

Successful Aging Expo

9 a.m. – 2 p.m. May 15, 2024

**Italian Heritage Center, 40 Westland St.
Portland**

10:00 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.

11:00 Aetna Medicare Jenny Meyers

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

12 noon 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.

1:00 Assisted Living Locators, Shawn Shambo

Ageing in Place or finding the best place for senior living?

Senior housing can be the pinnacle of someone's life, while aging at home may (or may not) be the best option. Shawn will discuss both options and how to best make each happen. He'll answer questions and help people begin developing a long term plan.

2:00 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.