

Successful Aging Expo

Thursday, October 3, 2019 9 a.m. – 2 p.m.

Hilton Garden Inn, 5 Park St., Freeport

40 exhibitors 🌸 free flu shots 🌸 Zumba Gold & seated dance demos 🌸 antique appraisals 🌸 music 🌸 talks



Successful Aging Forum Speakers - Old Town Hall



The Search for Prevention of Alzheimer's Disease

What questions are researchers asking as they search for answers? Dr. Kristen Onos, scientist and researcher at Jackson Laboratory, will be the keynote speaker at the Successful Aging Expo, speaking at 2:00 in the Old Town Hall. 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. Free coffee/tea and refreshments.

Sponsored by Maine Senior Guide. Find exhibitor lists and more info at www.MaineSeniorGuide.com

10 am Room A: Exploring River Cruising with Tammy and Thomas Wilson from Cruise Planners. River cruising is an especially popular way to travel, both in the US and Europe. Discover the adventure!



11 am Room A: 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.

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? Whether you have a will or not, there are some basic suggestions that will help everyone breathe easier--especially you! Go 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. The Salvation Army hosts lunch during this session for 30 people. Please sign up at their booth in the Expo.

10 am Room B: 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).

11 am Room B: 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.



12 noon Room B: 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 (or getting back to it)? Come hear about the school's

success with Deep Roots classes - programming for music lovers 55+. A Deep Roots ensemble plays at 1:00!

10 am Room C: Normal aging vs. dementia, with Courtney Miles, CSW, an expert on memory loss/dementia and it's relation to caregiver burden, who works professionally as a geriatric assessor. What does typical aging usually look like?



11 am Room C: 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 for these experienced surgeons!

12 noon Room C: Scam Proof Yourself! with Lisa Orso, Elderhand LLC. Learn about different scams targeting older Mainers, how to recognize common scams and tips to fight back!

Senior expo and speakers free. Thanks, sponsors!

