



THE UNIVERSITY OF
MAINE



OLDER ADULT HEALTH AND WELLNESS FAIR

TUESDAY, APRIL 12, 2022 @ 1:00 PM - 4:00 PM
BUCHANAN ALUMNI HOUSE - 160 COLLEGE AVE, ORONO

The UMaine Center on Aging is pleased to present the **2022 Older Adult Health and Wellness Fair!** This three-hour, **FREE** event will bring together a wide array of exhibitors and participants to provide wellness opportunities and health information to older adults and caregivers in our community. Health screenings, education opportunities, and information about local volunteer groups are just some of the exciting booths older adults can expect to find at the fair. This event is one of many happening during **Maine Impact Week**.

Exhibitors

Center on Aging

Learn about the Center's various volunteer opportunities including RSVP, Senior Companion Program, as well as the resources of AgingME, the Geriatrics Workforce Enhancement Program and the Maine Older Adult Research Registry.

School of Nursing

First-year nursing students are trained to take vital signs while providing a holistic, compassionate experience. We are excited to provide blood pressure checks to our community members!

Thriving Elders

Thriving Elders shares information and ideas on aging through a bi-monthly online newsletter and community forum. Our audience is elders, caregivers, and families. Sign up for the newsletter and learn more at the Thriving Elders booth.

Department of Psychology

Join the CARE Lab, led by Dr. Rebecca MacAulay, to learn more about the scientific evidence on brain health. During the event, we will demonstrate how walking can give us insight into our brain's health, show how to take a Mindfulness minute to help reduce stress and improve concentration, and provide useful information on healthy sleep - as the CARE Lab has shown that sleeping "too much" and "too little" are associated with worse attention in older adults.

Northern Light Acadia Hospital

The Center for Geriatric Cognitive and Mental Health will have handouts and staff available to highlight their programs for healthy brain aging, assessments of mood and memory disorders and clinical research opportunities for persons with Alzheimer's disease.

Penobscot Valley Senior College

Health and wellness are more than physical states. Penobscot Valley Senior College (penobscotvalleyseniorcollege.org) offers non-credit courses and one-day presentations to members 50 or older that keep us informed, alert, and engaged. Whether on Zoom or in person, our offerings encourage social engagement as well as intellectual stimulation for lifelong learners. PVSC members will be on hand to share their enthusiasm, tell you about PVSC offerings, answer your questions, and hopefully sign you up for membership.

Eastern Area Agency on Aging

Learn about the programs that Eastern Area Agency on Aging has to offer throughout Hancock, Washington, Penobscot and Piscataquis counties. The table will also highlight programs offered at the newly opened Durgin Center, an active gathering space that invites the adult community together for enriched wellness, educational, cultural, and recreational life experiences. Programs include Medicare Education and Assistance, Caregiver Support Services, Exercise Groups, Art Classes, Social Activities, a Café, Nutrition Services and more!

Department of Communication Sciences and Disorders

The graduate students and faculty from the University of Maine's Conley Speech and Hearing Center will be offering free hearing screenings. In addition, please visit and learn about better communication, hearing technologies. and other devices to help those with hearing loss.

School of Food and Agriculture

Join Professor Mary Ellen Camire and students from the Food Science and Human Nutrition program to learn how to increase protein and dietary fiber in your diet. Tips for shopping for healthful foods on a budget will be available. Want to know if you are eating a healthy diet? Take the DETERMINE nutrition questionnaire to find out.

For further information contact:

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Please visit umaine.edu/impactweek for more details!