

**Speakers in the Speakers Gallery
Seacoast Successful Aging Expo
October 27, 2021 9 a.m. – 2 p.m.
Kittery Community Center
120 Rogers Rd., Kittery**

9:15 Alzheimer Update: ActiveMed Practices and Research LLC is an independent clinical research company that runs research studies and clinical trials. Come hear what's new in Alzheimer's research, new drugs and the importance of participating in research studies!

10:00 The Basics of Estate Planning: Get an overview of the estate planning documents that everyone should have. Learn the difference between probate and non-probate assets, the purpose of trusts, what to do with beneficiary designations, and more about the probate process in Maine with Elizabeth Marcotte Bjorn, Esq. from the Maine Center for Elder Law.

11:00 Some Words About Your Heart Health Short of breath? Tired doing simple things? Just normal aging or is something else causing these symptoms? Come join us for a discussion on Aortic Valve Disease, how a diseased valve can cause debilitating symptoms, and what can be done to fix it. Jeff Legro, Edwards Lifesciences.

12 noon Retirement Jeopardy Amy Anderson of The Salvation Army hosts a fun game of Retirement Jeopardy. Learn about various retirement pitfalls and how to successfully navigate toward a more comfortable future.

1:00 - Phone Calls and Hearing Loss Difficulty hearing on the phone? Maine Relay is available at no-consumer cost for Mainers who have trouble hearing phone conversations. Join Debra Bare-Rogers from Disability Rights Maine and learn more about how Maine Relay can help make you part of the conversation.