

SILVER LININGS: SENIOR HEALTHY LIVING EXPO

September 29 • 10:00 AM - 3:00 PM • Manchester Community College

SCHEDULE OF SPEAKERS AND PRESENTATIONS

Time	Topic	Presenter	Room
10:00 am-3:00 pm	Virtual Dementia Tour	• Sign up required at Senior Helpers Booth #9	310
10:30 am-11:30 am	Second Act – Success stories from seniors taking on new endeavors after retirement	• Laurel Smith, Ruth's Mustards • Claudette Morency, Office Coordinator, Dr. Thomas Montemurno's Family Orthodontists • Maria Marlowe, Volunteer	314
11:30 am-12:15 pm	The New Hampshire Connection – What services are available and how do I access them?	• Suzanne O'Gara, REAP Counselor, The Mental Health Center of Greater Manchester • Thom O'Connor, Administrator, Bureau of Elderly and Adult Services • Connie Young, Service Link Director, Atkinson, NH	304
11:30 am-12:30 pm	Alzheimer's and Dementia – Signs to look for and what to do about it	• Bernie Seifert, Director of Adult Services, National Alliance on Mental Illness (NAMI)	308
11:30 am-12:30 pm	Wills and Trusts: What are they, when to use them and what it all means	• Sarah S Ambrogi, Esq, Ambrogi Law Office PLLC	314
11:30 am-12:30 pm	Decluttering and Downsizing	• Lora Gerard, Program Leader, Northern New England Geriatric Education Center, Dartmouth Centers for Health and Aging	306
12:15 pm-1:30 pm	Total Knee Replacement (TKA) & Partial Knee Replacement (UKA) Total Ankle Joint Replacements: Current Concepts & Outcomes	• Dr. Ricardo Gonzales, Total Joint Specialist, Dartmouth-Hitchcock • Dr. Jake Summers, Podiatrist, Dartmouth-Hitchcock	304
12:30 pm-1:30 pm	Planning for Long Term Care: What you need to know	• Sarah S Ambrogi, Esq, Ambrogi Law Office PLLC	314
12:45 pm-1:15 pm	Understanding Challenging Behaviors – Dementia Care	• Debra Desrosiers, CSA, CADC, HCC/MC	308
1:30 pm-2:00 pm	Caregiver Tips for Alzheimer's and Dementia – Preparing for the future while living successfully in the moment	• Tracy Gillick, Director of Caring Companions, Easterseals	308
1:00 pm-2:00 pm	Medicare 101	• Joanne Sherwood, Anthem, Inc.	306
1:30 pm-2:30 pm	New Tax Plan: Individual Implications	• Vicki Laforet, NH Tax-Aide State Coordinator, AARP	314
1:30 pm-2:30 pm	Advanced Directives –What are they, what they mean, and how to enforce them	• Donald Sienkiewicz, Esq., Estate Preservation and Planning Law Offices	304
2:00 pm-2:30 pm	What's your Charitable Legacy?	• Michael DeCristofaro, Senior Philanthropy Advisor, NH Charitable Foundation • Amy Fackelmann, Senior Philanthropy Advisor, NH Charitable Foundation	306
2:30 pm-3:00 pm	Tips to Avoid Social Security Scams and Fraud	• Angela W. Hubbard, Assistant District Manager, Social Security Administration	306