

**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 CAPABLE and Comfortably Home: Two Programs That Assist Seniors in Androscoggin County  
Chelsea Steele, Home Repair Administrator, Lewiston Housing**

Come hear about CAPABLE and Comfortably Home, programs available to income-eligible Androscoggin County seniors to help with healthy independence via health care and home repairs. Chelsea Steele will talk about the program basics and who is eligible.

**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.