

## Speakers Announced for Successful Aging Expo Oct. 3, 2019 in Freeport

### Onos from Jackson Lab to Keynote Successful Aging Forum

Dr. Kristen Onos, scientist and researcher at Jackson Laboratory, will be the closing keynote speaker at the Successful Aging Forum, part of the southern Maine Successful Aging Expo scheduled for Thursday, October 3, 2018, in Freeport at the Hilton Garden Inn.



Dr. Onos will bring her five years as an Alzheimer's researcher to life as she discusses what she and other researchers look for as clues to who might get Alzheimer's, based on the research they're doing with specialized mice. She will speak at 2 p.m. at the Old Town Hall of the Hilton Garden Inn, 5 Park St., in Freeport. Maine Senior Guide is sponsoring her talk, with refreshments.

The Successful Aging Forum talks (part of the senior expo) begin at 10 a.m.

At 10 a.m., attendees can choose from three talks.

- **Medicare 101**, with Zoe Theriault from Banker's Life. She'll discuss the differences between regular Medicare and supplemental plans, and what people should look for as they review their plans during the Medicare open enrollment period (Oct. 15 – Dec. 7).
- **Normal aging vs. dementia**, with Courtney Miles, CSW, an expert on memory loss/dementia and it's relation to caregiver burden. What does typical aging usually look like?
- **Exploring River Cruising** with Tammy and Thomas Wilson from Cruise Planners. River cruising is an especially popular way to travel. Discover more!

At 11 a.m., talk choices include:

- **Free or lowcost telephone assistance for Mainers with hearing loss.** Debra Barre-Rogers from Disability Rights Maine explains different assistance options to help with communications.
- **Raging Against Aging, yet Gracefully and with a Smile.** Dr. Greggus Yahr, MidCoast Counseling & Senior Services. Join Dr. Yahr in a discussion on the emotional signposts of aging, and what you can do to recognize and deal with potent feelings that are also age-appropriate.
- **Arthritis and Total Joint Replacement** with Dr. Jacob Furey and Dr. Thomas Kryzak Jr. from Mid Coast Hospital Center for Joint Replacement. What can you expect from joint replacement surgery? Bring your questions!

At 12 noon, talk choices are:

- **I'd Rather Have a Root Canal than Deal with My Will** – what needs to be in your will, and a painless introduction to planning! With Amy Anderson, Salvation Army Planned Giving. Salvation Army is providing lunch for the first 20 people in their session.



fight them.

- **The positive impact of music on the aging brain**, with 317 Main Community Music Center's Director of Music Education Chris Moore. Love music and thinking about taking it up (getting back to it)? Come hear the school's success with Deep Roots classes-programming for music lovers 55+.
- **Scam Proof Yourself!** with Lisa Orso, Elderhand LLC. Learn about different scams targeting older Mainers, how to recognize and

The 2 p.m. keynote with Dr. Kristen Onos includes afternoon refreshments.

At the same time as the talks, the senior expo will be under way in the Hilton Garden Inn ballroom, with 40+ exhibitors focused on services and resources for older Mainers. There will be antique appraisals, Zumba Gold demonstrations, a seated dance workshop with Nancy Salmon, and free flu shots in the expo hall. A Deep Roots Ensemble from 317 Main in Yarmouth will be playing at 1:00.

The Senior Expo and Successful Aging Forum are free, and sponsored by MidCoast-Parkview Health, the Salvation Army, and Maine Senior Guide. For more information, visit [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com).