

# Aging Well Living Well **EXPO** presented by SeniorsPlus

September 29, 2023  
Grand Summit Hotel and Conference Center  
at Sunday River

REGISTRATION INFORMATION

SPONSORED BY





## “Looking Forward to Our Own Aging? It Shouldn’t Be This Hard”

Mary Lou Ciolfi  
9 am

Many of us older people feel invisible and marginalized as we age. Have you ever wondered why so much of the public’s attention to aging and older people is negative or sends the message that we are burdensome to society? Why is it so difficult to look forward to our own aging even though along with it comes experience, expertise, insight, and valuable perspective? Join us to learn more about the root causes of ageist ideas and attitudes such as “anti-aging” and “greedy geezer,” and what we can all do to support a positive shift in our beliefs about aging and older people. Everyone deserves to be able to benefit from, contribute to, and have the support of our communities as we age. Let’s learn from each other about how we can best accomplish this goal for ourselves in later life and for everyone (because we are all aging)!

Mary Lou Ciolfi, JD, MS, is a Senior Program Manager at the University of Maine Center on Aging where she has recently directed a national project creating a Designation of Excellence in person-centered long-term care. She is a licensed Maine attorney with a master’s degree in health policy. Mary Lou practiced law in Brunswick, Maine, for more than 17 years and then operated a long-term care community for 10 years as a residential care administrator. She has worked in aging policy research with colleagues at the University of Southern Maine’s Muskie School of Public Service, and she is an adjunct faculty member at the University of New England and teaches Public Health Law and Public Health Policy. Mary Lou completed the Reframing Aging National Facilitators training provided by The Gerontological Society of America and she frequently presents on ageism and related issues.



## Session 1 — 10:15–11:30

### Estate Planning

Join Attorney Martha McLean for an estate planning presentation. The estate planning segment of the presentation will include understanding how assets pass at death, probate and non-probate transfers, an explanation of wills and powers of attorney for healthcare and finances, the role of personal representatives, agents, and trustees, and trust-based planning. Other topics that will be discussed include MaineCare planning, including protecting assets while qualifying for MaineCare, asset and income limitations, excluded assets, transfer penalties, and estate recovery.

**Martha McLean**

### Intro to Assistive Technology

Assistive technology is any device, piece of equipment, or product that makes it easier to live more independently and safely, get about the community, or pursue play and leisure. At ALLTECH’s “Introduction to Assistive Technology,” learn about technology on the market, how to search for devices yourself, and find out about the state’s assistive technology programs in partnership with Maine CITE.

**Darren Smart**

### Know your Rights: A Primer on the Americans with Disabilities Act

This workshop will provide an overview of the essential issues, legal standards, and challenges of disability rights work in the context of employment and public accommodations. The focus will be on advocacy, litigation, and strategy based on the protections of the Americans with Disabilities Act (ADA). Attendees will learn the historical context that led to the Rehabilitation Act of 1973 and then to the ADA. Included will be an

overview of the basic legal standards that underpin claims for disability discrimination in employment and in public accommodation, along with examples and anecdotes to illustrate successes, ongoing obstacles, and future aspirations around disability justice.

**Matthew Main**

### Life is in the Moment – The Power and Benefits of Mindfulness Meditation

Have you heard about the benefits of mindfulness meditation and are curious to learn more? Are you looking to increase your resilience, focus, compassion, and peace of mind? In this workshop you will be invited to learn about stress and the long-term effects of prolonged stress on the body. You will learn what mindfulness meditation is and why we should meditate. Techniques will be reviewed that help to quiet the mind and we will practice with guided meditation.

**Karen Hayden**



### Make a Gnome

Gnomes put a smile on everyone’s faces. This is your chance to “Make a Gnome” to bring home! The Mainely Gnomes gals will supply everything you need to make your own adorable gnome including bodies, beards, hats, embellishments, and more. Come enjoy a fun, relaxing workshop, and go home with your very own handmade gnome! There is a \$10 per person charge for this workshop.

**Meggan White and Beth Grant;**  
*space is limited*

**CONTINUED >**

# WORKSHOPS AT A GLANCE

## Seasonal Desserts in a Mug

Time for some delicious fun! In this workshop you will prepare quick and easy seasonal desserts that can be microwaved in a mug. Flavors available will include pumpkin, apple crisp, and lava cake, to name a few. Come learn how easy it is to make a delectable dessert without a lot of fuss.

**SeniorsPlus Nutrition Team;**  
**space is limited**

## Session 2 — 1:00–2:15

### Card Making

Have you ever tried scrapbooking? Scrapbooking is a fun way to practice arts and crafts while making something for family, friends, or yourself. In this workshop you will create a thank-you card using various scrapbooking techniques.



**Mindy Guise; space is limited**

### Let's Jam

Do you love music? Does music put a smile on your face? Join Wesley Littlefield to listen to some music or

even play some tunes! All are welcome and encouraged to share your musical talents with others. Do you feel like you don't have any musical talents? Come find out otherwise! Some instruments will be provided, but feel free to bring your own.

**Wesley Littlefield**

### Lifelong Learning and The Brain: Aphasia

This workshop will review stroke and aphasia, a language disorder that typically comes from a stroke. There are about 2.6 million people with aphasia in North America, yet most people have never heard of aphasia before even though 25-40% of stroke survivors experience it. Can the brain really rewire itself after a stroke?

**Thomas Broussard, Jr., Ph.D.**

### Seasonal Desserts in a Mug

Time for some delicious fun! In this workshop you will prepare quick and easy seasonal desserts that can be microwaved in a mug. Flavors available will include pumpkin, apple crisp, and lava cake, to name a few. Come learn how easy it is to make a delectable dessert without a lot of fuss.

**SeniorsPlus Nutrition Team;**  
**space is limited**

### Self Defense for Older Adults

Looking for ways to feel safer in your home or community? This workshop will be focused primarily on environmental awareness, identifying dangerous or risky situations, methods of maintaining safety while at home and in our communities, and practical self-defense techniques that will minimize injury and maximize survival in an assault style situation. There will be time for questions, answers, and open discussions.

**Brianne Genschel and**  
**Officer Nick Gulliver**

### Tai Chi

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing, and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better and we all want that!

**Jessica Riseman and**  
**Janice Sabin**

## 2:30–3:30 JAM SESSION AND RAFFLE DRAWINGS

Listen to music or even play some tunes! All are welcome and encouraged to share their musical talents. Some instruments will be provided, but feel free to bring your own.

In between songs, raffles will be drawn, so be sure to join us in the Grand Ballroom for the final hour of the day!







## AGENDA

**8:00–8:45 am**

Registration/Breakfast/Raffle Sales/Exhibits

**8:45–9:00 am**

Opening Remarks

**9:00–10:00 am**

Keynote Speaker

**10:15–11:30 am**

Workshops — Session 1

**11:30 am–1:00 pm**

Lunch/Exhibits

**1:00–2:15 pm**

Workshops — Session 2

**2:15–2:30 pm**

Break/Raffle Sales/Exhibits

**2:30–3:30 pm**

Jam Session and Raffle Drawings  
in Grand Ballroom

All Day — Exhibitors/Raffle Sales

## REGISTRATION DEADLINE:

SEPTEMBER 25, 2023

Please note: Staff members will be taking photographs. If you don't want your picture taken, please inform the photographer.



AGING WELL LIVING WELL EXPO

## HOW TO REGISTER

Complete the registration form and forward with payment to SeniorsPlus using the fax number or address on the form. If you would like to register by phone using your credit card, please call 1-800-427-1241.

## REGISTRATION FEES

Registration includes access to a full day (8 am–3:30pm) of workshops and exhibitors' booths, breakfast, lunch, keynote speakers, entertainment, and access to Sunday River amenities. Fees are \$35 per individual.

## RAFFLES

Participants may purchase raffle tickets for an assortment of donated items and a 50/50 raffle. All proceeds will benefit SeniorsPlus Education Center.

## CANCELLATIONS

If you are unable to attend and would like a refund, all requests **must be received in writing before September 25, 2023**. Room cancellations must be made directly with the hotel. Cancellation fees may apply.

## ACCESSIBILITY

The Sunday River Grand Summit Hotel and Conference Center is fully accessible.

## TRANSPORTATION

Limited transportation is being offered by Schooner Estates at no charge. Pickup will be at Schooner Estates in Auburn and possibly spots along the route; call SeniorsPlus to discuss options. Space is extremely limited. First come, first served.

## VACCINATION CLINIC

SeniorsPlus, in conjunction with Northern Light Health, will offer flu and COVID vaccinations to anyone 18 or older. Those wanting a vaccine should have their insurance card with them. There are no out of pocket costs. Please check the "interested" button on the registration form so we may track interest.

The Aging Well Living Well Expo is held at the Sunday River Grand Summit Hotel. Rooms are available at a 15% discount. Call the hotel or check their website for current rates. Additional taxes and resort fees will apply.

Sunday River Grand Summit Hotel  
15 South Ridge Road  
Newry, ME 04261  
1-800-207-2365

Hotel rooms can be reserved by calling the hotel directly with the conference code 8696RY. To reserve a hotel room at the reduced rate, you must register for the conference. Hotel reservations must be made by August 24, 2023, to guarantee the discounted rate. Space is limited.

All reservations require a credit card deposit. Please make sure you get a confirmation number when placing your reservation.

## DIRECTIONS

### Bethel, ME:

Follow Rt. 2 East for 2.6 miles. Take a left onto Sunday River Access Road, marked by the big Sunday River Brewing Company (large building with red roof). Follow the Sunday River Access Road straight to the Grand Summit Hotel on the left. Follow road signs. (5 miles)

### From the South:

Exit the Jetport and follow signs to I-95, the Maine Turnpike. Take I-95 North to Exit 63 / Gray for Route 26. Take Route 26 North to Bethel. Refer to Bethel directions above.

### From the North:

Take I-95 South to Exit 157/ Newport for Route 2. Follow Route 2 West to Sunday River Road, marked by the big Sunday River Brewing Company (large building with red roof), a few miles before reaching Bethel. Refer to Bethel directions above.

## Your Information

Attendee #1:

Last Name \_\_\_\_\_ First \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Attendee #2:

Last Name \_\_\_\_\_ First \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Workshop Selection

Choose your workshops by checking the appropriate boxes.

### Session 1 10:15–11:30 am

Attendees

#1 #2

- ☐ ☐ Estate Planning  
☐ ☐ Assistive Technology  
☐ ☐ Know Your Rights  
☐ ☐ Mindfulness Meditation  
☐ ☐ Make a Gnome  
☐ ☐ Desserts in a Mug

### Session 2 1:00–2:15 pm

Attendees

#1 #2

- ☐ ☐ Card Making  
☐ ☐ Let's Jam  
☐ ☐ Brain and Aphasia  
☐ ☐ Desserts in a Mug  
☐ ☐ Self Defense  
☐ ☐ Tai Chi

### 2:30–3:30 pm

Music Jam and Raffle Drawings  
in the Grand Ballroom

Disclaimer: Some workshops have limited openings which will be filled on a first come, first served basis. Registrants will be notified of full workshops.

## Total Cost

Registration Total (\$35 per person) .....\$ \_\_\_\_\_

Transportation (optional, no charge, limited).....\$ \_\_\_\_\_

Make a Gnome (optional, \$10 per person).....\$ \_\_\_\_\_

SeniorsPlus Donation (optional).....\$ \_\_\_\_\_

Donations will support the SeniorsPlus Education Center

Grand Total \$ \_\_\_\_\_

## Payment

Paying By - (please check one)

☐ Check is enclosed (*Made payable to SeniorsPlus*)

☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Name on Account: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

I authorize SeniorsPlus to charge my credit card for the conference fees as indicated above. If I have miscalculated the conference fees, I authorize SeniorsPlus to make the necessary adjustments and to charge my card accordingly pending notification by phone.

Signature of Card Holder: \_\_\_\_\_

## Vaccination Clinic

- ☐ Please check if you are interested in the vaccination clinic for flu and/or COVID (see page 4 for details).

## Mail or Fax

Mail or Fax (credit card payments only) your registration and payment no later than 9/25/23 to:

SeniorsPlus — Aging Well Living Well Expo  
8 Falcon Road  
Lewiston, ME 04240  
Fax: 207-795-4009



Need assistance completing the registration form?  
Call 1-800-427-1241

# AGING WELL LIVING WELL EXPO 2023

SUNDAY RIVER GRAND SUMMIT HOTEL & CONFERENCE CENTER | SEPTEMBER 29, 2023



*SeniorsPlus presents:*

## Aging Well Living Well

If you are an older adult who enjoys lifelong learning, keeping active, and spending time with others, then the SeniorsPlus Aging Well Living Well Expo is a “must attend” event. Family members and carepartners are welcome to attend as well, as there is something for every one.

- Keynote speaker Mary Lou Cioffi will discuss what we can all do to support a positive shift in our beliefs about aging and older people.
- Explore necessary, serious learning such as estate planning, assistive technology, disability rights, and aphasia/stroke.
- Try some first-time explorations – Tai Chi, meditation, self-defense, crafts, and more.
- Exhibitors booths will display a variety of products, services, and information.
- Raffles for great gifts will benefit the SeniorsPlus Education Center.

Don't miss this opportunity! For more information, call SeniorsPlus at 1-800-427-1241 or visit [www.seniorsplus.org/AWLW](http://www.seniorsplus.org/AWLW).

SeniorsPlus presents:  
Aging Well Living Well EXPO  
8 Falcon Road  
Lewiston, ME 04240