



Fall 2025 Southern Maine Successful Aging Expos

9 a.m.—2p.m. (No fee or registration.)

Thursday October 2, 2025

Hilton Garden Inn , Freeport, ME

Free information and resources for older Mainers, their caretakers and loved ones to help them age successfully in Maine.

Speakers for Freeport:

Cyber Safety 101 (Frauds/Scams): Retired Cyber Security Professional, Andy Chandler, will teach you how to spot the red flags of common scams and fraud attempts to protect yourself before you buy, click, or share.

2026 Medicare Changes & Trends: Speaker Cindy Cogswell, has 35 years as an insurance industry professional, with 25 years specialized in Medicare. She will prepare you for the changes to look for in 2026 and other considerations you must navigate to avoid expensive mistakes.

VA Maine Healthcare System Overview: Learn about the landscape of the Maine VA Healthcare system, programs, eligibility, and community partners. Speaker Rob McCann is a Marine Corp combat veteran who has spent his civilian life working in roles supporting veterans and their families. He currently serves as the Public Affairs & Government Relations Officer for Maine Veterans Affairs