

# Successful Aging Expo Speakers

May 5, 2022

Italian Heritage Center

40 Westland Ave., Portland

	Room A	Room B
10-11	<p><b>Northern Light Home Health &amp; Hospice</b> <b>Sarah Dudley, PT</b></p> <p>Northern Light Home Health &amp; Hospice PT Lead Sarah Dudley will be discussing fall prevention. Find out how you can stay safe and healthy at home.</p>	<p><b>Disability Rights Maine</b> <b>Deborah Bare-Rogers</b></p> <p>What hearing assistance and devices are available free of charge for Mainers? Find out and see samples. 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/Maine Relay and learn more about how Maine Relay can help make you part of the conversation.</p>
11-12 noon	<p><b>Assisted Living Locators</b> <b>Coffee Break with Sean Shambo</b></p> <p>Ageing in Place vs. Finding the best place for senior living</p> <p>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.</p>	<p><b>Edwards Lifesciences</b> <b>Jeff Legro</b></p> <p>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.</p>
12 noon – 1 p.m.	<p><b>(12:30) Avita of Stroudwater/ Stroudwater Lodge</b></p> <p>What is independent living? Explore the different aspects and comforts of living in a community with Lea Rust and Cally Brake from the Stroudwater Campus.</p>	<p><b>The Salvation Army</b></p> <p>Join Amy Anderson for lunch (first 20 people) and a game of Retirement Jeopardy! Learn about various retirement pitfalls and how to successfully navigate toward a more comfortable future. Lunch for the first 20 people. (Please sign up at the Salvation Army booth.)</p>
1-2 p.m.		<p><b>Hospice of Southern Maine</b> <b>Kim Crabill</b></p> <p>Hospice: Compassion, Care &amp; Comfort Through End of Life</p>