

Speakers Gallery

Successful Aging Expo

Thursday, October 3, 2024 Hilton Garden Inn, 5 Park St., Freeport

Time	Room A	Room B	Room C
10 a.m.	<p>Hospice of Southern Maine</p> <p>Virtual Reality</p> <p>Join Hospice of Southern Maine (HSM) to learn how they are using virtual reality (VR) programming in their award-winning hospice program. As well as using VR for hospice workers, HSM is bringing Virtual Reality experiences to their hospice patients, families and caregivers, providing moments of joy and connection to patients at end of life. If you have never used a virtual reality headset, please come to this session!</p>	<p>CenterWell Home Health</p> <p>Pelvic Floor Therapy</p> <p>What is pelvic floor therapy? What are the different types of bladder/bowel incontinence and what is the basic anatomy of pelvic floor changes as we age? Ellen Townsend OTR/L, Occupational Therapist for CenterWell Home Health, specializes in pelvic floor therapy. She'll talk about how this therapy is delivered in a home setting and how addressing your bladder or bowel incontinence at any age is possible and improves your quality of life!</p>	<p>Southern Maine Hearing</p> <p>Hearing Health</p> <p>Join Jon Marquis from Southern Maine Hearing for an interactive session discussing your hearing health. Jon will answer your questions about your hearing needs and concerns as well as share how new innovations and technology have helped so many fully engage in life again.</p>
11 a.m.	<p>Ruth Summers, The Manchester Team</p> <p>Downsizing</p> <p>Thinking about downsizing? Ruth Summers of the Manchester Team has years of experience guiding people into their right-sized home. She'll answer your questions about downsizing and the current real estate market.</p>	<p>Age Friendly Communities</p> <p>AgeFriendly Freeport and Pownal</p> <p>Marie O'Donnell and Liza Moore from Age-Friendly Freeport & Pownal, a program of Freeport Community Services. talk about how this initiative is making Freeport and Pownal better places to live for people of all ages. They'll discuss the programs and services, including how you can get services or volunteer!</p>	<p>Woodman Mansfield</p> <p>The Building Blocks of a Successful Retirement</p> <p>Thinking About Retirement? Join us for a retirement planning conversation to learn what you need to know now. This Q & A between a financial planner and an estate planning attorney will provide great examples of real-life scenarios. We're here to help!</p>
12 noon	<p>The 5 Things David Melville, Maine author</p> <p>5 things</p> <p>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.</p> <p>1. Change Your Mind 2. Pay Attention to Your Attention 3.</p>	<p>Assisted Living Locators</p> <p>Solving the Assisted Living Puzzle</p> <p>Shawn Shambo, OT, works with Assisted living Locators to help you understand the complex world of finding the right Assisted Living or Memory Care. You might not need this info now, but it will help you plan!</p> <p>We'll review:</p> <ul style="list-style-type: none"> · Overall costs · Ways of paying for these communities, programs available to 	<p>Edwards Life Sciences</p> <p>From the Heart</p> <p>Short of breath? Tired doing simple things? Just normal aging or is something else causing these symptoms? Come join Rich Carey from Edwards Life Sciences for a discussion on Aortic Valve Disease, how a diseased valve can cause debilitating symptoms, and what can be done to repair it.</p>

	Employ Radical Acceptance 4. Infuse the Day with Gratitude 5. Be Present	help pay and the process of using Medicaid / MaineCare · Strategies for guarding a lifetime of savings when paying out of pocket	
1 p.m.	<p>CAPABLE with Lewiston Housing</p> <p>Lewiston Housing has received a federal grant to help people stay home. Lewiston Housing's Krissie Bodwell-Rubio will explain the program they run for Androscoggin, Cumberland, Oxford, Kennebec and Franklin counties. CAPABLE coordinates a nurse and OT from Andwell Health Partners and a home-repair handyworker to make changes that meet the homeowner and OT's assessment and goals.</p>		
2:30	<p>Keynote Speaker and refreshments Dr. Susan Wehry, AgingME at University of New England</p> <p>We're very excited to welcome Dr. Susan Wehry from AgingME at the University of New England as our keynote speaker at the Successful Aging Expo Oct. 3, 2024 at the Hilton Garden Inn in Freeport. Join us at 2:30 for refreshments and a chance to hear about Brain Health from a leading activist and researcher. How can we stay mentally fit as we age? Find out what Dr. Wehry knows about successful (brain) aging! Free, no registration required, plenty of free parking.</p>		

Many thanks to our Expo sponsors, Southern Maine Hearing and Bedard Pharmacy

