REGISTRATION INFORMATION

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

REGISTRATION INFORMATION
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 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

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

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
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

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!
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:
Enter 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.

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–3:30 pm) 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.

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.
2023 Conference Registration Form
Grand Summit Hotel and Conference Center at Sunday River • September 29, 2023
REGISTRATION DEADLINE: SEPTEMBER 25, 2023

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

Session 2 1:00–2:15 pm
- Card Making
- Let’s Jam
- Brain and Aphasia
- Desserts in a Mug
- Self Defense
- Tai Chi

Session 2 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).........................$ _______

Grand Total $ _______

Payment

Paying By - (please check one)
- Check is enclosed  (Made payable to SeniorsPlus)
- Visa  Mastercard  Discover  American Express

Name on Account: ____________________________  Exp. Date: ______

Card #: ____________________________  

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

SeniorsPlus
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 everyone.

- Keynote speaker Mary Lou Ciolfi 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.