

**Speakers at the  
MidCoast Successful Aging Expo**

**May 3, 2024**

**Rockland Elk's Lodge      210 Rankin St., Rockland**

**11:00 Courtney Cowan, Maine Medicare Solutions**

Medicare is complex, but not confusing. It can be pretty straightforward when you have someone to help you navigate the complexity and understand your options and rights! Courtney Cowan, founder of Maine Medicare Solutions, will give a Medicare 101 primer and answer questions about different plans.

**12:00 The 5 THINGS      David Melville, Maine author**

Stop the world, I want to get off! Have you ever thought this, or said these words? Then come enjoy the light-hearted wisdom of the 5 THINGS presented by Maine author David Melville.

For those of us who've been around a little while and seen a lot of changes, the 5 THINGS will help us to reclaim or increase a sense of peace and make the most of our time right now.

1. Change Your Mind
2. Pay Attention to Your Attention
3. Employ Radical Acceptance
4. Infuse the Day with Gratitude
5. Be Present

**1:00 Clutter Class      Deborah McLean, Antiquities Refuge League**

If you want a few tips on how to start decluttering and downsizing, how to evaluate your stuff, where to take items for sale or disposal, and how to stay on task, join us in a Clutter Class! Get inspired in your spring cleaning and start gaining control over your stuff.