

Successful Aging Expo

Italian Heritage Center, Portland

May 15, 2024

Speaker's Gallery

10:00 Room A Affinity Care of Maine, Katie Payson LCSW

Join Affinity Care of Maine to learn about several options for planning for the care that you would like as you approach the end of life. The focus will be on Five Wishes – a popular living will that helps people express their wishes in areas that matter most including decisions around spiritual care, personal concerns, medical care and legal concerns. It helps to describe what good care means to you and how you would like to be treated. We will also briefly touch upon Do Not Resuscitate (DNR) directives and Physician Orders for Life Sustaining Treatments (POLST forms) which are generally used for the seriously ill.

10:00 Room B Stop Spinning: Physical Therapy for Vertigo Michael Gallagher, PT, DPT Reform Physical Therapy

If you're suffering from vertigo, come listen to this talk about getting some relief.

11:00 Room A Aetna Medicare Cindy Cogswell

Bring your questions about Medicare and get some answers with this Medicare 101 primer. Learn about the different plans and options available in Maine.

11:00 Room B The Building Blocks of a Successful Retirement Proper Planning in Retirement: A Case Study Demonstration Woodman Mansfield Co.

A detailed legal and financial examination of one individual's retirement and estate plan which discusses the pitfalls that individual made, as well as the solutions that can be implemented to avoid them. This case study is fictional, but was created based on real world examples, experience, and events that were encountered by Attorney Nicholas Tomso, and Financial Advisor Jeremy Barnard, who will walk you through this scenario, providing valuable legal and financial insight.

12 noon Room A Maine Strong Balance Dr. Lauren St. Pierre, PT, DPT, GCS

Please join Dr. Lauren St. Pierre, PT, DPT, GCS for a presentation about the benefits of exercise for longevity. Participants will learn about recent medical studies that identify reduced mortality and other benefits for individuals who

participate in exercise programs, as well as the type, intensity, and frequency necessary to live a longer, healthier life.

12:00 Room B 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 Room A Assisted Living Locators, Shawn Shambo OT

Understanding the complex world of finding the right Assisted Living or Memory Care and understand the benefits of finding an independent living community for yourself or a loved one. You might not need this info now, but it will help you plan!

We'll review:

- Overall costs
- Ways of paying for these communities and programs available to help pay for a community
- Process of using Medicaid / MaineCare to pay for a community
- Strategies for guarding a lifetime of savings when paying out of pocket.

2:00 Room B Clutter Class, Deborah McLean, Antiquities Refuge

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.