

# THERE'S NO PLACE LIKE HOME

FINDING THE COURAGE AND CONFIDENCE TO AGE  
"MY WAY—IN MY COMMUNITY"

**Thursday, September 17, 2015**

**Registration: 8:30 AM ~ Program: 9:00 AM–3:00 PM**

Church of Jesus Christ of Latter-day Saints, Belvedere Road, Damariscotta

**KEYNOTE SPEAKER: LENARD KAYE, D.S.W./PH.D.  
DIRECTOR, MAINE CENTER ON AGING**

**The Hidden Challenges of Aging Well in Maine:  
Present Realities and Future Prospects**

**Peer to Peer Roundtable Community Conversations  
The Challenge of Our Age—Update with  
Gillian Graham, Staff Writer, Maine Sunday Telegram**

**There are Solutions and Ways to Create One's Own Community**

For more information, program descriptions and local experts listing, to  
express your interest and make your luncheon reservations call 563-1363.  
[http://www.spectrumgenerations.org/symposium\\_coastal](http://www.spectrumgenerations.org/symposium_coastal)



Your Home for a Lifetime: A **FREE** Community Based Symposium  
Donations in support of this and other Center programs appreciated



Hosted by Spectrum  
Generations Coastal  
Community Center



The Central Maine Area  
Agency on Aging and your  
local Aging and Disability  
Resource Center  
An Equal Opportunity Provider  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

**Luncheon Option**  
Soup & Wrap  
Smorgasbord  
**\$7 per person.**  
Reservation  
Deadline, Monday  
September 12.