



*I'm on my
way to...*



AGING WELL LIVING WELL EXPO

Tuesday, May 16, 2017
at Northern Maine Community College Wellness Center

Aging Well Living Well EXPO

Tuesday, May 16, 2017

This will be 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.

OUR SCHEDULE

8:00-9:20 AM	Registration of participants in NMCC Wellness Center 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. Music for your enjoyment
1:00-1:50 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 \$20 per person day of event; \$15 if pre-registered and pre-paid by May 9.
TAMC Senior Connection or Cary Seniority members pay only
\$5 in advance or \$10 at the door .**

Sponsor: Aroostook Agency on Aging

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

OUR WORKSHOPS

Select one workshop to attend for each of the four time periods.

9:30 - 10:20 AM

☐ **A Pop-up Grocery Store Tour**

Jenna Stephenson & Katherine Putnam - Nutrition Educators with ACAP

You are going to find a grocery store right in the classroom for an interactive look at what's healthy. You will leave with new knowledge about healthy eating and good food choices, a free cook book, a free reusable grocery tote and a \$10 Hannaford gift card to use at your convenience.

☐ **Crafting with Jean and Julie**

Jean Wiggins and Julie Doody, Aroostook Agency on Aging

In this workshop you will be painting a basic wooden owl. There will also be a brick that you will simply turn in to a birdhouse for your flower garden or be used as a doorstop. All supplies will be provided.

☐ **Drugs and Seniors, What You Need to Know**

Lola Poirier and Chris Haskell – Substance Use Professionals with ACAP

Explore how to keep prescription meds safe in your home, what the Marijuana legalizations means to everyone and other information about substance use in your community.

☐ **Help with Insurance Problems May Be Only a Phone Call Away!**

Violet Hyatt, Deputy Director of the Consumer Health Care Division, and Mike Mayette, Supervisor in the Property and Casualty Division for Maine Bureau of Insurance

Free help is offered to residents of Maine who have questions, concerns or problems with all kinds of insurances. Learn about how the Bureau of Insurance can help you whether it be on a health insurance issue, automobile insurance issue, Homeowners insurance issue and more.

☐ **Herbivore vs Carnivore?**

Hope Walton, RN - Cary Medical Center

Hope focuses on the cardiac benefits of a plant based diet as well as tips to implement the diet into your lifestyle and kitchen.

☐ **How the Probate Process Works in Maine**

Cecilia Rhoda, Probate Paralegal to Attorneys

Ever hear somebody say that probate is a terrible thing and needs to be avoided at all cost? Learn about what probate is all about in Maine, how it works and expensive pitfalls that can be avoided.

☐ **RSVP BONE BUILDERS**

Bethany Zell, Cary Medical Center and Judy Anderson, Director of 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!

Select one workshop to attend for the time period.

10:30 - 11:20 AM

☐ **Advance Directives: “Why Now, I am not dying?”**

Dr. Nancy O’Neill, MD - TAMC Palliative Care Services

If something happens to you and you are unable to communicate your wishes, what will happen? Learn how an advance directive can help ensure your wishes regarding medical treatment get carried out.

☐ **Dealing with that Sluggish Pancreas!**

Erica Ouellette, RN, Diabetic Educator for Cary Medical Center

Learn how you can better control blood sugar and offers information about the latest advances and new technology in diabetes treatment.

☐ **Financial Exploitation and Elder Abuse**

Hilary Fleming, Esq. Attorney with Legal Services for the Elderly

This presentation will cover what financial exploitation and elder abuse is and how it affects Maine seniors. It will also include a discussion of how to identify exploitation or abuse of the elderly, and what can be done to prevent it.

☐ **Humor as Medicine**

Betty Walker, Human Resource Assistant at Cary Medical Center

Betty has been entertaining groups with her humor for many years. Join Betty for this lively presentation on the health benefits of laughter.

☐ **It’s a Ticky Business – Lyme Disease**

Natalie Bragg, Traditional Village Herbalist/Intuitive Healer for 51 years

Natalie is the owner/operator of the Knot II Bragg Farm in Wade. She is the manufacturer of the product line, “Old Log Driver” which includes many Herbal products based on six generations of Healing women here in Aroostook County. Come find the natural secrets of Aroostook County’s Apothecary. Our focus this year will be on Lyme disease.

☐ **Living Well for Better Health**

Karen Enman, RN, MSN, TAMC Inpatient Care Coordinator

Living Well for Better Health is a six week program help you learn to deal with issues such as feeling pain, setting goals, using medications, managing stress, solving problems, feeling tired or sad, and talking with your doctor. The presentation today will explain the program provide examples of what weekly sessions will include and invite you to get further information about becoming a participant.

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

Anne Chapman - Oral Health Specialist from ACAP

The mouth is one of the most important parts of our bodies. Explore the avenues that lead to and maintain oral health and learn how oral health can impact diabetes, pneumonia, nutrition, and cardiac health.

Select one workshop to attend for the time period.

1:00 - 1:50 PM

☐ **Breast Health**

Bethany Zell, Dietitian for Pink Aroostook of Cary Medical Center

This presentation focuses on the necessity of early detection to maintain good breast health.

☐ **Enhancing Memory**

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

Discover skills that encourage the art of remembering daily tasks that require attention and completion. Learn the difference between benign senescence and cognitive decline.

☐ **Common Shoulder Conditions**

Dr. Wendy Boucer, MD from TAMC Orthopedic Services

Dr. Boucher will cover general anatomy of a normal shoulder and relate this to common problems like rotator cuff tears, impingement and arthritis. She will then discuss treatments beginning with things you can do at home through surgical treatment.

☐ **Medicare – Making the Right Choices**

Tammy Delong, Medicare Specialist, Aroostook Agency on Aging

New to Medicare or coming on Medicare in 2017? Learn the basics and what options are available to you. Making the right decisions can result in better health and saving money.

☐ **Moving on from Grief**

Jan Jackson, Community Outreach worker for Cary Medical Center

We all experience loss in our lives. Jan will help us honor the memory of losses ones with skills to grieve constructively.

☐ **Sleep Problems? When Moving During the Night is a Diagnosis**

Carrissa Hankins, MSN, APRN, FNP-C from TAMC Sleep Medicine Services

This workshop will be composed of two mini sessions covering the various features of Willis-Ekbom Disease and REM Sleep Behavior Disorder, two conditions that are often seen as adults get older.

☐ **Personal Survival and Protection**

Jerry & Ginnie Joles, owners of The Joles School of Combat Self-Defense

The Joles have co-owned and instructed self-defense through this school since 1985. This session focuses on awareness and how you can protect yourself in your home and when out in the public should you be in danger.

☐ **Preparing for the Expense of Long Term Care (same session offered again at 2 PM)**

Martha Grant, Elder Law Attorney

Nursing home care costs about \$8,476 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.

Select one workshop to attend for the time period.

2:00 - 2:50 PM

☐ **Annual Wellness Visits**

Janna Garreans, RN, BS from TAMC Family Practice & Internal Medicine

Be healthy and stay healthy through prevention: learn how to be the healthiest version of YOU with Annual Wellness Visits. A brief presentation will teach you how to access this program at no cost to you.

☐ **Filling the Hours – Volunteerism**

Nancy Bergin, Director of Volunteer Services and Seniority for Cary Medical Center

Learn the benefits of volunteering in a meaningful, productive capacity as well as how and where one can volunteer.

☐ **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.

☐ **Memory, Cognition & Reasoning Skills: Use It or Lose It!**

Kayla Paul, MA, CCC-SLP and Fallon Craig, MA, CCC-SLP from TAMC Speech Therapy Services

Everyone wants to keep a sharp mind as we age. Take a journey with us exploring things you can do to keep mentally fit.

☐ **Our Vanishing Sun**

Lawrence W. Berz, Planetarium Director of the Francis Malcolm Science Center

Discover the beauty and significance of each solar eclipse. Learn how to view them safely, locate where they are visible, and to experience the narrow lane of darkness from your location.

☐ **Oh those Achy Bones**

Christine Helstrom, OT and Manager of Rehabilitation Services at Cary Medical Center

Christine provides information on Arthritis, often known as "Arthur"; its causes, effects on our bodies, treatment, and ways to maintain a productive life. Questions are encouraged.

☐ **Preparing for the Expense of Long Term Care (repeat of 1PM session)**

Martha Grant, Elder Law Attorney

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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: _____

Are you a member of TAMC Senior Connection or Cary Seniority? ☐ Yes ☐ No

(If yes, you get a \$10 discount, pre-registration is \$5 or pay at the door \$10.)

Amount Enclosed: \$_____ Check or Money Order; payable to Aroostook Agency on Aging
\$15 per person or \$5 for members of TAMC Senior Connection or Cary Seniority no later than May 9.
Payment at the door on May 16 will be \$20 or \$10 for members of TAMC Senior Connection or Cary Seniority.

Please choose 1 learning session per time period you want to attend.

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 1 9:30-10:20 AM

- ☐ A Pop-up Grocery Store Tour
- ☐ Crafting with Jean and Julie
- ☐ Drugs and Seniors, What You Need to Know
- ☐ Help with Insurance Problems May Be Only A Phone Call Away
- ☐ Herbivore vs. Carnivore
- ☐ How the Probate Process Works in Maine
- ☐ RSVP BONE BUILDERS

Learning Session 2 10:30-11:20 AM

- ☐ Advance Directives – “Why Now, I’m not dying?”
- ☐ Dealing with the Sluggish Pancreas
- ☐ Financial Exploitation and Elder Abuse
- ☐ Humor as Medicine
- ☐ Living Well for Better Health
- ☐ It’s a Ticky Business – Lyme Disease
- ☐ Your Mouth: The Gateway to Overall Health

TURN OVER TO BACK OF THIS PAGE FOR AFTERNOON SESSIONS

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Learning Session 3 1:00-1:50 PM

- ☐ Breast Health
- ☐ Enhancing Memory
- ☐ Common Shoulder Conditions
- ☐ Medicare – Making the Right Choices
- ☐ Moving on from Grief
- ☐ Sleep Problems? When Moving During the Night is a Diagnosis
- ☐ Personal Survival and Protection
- ☐ Preparing for the Expense of Long Term Care *(repeated at 2 PM)*

Learning Session 4 2:00-2:50 PM

- ☐ Annual Wellness Visits
- ☐ Filling the Hours - Volunteerism
- ☐ Introduction to Matter of Balance
- ☐ Memory, Cognition & Reasoning Skills: Use It or Lose It!
- ☐ Our Vanishing Sun
- ☐ Oh Those Achy Bones
- ☐ Preparing for the Expense of Long Term Care *(encore of 1 PM session)*

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