

A BIG THANK YOU TO THE  
FOLLOWING FOR THEIR  
CONTRIBUTION & TIME

SeniorsPlus  
8 Falcon Road  
Lewiston, ME  
(800) 427-1241  
seniorsplus.org

Healthy Community Coalition of Greater  
Franklin County  
105 Mt. Blue Circle  
Farmington, ME  
(207) 778-3136

Western Maine Community Action  
20B Church Street  
Wilton, ME  
(800) 645-9636  
wmca.org

Senior Center  
Farmington, ME  
(207) 864-2945



\*SeniorsPlus, Western Maine  
Community Action, Healthy  
Community Coalition, Rangeley  
Health & Wellness, Rangeley Family  
Medicine, Franklin County Health  
Network, and Western Maine  
Transportation Services are all  
partners on the Maine Health Access  
Foundation Thriving in Place grant.

THE 3RD ANNUAL



September 29, 2018  
Mt. Blue High School  
Campus  
8 am - 12 pm

**FREE LUNCH**

Please join us  
& bring a friend!

## SCHEDULE OF EVENTS:



**8:00 - 8:30am:**

Registration and Coffee

**8:30 - 9:00am:**

Resource showcase provided by the Healthy Community Coalition, Senior Center, SeniorsPlus, and Western Maine Community Action

**9:00 - 9:45 am Seminar One:**

Healthy Living For ME

**10:00 - 10:45 am Seminar Two:**

Not Your Grandfather's Classroom

**11:00 - 11:45 am Seminar Three:**

Scams in Franklin County

**11:45 - 12:30pm:**

Free buffet lunch

### SEMINAR ONE:

#### Healthy Living for ME

Healthy Living for ME is a network of providers across the state that deliver evidence-based education. Explore the benefits of evidence-based programs available in your area. Learn about programs that focus on improving health, caregiving, and reducing the risk of falling.

### SEMINAR TWO:

#### Not Your Grandfather's Classroom

The UMF Psychology Department has been experimenting with intergenerational classroom experiences -- having traditional aged college students swap wisdom with GoldLEAF (senior citizen students) on a number of lifespan topics. In this session you'll get a sneak peek at this fall's gender class where the instructor introduces questions from this semester's readings, like: how have gender roles changed in your lifetime and what are the advantages or disadvantages to what you have experienced?

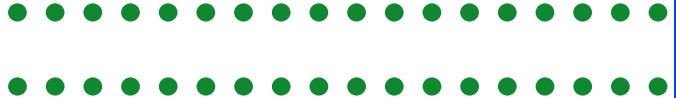
### SEMINAR THREE:

#### Scams in Franklin County

This seminar will discuss the work of the Consumer Protection Division including their free and voluntary mediation service, how to avoid scams, reduce harassing phone calls, how to determine if an offer really is too good to be true, identity theft, the very helpful but under-utilized Implied Warranty Law, and the different types of issues 12,000 Mainers experience.

## WHO CAN ATTEND?

Seniors 55+ who are interested in learning more about all of the agencies that serve Franklin County. Become familiar with the programs & services provided for you & encourage your family and caregivers to participate.



## WHAT DOES THIS EVENT OFFER:

**\*Educational Seminars:** Three seminars focused on a multiple topics.

**\*Community Support Tables:** information provided by our sponsors on local resources for Seniors

**\*Free health screenings:** blood pressure checks & cholesterol screenings and

**\*FREE LUNCH!**