

17th Annual

50plus EXPO

CHESTER COUNTY



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50^{plus} EXPO

CHESTER COUNTY



Welcome

Welcome to the virtual **17th annual Chester 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!

Accurate Foot and Diabetic Care

Aetna

AmeriHealth Caritas VIP Care

Angel Companions

Bath Fitter

Brandywine Hospital

Cabot

CAPTEL OUTREACH

Chester County Library

CIGNA

ClearCaptions, LLC

Department of Environmental Protection –
Radon Division

Garden Spot Village

HUMANA

In Harmony Wellspring

Keystone Shops

Lancashire Terrace

Lancaster Local Provisions

Marshall Service / Bath Planet

The Maureen Robinson Team –
Keller Williams Real Estate

PA Office of Attorney General

PA Relay / PA Captioned Telephone
Relay Service

PECO

Pennsylvania Lottery

Premier Orthopaedics

Renewal by Andersen

SarahCare Daytime Senior Care

Vi-Telometry LLC



VIEW FRIENDS AND NEIGHBORS WHO HAVE PARTICIPATED IN THE

WRITING CHALLENGE SHOWCASE



TALENT Showcase



Entertainment/Demonstrations

THURSDAY

Brain Health & Nutrition

Presented by Jena Wood, MS, RD LDN Dietitian, Shoprite of West Chester

Jena Wood, registered dietitian for ShopRite, will discuss nutrition's important role in brain health. She'll focus on the MIND diet and its impact on cognitive function and potential benefits for Alzheimer's disease prevention. You'll gain simple solutions and ways you can incorporate this eating pattern into your everyday meals. Contact Jena Wood for more information or personalized nutrition advice.

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 or the Facebook group Sprinkle & Splash Daily with Debbie.

Floral Fun for the Fall!

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

Join Director of Floral and 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 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.

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.

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.

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.

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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 isn't (or shouldn't be!), and how it can be helpful to each and every soul.

Take a Virtual Tour of Northern Italy by the Glass

Presented by Laurie Forster, The Wine Coach

Laurie will feature some of her favorite Italian wines while she shares how to properly read an Italian wine label; the best regions for whites, bubbly, and reds; and great wine-pairing ideas. We will explore Piedmont, Friuli, Veneto, and Lombardy, where some of the greatest wines you've never heard of are being crafted. Learn, laugh, and add a few new Northern Italian wines to your favorites list!

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.

Seminars

THURSDAY

How to Relieve Shoulder Pain

Presented by Kelly Murray, M.D., and Caitlin Wilkinson, P.T., D.P.T., Premier Orthopaedics

Are you experiencing shoulder pain and wondering how to alleviate it? Dr. Murray talks about shoulder pain and the most common causes of that pain, which is the rotator cuff and arthritis, and will discuss the symptoms and treatments. Caitlin will show some simple techniques you can do at home to help alleviate shoulder pain. Premier Orthopaedics' surgeon, Kelly Murray, M.D., and Caitlin Wilkinson, P.T., D.P.T., are located in the Exton office.

Protect Yourself from COVID-19 Scams and Fraud

Presented by Josh Shapiro, Pennsylvania Attorney General

Scammers and fraudsters are still trying to trick us into giving them our money or our personal information. The new twist is that they are playing into emotions tied to the COVID-19 crisis. This presentation will provide information on COVID-19 scams, including scams promising fake cures, scams offering medical supplies, provider scams seeking payments for treating family members who were not treated, charity scams asking for donations, price-gouging scams, and more.

FRIDAY

Making Your Home Falls Free

Presented by 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 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.

SATURDAY

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!

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.

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, 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.



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.