how you can be involved in the fight to end human trafficking. Join Major Locke for a free lunch during this talk.

1 p.m. – 2 p.m. Go Mobile! Debra Bare-Rogers, Disability Rights Maine: Go mobile with Spring I-P Relay - place and receive captioned calls on a smartphone, computer or tablet at no cost. Debra will show you how with a free demonstration.

Speakers Gallery Room B

10-11 a.m. Jog Your Memory Join us for a session to learn about the curious, anti-aging effects of exercise on the brain! The staff from the Maine Strong Balance Center, located in Scarborough, will share the recent research evidence on how you can use exercise to improve your brain health.

11-12 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? Will my kids pay tax to inherit my IRA? 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 as we tackle some Frequently Asked Questions about estate planning.

12 noon -1: Medicare 101 Join the experts from Anthem BlueCross BlueShield on a primer about signing up for Medicare. If you or a loved one are turning 65 this year, now's the time! Come check out this overview of plan types around the state.

I-2 Northern Lights Home Care - Tips to Help You Stay Independent at Any Age Great ideas to help you remain active and independent in your home and community. Northern Lights Home Care physical and occupational therapists will review tips they wish their clients knew about simple home modifications, the important of exercise and physical activity, fall prevention strategies and how to keep your mind healthy and engaged.

For more information on the Successful Aging Expo, contact Deborah McLean at dmclean@MaineSeniorGuide.com, or 207-232-7847.