

# Senior Expo to feature slate of films

**Senior Beat**  
Carol Higgins Taylor



The 10th Annual Senior Expo is next week, May 19, 10 - 3, at Husson University Newman Gymnasium and Gracie Theatre. The last couple of weeks I have been sharing some of the festivities you will enjoy at Expo.

As a recap before we get into the films that will be shown, there are more than 70 vendors, a dozen breakout sessions, free one-on-one tech support for your electronic devices, shuttle buses to take you from any campus parking lot, right to the door. This is a precaution because there is a huge parking lot next to the gym and the students are gone so it's all yours.

The Darlings Ice Cream Truck will be there and we'll have free coffee, water and refreshments.

The Husson staff has been wonderful to work with and has shown great concern for making this a fabulous event for seniors. The gymnasium is the perfect location because it is all on one floor with very easy access and lots of seating. As always, the Senior Expo is free to the public.

On to the films. These are all being shown in Gracie Theatre. If you haven't been there yet, you will be very impressed. It is beautiful and very comfortable. Here is the rundown:

10:30 a.m. - "Nine To Ninety" is the love story

of Phyllis, 89, and Joe Sabatini, 90, who live with their daughter and son-in-law. They relish time with their young granddaughter. But as the family struggles to make ends meet and the grandparents' health problems escalate, Phyllis becomes determined to free her daughter from the burden of caring for everyone from "nine to ninety."

When Phyllis makes a difficult decision to move 3,000 miles away to live with their other daughter, she faces parting from Joe, her husband of 62 years. Phyllis' choice ignites bigger conversations about when the best way to say 'I love you' is to say goodbye' and how to age with dignity.

The film premiered in Toronto at Hot Docs Film Festival, was nominated for Best Short at the International Documentary Association Awards.

From the Camden International Film Festival:

11:30 a.m. - "Last Dreams" follows three women during their last month of life. Through them we get an intimate and honest picture of what it means to be close to death — stories of solitude, reconciliation and love during the process of saying goodbye.

We follow their relationship with doctors, nurses, priests, and family members. We are present when they discuss their most intimate subjects, when they express their love for their family members and as they go through a fundamental and final transformation.

1:30 p.m. - "You're Looking at Me Like I Live Here and I Don't" is a unique

journey. In Danville, Cali-

fornia, Lee Gorewitz wanders on a soul searching odyssey through her Alzheimer's & Dementia care unit. Confined by the limits of her physical boundaries, she scavenges for reminders of her life in the outside world. Yet her search is for more than a word, or a memory, or a familiar face. It is a quest for understanding.

A total immersion into the fragmented day-to-day experience of mental illness, "You're Looking at Me Like I Live Here and I Don't" is the first Alzheimer's documentary filmed exclusively in an Alzheimer's & Dementia care unit, and the first told from the perspective of someone suffering from Alzheimer's disease.

Certainly, Senior Expo has a lot packed into five hours. Come, enjoy, grab some giveaways, see a movie and attend an education session or two.

The Senior Expo is brought to you by Eastern Area Agency on Aging and the following sponsors: Brookings-Smith Funeral Homes, Penobscot Community Health Care (PCHC), Camden National Bank, Emera Maine, LiveSAFE Rosscare, Rudman Winchell, St. Joseph Healthcare, AARP, Winterberry Heights Assisted Living and Memory Care, New England Home Health Care, Westgate Center for Rehabilitation and Alzheimer's Care is a sponsor of the gorgeous bright green official Senior Expo tote bag.

Carol Higgins Taylor is an advocate for seniors and owns Bryant Street Public Relations in Bangor. Email her at [bryantstreetpr@gmail.com](mailto:bryantstreetpr@gmail.com).

Eastern Area Agency on Aging  
10th Annual  
**SENIOR EXPO**  
THURSDAY, MAY 19  
10:00 - 3:00

**HUSSON UNIVERSITY Newman Gymnasium**  
1 College Circle, Bangor

**Lots to do!**

- 75 Exhibitors
- Door Prizes
- Triad Drug Drop-off box
- Health Screenings
- Fitness demos
- Falls-risk screenings
- Individual Tech support

*Bring your electronics & learn to use them.*

**Get free ice cream from Darlings' Ice Cream Truck!**  
11:00 - 1:00

**Movies at Gracie Theatre**

10:30 - Nine to Ninety  
11:30 - Last Dreams  
1:30 - You're Looking at Me Like I Live Here and I Don't

**Educational Sessions at Gracie Theatre:**

Time	Room	Session
10am	108	<b>Living with a Wound:</b> Causes and Healing
	109	<b>Healthy Living for Your Brain &amp; Body:</b> Latest Research
	113	<b>Falls-Risk Assessments:</b> Learn your risk & get printout
11am	108	<b>Volunteering:</b> The Way to Stay Young (also at 2pm)
	109	<b>Know the 10 Signs of Alzheimer's:</b> Early-detection Matters
	110	<b>Physical Therapy for Pelvic Floor:</b> Treatment strategies
	113	<b>Falls-Risk Assessments:</b> Learn your risk & get printout
12pm	108	<b>Introduction to Estate Planning:</b> Do you Have a Plan?
	109	<b>Caregiving for your loved one with Dementia</b>
	113	<b>Tia Chi for Arthritis:</b> Slow movements for health
1pm	108	<b>Long-Term Care:</b> How to Prepare, Understand the Basics
	109	<b>Join your grandkids on Facebook:</b> Tips for Social Media
	110	<b>Current Trends:</b> Diabetes and Nutrition for Seniors
	113	<b>Chair Yoga Demonstration:</b> Benefits of yoga while seated
2pm	109	<b>Getting Schooled with Senior College:</b> Learning for Fun

**Lots of close campus parking.** And **TWO** shuttles to drive you from all the parking lots to the door.

Senior Expo is brought to you by EAAA and Sponsored in part by...

Brookings-Smith Camden National Bank Emera Maine Rosscare HOME, but not alone EMHS MEMBER

PCHC Penobscot Community Health Care RUDMAN WINCHELL COUNSELORS AT LAW St. Joseph Healthcare St. Joseph Hospital In the Spirit of Healing A Member of Covenant Health Founded by the Felician Sisters

AARP Real Possibilities in Maine New England Home Health Care Winterberry Heights Assisted Living & Memory Care Westgate Center for Rehabilitation & Alzheimer's Care

**TheWeekly** Greater Bangor's Weekly Community News Source  
**Something Happening?** E-mail: [weekly@bangordailynews.com](mailto:weekly@bangordailynews.com)  
 Write: P.O. Box 1329, Bangor, ME 04402

## Disc Golf

Continued from Page 4

Unlike regular golf, someone with little to no experience can play alongside an avid disc golf player.

"I have my courses designed for all levels of play. You can take a brand new person out with the most serious player and they're not really going to slow you up. They'll just throw more times. But by the time you finish one 18 hole game, you've figured out how to keep it in the fairway somewhat, you just don't have the distance," Enman said.

D.R. Disc Golf is open seven days a week and every holiday until Christmas. Prices are \$3 for nine holes, \$6 for 18 holes, \$10 for all day play or you can purchase a membership for \$300.

"It's a very addicting game," said Enman. "Once you try it and get it, the chances of someone disliking the game are like one in one thousand. It's such a quick little game and a fun atmosphere."

For more info., call D.R. Disc Golf in Orrington at 522-8985.

**KENNY U-PULL**

**ALL YOU CAN CARRY**  
for 10 feet unassisted

**\$59.95**

**MAY 14**  
in Bangor!

\*Only valid on used parts - excluding batteries, mags and catalytic converters. No wheelbarrows allowed. Each person must carry his own pulled parts. No help allowed. Several attempts offered. Markers will be traced in the yard for this event.

**the Curtainshop** BED & BATH of Maine  
Your Source for Elegant and Affordable Designs

**Honeycomb Cordless Cellular Shades**  
Widths: 23 to 57" • Length: 64"  
Natural, White  
Also available: Top Down/Bottom Up  
**Our Price \$33.99 to 87.99**

SO. PORTLAND • 773-9635  
175 WESTERN AVENUE  
BANGOR • 947-8100  
102 HASKELL ROAD  
WATERVILLE • 872-5634  
251 KENNEDY MEMORIAL DR.

Shop At Home Sales Advice Measurements  
Call 1-888-281-8944

**U.S. Cellular**

Our biggest deal yet.  
GET A  
**\$1000**  
BONUS PACKAGE  
when you switch.

Including:

- \$300 in U.S. Cellular® Promo Cards.
- 2GB Bonus Data monthly for two years.
- AND MORE!

Learn more at [uscellular.com/bonus](http://uscellular.com/bonus).

Things we want you to know: Shared Connect Plan 3GB and above, Smartphone purchase, Customer Service Agreement with a 2-yr. initial term (subject to a pro-rated \$350 Early Termination Fee) or Retail Installment Contract for turn-in and credit approval also required. Up to a \$40 Device Activation Fee applies. A this is not a tax or govt. required charge. Additional fees (including Device Connection may vary by plan, service and phone. \$1,000 Bonus Package includes a 1. \$300 Switcher Incentive: Limit one per line. \$100 U.S. Cellular Promotional Card given at point of sale. Additional \$200.02 Promotional Card will be mailed to customer within 6-8 weeks. Promotional Cards issued by MetaBank™ Member FDIC, pursuant to a license from Visa U.S.A. Inc. Valid only for purchases at U.S. Cellular Shared Connect Plan each month for 24 months. Bonus data must be used in the month provided. A value of \$480. 3. See uscellular.com/bonus for remaining details of the \$1,000 Bonus Package. Turned-In Smartphone must have been active on former carrier's plan and be in fully functional, working condition without any liquid damage or broken components, including, but not limited to, a cracked screen or housing. Smartphone must power on and cannot be locked or password protected. Device Protection+: Enrollment in Device Protection+ required. The monthly charge for Device Protection+ is \$8.99 for Smartphones. A deductible per approved claim applies. You may cancel Device Protection+ anytime. Insurance underwritten by American Bankers Insurance Company of Florida. Service Contract Obligor is Federal Warranty Service Corporation, except in CA (Sureway, Inc.) and OK (Assurant Service Protection, Inc.). Limitations and exclusions apply. For complete details, see an associate for a Device Protection+ brochure. Offers valid at participating locations only and cannot be combined. See store or uscellular.com for details. Limited-time offer. Trademarks and trade names are the property of their respective owners. ©2016 U.S. Cellular