

Speaker's Gallery

Andy Valley Successful Aging Expo

Friday, June 9, 2023

We have some awesome speakers lined up for Lewiston on Friday, June 9. Join us at the Andy Valley Successful Aging Expo at the Ramada Inn, 490 Pleasant S., from 9 a.m. - 2 p.m. Fun and free, no registration required.

10:00 Exploring Senior Living Woodlands Senior Living Pam Smith

What do you need to know when considering senior living? Come learn about types of care, payment options including applying for LTC MaineCare, the experience of residing in senior care and time lines for moving.

11:00 Hearing Aid Q & A Disability Rights Maine/Maine Relay Debra Bare-Rogers

Hearing aids: what do you want to know? 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, both with hearing aids and phone-based hearing assistance.

12:00 Medicare 101 Cindy Cogswell, Aetna Medicare

What questions should you be asking about Medicare coverage? Have a relaxed moment with Medicare expert Cindy Cogswell to explore what you need to know about Medicare plans and different coverage options in general.

1:00 Working in Home Care Danielle and Nate Charles, Allmed Staffing of New England

Many people don't know that they can receive personal care, light housekeeping, grocery shopping services, meal prepping and so much more, provided by our skilled employees or by a paid family member! We have an elderly gentleman who is 85 years old who is paid full-time to stay home with his girlfriend of 30 years as an example. We often hire older people who are looking for a few hours a week of meaningful work. Around 50% of our staff are retired, so come explore if getting or providing home care could be helpful for you!