

**Speaker's Gallery**  
**Seacoast Successful Aging Expo**  
**Kittery Community Center**  
**October 30, 2024**

**10 a.m.**

Room A

**Reverse Mortgage: A Positive Tool for Retirement Planning**

Sharron Eastman, President of Big Horizon Mortgage Corp in Kennebunk, will debunk common myths and provide valuable insights into this FHA-guaranteed loan product. Learn how a reverse mortgage can empower you to retain ownership of your home while leveraging your equity to enhance your quality of life without monthly payments.

Room B

**Medicare 101 with Woodman Mansfield**

Have questions about Medicare? Join the Woodman Mansfield company for Medicare insurance explained in plain English. Purely educational. They can outline the important changes, answer your questions and help you make sense of a complex product during this enrollment period! They are Maine's father & daughter Medicare insurance team.

**11 a.m.**

Room A

**From the Heart, Edwards Life Sciences**

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

Room B

### **Help for Low Vision**

This presentation will provide specific strategies such as use of color contrast, tactile cues, and technology to help patient decrease their fall risk in the home. along with strategies to compensate for low vision challenges. Rachel Carpenter MSOTR/L is a seasoned Occupational Therapist who has worked for Centerwell Home Health for 14 years and is widely recognized for her expertise in low vision techniques. Rachel will be presenting on low vision and the role of home health. She'll answer questions on how different diagnosis may affect different individual along with simple low-cost modifications that can used in the home.

### **12 noon**

Room A

### **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

Room B

### **Cooking for Brain Health with Cornerstone at Hampton**

Boost your brain health by eating well. Hear about the benefits of making more mindful and healthful food choices and learn how to cook "brain healthy" at

home. Join us for hearty chicken stew and a presentation that also reviews the science behind the Mediterranean Diet.

**1:00 p.m.**

Room A

### **Healthy Brain Aging**

Dr. Susan Wehry, a leading activist and researcher and director of AgingME at the University of New England, will talk about Brain Health. How can we stay mentally fit as we age? Find out what Dr. Wehry knows about brain aging, and be inspired by her tips for aging more successfully!

Room B

### **Finding the Right Assisted Living**

Learn more about the complex world of finding the right assisted living or memory care. Shawn Shambo of Assisted Living Locators says, “You might not need this info now, but it will help you plan!”

He’ll review: Overall costs, ways of paying for these communities, programs available to help pay and the process of using Medicaid / MaineCare, and strategies for guarding a lifetime of savings when paying out of pocket.