



I'm on my way  
to...



# AGING WELL LIVING WELL EXPO

Tuesday, May 17, 2016

Location is Northern Maine Community College Wellness Center at 33  
Edgemont Drive in Presque Isle

A day packed with information to save you money and keep you well.  
28 learning session choices, exhibitors, music, buffet lunch, raffle prizes.  
Registration limited to 350 participants so don't wait, register early.

# Aging Well Living Well EXPO

Tuesday, May 17, 2016

Sponsor: Aroostook Agency on Aging

Co-sponsors: Northern Maine Community College Wellness Center; WAGM Television;  
TAMC Healthy Aging; Cary Medical Center Seniority Program

Our Schedule...

8:00-9:20 AM Registration of participants in Wellness Center at Northern Maine Community College/coffee and visit the exhibitors in NMCC Gymnasium, various health checks available and valuable products, services and information designed to help you stay well and remain independent.

9:30-10:20 AM Workshop Session #1 Multiple Choices on topics

10:30-11:20 AM Workshop Session #2 Multiple Choices on topics

11:20 AM-1:00 PM Tour the exhibits and meet with our experts for information, check-ups on health, massages, great stuff is going on!

NOON – Buffet lunch provided only in Exhibit Hall, must have a ticket.

Various musicians will present their talents, dance if you like

1-1:50 PM Workshop session #3 Multiple Choices on topics

2:00-2:50 PM Workshop session #4 Multiple Choices on topics

3:00 PM Raffle Drawings in Exhibit Hall

We expect a sell-out so register early and take advantage of the savings.

**Registration \$15 per person day of event; \$10 if pre-registered and pre-paid by May 9.**

# Aging Well Living Well Participant Registration

Return this page with your payment to..

**Aroostook Agency on Aging, 1 Edgemont Drive Suite 2, Presque Isle, ME 04769-1288.**

Name (s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number: (\_\_\_\_) \_\_\_\_\_ e-Mail contact: \_\_\_\_\_

\$\_\_\_\_\_ Amount of Payment enclosed \$10 per person Check or Money Order Must be Enclosed  
Payable to Aroostook Agency on Aging no later than May 9. **Payment at the door on May 17 will be \$15 for those that fail to pre-register so save \$5 by being an early bird!**

Please choose 4 learning sessions you want to attend,  
description of each workshop is attached.

We will try and accommodate all choices but we have limited space in each.

Workshops may be cancelled, other offerings added prior to the Expo; check aroostookaging.org for updates

## Learning Session Options – choose one per time period

### Learning Session 1 9:30-10:20 AM

- ☐ Aging Well - Getting the Most Out of Your Years
- ☐ Colon Health
- ☐ Community Drug Awareness and Education
- ☐ Healthy Eating with MyPlate
- ☐ Living With Diabetes – It's all about Control
- ☐ Pebble Art
- ☐ RSVP BONE BUILDERS

### Learning Session 2 10:30-11:20 AM

- ☐ Green Light Laser Surgery for Enlarged Prostate – Oh What a Relief It Is
- ☐ Medicare 101 – Your Many Choices
- ☐ Natural Healing with Traditional Medicines
- ☐ Pop-Up Grocery Store Tour
- ☐ Preparing for the Expense of Long Term Care (repeated in afternoon)
- ☐ Mindfulness - Stress and Mindfulness
- ☐ Technology 101 – How Do I Make This Damn Stuff Work?
- ☐ Today's Marijuana
- ☐ Your Mouth: The Gateway to Overall Health

**TURN OVER TO BACK OF THIS PAGE FOR AFTERNOON SESSIONS**

**Learning Session 3      1-1:50 PM**

- ☐ **Balanced Moving – Introduction to Yoga, Pilates and Tai Chi**
- ☐ **Is Anyone There? Learning about Dementia and how to deal with it.**
- ☐ **Medication Safety**
- ☐ **Mind and Body – Pain Management**
- ☐ **Planning Ahead – Now Is the Time to Decide**
- ☐ **Vision is the Art of Seeing**
- ☐ **Your Healthy Heart**
- ☐ **Your Stomach is Not a Waist Basket**

**Learning Session 4 -   2-2:50 PM**

- ☐ **Depression**
- ☐ **Hearing Loss and the Aging Adult: What Every Senior Needs to Know**
- ☐ **Introduction to Matter of Balance**
- ☐ **Just Hang Up**
- ☐ **Living the Dream! Looking Up!**
- ☐ **Preparing for the Expense of Long Term Care**
- ☐ **Proper Disposal of Unused Medications and Medical Sharps**

**Mail this page with your payment to:**

**Aroostook Agency on Aging**

**1 Edgemont Drive Suite 2**

**Presque Isle, ME 04769-1288**

## Aging Well Living Well 2016      Learning Session Description

**Circle Your Choices and Bring this to the Expo so you will know what sessions you need to go to.**

### 9:30 -10:20 AM

#### **Aging Well - Getting the Most Out of Your Years**

Judy Metcalf, ANP-BC, MS, FMGS Director, University of New England, Geriatric Education Center

Mind-Body Medicine focuses on the interactions between mind and body and the powerful ways in which emotional, mental, social and spiritual factors can directly affect health. She will discuss the connection and how we can learn to live a higher quality of life as we age.

#### **Colon Health**

Nadine Lamoreau, FNP, TAMC

The importance of regular screenings and early detection.

#### **Community Drug Awareness and Education**

Dr. David Weed, TAMC

Dr. Weed will be speaking about drug use in our community and the current trends in Aroostook County.

#### **Healthy Eating with MyPlate**

Benjamin Mayhew dietetic intern-accompanied by Angel Hebert, RD, TAMC

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image- a place setting for a meal. Before you eat, think about what goes on your plate, in your cup or in your bowl.

#### **Living With Diabetes – It's all about Control**

Erica Ouellette, RN, CDE, Cary Medical Center

Nearly 20 million Americans have Diabetes and it is a growing epidemic throughout the World. But you don't have to be part of the statistics. Erica has specialized in Diabetes for her career. She sees hundreds of diabetes patients and as a Certified Diabetes Educator she helps them live with their diabetes. She will discuss the importance of self-managing your diabetes, medications and the importance of diet control, weight management and exercise. She will update you on the latest developments in controlling blood sugar.

#### **Pebble Art**

Jean Wiggins and Julie Doody, Aroostook Agency on Aging

Pebble Art is the current trend in the crafters world. It's great fun, it can be made by all ages, and it uses supplies found in your own back yard. Pebble Art uses everyday rocks to represent objects within a picture. We look at the shape, color & texture of pebbles and use them to complete art. Small flatter pebbles work best, but we also add string, wood, branches or pinecones. Join us for an interactive craft activity and walk away with your own unique artwork. All supplies will be provided. Limited class size.

## **RSVP BONE BUILDERS**

Bethany Zell, Cary Medical Center & Judy Anderson, Aroostook RSVP

One in two women and one in five men will suffer a debilitating fracture due to osteoporosis, a disease that causes bones to become weak, brittle and more likely to fracture. RSVP Bone Builders is an evidenced-based program developed by Tufts University as an osteoporosis prevention program. RSVP Bone Builders relies upon low-impact weight training exercises to protect against fractures, through increased muscular strength, bone density, and balance. Join us for an introductory class to help build your bones stronger!

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**10:30 – 11:20 AM**

## **Green Light Laser Surgery for Enlarged Prostate - ‘Oh What a Relief It is’**

Natania Piper, DO, Urologist Pines Health

60% of men in their 60s and as many as 90% of men in their 70s and 80s can experience Enlarged Prostate or BPH. The symptoms of enlarged prostate might start with nightly runs to the bathroom or difficulty starting a stream. While medications may provide relief, Green Light Laser Surgery is another option which can offer fast relief and improve quality of life for patients suffering from Enlarged Prostate. Dr. will discuss the procedure as well as other symptoms of enlarged prostate. She will also save time for questions.

## **Medicare 101 – Your Many Choices**

Tammy Delong, Medicare and Health insurance Specialist, Aroostook Agency on Aging

If you are new to Medicare or going on Medicare in 2016, you need to be in this learning session. You have many choices in Medicare Supplemental Insurance, Medicare Advantage Plans and Medicare drug plans, there is no “one size fits all”. Making wrong choices can result in hundreds, even thousands of dollars spent by you unnecessarily.

## **Natural Healing with Traditional Medicines**

Natalia Bragg, Herbologist and owner Northern Maine Herbal Apothecary

Natalia is a practicing herbologist of 45 years and owner of Knott to Bragg Farms in Wade. This farm is the home to the Traditional Northern Maine Herbal Apothecary. With extensive expertise in Native herbs that heal, Natalia will share her knowledge of vitamins and herbs and their contribution to health.

## **“Pop-Up Grocery Store Tour”**

Katharine Putnam, ACAP Community Education Specialist

How do you get the most nutritional bang for your limited buck when you go to the grocery store? Learn how to get the right, most affordable and healthy ingredients and prepare healthy, tasty, low-cost meals on a tight budget. Without leaving the NMCC campus, we'll take you on a grocery store tour and teach you all about expanding your food budget, using unit pricing, buying fruits and vegetables on a budget, identifying whole grains, reading food labels, and most importantly - saving money!

## **Preparing for the Expense of Long Term Care      (repeated again at 2 PM)**

Martha Grant, Elder Law Attorney

Nursing home care costs about \$7,667 a month. Can't afford it? Learn about MaineCare and how it might help. Income and asset guidelines are explained like how much is the spouse at home allowed to keep. What is the 5-year look back and what is the transfer penalty? Does the State take my home? Answers to all this and more.

## **Mindfulness - Stress and Mindfulness**

Linda Rowe, Mindful Way and Cary Medical Center

Linda will provide an introduction to mindfulness and offer an interactive element to her presentation. Mindfulness is a great tool to help us deal with the daily stress in our lives.

## **Technology 101 – How Do I Make This Damn Stuff Work?**

Shawn Lahey, MMG Insurance

Smart phones and I phones, Pads and Pods make you wonder and if you are user, do you get frustrated? We are surrounded by technology and some would say smothered by it. Maybe this workshop can take away some of your confusion and frustration.

## **Today's Marijuana**

Olivia Cyr, ACAP Healthy Aroostook Community Education Specialist

It's no longer the "pot" of the 1960's and 1970's - but much more potent and hidden in products you might never suspect. This presentation will focus on the changing landscape of marijuana: the products, trends, and important public health and safety data from both Maine and Colorado. Gain a more up-to-date picture of today's marijuana and understand how it can affect communities.

## **Your Mouth: The Gateway to Overall Health**

Anne Chapman, ACAP Oral Health Community Education Specialist

Throughout the lifespan oral health often is an indicator to overall health. Learn how your oral health can impact pneumonia, diabetes, the heart, nutrition, and your sense of wellbeing. This presentation will discuss oral disease, its cause, prevention, treatment and how seniors can be more healthy beginning with their mouth.

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## **1:00 – 1:50 PM**

### **Balanced Moving – Introduction to Yoga, Pilates and Tai Chi**

Cara Miller, Wellness Coordinator, Aroostook Agency on Aging

The path to wellness includes fitness. This session introduces you to exercise techniques that can be practiced by anyone.

### **Is Anyone There? Learning about Dementia and how to deal with it.**

Sharon Berz, LCSW, Director of Long Term Care with Aroostook Agency on Aging

An introduction to the stages of cognitive decline while encouraging the use of remaining strengths.

### **Medication Safety**

Tim McMahon, Cary Medical Center

A presentation on the importance of being compliant with your prescription medications and how to recognize side effects or when to call the doctor. There will be a door prize.

### **Mind and Body – Pain Management**

Deb Gray – LCSW/LADC/CCS

Substantial research is mounting that we can use our minds to heal our bodies. In this session you will learn about how we can use our mind to manage chronic pain. Deb Gray is completing her Doctorate in the field of Mind/Body Medicine.

### **Planning Ahead – Now Is the Time to Decide**

Hilary Fernald, Attorney, Legal Services for the Elderly

If you need medical care, there may come a time when you are so sick that you can't make your wishes known. To make sure you get the care you want you can stay in charge by completing an Health Care Advance Directive. Power of Attorney is commonly misunderstood and there are different kinds. If something happens to you and you are mentally incapacitated, it is then too late to take care of this. This session will answer basic questions about Advance Directives and Power of Attorney and how you can get help in completing the necessary documents.

### **Vision is the Art of Seeing**

Brittany Lovely, Occupational Therapy student, BayPath University

The presentation will address visual health and age-related eye diseases and disorders and how it can impact activities of daily living.

### **Your Healthy Heart**

Hope Walton, RN, Cary Medical Center

Discussion of the advantages of a plant based diet leading to the prevention and reversal of heart disease.

### **Your Stomach is Not a Waist Basket**

Jo-Ellen Kelley and Dawn Roberts, ACAP Healthy Aroostook Community Education Specialist

Your stomach shouldn't be a waste basket. That old saying is true... "You are what you eat." You need to fuel your body with good food and not trash. Sound nutritional advice can be hard to find. Many people have nutritional advice and not all of it is real life and /or user friendly. And some extreme diet and nutrition tips, though they may produce results, are not a healthy lifestyle change. Come learn about healthful nutrition and get some quick nutrition tips that will keep you on the road to wellness.

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**2:00 -2:50 PM**

### **Depression**

Norma Watson, LCSW, AMHC and Pines Health

Have you lost interest in the activities you used to enjoy? Do you struggle with feelings of helplessness and



hopelessness? Are you finding it harder and harder to get through the day? If so, you're not alone. Depression is a common problem in older adults. The symptoms of depression affect every aspect of your life, including your energy, appetite, sleep, and interest in work, hobbies, and relationships. In this session you will discover ways how to identify and manage depression.

### **Hearing Loss and the Aging Adult: What Every Senior Needs to Know**

Caitlin W. Helstrom, AuD, CCC-A, FAAA, TAMC

The basics of hearing and hearing loss and the effects of untreated hearing loss on the aging brain

### **Introduction to Matter of Balance**

Dot Sines, LPN, LSW; Director of Nutrition & Wellness at Aroostook Agency on Aging

Matter of Balance is a training that will empower you to regain balance and be confident in your activities of daily living. In a class setting you will learn why you may be at risk of falls and what can be done to prevent this often life-changing accident.

### **Just Hang Up**

Jean Wiggins, Senior Medicare Patrol, Aroostook Agency on Aging

It all starts with a phone call or piece of mail telling you it's your lucky day. You've won the lottery! But, there's a catch. Join us for a captivating film presentation by Dan Rather. Following the presentation we will discuss ways to protect yourself from falling victim to fraud and scams. Handouts will be available.

### **Living the Dream! Looking Up!**

Lawrence W. Berz, Planetarium Director at the Frances Malcolm Center in Easton and

MSSM adjunct instructor of Astronomy in Limestone

A skill building approach to observing and understanding Aroostook skies.

### **Preparing for the Expense of Long Term Care (repeat-same session as 10 AM)**

Martha Grant, Elder Law Attorney

Nursing home care costs about \$7,667 a month. Can't afford it? Learn about MaineCare and how it might help. Income and asset guidelines are explained like how much is the spouse at home allowed to keep.

What is the 5-year look back and what is the transfer penalty? Does the State take my home? Answers to all this and more.

### **Proper Disposal of Unused Medications and Medical Sharps**

Lisa Prescott, MLT, Cary Medical Center

The massive use of prescription medication and medical sharps in the United States is creating a major disposal issue. It is not proper to dispose of unused medications or medical sharps in household garbage for flushing. In this session you will learn proper disposal methods.