



North Andover Conference on Aging

Friday, May 12

All programs are free and open to the public.

To register for sessions and/or keynote speakers please call the senior center at 978-688-9560 or register on line at <https://forms.gle/sZcKQbgd3pxE7otH9>

Friday, May 12 @ 1:00pm - 2:30pm

Choose Session 1, 2 or 3

Session 1: Hearing Loss: Balance & Communication

Presenters: Whitney Liechti
Healthy at Home Physical Therapy
John Knorr Caption Call

Did you know the loss of hearing can lead to balance problems? Gain the tools needed to improve your balance with hearing loss.

Also learn about the easy to read phone captioning helps you understand conversations better. A no cost solution for people with hearing loss to use the phone effectively.

Session 2: Warning Signs of Stroke

Presenter: Gary Malowitz, Encompass Health
Every 40 seconds someone in the US has a stroke. Learn the warning signs and how to help prevent one from occurring and guideline for recovery.

Session 3: Family & Friends CPR Instruction

Presenter: Jeff Deschenes, EMS Coordinator
North Andover Fire Department
Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for those interested in learning how to save a life.

Friday, May 12 @ 3:00pm - 4:30pm

Choose Session 1, 2 or 3

Session 1: Identifying Identity Theft

Presenter: Joe Soucy
Modern Woodman Fraternal Financial
How do you know if your identity has been compromised? Learn how to protect yourself from identity theft and what to do if it happens.

Session 2: AARP HomeFit Workshop: Modify Your Home for Safety and Comfort

Presenter: Andrea Cordis, MS, COTA/L
Occupational Therapy Clinical Assistant
This program can help individuals and families make their current or future residence - or that of a loved one - their "lifelong home".

Session 3: Live Your Best Life While Living with Low Vision

Presenter: Erin DiCarlo, NAIPC
Living with low vision impacts all aspects of someone's life; physically, emotionally and logistically. This program will make a major impact in the day to day lives of someone living with a low vision diagnosis.



Friday, May 12 @ 5:00pm

Dinner Sponsored by Edgewood

Keynote Speaker **Hero Art: Rob Surette**

Robert R. M. "Rob" Surette is a speed-painter and public speaker known for inspiring audience members with his **6-foot paintings created live, in 1-5 minutes each!** You will be wowed by his painting and leave feeling inspired and upbeat!

Surette has performed on Good Morning America and The Tonight Show with Jay Leno.



North Andover Conference on Aging

Saturday, May 13

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Saturday, May 13 @ 9:00am - 10:30am

Choose Session 1, 2 or 3

Session 1: Medicare 101

Presenter: Andrew Firman
Benefits Advisor Group

You are 65 or fast approaching this milestone and have been inundated with Medicare information and you are on information overload! We'll take you through Medicare and provide tools you need to select your plan.

Session 2: The Unique Needs of Aging Adults Navigating Solo

Presenter: Ailene Gerhardt
Beacon Patient Solutions

A solo ager is an adult who, because of choice or circumstance, is without family support structure of adult children or family network. Explore their unique needs and needed solutions.

Session 3: Aging Together: Adults with Developmental Disabilities and their Family Caregivers

Presenter: Sue Lunn

Waystone Health and Human Services
Older family caregivers of adult children face unique challenges. This program will address the challenges and concerns faced by these families.

Saturday, May 13 @ 11:00am - 12:30pm

Choose Session 1, 2 or 3

Session 1: Facts About Reverse Mortgages

Presenter: David Tourtillott, CRMP

Ever consider a reverse mortgage? Come and learn the pros and cons along with other alternatives to consider. A Reverse Mortgage is simply a financial tool for consider among many other tools.

Session 2: Long Term Care: Myths, Facts and Options

Presenters:

Quentara Costa, Powwow LLC
Jon Younger, Assisted Living Locators
Separate fact from fiction. Where to live? How to cover the costs? Chances of needing care? What's right for you and your family? In-home care, Day Wellness, Assisted Living, or Skilled Nursing?

Session 3: LGBTQ+ Language & Identities

Presenter: Professor, Jen Bauer
North Andover Pride

Understanding and communicating across generations. Learn more about gender identities, pronoun etiquette and vocabulary within this community.

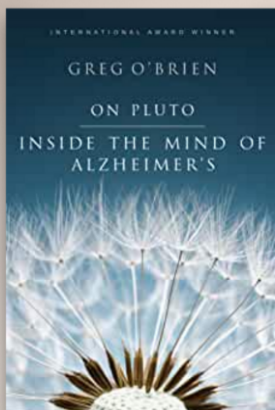
Saturday, May 13 @ 12:45pm

Lunch Sponsored by Atria Marland Place

Keynote Speaker

Author: Greg O'Brien

Free book to the first 50 registrants
Sponsored by Bridges at EPOCH



Mr. Greg O'Brien, an award-winning investigative reporter, has been diagnosed with early-onset Alzheimer's and is one of those faceless numbers. He decided to tackle the disease and his imminent decline by writing frankly about the journey. O'Brien is a master storyteller. His story is naked, wrenching, and soul searching for a generation and their loved ones about to cross the threshold of this death in slow motion. On Pluto: Inside the Mind of Alzheimer's is a trail-blazing roadmap for a generation—both a "how to" for fighting a disease, and a "how not" to give up!