

Successful Aging Expo Speakers

May 5, 2022

Italian Heritage Center, 40 Westland Ave., Portland

	Room A	Room B
10-11	Northern Light Home Health & Hospice Kim Swanson How can you remain active and independent in your home and community? Northern Light Home Care Physical and Occupational Therapists will review topics including simple home modifications, the importance exercise and physical activity, falls prevention strategies, and how to keep your mind healthy and engaged.	Disability Rights Maine Deborah Bare-Rogers What hearing assistance and devices are available free of charge for Mainers? Find out and see samples.
11-12 noon	Assisted Living Locators Coffee Break with Sean Shambo Ageing in Place vs. Finding the best place for senior living Senior housing can be the pinnacle of someone's life, whereas aging at home may or may not be the best option. Shawn will discuss both options and how to best make each happen. He'll answer questions and help people begin developing a long term plan.	Edwards Lifesciences Jeff Legro Aortic Stenosis: what is this common heart problem? 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.
12 noon – 1 p.m.	(12:30) Avita of Stroudwater/ Stroudwater Lodge What is independent living?	The Salvation Army Join Amy Anderson for lunch (first 20 people) and a game of Retirement Jeopardy!
1-2 p.m.		Hospice of Southern Maine Kim Crabill Hospice: Compassion, Care & Comfort Through End of Life