

Successful Aging Expo

Hilton Riverwatch, 14 Great Falls Plaza, Auburn
June 6, 2024

Speaker's Gallery

10:00 Medicare 101 Brandy Hilton, Senior Planning Center

What is Medicare? Join licensed agent Brandy Hilton for a Medicare 101 seminar. She'll go over what Medicare includes, how to obtain it, how it functions and the options for supplemental coverage including Medicare Advantage and Medigap Policies.

11:00 Home Health? Home Care? What's the difference? Danielle Charles, AllMed Staffing

Danielle Charles from AllMed Staffing will outline the differences between home health and home care. 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!

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 Introduction to Assistive Technology – Spurwink AllTech

Assistive technology is any device or skill set that makes it easier to live more independently and safely, get about the community, and pursue play and leisure. At ALLTECH's "Introduction to Assistive Technology," learn about technology on the market, how to search for devices yourself, and find out about the state's assistive technology programs in partnership with Maine CITE.