

Renewal by Andersen of Greater Maine
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(207) 368-6163 RBAGreaterMaine.com
Samantha Carter SCarter@rbagreatermaine.com

Renewal by Andersen of Greater Maine is the full-service replacement division of the Andersen Corporation. We handle your project from start to finish.

United Healthcare
PO Box 1423 North Hampton, NH 03862
(508) 498-0476 www.uhc.com
Marianne Von Jess Marianne_vonjess@uhc.com

Health plans for life's moments. Our plans are made to deliver what matters, from quality coverage to caring support. Find a plan option that works for you.

WellCare
33 Meredith Dr. Windham, ME 04062
(207) 838-7444 www.wellcare.com
James Ball James.M.Ball@wellcare.com

WellCare Medicare Advantage plans cover more than original Medicare! Our plans offer benefits that matter to your health and wallet. Many plans include prescription drug benefits, dental, vision and hearing—all in one convenient package.

Woodlands Senior Living
141 W. River Road Suite 300
Waterville, ME 04901
(207) 872-8992 www.woodlandsmaine.com
Kristen Gilley kgilley@woodlandsmaine.com

Since 1980, our family owned organization has provided the people of Maine a trusted partner in assisted living and memory care. With locations throughout the state, Woodlands Senior Living makes each day the best day possible for every resident we serve, while helping to bring peace of mind to the people who love them.

Upcoming Successful Aging Expos

Southern Maine Successful Aging Expo
Wednesday, May 15 9 a.m.-2 p.m.
Italian Heritage Center, 40 Westland St. Portland

Silver Sponsors:
75 State Street * Aetna Medicare
Stroudwater Lodge/Avita of Stroudwater

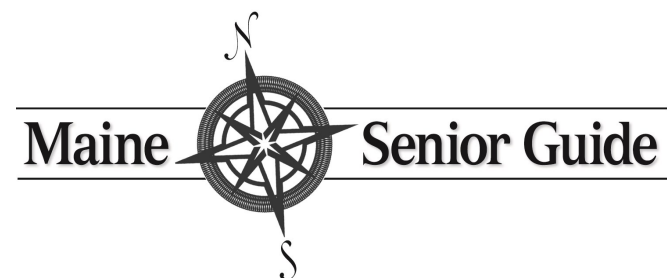
Andy Valley Successful Aging Expo
Thursday, June 6 9 a.m.-2 p.m.
Hilton Riverwatch 14 Great Falls Plaza, Auburn

Silver Sponsor:
Senior Planning Center

Southern Maine Successful Aging Expo
Thursday, October 3 9 a.m.-2 p.m.
Hilton Garden Inn 5 Park St., Freeport

Central Maine Successful Aging Expo
Thursday, October 17 9 a.m.-2 p.m.
Augusta Armory 179 Western Ave., Augusta

Seacoast Successful Aging Expo
Wednesday, Oct. 30 9 a.m.-2 p.m.
Kittery Community Center 120 Rogers Road



Hosted by Maine Senior Guide

Maine Senior Guide is your free on-line resource of services and information for mature Mainers and their families. Find us at www.MaineSeniorGuide.com.

MidCoast Successful Aging Expo

May 3, 2024 Elk's Lodge, Rockland

Welcome to the MidCoast Successful Aging Expo! There is so much going on for mature Mainers that it's an exciting time to explore options. Come for an hour or stay all day! Keep this handout so that you can have all the contact information for exhibitors in one handy spot.

Speakers

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.

AAA Northern New England

339 Griffin Rd. Bangor, ME 04401
(207) 440-3739 www.aaa.com

Enjoy savings on auto, home and life insurance with AAA. With many discounts to help you save while enjoying the peace of mind of being with a company that has provided legendary service for over 100 years.

Aetna Medicare

191 Marginal Way Suite 6 Portland, ME 04101
(207) 274-0901 aetna.com
Jenny Meyer MeyerJ5@aetna.com
<https://AET.NA/Rep3351363>

Aetna Medicare information for the different plans.

Aging Maine Geriatric Workforce Enhancement Program

University of New England

11 Hills Beach Rd. Biddeford, ME 04005
Victoria Spofford VSpofford@une.edu
www.agingme.org

AgingME is Maine's Geriatrics Workforce Enhancement Program. It is one of 48 federally-funded GWEP programs nationwide. AgingME aims to create a more age-friendly health system by better preparing an age-capable workforce, transforming primary care practices and engaging and empowering older adults.

Allen Insurance & Financial

31 Chestnut St. Camden, ME 04843
(207) 230-5835 www.allenif.com
Anna Moorman amoorman@allenif.com

Personal health insurance, Medicare, or home & auto insurance - the dedicated team of employee-owners has got you covered! Our professionals are here to help, and since Allen is proudly 100% employee-owned, you can trust in our commitment to providing personalized, reliable service. Stop by, meet some of the faces behind the company, and learn how we can help you navigate your insurance needs with knowledge and care.

Androscoggin Home Healthcare and Hospice

15 Strawberry Ave. Lewiston, ME 04240
(207) 330-9295
Britta Means britta.means@androscoggin.org

Androscoggin Home Healthcare and Hospice is an organization about living. We provide innovative and compassionate healthcare for all, with a wide range of services, from caring for you or your loved ones as they recover from illness or surgery to managing long-term conditions, providing behavioral health services, and supporting healthy aging, all in the comfort of your home.

Disability Rights Maine

160 Capitol St. #4 Augusta, ME 04330
(207) 797-7656 www.drme.org
Lisa Penney lpenney@drme.org

Disability Rights Maine (DRM) is Maine's Protection and Advocacy agency, representing people who's rights have been violated or who have been discriminated against based on their disability. DRM's Telecommunications Equipment Program provides adaptive equipment to Mainers who cannot use a conventional telephone due to disability. Maine Relay is a no-cost statewide service that connects voice telephone users with people who are deaf, hard of hearing or have a speech disability.

Gateway Retirement Solutions

6 East Chestnut St. Augusta, ME 04430
(207) 631-7220
Angela Sanborn angela.sanborn@anthem.com

Gateway Retirement Solutions is committed to helping our clients navigate successfully into and throughout their retirement years. Your financial picture deserves unbiased and qualified advice. As a full-service insurance and financial solutions provider, we tackle your most complex concerns by simplifying them for both you and your loved ones.

Insurance and Retirement Solutions

14 Maine St. Suite 104 Brunswick, ME 04011
(207) 522-7778 www.iandrsolutions.com
Chris Parnell Chris@iandrsolutions.com

Helping seniors and families navigate the complex world of Medicare and health insurance.

Islebrook Village at Wiscasset, An Everbrook Senior Living Community

146 Gardiner Rd. Wiscasset, ME 04578
(207) 910-4211

Everbrookseniorliving.com/communities/islebrook-village

Laura Roehrig lroehrig@islebrookvillage.com

Islebrook Village will be 105 units of rental senior living. Islebrook Village includes such amenities as an on-site movie theater, fitness center, library, salon, chapel, dining rooms, and a pub, as well as social, health, education, music and art activity spaces. Opening fall 2024.

LeafFilter Gutter Protection

1595 Georgetown Rd. Hudson, OH 44236
(800) 726-7703 x1205 www.LeafFilter.com
Allison Patterson events@leafilter.com

Gutter cleaning is a tedious, messy and potentially dangerous task that you have to complete year after year. With LeafFilter Gutter Protection, you can end the hassle of cleaning out gutters for good!

Maine Medicare Solutions

57 Main St. Madison, ME 04950
(207) 600-6565 www.MaineMedicare.me
Courtney Cowan courtney@mainemedicare.me

Medicare insurance isn't one size fits all. Courtney Cowan, founder of Maine Medicare Solutions, can explain the process from the ground up. A local resource, serving all of Maine and representing all major carriers, here to help you navigate your options for secondary coverage. Services free of charge. Let's talk.

Visit me in the Speaker's Gallery during today's expo at 11:00!

Maine Senior Guide

PO Box 48 Freeport, Maine 04032
(207) 232-7847 www.MaineSeniorGuide.com
Deborah McLean dmclean@MaineSeniorGuide.com

Maine Senior Guide is your free on-line resource of services and information for Maine seniors and their families, and the host of six senior expos this year throughout the state. Find us on the web at www.MaineSeniorGuide.com, where you can search geographically for services ranging from senior living to estate management and everything in between.

Pen Bay Medical Center and Waldo County General Hospital

756 Commercial St. Rockport, ME 04856
(207) 301-3957

Jemma Penberthy
jemma.penberthy@mainehealth.org
<http://www.mainehealth.org/pen-bay-medical-center/community-health-wellness>

Community Health at Pen Bay Medical Center and Waldo County General Hospital serves all of Knox and Waldo counties. We are committed to offering programming and services that support successful aging such as A Matter of Balance, Tai Chi and Advance Care Planning classes.

Penquis

262 Harlow St. Bangor, ME 04401
(207)973-3611 www.Penquis.org
Maria Staples mstaples@penquis.org

The Penquis Foster Grandparents Program is for volunteers, aged 55 and over, who volunteer a minimum of 15 hours with children at sites such as schools and Head Start centers. Benefits include a stipend, paid holidays, earned time, and assistance with transportation. For more information, call 1-800-215-4942.