

24th Annual

# 50<sup>plus</sup> EXPO



## LANCASTER COUNTY



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# 50<sup>plus</sup> EXPO

LANCASTER COUNTY



## Welcome

Welcome to the virtual **24th annual Lancaster County 50plus EXPO** guide. Wow, it has certainly been a year no one will forget. As we forge ahead, it's important to stay connected to the community. You can do that by visiting the exhibitors at this online virtual event.

Eight months ago you may not have been familiar with anything virtual, but most people have become accustomed to doing more things online. We hope to host in-person events next year, but in the meantime, the platform we are using makes it almost seem like the real thing.

Please check out the awesome lineup of seminars, entertainment, and demonstrations — and, of course, the exhibitors who are eager to share their information with you!

Please come back often throughout the four-day event as your time permits. As with any of our events, there are door prizes. Don't forget to register for them, and keep your fingers crossed!

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# Entertainment/Demonstrations

## Thursday

### Vinyasa Virtual Class

**Presented by Lynn Slocomb, Owner, The Light Within Yoga Studio**

Lynn welcomes you to practice with her in a nurturing environment where growth through yoga happens naturally and organically. Her studio is a safe space for everyone and everybody. Join Lynn Slocomb in this alignment-based vinyasa practice, which can be modified to accommodate all levels of fitness as well as all body types. Gentle doesn't always mean "easy." However, with breath awareness, we can calm the mind and move more freely and honestly.

### Best Feet Forward Balance Program

**Presented by Wendy Keslick, Owner, In Harmony Wellspring**

Everything is adaptable! Wendy Keslick meets her balance-program students at their level, offering a wide variety of safe modifications. She offers programs online, in person, one-on-one, and in a group.

### What's Happening in Your Kitchen?

**Presented by Debbie Kimble, Independent Consultant, Tastefully Simple**

Easy meal prep, tasty treats, entertaining ideas! Is eating healthy your lifestyle? Is meal prepping your lifestyle? Short on time in the kitchen? Learn some quick ideas for whatever your foodie journey is. For more recipes, tips, and deliciousness, check out [tsbydebbie.com](http://tsbydebbie.com) or the Facebook group Sprinkle & Splash Daily with Debbie.

### Floral Fun for the Fall!

**Presented by Colton Weyant-Staver, Director of Floral & Design, JDK Group**

Join Director of Floral & Design Colton Weyant-Staver from The JDK Group in Camp Hill as he teaches a DIY approach to arranging a floral centerscape for your intimate fall dinner party. Be sure to tune into this DIY fall tablescape demo to really wow your family and friends this season.

## Friday

### Cook along with Chef Diana: Apple-Preserving Edition

**Presented by Diana Egnatz, Lancaster Local Provisions**

Learn the art of home canning with Chef Diana. She'll be creating homemade apple gifts and give tips on how to create your own preserves.

### Palms: Read Your Own

**Presented by Jan Helen McGee**

Do you have a fire, earth, air, or water hand? Look at your heart, head, life, and fate lines and find out what they mean. Study your fingernails and fingertips, and discover stars or crosses on your palm.

### Seated Strength and Conditioning

**Presented by Sally Winchell, Wellness Director, Bright Side Opportunities Center**

It's important to build muscle to be strong for daily living, rev up metabolism, and increase bone density. With these 30-minute strength and conditioning workouts, you will improve your strength, endurance, balance, cognitive function, and mental state. Especially now, it's more important than ever to improve your health through regular exercise and healthy nutrition.

## Saturday

### Lancaster's Getaway – What We Do and Why We Do It

**Presented by Refreshing Mountain**

Refreshing Mountain is a year-round retreat center with indoor and outdoor adventures. This small, family-owned business is located in the beautiful Pennsylvania woodlands in northern Lancaster County. Explore the history of the retreat center, the onsite wildlife center with birds of prey and amphibians, and the adventure center with ziplines and high-ropes experiences!

### Who is The Wine Coach?

**Presented by Laurie Forster, The Wine Coach**

Laurie Forster is an award-winning sommelier whose edgy approach to demystifying wine has caught the eye of major-network programs, including *The Dr. Oz Show*; corporate meeting planners; and high-profile charities around the country.



**Cabot Creamery**

**\$25 Gift Box Giveaway\***

Cabot Creamery Cooperative has been in continuous operation in Vermont since 1919 and makes a full line of cheeses, yogurt, sour cream, cottage cheese, and butter. Widely known as makers of "The World's Best Cheddar," Cabot is owned by the 800 dairy farm families of Agri-Mark, the Northeast's premier dairy cooperative, with farms located throughout New England and upstate New York.

At this time, we invite you to get to know us a little better by taking a virtual tour of our factory!

\*First 30 guests registered on their site.

# Entertainment/Demonstrations

## Saturday (continued)

### **Ghosts & Spirits: An Easy 1, 2, 3**

**Presented by Jan Helen McGee**

Do your passed-on loved ones come to you in spirit? Find out how to draw them in or how to kick disgruntled ghosts out. Never fear: Spirits have been with us for a long time.

### **Standing Strength and Conditioning**

**Presented by Sally Winchell, Wellness Director, Bright Side Opportunities Center**

It's important to build muscle to be strong for daily living, rev up metabolism, and increase bone density. With these 30-minute strength and conditioning workouts, you will improve your strength, endurance, balance, cognitive function, and mental state. Especially now, it's more important than ever to improve your health through regular exercise and healthy nutrition.

## Sunday

### **Astrology: Another Tool for Your Metaphysical Toolbox**

**Presented by Pat Dumas**

Astrology isn't woo-woo — really! It's just one of many tools and techniques available out there for an individual to use in one's journey toward self-actualization. Understanding who we are can best prepare us to undertake that journey, and this video will walk you through the most basic information of what astrology is, what is isn't (or shouldn't be!), and how it can be helpful to each and every soul.

### **Food & Wine-Pairing Secrets**

**Presented by Laurie Forster, The Wine Coach**

Join Laurie Forster, The Wine Coach, for a fun video that focuses on food and wine pairing. Laurie believes that wine is part of the recipe of your meal and is best when paired with food. She'll teach you how to make a "wine sandwich" and so much more!

### **Crispy Turmeric Egg Recipe**

**Presented by Ann Fulton, Fountain Avenue Kitchen**

Upgrade your everyday fried egg with an easy cooking method and a spoonful of superfood — turmeric. This technique offers an ideal way to regularly incorporate turmeric, a potent anti-inflammatory and antioxidant, into our diets. Enjoy on avocado toast, grain bowls, or with a side of toast.

### **Elvis Presley Tribute Artist**

**Presented by Jeff Krick Jr.**

At only 22, Jeff Krick Jr. is one of the most successful Elvis Presley tribute artists in the country. In 2016, at just 19, Krick placed No. 6 in the entire world at the Ultimate Elvis Tribute Artist Contest and in the top 10 at the Images of the King Contest in Presley's hometown of Memphis, Tennessee. He is a two-time fan-favorite award winner and three-time top 10 finalist at the Ocean City Elvis Festival in Ocean City, Maryland. Hailing from Reading, Krick has headlined cruise ships and numerous Elvis and music festivals.

## Thursday

### **Learn All about Our New Medicare Plans**

**Presented by Josie Corbacio-Dougherty, Direct Pay Sales Executive, Highmark Inc.**

Click now for Medicare 101, and then plan to attend a free seminar near you and hear all about Highmark's new Medicare plans for the coming year. Whether you're new to Medicare or you're looking to change your current plan, our Licensed Medicare Advisors will be able to answer your questions. Remember, Medicare plans vary by county, so you'll want to attend a seminar in the county where you live to get the most accurate information.

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# Seminars

## Thursday (continued)

### Meet May-Grant Obstetrics & Gynecology

#### Presented by May-Grant Obstetrics & Gynecology

May-Grant Obstetrics & Gynecology offers a wide array of services, meaning that patients can get clinical visits, lab tests, prenatal and diagnostic ultrasounds, women's health education, and a number of outpatient procedures all under one roof. And with six different locations, and early morning and evening appointments, patients won't have to drive far from their homes or miss work.

### What in the World is a Podiatrist?

#### Presented by Dr. Marilyn C. Henderson, Henderson Podiatry

"Oh, my aching feet!" Our feet are way down below, tucked into shoes. We forget that they have to walk 10,000 steps a day to keep us healthy. Podiatrists are Doctors of Podiatric Medicine (DPMs) and are able to diagnose and treat foot problems from the ankles to the toes. From pediatric in-toeing, teenage warts, and athlete's foot to adult bunions, hammertoes, ingrown toenails, and sprained ankles, a podiatrist is invaluable in keeping you on your feet!

### Senior Scam Prevention

#### Presented by Jerry Mitchell, Outreach Specialist, Pennsylvania Office of Attorney General

Jerry Mitchell works with community groups, school districts, law enforcement, legislatures, and senior groups to help educate Pennsylvanians on topics ranging from the latest scams to social media awareness to drug trends and the dangers of illegal drugs.

### Perimenopause and Menopause

#### Presented by Dr. Kathleen Gerbert, May-Grant Obstetrics & Gynecology

Dr. Kathleen Gerbert discusses some of the symptoms of perimenopause and menopause and the ways she can help you find relief. Let May-Grant partner with you during this time for your best health ever. Call (717) 397-8177 or make an appointment online at [www.maygrant.com](http://www.maygrant.com).

## Friday

### Abnormal Uterine Bleeding and Solutions, Including Endometrial Ablation

#### Presented by Dr. Kent Meldrum, OB/GYN, May-Grant Obstetrics & Gynecology

Join us as Dr. Kent Meldrum, OB/GYN at May-Grant, discusses abnormal uterine bleeding: what it is and how they can help. May-Grant is proud to offer in-office uterine ablations, and Dr. Meldrum walks guests through that procedure as an excellent option for treatment of AUB.

### Making Your Home Falls Free

#### Presented by the National Council on Aging

The National Council on Aging (NCOA) teamed up with the American Occupational Therapy Association to demonstrate simple ways you can prevent falls in your home. If you want to learn how to make your home safer in order to prevent falls, then this video is for you. It's a great how-to resource that you can come back to again and again.

### Navigating Outdoor Fall Hazards

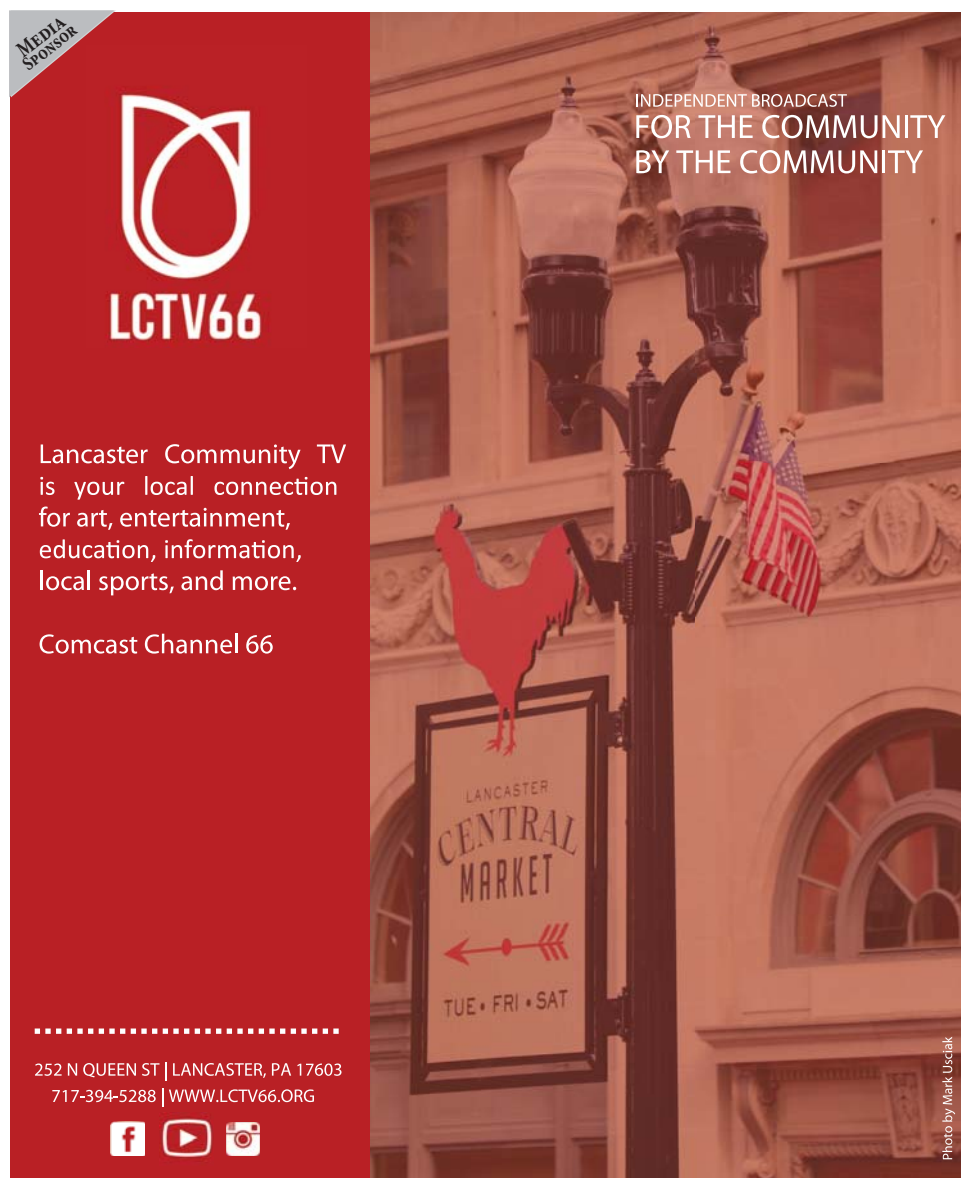
#### Presented by the National Council on Aging

If you want to see what falls prevention looks like when you're out and about in the community, you will want to check out this video. Kathy Cameron from the National Council on Aging's Center for Healthy Aging and Emily Nabors from the University of Southern California's Leonard Davis School of Gerontology lead the demonstration.

### Matter of Balance Program Overview

#### Presented by Maine Health Educational Services

Have you ever wanted to learn more about the "Matter of Balance: Managing Concerns about Falls" program? You have come to the right place! This video will walk you through the ins and outs of the program to see if it is the correct fit for you or your loved one.



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Photo by Mark Usick

# Seminars

## Saturday

### SEMINAR SPONSOR

#### **Estate Planning is for Everyone**

**Presented by Daniel Hill, Esq., Bellomo and Associates**

In this workshop, you will get to know essentials of estate planning. Attorney Hill answers many important questions during this presentation. Have you ever asked yourself, “What is the importance and need of legal documents? How can I protect my family if my health or the health of my spouse fails? Is there a way to control what I worked so hard for, even after I die?” Watch this complimentary workshop to get these questions answered and receive a free consultation!

#### **Discover How to Unlock the Gift of Your Whispers**

**Presented by Kim Meredith**

The power of whispers is remarkable. Prompted by strong emotions, whispers are subtle feelings that connect raw, instinctual impulses to conscious, calculated thoughts. Bring harmony to your life by connecting instinct with reason. Unlock the gift of your inner voice, your whispers, and live more authentically.

#### **Caregiver Solutions**

**Presented by Matthew J. Gallardo, BASW, Senior Director of Community Engagement, Messiah Lifeways at Messiah Village**

This seminar is for those seeking options, resources, and support as caregivers, especially those who may be struggling to balance caring for an aging loved one and their own busy lives. Some of the topics will include: identifying and avoiding caregiver burnout, caring for the caregiver, and exploring solutions and resources.

#### **Dementia – What’s Happening in the Brain**

**Presented by Lori Dierolf, BA, PCHA, CDP, CMDCP, CADDCT, CAEd, President, Open Door Training & Development**

For those who haven’t been around persons living with dementia, understanding what’s happening and why can be confusing and frustrating. Dementia expert Lori Dierolf explains how she became involved in dementia care and reviews what dementia is. She discusses what is happening inside the brain of a person living with it using simple, easily understood examples.

## Sunday

#### **Understanding Hospice and Palliative Care**

**Presented by Ginny Davis, Community Relations Coordinator, SpiriTrust Lutheran Homecare & Hospice**

Hospice is about living life to the fullest with dignity and comfort and affirming life — neither hastening nor postponing death. This informative session will answer some of the questions most frequently asked by family members, from what to look for in a partner to services offered.

#### **Chocolate Town Ladies**

**Presented by Susan Mitan – Hershey Historical Society**

Meet four women who are part of Hershey’s history: Catherine Hershey, wife of Milton Hershey; Bertha Candoni, Catherine’s companion and caretaker during Catherine’s last seven years; Prudence Copenhaver, the first head matron of the Hershey Industrial School (now Milton Hershey School); and Louise Zinner, Bertha Candoni’s friend who helped her care for Catherine.



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