

21st Annual

50^{plus} EXPO



NORTHERN LANCASTER COUNTY



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Welcome

Welcome to the **Northern Lancaster County** virtual **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 get back to 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, visit the exhibitors who are eager to share their information with you!

As with any event, there are door prizes, so don't forget to register for a door prize.



AAA Central Penn	The Highlands at Wyomissing	Ronafa Window & Door
Aetna	Highmark Blue Shield	Student Transportation of America
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AmeriHealth Caritas VIP Care	HUMANA	UPMC Pinnacle
Blue Ridge Communications	Lancashire Terrace	Vi-Telometry LLC
CapTel Outreach	Lancaster County Office of Aging	Walmart Ecommerce
CareGivers America	Landis Communities	Weaver Memorials
Central Pennsylvania Cremation Society, Inc.	Laurel Hill Wellness	Wellness DNA Consulting
Charles F. Snyder Funeral Home & Crematory	LCTV	WellSpan Health
CIGNA	Mary Kay	WHTM-TV abc27
ClearCaptions, LLC	Masters Home Solutions	
Department of Environmental Protection – Radon Division	Mid-Atlantic Waterproofing	
DeverCare.com	Office of Attorney General, Bureau of Consumer Protection	
Elderwood Senior Living at Lancaster	Pennsylvania Link to Aging and Disability Resources	
Eye Associates of Lancaster	Pennsylvania Lottery	
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Photo by Mark Usciak

50plus EXPOS

VIEW FRIENDS AND NEIGHBORS WHO HAVE PARTICIPATED IN THE

WRITING CHALLENGE SHOWCASE

TALENT Showcase

Entertainment/Demonstrations

Thursday

Ann Fulton – Fountain Avenue Kitchen

Crispy Turmeric Egg Recipe

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.

JDK Group

Floral Fun for the Fall!

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

Debbie Kimble – Tastefully Simple

What's Happening in Your Kitchen?

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 or the Facebook group Sprinkle & Splash Daily with Debbie.

Tracy Potochny, Mary Kay

Customized Skincare for Every Season of Life

Learn how to find the right products that work with your skin type, your budget, and your lifestyle!

Refreshing Mountain

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

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!

Friday

Sally Winchell, Wellness Director – Bright Side Opportunities Center
Seated Strength and Conditioning

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.

Pat Dumas

Astrology: Another Tool for Your Metaphysical Toolbox

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.

Laurie Forster, The Wine Coach

Who is 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. Laurie will join the 50plus EXPO to lead a Sunday Funday Wine Tasting on Oct. 11, Nov. 1, and Nov. 15!

Jan Helen McGee

Palms: Read Your Own

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.

Entertainment/Demonstrations

Saturday

Jan Helen McGee

Ghosts & Spirits: An Easy 1, 2, 3

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.

Sally Winchell, Wellness Director – Bright Side Opportunities Center Standing Strength and Conditioning

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.

Kim Lyday

Holistic Healing: How to Awaken Your Soul and Embody Your Divine Health and Abundance

What exactly is holistic healing? What techniques work best? Join Kim Lyday, MA, MT-BC, HC, as she shares how we can each begin the process of healing ourselves from illness, trauma, confusion, stress, and money woes. Discover how to take the first step on your journey, and receive some free gifts along the way!

Laurie Forster

The Wine Coach

Food & Wine-Pairing Secrets: 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!

Barbara Goll, Community Education Liaison/Nutritionist

Start Today and Reduce Your Risk for Dementia with Brain Nutrition

Learn about foods that can help reduce risk for dementia and other chronic disease. Understand the needs of our brain and how daily food choices play a role in our wellbeing. Create a diet of nutrient-dense foods that can protect your brain and body and greatly improve how you experience life!

Diana Egnatz

Lancaster Local Provisions

Cook along with Chef Diana, Winter Squash Edition. Join Chef Diana in the kitchen to learn about different winter squash varieties and how to cook with them!

Sunday

Jeff Krick Jr.

Elvis Presley Tribute Artist

At only 22 years old, 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, Pennsylvania, Krick began singing before he was able to talk and has been performing professionally since age 16. Krick comes from a very musical family and, as a child, the sounds of Elvis Presley, Conway Twitty, and George Strait composed his playlists. In his short but busy career, Krick has headlined cruise ships and numerous Elvis and music festivals, and he has performed as far west as Hawaii and Las Vegas.

Diana Egnatz

Lancaster Local Provisions

Cook along with Chef Diana, Apple Preserving Edition. 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.



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Seminars

Thursday

National Council on Aging **Making Your Home Falls Free**

The National Council on Aging teamed up with the American Occupational Therapy Association to demonstrate simple ways you can prevent falls in your home. This video is a great how-to resource that you can come back to again and again.

WellSpan Health **Live Menopause Chat**

Along with hot flashes and memory loss, menopause can bring on a host of emotional challenges. We'll talk on a live Zoom chat about both the common physical symptoms and emotional feelings that can accompany menopause. Participants are welcome to discuss their own concerns and ask questions.

Presented by:

Kelsey Steele, PsyD, Licensed Clinical Psychologist, WellSpan Philhaven
Melanie Ochalski, MD, FACOG, Reproductive Endocrinologist, WellSpan
Midlife Health & Wellness

WITNESS and the National Council on Aging **An Age for Justice: Confronting Elder Abuse in America**

This video produced by the Elder Justice Now campaign shows the families and individuals whose lives have been turned upside down by elder abuse. An Age for Justice provides stark proof of the financial, emotional, physical, and psychological impact of the violence and abuse that an estimated 5 million Americans face every day.

Friday

Kim Meredith **Discover How to Unlock the Gift of Your Whispers**

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.

Maine Health Educational Services **Matter of Balance – Managing Concerns about Falls**

Studies show that between 25-50% of independently living older adults have a fear of falling. As we get older, falling can be not only embarrassing, but also the start of a downward spiral. Fear of falling is no reason to restrict your activities or isolate oneself. Don't let the fear of falling impact your quality of life.

Jerry Mitchell, Outreach Specialist with the Pennsylvania Office of Attorney General

Senior Scam Prevention

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.

Saturday

Susan Mitan – Hershey Historical Society **Chocolate Town Ladies**

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.

Sunday

National Council on Aging **Navigating Outdoor Fall Hazards**

See what fall prevention looks like when you're out and about in the community! Kathy Cameron from NCOA's Center for Healthy Aging and Emily Nabors from the USC Leonard Davis School of Gerontology lead this video demonstration.

National Council on Aging **6 Steps to Prevent a Fall**

Come check out this video to learn about the steps you can take to prevent a fall. Did you know that most falls can be prevented? You have the power to reduce your own risk and/or help protect your loved ones from a serious fall by following these 6 steps.