

Exhibitors at the Fall Senior Expo October 1, 2013

#1 CHANS Flu Clinic Free flu shots all day, courtesy of CHANS Home Health Care, part of the Mid Coast Health System.

#2 Thomaston Place Auction Galleries, PO Box 300, 51 Atlantic Highway, Thomaston ME 04861
207.354.8141 Carol Achterhof, appraisal@kajav.com

Located on U.S. Route 1 just below the village of Thomaston, Thomaston Place Auction Galleries is a premier auction and appraisal company that has garnered the respect of dealers, collectors, and museums around the world. This reputation is based on our ongoing success in discovering and offering fine art and antique treasures to this discerning audience.

#3 Parkview Adventist Medical Center, 329 Maine St, Brunswick ME 04011
207.373.2160 Tory Ryden, tryden@parkviewamc.org

PELP, the Parkview Elder Life Program, is staffed by an Interdisciplinary team consisting of a Geriatrician, an Occupational Therapist, A Physical Therapist and a Social Worker. The team focuses on elder health and age-Related issues that can impact functional Independence and quality of life for seniors. They provide evaluations and recommendations, referrals and on-going primary care.

#4 Assistance Plus, PO Box 358 Fairfield ME 04937
207.416.5552 Joe Costello, jcostello@assistanceplus.com

Assistance Plus is a social service and medical agency with offices in Benton, Brunswick, and Wilton, Maine. We provide long term home health care, developmental disabilities, and behavioral health services including case management for children and adults with behavioral health disorders and intellectual disabilities.

#5 Androscoggin Bank's Trust & Wealth Management, PO Box 1407, Lewiston, ME 04243
207.376.3648 Barry Kohler, bkohler@androscogginbank.com

Financial planning advice and counseling, retirement planning and trust services.

#6 Home Instead Senior Services, 502 Main St, Gorham ME 04038
207.839.0441 Catherine Studley, cstudley@homeinsteadmaine.com

Home Instead's home care services are available around the clock, every day of the year and they include everything from companionship, meal preparation, light housekeeping, medication reminders, shopping and errands to continual care and Alzheimer's care. We are recruiting caregivers north of Portland to join our team. Please call for an interview!

#7 Bay Square of Yarmouth, 27 Forest Falls Dr, Yarmouth ME, 04096
207.846.0044 Mary Willson, mwillson@benchmarkquality.com

Welcome to senior living "the way it was meant to be!" Splendidly located just beyond the beautiful Royal River and near to everything practical, Bay Square offers a simple lifestyle based on independence in a nurturing, supportive environment.

#8 My Generation/Current Publishing, 840 Main St., Westbrook, ME 04098

207.854.2577 Lee Hews, publisher leeheaws@maine.rr.com www.MyGenerationMaine.com

My Generation is a publication for Boomers inserted monthly in all the Current Publications offerings. Every month, a different theme presents useful articles on related topics to help Boomers and their families enjoy life more!

#9 Pathways Rehabilitation Services, 77 Jordan Ave, Brunswick ME 04011
207.620.6173 Heather Shields, OT, h.shieldsot@gmail.com

Pathways Rehabilitation provides driver evaluations at your home or community, and driver re-training to help you regain the skills necessary to maintain your license.

#10 Clark Insurance, 2385 Congress St, Portland ME 04104

207.774.6257 Kerry Peabody kerry.peabody@clarkinsurance.com

Founded in 1931, Clark Insurance is a local, employee-owned agency with rich roots in the Maine and New Hampshire region of New England.

#11 Sedgewood Commons, 22 Northbrook Dr, Falmouth ME 04105

207.781.5775 Sheri Tewhey sheri.tewhey@genesishcc.com

Sedgewood Commons, a Specialized Alzheimer's Homestead Community offers individualized care for those living with Alzheimer's disease or other forms of dementia.

#12 CaptionCall 4215 S Riverboat Rd, Salt Lake City UT 84123

207-607-3601 Kim Hanscom, khanscom@captioncall.com

CaptionCall offers a telephone product that uses cutting edge technology to display written, nearly instant captions of your caller's voice and message.

#13 Fallbrook Woods, 60 Merrymeeting Dr., Portland ME 04103

207.878.0788 Susan Kezal, susan.kezal@fallbrookwoods.com

Our mission at Fallbrook Woods is to provide individuals in need of memory support a life-enriching, secured environment, surrounded by compassionate and dedicated health-care professionals.

#14 Electricity Maine, 306 Rodman Rd, Auburn ME 04210

207.440.5002 Ashley Rand, arand@electricityme.com

Electricity Maine is a competitive energy provider that can save you money!

#15 Marshwood Imaging Center, 33 Gorham Rd., Scarborough, ME 04074

207.468.2275 Louise Zafirson, lzafirson@insighthealth.com

Marshwood Imaging Center is a comprehensive, freestanding diagnostic imaging center. For patients and physicians we deliver quality diagnostic imaging that's convenient, simple and affordable.

#16 Ameriprise Financial, Two Portland Square, STE 700, Portland ME 04101

207.228.2659 Janet Cobb, janet.e.cobb@ampf.com

Retirement planning with a unique approach using your complete financial picture. Bring your dreams and goals to life!

#17 Advantage Home Care, 550 Forest Ave., STE 206, Portland ME 04101

207.699.2570 Rich Blumenthal, rblumenthal@advantagehomecaremaine.com

Advantage Home Care provides in-home assistance, transportation services and more to seniors in the southern Maine area.

#18 Avita of Stroudwater, 320 Spring St, Westbrook ME 04092

207.844.0899 Liz Leonard, liz@avitaofstroudwater.com

Avita of Stroudwater is a new dementia care assisted living community opening this fall in Westbrook, Me. Avita's 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.

#19 Alzheimer's Association, 383 US Route One, 2C, Scarborough, ME 04074

207.772.0115 Bill Kirkpatrick, bkirkpatrick@alz.org

The mission of the Alzheimer's Association 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.

#20 Spectrum Generations, 1 Weston Court, PO Box 2589, Augusta ME 04338
207.620.4521 Dave Brown, dabrown@spectrumgenerations.org
Central Maine's Area Agency on Aging, and Aging and Disability Resource Center.

#21 Hospice of Southern Maine, 180 US Route 1, Scarborough ME 04074
207.289.3640 Martha Blackburn, mblackburn@hospiceofsouthernmaine.org
Hospice of Southern Maine provides compassion, care and comfort through end of life for patients with life-limiting illnesses, and support for their families.

#22 Casco Bay Home Care, 360 US Route 1, Yarmouth ME 04096
207.846.6886 Jodie Hall, jodie@cbhcme.com
Casco Bay Home Care helps seniors live as independently as possible by providing non-medical assistance.

#23 CS Boutique, 424 Fore St., STE 1, Portland ME 04101
207.871.0356 Nelly Hall, nelly@csboutique.com
CS Boutique offers sexual health products and education for people of all ages. Enjoy every level of intimacy in comfort.

#25 Coastal Maine Interiors, 374 Routes 1, Yarmouth ME 04096
207.846.3312 Kim Connell, kim@coastalmaineinteriors.com
Coastal Maine Interiors does more than the usual interior design. Kim will help you downsize, choose furnishings for your new place from your own house or a store, and decorate so that your new home feels just like you!

#26 Hawthorne House & Freeport Place, 6 Old County Rd, Freeport ME 04032
207.865.4782 Nancy Keegan, admissionshawthornehouse@firstatlantic.com
Warm, comfortable assisted living and professional nursing care community in Freeport Maine

#27 Cape Memory Care, a Woodlands Senior Living Community
126 Scott Dyer Rd, Cape Elizabeth ME 04107
207.553.9616 Benjamin Smith, bsmith@woodlandsalf.com
Our specially designed, home-like, secured environment specializes in caring for persons with Alzheimer's disease and other memory impairments.

#28 Beach Glass Transitions, 72 Ocean St., STE 104, South Portland ME 04106
207.210.6498 Lynn Peel, lpeel@beachglasstransitions.com
Beach Glass Transition's senior care advisors offer their compassion and expertise to help find quality solutions for senior care that suit your family's needs.

#29 Maine Senior Guide, PO Box 48, Freeport, ME 04032
207.232.7847 Deborah McLean, Dmclean@maineseniorguide.com
Maine Senior Guide is a free on-line resource that gathers information for Maine seniors and their loved ones. From assisted living and senior health care to Alzheimer's services and home care, legal and financial services or rehabilitation, it's all online at MaineSeniorGuide.com.

#30 Thornton Oaks Retirement Community, 25 Thornton Way #100, Brunswick ME 04011
207.729.8033 Marlise Swartz, thoaks@gwi.net

Thornton Oaks Retirement Community, located in the lovely college town of Brunswick, offers all the carefree joys of an independent living community, and the support of Mid Coast Health Services.

#31 Insphere Insurance Solutions, 383 US Route 1, STE.2E, and Scarborough, ME 04074
207.730.2664 Karen Vachon, Karen.vachon@insphere.com

Karen Vachon cares about her clients changing insurance needs. She is committed to make insurance understandable so that clients feel comfortable and confident with their coverage. Karen is a licensed independent insurance agent with Insphere Insurance Solutions. Offering personal service, she helps seniors, individuals, families, and small business owners find customized and affordable health, life, disability, long-term care insurance and Medicare options

#32 A Place To Start, 9 High St., Kennebunk, ME 04043
207-467-3272 Sally Tartre, info@aplacetostartfordementia.org

A Place to Start is a non-profit organization started with a mission of hope, help and guidance for Alzheimer's families. We help you develop specific and individualized care plans for living with the diagnosis of dementia. And we offer mentorship, navigation, guidance, planning, support and understanding for coping with Alzheimer's disease.

#33 Seacoast RV, 729 Portland Rd., US Route 1, Saco, ME 04072
207.282.3511 seacoastrv@seacoastrv.com

At Seacoast RVs, we carry an extensive line of new and used recreational vehicles and campers for sale from leading manufacturers as well as motorhome rentals.