

Senior Health Expo 2016 "Connecting Communities!"



The *People Plus Senior Health Expo*, presented by Spectrum Generations, is a premier event in our community; providing a link to local and regional resources for older adults.

Visit **www.peopleplusmaine.org** for more information.

- Medical Services
- Fitness and Health
- Technology
- Legal

- Community Services
- •Housing/Respite Care
- •Financial/Banking
- •Insurance

(This Expo preview is accurate as of the date of printing.)

Tuesday, October 18 9 am to 1 pm Cook's Corner Mall

EVENTS NOT TO MISS!

FREE Swag bag for the first 200 attendees!

FREE coffee and treats!

Chance to win Amtrak Downeaster train tickets!

FREE massages and Reiki treatments

FREE flu shots

FREE Hearing video-scope screenings

FREE Technology help

FREE Yellow Dot registration

FREE Good Morning Call program registration

FREE Volunteer Transportation Network (VTN) program registration

Book signings, sales and author chats with Write On! Writers



2016 Senior Health Expo Exhibitors

SENIOR HEALTH EXPO • Tuesday, October 18th • Cook's Corner Mall • 9-1 pm

Aging Excellence

Our mission: Keep adults active and independent in their own home/community. We are committed to the delivery of services and products that provide physical, social, or personal value to maximize functional independence and socialization. Our vision: Provide the best approach, products and non-medical services to assist individuals and communities in aging successfully.

113 Pleasant St, Brunswick, ME 207-729-0991

http://www.seniorsonthego.com/

All Thumbs Computer Care

Making Technology Learning Fun! All Thumbs strives to design specific, efficient learning methods for customers to confidently and enjoyably use their electronic devices and software applications. Stop by All Thumbs' booth with your device(s) and questions!

36 Page Street, Brunswick, ME 650-9457

Alzheimer's Association, ME Chapter

Serves the entire state of Maine. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected: and to reduce the risk of dementia through the promotion of brain health.

383 US Route One. Ste 2C, Scarborough. ME 772-0115

alz.org/maine

Amtrak Downeaster

The Amtrak Downeaster is your car-free connection from Brunswick, Maine to Boston, Massachusetts and points in between. Shop at world famous L.L Bean in Freeport, Stroll through historic New Hampshire cities. Take in the endless arrary of entertainment in downtown Boston.

75 West Commercial Street, Suite 104, Portland, ME 780-1000x109 www.amtrackdowneaster.com

Avita of Brunswick

Northbridge Memory Care Assisted Living Community, opening fall 2016, newest member of Avita family. We create a safe, fulfilling home-like environment designed for those living with Alzheimer's disease and dementia. Our goal is to make a positive difference in people's lives by creating a special place where residents can thrive and families can have peace of mind.

89 Admiral Fitch Ave, Brunswick, ME 729-6222

Bath Area Family YMCA

Active older adults are our largest growing member group. From aquatics programs through our yoga, tai chi, and Muscle Time classes, we encourage strengthening spirit, mind and body for all ages and abilities. We always strive to provide our services without regard for one's ability to pay for such services.

303 Centre Street, Bath, ME 443-4112

www.bathymca.org

Bath Housing

Stable housing is at the core of heatlh and wellness. Bath Housing is a mission driven organization that works to enhance housing stability for seniors, those with disabilities, and families in the greater Bath, Maine area in order to have a safe, vibrant, just and prosperous community.

80 Congress Ave, Bath, ME 443-3116

www.bathhousing.org/

Bay Square Assisted Living Just beyond the beautiful Royal River is a place you'll love to call home. From the traditional stone fire place that welcomes you, to our world-class service and amenities, Bay Square at Yarmouth invites you to come celebrate life

with friends by your side. 27 Forest Falls Dr, Yarmouth, ME 846-0044

www.baysquareatyarmouth.com/

Beltone Hearing Aid Center

The most trusted brand in the hearing care industry among adults 50 and older. Our passion is to bring people back into life's conversations. Offer free hearing screenings, and our BelCare service, which is our commitment to you, to cover every step of the process, and ensure the highest level of long term patient

275 Bath Road, Brunswick, ME 615-0336 www.beltonene.com

Bill Dodge Auto Group

We are Maine's Family owned dealership located in Brunswick, Westbrook, and Saco. It all began in 1970, and today we have 9 new car franchises and 4 pre-owned super centers! We pride ourselves on revolving our business around customers and their families!

262 Bath Rd, Brunswick, ME 721-8300 www.billdodgautogroup.com

Brackett Funeral Home

Family owned and operated for over 150 years, we help guide your family to create a meaningful way to honor the life, the wishes, and the memory of a loved one. No matter how it's tailored, we believe our community deserves the highest quality of dignified and professional care to honor both loss and life.

29 Federal St, Brunswick, ME 725-5511 www.brackettfuneralhome.com/

Brentwood Center for Health and Rehabilitation

Our comprehensive model of care is designed to get you back on your feet again following hospitalization or a debilitating illness. We're a team of therapist, physicians, nurses and specialists whose goal is to get you back home. Occupational, Physical and Speech Therapies ...and great hospitality and customer service!

370 Portland St, Yarmouth, ME 846-9021 www.brentwoodcenterrehab.com

Brunswick Area First Responders

Members of our local emergency services will be at the event to answer any questions you may have.

- Brunswick Police Department
- Brunswick Fire Department • other area first responders

Brunswick Area Respite Care

Private, non-profit adult day care service program. Entering our 27th year, our mission is to provide supportive care and information to families facing the disabilities of aging. Although not dementia specific, 99% of program participants are those individuals and their families facing the challenges of living with Alzheimer's disease and other

41-4 Greenwood Rd., Brunswick, ME 729-8571

www.respite-care.org

CaptionCall

CaptionCall's captioning telephone is for anyone who has trouble hearing on the phone. CaptionCall uses voice recognition technology to provide written captions of what callers say on an easy-to-read screen. The phone, combined with red-carpet installation and captioning service is 100% complimentary for the hard of hearing.

4215 S Riverboat Rd., Salt Lake City, UT 801-293-6572

www.captioncall.com

Catholic Charities SEARCH - (Seek **Elderly Alone, Renew Courage & Hope)** Program

SEARCH (Seek Elderly Alone, Renew Courage & Hope) is a Program of Catholic Charities. SEARCH provides FREE in-home volunteer support services to seniors living in Sagadahoc County and Brunswick. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs.

125 Congress St., Bath, ME 837-8810 www.ccmaine.org/SEARCH

CHANS Home Health Care

CHANS Home Health Care is a full service, nonprofit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, hospice, and private duty care services, and an array of community-based wellness clinics in the Midcoast Area. CHANS is part of Mid

60 Baribeau Dr. Brunswick, ME 729-6782 www.chanshomehealthcare.com/

Chicks Do Chores

Chicks (and sometimes Chuck) Do Chores – so you don't have to! We do most anything you, as a homeowner, would normally do - but you may just need extra hands or just can't do it any longer. Anything from lightbulbs to deck painting.We're here to help tackle your TO-DO

PO Box 385, Brunswick, ME 729-5760

CHIP (Community Health Information

Partnership)-Curtis Memorial Library The Community Health Information Partnership (CHIP) of Curtis Memorial Library and Mid Coast-Parkview Health provides current, quality health and wellness information in a variety of formats to residents of the Midcoast Region. 23 Pleasant St, Brunswick, ME 725-5242

www.curtislibrary.com

Coastal Enterprises, Inc (CEI)

Coastal Enterprises, Inc. (CEI) is a mission-driven lender and investor specialing in rural economic development in Maine and throughout the U.S. CEI combines financing. adivisng services and policy leadership to help create economincally and environmentally healthy communities in which all people. especially those with low incomes, can reach their full potential.

30 Federal Street, Brunswick, ME

www.ceimaine.org

Coastal Landing Retirement

Coastal Landing will be celebrating its' 1 year anniversary in October. We are a retirement community serving the greater mid-coast area. Please come visit us during our Open House in October or call Sue Cary at 837-6560 to schedule your visit and see for yourself why so many people are calling Coatal Landing their home.

142 Neptune Drive, Brunswick, ME 725-4071

http://coastallanding.com/

Funeral Alternatives

Funeral Alternatives is a locally-owned and operated family business. We have built our business over the years by offering "sensible alternatives" for the value-conscious consumer. We specialize in simplified, low cost, dignified arrangements with excellent service. We offer cremations, burials, viewings, church funerals, graveside services, personalized memorials and caring, personal support.

155 Bath Road, Brunwsick, ME 406-4028 www.funeralalternatives.net

Great Scott Audiology

Great hearing is a vital part of your overall health and well-being. At Great Scott Audiology, we believe that everyone has the right to healthy hearing, regardless of their life situation. We'll help you cut through the clutter of ads and special offers to find the personalized hearing solution that's right for you. 331 Maine St, Suite 4, Brunswick, ME

www.greatscottaudiology.com

Greater Brunswick Physical Therapy

Providing skilled, compassionate care since 1988. Two time Business of the Year award winners. We provide holistic therapy in a welcome environment while utilizing the most current manual therapy techniques. Our treatments help facilitate the healing process, we are committed to providing the educational and emotional support to help your recovery. 11 Bowdoin Mill Island, Topsham, ME 729-1164

greater brunswick pt.com

Head to Toe Physical Therapy of

A privately, locally owned and operated outpatient physical therapy clinic located in Topsham, Maine. We have been serving patients in midcoast Maine since 2006. We pride ourselves in Treating the individual, not just the injury. Our therapists have extensive training in manual therapy.

439 Lewiston Rd, Topsham, ME http://headtotoept.com/

Hearts & Hands

At the Expo - offering profound relaxation and pain relief through hands-on Reiki healing combined with a Biomat to lay on. Biomat is a tabletop mat full of amethyst crystals that provides negative ions and infrared heat. Try 15-minute session with Martha Spruce, Reiki Master teaching and practioner for over 20

4 Magean Street, Brunswick, ME 751-5339

www.hearts-n-hands.com

HillHouse Assisted Living

HillHouse is an elder care facility located in North Bath, Maine, on grounds overlook ing Whiskeag Creek and Merrymeeting Bay. HillHouse cares for elders along a continuum of needs, from independent living to end-of life and hospice care. HillHouse staff offer personalized care to all residents in a home-like

166 Whiskeag Road, Bath, ME 443-6301 www.hillhouseassistedliving.com

Home Instead Senior Care

Home Instead Senior Care provides non-medical care for Cumberland County seniors. Our services range from simple companion care to 24/7 end of life care, and our CAREGivers are carefully selected, thoroughly screened, and well trained. "To us it's personal"

502 Main St., Gorham, ME 839-0441 www.homeinsteadmaine.com

It's My Death

A 501(c)(3) public charity providing services, education to people who wish to explore the meaning of life through embracing the certainty of death. Compassionate facilitation around personal topics related to death and dying is a dire necessity to the deep healing an well-being of dying individuals AND thei community.

PO Box 1271, Wiscasset, ME 207-240-3186

www.itsmydeath.com

Kindred at Home

Kindred home health care offers skilled reha bilitative care in the home covered under your Medicare A benefit. Offering skilled nursing physical therapy occupational therapy speech therapy medical social work and home health aide. With locations in portland Bangor and Sanford. Call us at 772-0954

881 Forest Ave., Portland, ME 894-4642 www.kindredathome.com

Linda's Home Care Planning and

Serving elderly so they can remain at home with team who providse the best quality care Treat our clients as we would treat our own family, with dignity and respect. Plans for individual needs, 2 to 24 hours a day. Includes supervising safety, assisting with personal care, errands, transportation to appointments, meal prep, housekeeping, companionship, respite.

PO Box 515, Topsham, ME 607-9083 lindashomecare.com

Maine Bureau of Insurance

The Maine Bureau of Insurance (BOI) is a state agency that regulates the insurance industry and protects consumers. Activities include licensing insurance producers and companies; performing company examinations and audits; reviewing rates and policy forms; investigating consumer complaints; and educating consumers about their rights and responsibilities under state laws.

34 State House Station, Augusta, ME 624-8445 www.maine.gov/insurance

2016 Senior Health Expo Exhibitors

Maine Estate Services, LLC

OCTOBER 2016

Maine Estate Services (MES) helps homeowners, estate attorneys, families and real estate agents manage the disposition of personal and household assets due to moving, downsizing or a death in a family. MES has the expertise and resources to answer the question, "How do we deal with all our things?

13 Pleasant St., Brunswick, ME 798-2834

Maine Geropsychology, LLC

Maine Geropsychology, LLC. Provides services to older adults and caregivers in need of psychological support. Evidence-based psychotherapies are provided to help with issues such as depression and anxiety, and difficulties associated with aging (e.g.,loss of independence). Maine Geropsychology, LLC. also provides cognitive evaluations for issues such as memory loss.

14 Main St., Box 77, Brunswick, ME 373-8932 www.mainegero.com

Maine Insurance Group

Maine Insurance Group serves seniors throughout Maine, specializing in Medicare plans, where the primary focus is on the senior, rather than the insurance company. We provide each individual with a better understanding of Medicare by explaining the various Medicare options and help to find the right plan that works best.

PO Box 5225, Augusta, ME 629-3861 www.maineinsurancegroup.com

Maine Medical Center Joint Replacement Center/Maine Medical Partners - Division of Orthopedics & **Sports Medicine**

Nationally recognized as a leader in advanced hip, knee, and shoulder surgeries. Our team performs more than 1800 joint replacement procedures each year, the highest volume in Maine. We commit to providing the highest quality care for each patient's specific needs. 5 Buckman Road, Falmouth, ME

781-1551 http://mainemedicalpartners.org/ orthopedics-sports-medicine

Maine Pines Racquet & Fitness

Maine Pines Racquet & Fitness located on the Harpswell Road is a full service tennis and fitness facility providing programs for all ages and levels. We can't wait to show you how our programs can lift your spirits, change your life and do good things for your body! 120 Harpswell Road, Brunswick, ME

729-8433 www.mainepines.com

Maine Senior College Network

Midcoast Senior College provides noncredit academic courses and other educational events for people 50 years and older to continue lifelong learning. Midcoast Senior College is part of the Maine Senior College Network and serves the area from Damariscotta to Freeport and inland towards Augusta.

34 Bedford St, USM, Portland, ME 780-4128

maineseniorcollege.org

Maine Veterans' Homes – Augusta

Maine Veterans' Homes provides outstanding quality care to Maines' Veterans and their spouses. Our facilities are recognized for their modern amenities, exceptional programs and full continuum of care. Our success can be directly attributed to our staffs unwavering commitment to our mission and core values in taking care of Maine's Veterans.

310 Cony Rd, Augusta, ME 622-2454 www.maineveteranshomes.org/

Martin's Point Health Care

Progressive, not-for-profit organization providing primary health care and health insurance plans. Our seven health care centers in Maine and New Hampshire accept most major insurance plans. Offer Generations Advantage Medicare plans in Maine and New Hampshire, and the US Family Health Plan (TRICARE Prime®) in northern New England, New York, and Pennsylvania.

331 Veranda Street, Portland, ME 253-6140

Mary's Affordable Hearing Aids

Hearing evaluations and hearing aid fittings in the comfort of your own home with licensed hearing specialist Mary Marino. Free hearing exam, quality hearing aids at affordable prices, personalized service. Over ten years of experience, satisfaction guaranteed, 30 day trial period. Home visits.

12 Spring St, Richmand, ME 1-781-249-5330

marysaffordablehearingaids.com

Mid Coast Hospital

Full-service, 93-bed, independent, not-forprofit hospital governed by community Board of Directors. Medical staff includes more than 200 providers in over 30 primary care and specialty areas. Accredited by The Joint Commission, recognized as a Magnet[™] facility by American Nurses Credentialing Center for exceptional nursing and patient care. Part of Mid Coast–Parkview Health.

123 Medical Center Drive, Brunswick, ME 373-6000

www.midcoastseniorhealthcenter.com/

Mid Coast Senior Health Center

Mid Coast Senior Health Center offers a full continuum of senior healthcare and living options in Brunswick, Maine. Services include assisted living, memory care, long-term care, skilled nursing and rehabilitation, as well as Lifeline emergency response. Mid Coast Senior Health Center is part of Mid Coast-

58 Baribeau Dr, Brunswick, ME 373-3646 www.midcoastseniorhealthcenter.com/

Neighbors. Inc.

Neighbors, Inc is a non-medical organization specializing in supporting mostly elderly individuals to remain independent and stay in their own homes as long as possible. We provide transportation, meal preparation. nelp with chores, medical reminders, shopping and companion/safety care. Services are available from 1 hour to 24 hours daily. PO Box 728, Brunswick, ME 725-9444

neighbors.com **New England Rehabilitation Hospital of**

Portland NERHP is Maine's only freestanding acute rehabilitation hospital, a 90-bed facility specializing in physical rehabilitation for stroke, orthopedic, brain injury, amputee, spinal cord injury, oncology and general rehabilitation in both inpatient and outpatient settings. NERHP holds joint commission disease-specific certification in Stroke, Amputee, Hip Fracture, and Traumatic Brain Injury rehabilitation.

207-662-8082

335 Brighton Ave, Portland, ME

http://www.nerhp.com/

Pejepscot Terrace Peiepscot Terrace, located in Brunswick off of Jordan Avenue, offers affordable housing for the elderly and disabled household. We offer one and two bedroom apartments. Equal

housing opportunity 36 Pejepscot Terrace, Brunswick, ME

www.pejepscotterrace.com

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach.

35 Union St, Brunswick, ME 729-0757 www.peopleplusmaine.org

Rite Aid Pharmacy, located in downtown Brunswick. Providing our community, as well as our nation, FREE quality health care services. Over 50 years of reliable, trustworthy experience, embracing the needs of our patients. Vaccination clinics for all work types, senior long-term, assisted care and independent living venues.

Sexual Assualt Support Services of Midcoast Maine (SASSMM)

Founded in 1983, Sexual Assault Support Services of Midcoast Maine (SASSMM) has been providing sexual assault support services to community members across the lifespan. SASSMM services include: community outreach & prevention sessions; 24hour crisis/support line services; support groups; and one-to-one advocacy in Eastern Cumberland, Sagadahoc, Lincoln, Knox, and Waldo Counties.

PO Box 990, Brunswick, ME 725-2181 www.sassmm.org

Ship Shape Financial, LLC

An independent firm of Walter Reynolds and Robert E. Frank at Fort Andross in Brunswick which helps those approaching retirement and already retired to build or remodel their financial boats. With decades of experience, we advocate for our clients, preparing for comfortable and dignified retirements. Complementary Consultation.

14 Maine St, Ste 213A, Brunswick, ME

shipshapefinancial.com

Spectrum Generations

Helping older and disabled adults – and their caregivers – live healthy, independent lives in their own homes and communities. Spectrum Generations provides answers and support for those in need of resources throughout central and midcoast Maine, regarding health, wellness, aging in place, access to nutritious meals, caregiver support, and health insurance counseling. 1.800.639.1553

Sky-Hy Conference and Renewal

Sky-Hy Adult Day Program offers a caring, nuturing environment with services for the elderly and other adults in need of assistance with social, recreational, nutritional and per-

32 Sky-Hy Driver, Topsham, ME 725-7577 www.sky-hy.net

Stetson's Funeral Home

Stetson's Funeral Home and Cremation Services is a family owned/operated business. We've thought about all the details we would want taken care of during difficult times, giving you one less thing to think about, offering many services to create a memorable, customized experience, including two celebrants, unique to our Funeral Home

12 Federal Street, Brunswick, ME 725-4341

www.stets on sfuneral home.com

The Dempsey Center

Leader in quality of life care for individuals and families impacted by cancer. Provide personalized, holistic and integrated approach to cancer prevention, education & support. We simpify complexity of the cancer journey. The Dempsey Model champions evidence based approaches while involving patients, their medical teams, and their entire community

of caregivers as equals 29 Lowell St., 5th Floor, Lewiston, ME 795-8250

www.dempseycenter.org

The Highlands

The Highlands provides a beautiful setting for experiencing all the benefits of a maintenance-free retirement lifestyle. Our 95-area recorded one CD. New members are welcome campus features a blend of historic buildings at any time. Experience is not necessary. and custom cottages, with cooperative home 35 Union St, Brunswick, ME 729-0757 ownership and rental options. The Highlands is so much more than a place to live. It's a plce to call home.

30 Governors Way, Topsham, ME 725-2650

www.highlandsrc.com

The McLellan will be 18 creatively designed residences with services and amenities that allow every resident to remain at home, independent and making choices for their own lives and for their whole life. The McLellan will look and feel like the home you carry in your heart. Love Amy McLellan, RN

26 Cumberland St., Brunswick, ME

www.themclellan.com

The Times Record The Times Record is Midcoast Maine's only daily newspaper and your best source for local news and information. Like us on Facebook and follow us on Twitter for breaking local

3 Business Parkway, Brunswick, ME 504-8220

www.timesrecord.com

The Vicarage By the Sea, Inc. Since 1998, The Vicarage by the Sea has provided long-term, specialized dementia care in a safe, homelike setting overlooking beautiful Casco Bay! Staff to resident ratio of one to four provides personalized care for loved ones. We believe that every human being deserves the opportunity to grow regardless of age or

9 Vicarage Lane, Harpswell, ME 833-5480

www.thevicaragebythesea.com

Topsham Dental Arts You'll find a relationship based approach to your dental health at Topsham Dental Arts. Your needs and priorities are central to developing your care plan. Modern den-

tistry has extensive technology that includes

3D imaging, comfortable Wand anesthe-

sia and Invisalign. Call for an appointment

Conveniently located adjacent to the Topsham 37 Foreside Road, Topsham, ME

www.topshamdentalarts.com

Volunteers of America For seniors, maintaining independence is very important. At Volunteers of America, we provide housing for seniors who want to live independent lifestyles where they can thrive and age in place. Our residents deserve the quality of life that they desire and our commitment to service-enriched housing offers

them just that. 14 Main St, Suite 301, Brunswick, ME

www.voanne.org/

Winship Green Center for Health and

Rehabilitation Our comprehensive model of care is designed to get you back on your feet again following hospitalization or a debilitating illness. We're a team of therapist, physicians, nurses and specialists whose goal is to get you back home. Occupational, Physical and Speech Therapies ...and great hospitality and customer service! 51 Winship St., Bath, ME 207-443-9772

www.winshipgreencenterrehab.com/

Write On Writers The Write On Writers meet every Wednesday at People Plus to read and share their works of poetry and prose, and to improve their writing skills. They have published fice books and

www.peopleplusmaine.org



156 Maine St., Brunswick, ME 729-8100 www.riteaid.com/aboutus



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