I’m on my way to the...

Aging Well
Living Well
EXPO

Tuesday, May 19, 2015
Northern Maine Community College Smith Wellness Center
33 Edgemont Drive in Presque Isle

A day packed with information to save you money and keep you well.
18+ workshop choices, 50+ exhibitors, music, lunch, raffle prizes.
Registration limited to 350 participants so don’t wait, register early.
Learning Session 1
9:30-10:20 AM

Alzheimer’s Disease and other Dementia Pt.1
Presenter – Camden International Film Festival Screening Tour Presentation of LOOKING AT ME LIKE I LIVE HERE AND I DON’T
Directed by Scott Kirschenbaum
A total immersion into the fragmented day-to-day experience of mental illness, You’re Looking at Me Like I Live Here and I Don’t is the first Alzheimer’s documentary filmed exclusively in an Alzheimer’s & Dementia care unit, and the first told from the perspective of someone suffering from Alzheimer’s disease. The film reveals Lee’s penetrating ruminations and charismatic vitality, challenging our preconceptions of illness and aging. Here is the journey of a woman who will not let us forget her – even as she struggles to remember herself.

Viewing the film is part 1 and this session will flow into the 2nd Workshop session at 10:30 where more information on this disease will be provided and the film discussed.

Yoga Introduction
Presenter: Cara Miller, Personal Fitness Trainer, Wellness Coordinator, & Natural Health Consultant
Have you ever wanted to try Yoga? Perhaps you already have and find it to be too much like a pretzel? Take heart! Learn a few basic & friendly yoga exercises you can do in the comfort of your own home. We will also discuss some of the Health benefits that Yoga can add to your well-being.

Learning Session 2
10:30-11:20 AM

Alzheimer’s Disease and other Dementia Pt.2
Presenter – Sharon Berz, LCSW
A continuation and conclusion of the film, “You’re looking at me like I live here and I don’t”. Discussion on dementia, it’s effects on the patient and the caregiver. Also offered will be effective interventions, options that increase communication between the caregiver and the patient and ways to change our thought process in order to decrease stress, expectation, and increase quality of life and understanding of the causes of troublesome behaviors.

Aging Well - The Mind Body Connection
Presenter - Sheelagh Prosser, M.D., Family Practice Physician, Pines Health
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. Dr. Prosser has a sincere interest in the Mind Body Connection and is familiar with the research and evidence that there truly is a relationship. She will discuss the connection and how we can learn to live a higher quality of life as we age. Dr. Prosser has come to Pines after working as a physician in Ireland for a number of years.

EXPO Learning Sessions at a Glance
Note – this list will grow as we continue to add new offerings.
Check www.aroostookaging.org and click on Expo for up-to-date schedule. Select one learning session each time slot.
Learning Session 3
1:15 PM

Noggin Joggin
Presenters: Renee C. Guerrette CTRS/ CBIS TAMC Outpatient Care Coordinator/Case Manager & Taryn Everett PT/DPT/CLT

This session will explore a variety of ways in which seniors can maintain cognitive health by staying active. The session will be interactive and will allow the participants to try a variety of techniques that focus on physical exercises, good nutrition, stress reduction, socializing and cognitive training.

Parkinson’s Disease – An Update
Mary Gallant, FNP, Cary Medical

Parkinson’s disease is a growing concern as our population ages. Parkinson’s disease is a progressive, neurodegenerative disorder that affects movement, muscle control, and balance as well as numerous other functions. It is part of a group of conditions known as motor systems disorders. Mary will discuss symptoms, medications and the importance of receiving regular medical check-ups. Mary will also take questions from the audience.

Get the Facts to Keep Your Investments Safe
Presenter - Lindsay J. Laxon, Esq., Investor Education Manager, Maine Office of Securities

Come join us for a free presentation discussing steps you can take to become a better investor. Whether your nest egg is $5k or $50k, there are important questions you should be asking about your retirement. Learn what questions to ask and how to spot financial fraud and scams from the state agency responsible for the regulation of financial advisers and stock brokers in Maine.

RSVP BONE BUILDERS
Kim Jones, 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!

Medicare – Making the Right Choices
Tammy Delong, Medicare Specialist, Aroostook Agency on Aging
(You will be using a computer in this hands-on session and knowledge of computer and navigating the Internet is required)

Confused by the many options in insurance supplements and drug plans? Many people on Medicare spend far more than they should because they don’t know how to find the medical and drug coverage that can save them the most money. Learn how to use Medicare.gov to select the right Part D drug plan for you. Learn how you can find out what every insurance company charges for their Medicare supplement, comparative shopping can save you a lot of money.

Learning Session 4
2 – 2:50 PM

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

The Aging Eye
Presenter – Dr. Randall Himes TAMC

Eye Care
So you’ve had a few birthdays, and you don’t see as well as you used to... You can expect your eyes to change with age! Some changes will greatly affect your life, while others might not. There’s more to seeing than 20/20. We will discuss the “normal” and “not-so-normal” changes that can affect the aging eye and give some helpful tips to deal with these changes.

Prevention of Colds, Flu, Asthma and Allergies
Presenter: Natalia Bragg

Natalia is a practicing herbologist of 45 years and owner of Knott to Bragg Farms in Wade. Knott to Bragg farms is the Home of 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, especially in their use for prevention of or minimizing the effects of colds, flu, asthma and allergies.

Patient Care Coordination – Closing the Loop
Yvette Seaman, BSW Pines Health

Healthcare professionals have come to understand that there are many aspects to the health status of patients. From chronic illness to behavioral health issues, from costly medications to transportation a number of things can impact a patient’s health. Yvette Seaman, BSW, is a Patient Care Coordinator at Pines Health Services and helps patients who may have a chronic illness such as diabetes, asthma, heart disease or may have other special healthcare needs. The Patient Care Coordinator helps the patient to obtain medication, schedule appointments, and to make sure that all of the patient’s needs are being responded to. The Patient Care Coordinator also is an important part of the patients care team and works closely with the patient’s primary care provider. Yvette will explain ‘Care Coordination’ and how it can be helpful for patients in managing their healthcare.

Preparing for the Expense of Long Term Care – 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.

Technology 101 – How Do I Make This Damn Stuff Work?
Presenter - Shawn Lahey, NMCC

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.
Aging Well Living Well EXPO

Tuesday, May 19, 2014

Sponsor: Aroostook Agency on Aging
Co-sponsors: Northern Maine Community College, WAGM Television, TAMC Senior Connection Program, 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 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:

$12 per person day of event

$8 if pre-registered and pre-paid by May 11.

$5 if a member of TAMC Senior Connection or Cary Seniority and pre-registered and pre-paid by May 11.
Aging Well Living Well Participant Registration

Name: __________________________________________________________

Mailing Address: ________________________________ Town_____________ State_____ Zip ___________

Telephone Number: (___)__________    ____
e-Mail contact: ___________________________________

Please choose 4 learning sessions you want to attend. Each session will be approximately 50 minutes. 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

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<th>Learning Session Options – choose one per time period</th>
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<td>☑ Palliative Care</td>
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<td>☑ Living with diabetes – It’s All About Control</td>
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<td>☑ Take it to the outdoors – Recreation for Older Adults in the County</td>
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<td>☑ Ductless Heat Pump – Energy Saving System for Your Home</td>
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<td>☑ Balance Does Matter – Prevention of falls and building your strength through Matter of Balance</td>
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<td>☑ Wise Up on Meds</td>
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Something you really want to have in a learning session but not here, what is it?

You can check our website – [www.aroostookaging.org](http://www.aroostookaging.org) – for a more complete description of each workshop and who the presenter for the workshop is.

- OVER, Please -
Cost to attend Expo is $12 per person paid at the door or after May 11.

$8 if you complete and return this registration form with payment on or before May 11

**Are you a member of TAMC Senior Connection or Cary Seniority?**

TAMC Senior Connection Program Membership? ( )yes

Cary Seniority Program Membership? ( )yes

If yes, TAMC or Cary will pay $7 for you and you pay only $5

*Only 1 discount per person*

***Fee includes parking, lunch, beverages, raffle tickets, workshops and materials***

____ I certify I am an enrolled member of TAMC Senior Connection Program and/or Cary Seniority Program and am eligible for discount. I am paying $5.

______________________________
*Your Signature*

Make check payable to: Aroostook Agency on Aging and mail with this registration form to:
Aroostook Area Agency on Aging
1 Edgemont Drive Suite B
Presque Isle, ME 04769-1288