



There's No Place Like Home

Thursday, September 17, 2015

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



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

- 8:30am Registration and Healthy Breakfast Treats Provided by Cohen on The Meadows, Spectrum Generations Catering Department and Rising Tide Community Market
- 9:00am Welcome and Program Overview
Aging in Place Steering Committee Chair—Harriet Vaughan
- 9:15am **Hidden Challenges of Aging Well in Maine: Present Realities & Future Prospects**
Keynote Speaker: Lenard Kaye, D.S.W./Ph.D.
Director, Maine Center on Aging, University of Maine, Orono
- 10:15am Renew and Refresh
Keeping you alert throughout the day quick and effective stretches guided by Robin Maginn, Advanced Professional Senior Fitness Instructor
- 10:30am **Aging in the Place of My Choice: Our Own Challenges & Promising Practices**
Peer to Peer Round Table Discussions—Sharing Real Life Experiences
- NOON Soup and Warp Smorgasbord (suggested donation \$7).
Call 563-1363 by Monday, September 14 to make your luncheon reservation or plan for lunch on your own.
- 1:00pm **The Challenge of Our Age**
Encouraging New Ways to Look at the Question of How to Grow Old Successfully
Gillian Graham, Staff Writer Maine Sunday Telegram
- 1:45pm Refresh and Renew
Keeping you alert throughout the day quick and effective stretches guided by Robin Maginn, Advanced Professional Senior Fitness Instructor
- 2:00pm **Aging in Place: Is It Right for You?**
Tools and Resources for Creating One's Own Residential Environment
Gain new insights, discuss tips of the trade, discover resources for aging in the right place and for creating your own community from local experts on aging and Spectrum Generations 4th Annual Aging in Place Symposia
- 2:45pm Closing Remarks, Feedback, Evaluation and Next Steps

For More Information, to register or to reserve your lunch call (207) 563-1363 or stop by Spectrum Generations, Coastal Community Center, 521 Main Street, Damariscotta, Maine
E-mail: mpinkham@spectrumgenerations.org

www.spectrumgenerations.org/symposium_coastal
The Central Maine Area Agency on Aging and Your Local
Aging and Disability Resource Center

"Aging is not lost youth but a new stage of opportunity and strength." Betty Friedan (1921-2006)

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