

21st Annual

50plus EXPO

CUMBERLAND COUNTY



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50^{plus} EXPO

CUMBERLAND COUNTY



Welcome

Welcome to the virtual **21st annual Cumberland 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

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.

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!

FRIDAY

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, in grain bowls, or with a side of toast.

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.

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.

SATURDAY

What's Happening in Your Kitchen?

Presented by Debbie Kimble, 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.

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.

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.

SUNDAY

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. Laurie will join the **50plus EXPO** to lead a Sunday Funday Wine Tasting on Oct. 25.

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.

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.



Cabot Creamery
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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.

Seminars

THURSDAY

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 for 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.

Getting to Know Vibra Health Plan

Presented by Tara Pew, Broker Manager, Vibra

Presented by Vibra, this webinar will talk about when, why, and how you should enroll in Medicare, as well as potential pitfalls if you do not enroll in Medicare on time. Tara will also review the types of plans available from private insurance companies, such as Medicare Advantage plans, standalone prescription drug plans, and Medicare supplement plans.

FRIDAY

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.

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 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.

SATURDAY

Start Today and Reduce Your Risk for Dementia with Brain Nutrition

Presented by Barbara Goll, Community Education Liaison/Nutritionist, Homeland at Home

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 well-being. Create a diet of nutrient-dense foods that can protect your brain and body and greatly improve how you experience life!

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.

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 Copenhagen, 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

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.

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.



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WRITING CHALLENGE SHOWCASE



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