

## October 5, 2022 Successful Aging Expo Speakers Old Town Hall, Hilton Garden Inn, Freeport

<p>10-11 a.m.</p>	<p><b>Assisted Living Locators with Shawn 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>Brianna Porter, 75 State Street</b></p> <p>"Life Doesn't End When You Move In...It Begins"</p> <p>At 75 State Street, we promote the independence, dignity, and individuality of older people of all financial abilities by offering supportive programs and services in an urban, residential setting. Come learn what community living can be like!</p>	<p><b>Amy Anderson, The Salvation Army</b></p> <p>"Retirement Jeopardy!"</p> <p>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.</p>
<p>11-12 noon</p>	<p><b>Reform Physical Therapy</b></p> <p><b>Delaney Gaetano, PT, DPT and Christina Levesque Monroe, PT, DPT</b></p> <p>Preparing for a total knee replacement: exercises and tips you can do before surgery to make recovery easier and quicker</p> <p>Discover what physical therapists have learned that help their patient get back on their feet quickly.</p>	<p><b>Debra Bare-Rogers Free hearing assistance devices from Maine Relay</b></p> <p>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.</p>	<p><b>Rich Carey and Melinda Constantino Edwards Scientific</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>
<p>12-1 p.m.</p>	<p><b>Holly Thibodeau Southern Maine Hearing</b></p> <p>Hearing Health is a family affair! Join Holly Thibodeau, Owner of Southern Maine Hearing and Kim Schmidt of CapTel Phones in this interactive session on how hearing better is living better. Learn</p>	<p><b>Ken Kowalsky, Preferred Therapy</b></p> <p>According to the National Institute on Aging, 80% of falls in the home environment occur in the bathroom. 30-50% of these falls are due to community hazards. Join Ken Kowalsky from Preferred Therapy Outpatient and Wellness</p>	<p><b>Susan F. Goran, MSN, RN, member, Board of Directors for Midcoast Senior College</b></p> <p>"Seeing the forest through the trees: Reducing the risk of Dementia".</p> <p>How do we learn and why it is so important to</p>

	<p>valuable information about hearing loss and the many technical advancements and resources available.</p>	<p>at Coastal Shores, as he presents on basic changes you can make to reduce your risk for falls and increase safety both in your home environment and in the community,</p>	<p>the aging brain? We all fear the loss of our cognitive functioning as we age, but there is much we can do to reduce the risk of dementia through continued learning and socialization. Join us to learn how Midcoast Senior College assists in this quest for healthy aging</p>
<p>1-2 p.m.</p>	<p><b>Estate Sale in Your Future? Linda McCullough from The Church Ladies</b></p> <p>Get some tips and tricks for successful estate sales, and learn where and how to get rid of excess stuff.</p>		
<p>2:15 p.m. with refreshments</p>	<p><b>Valerie Lovelace, Executive Director Maine Death with Dignity</b></p> <p>“Understanding the Maine Death with Dignity Act.”</p> <p>Gain essential facts about qualifying for the Maine Death with Dignity Act to fully understand what it is and what it isn't.</p> <p>Maine Death with Dignity's overall mission as a 501(c)(3) non-profit is providing services, education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death.</p> <p>A primary program of Maine Death with Dignity is connecting people to the information they need to learn more about Maine's Death with Dignity Act and to support patients and providers through the entire process as needed.</p> <p>Valerie Lovelace is executive director of Maine Death with Dignity. Among other end-of-life topics, she educates on the history of death with dignity in the United States, how the laws work, and the eligibility requirements for receiving life-ending medication a terminally ill patient may take on their own to end their life peacefully and humanely at a time of their choosing.</p> <p>Val is a retired Navy veteran of 20 years. She holds a Master of Science degree in Human Relations from Husson University in Bangor, Maine, and a Bachelor of Science degree, Industrial Technology, from the University of Southern Maine. She is an interfaith chaplain and a 2022 graduate of the Chaplaincy Institute of Maine.</p>		