Cecil County
55+ Healthy Lifestyle Expo
September 18, 2020
9:00 a.m. - 2:30 p.m.

Virtual Program
Presenter and Vendor Information

- **9:00 a.m.—10:00 a.m.**
  
  **Community Resource Vendor:** Steve Gurney  
  Positive Aging Sourcebook

  **Presenter:** Beverly Jackey MS, RDN  
  Extension Educator, Family and Consumer Sciences  
  University of Maryland Extension

*Improve Brain Health with the MIND Diet*
There is evidence that specific dietary patterns can lower your risk of Alzheimer's disease. Learn which foods to eat and which foods to limit to slow brain aging, and lessen the chances of developing Alzheimer's disease.

- **10:30 a.m.—11:30 a.m.**
  
  **Community Resource Vendor:** Alexcys Ryan  
  Maryland Health Connection

  **Presenter:** Ashley Dickens-York  
  Coordinator of Special Programs II  
  Cecil County Health Department

*Creating Healthy Habits*
We will go through some basics for your self maintenance success. We will provide you with some specific health tips, and also more broad ways to make your health more sustainable. We meet you where you are, and help you with the resources you have available.
12:00 p.m.—1:00 p.m.

Community Resource Vendor: Shawn Markey
Director of Lifelong Learning
Cecil College

Presenter: Lisa Solomon, MBA
Independent Licensed Health Insurance Broker
Senior Health Benefits Assistance

2020 Medicare Education
- 4 parts of Medicare
- Medicare covered preventive service
- Beneficiary costs under original Medicare
- Medicare Supplements
- Medicare Advantage Plans
- Extra help with Medicare cost

1:30 p.m.—2:30 p.m.

Community Resource Vendor: Sharon F. Pelham
Business Development Director, Cecil County
APG FCU

Presenter: Sonya Pietrogiacomo
Financial Literacy Educator
APG FCU

Money Smart for Older Adults - Prevent Financial Exploitation
- Recognize and reduce the risk of elder financial exploitation
- Plan for unexpected loss of the ability to manage your finances
- Prepare financially for disasters
- Find other helpful resources on managing money and reporting financial exploitation

Please register for each session separately. We will provide a different Zoom Invitation link for each session you are registered for. Please make sure to log on 5 minutes before start time.

Please register here: https://forms.gle/XH6DUyTY7GacyAtN6

For more information - contact
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