

18th Annual

50^{plus} EXPO

YORK COUNTY



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50^{plus} EXPO



YORK COUNTY

Welcome













Welcome to the **18th annual York 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 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! And don't forget to check out the special presentations by Falls Free York.

WellSpan Health is once again the Health & Wellness sponsor. They are providing a lot of information to keep you your best and healthiest self, so please take time to check it out.

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!


Aetna	Jordan Essentials	Weaver Memorials								
Allwell	Lancaster Local Provisions	WellSpan Bariatric Surgery Expo								
American Senior Benefits Association	MediPlan Connect	WellSpan Health								
AmeriHealth Caritas VIP Care	Norwex	WellSpan Heart & Vascular								
Bellomo and Associates	Office of Attorney General, Bureau of Consumer Protection	WellSpan Neurology								
Cabot	OSS Health	WellSpan Oncology								
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CBD American Shaman	Pennsylvania Lottery	WellSpan Specialty Medicine								
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50+ EXPOS

VIEW FRIENDS AND NEIGHBORS WHO HAVE PARTICIPATED IN THE

WRITING CHALLENGE SHOWCASE



TALENT Showcase




EVERY WOMAN SHOULD GET SCREENED.

Breast cancer is the second leading cause of death among women, and 1 in 8 women will be diagnosed with breast cancer in her lifetime. But UPMC Pinnacle is working to beat breast cancer. Our experts offer personalized therapies, access to breast cancer trials, and advanced imaging technology, like 3D mammograms. Early detection saves lives, so every woman should schedule her screening today. To learn more, visit UPMCPinnacle.com/3D.

TO SCHEDULE A MAMMOGRAM, CALL 717-230-3700.

UPMC LIFE CHANGING MEDICINE



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.

PAIN TRIED TO STEAL MY PASSION FOR FISHING



OSS HEALTH BROUGHT IT BACK!

At OSS Health, we know that your passions are what keep you young and young at heart. We believe that pain should never limit you from continuing to keep these passions as part of your life. That is why we have assembled an experienced group of orthopaedic surgeons and professional staff to treat your common back, muscle, and joint pains, as well as perform surgery when you need it. OSS Health surgeons are board certified and specially trained in all areas of orthopaedics. As a result, we provide the area's most comprehensive orthopaedic care, right in your community — and we are open 7 days a week.

OSS Health (717) 848-4800 • osshealth.com
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Owned and operated by OSS Health Physicians

Expert Cardiac Care at WellSpan York Hospital

We don't think about our heartbeat very often, but there is a lot going on behind each beat.

The heart's four chambers — the left and right atria and the left and right ventricles — contract and expand in a perfectly synchronized sequence in order to pump fresh, oxygenated blood throughout the body.

WellSpan's heart specialists work together to make sure that your heart keeps beating properly. With the use of the best technology in the region and minimally invasive procedures, we are bringing expert cardiac care right to your doorstep.

In December 2019, WellSpan York Hospital expanded their state-of-the-art catherization lab that includes:

- Leading-edge electrophysiology labs
- The Canon 4D CT room, the first in North America to use this technology for cardiovascular procedures
- Phillips EchoNav interventional equipment

“For a community hospital the size of WellSpan York Hospital, the compliment of cardiac services we have is amazing,” said Dr. Edmond Obeng-Gyimah, electrophysiologist at WellSpan Health. “We can do MRI scans, cardiac catherizations, stents, complex procedures, and imaging all in one place.”

Obeng-Gyimah specializes in ventricular tachycardia ablation procedures using a computer mapping system that acts like a GPS. Using IVs in a small incision in the groin, Obeng-Gyimah runs catheters up to the heart through a vein. Once the abnormal heart rhythm is identified, he uses a probe on the catheter to correct the rhythm.

The success rate for this procedure is high — but it's not for everyone. It's mostly used for those who cannot tolerate medication and other interventional methods.

To be considered a high-volume ablation center, a hospital has to perform about 20–25 of these procedures each year. Since joining WellSpan Cardiology in September 2019, Obeng-Gyimah has performed more than 60.

“We will continue to grow and offer this procedure to members in the community,” Obeng-Gyimah said. “It's a useful procedure for a better quality of life ... we are offering highly specialized care right next door.”

Call (717) 851-2441 to schedule an appointment with one of our cardiologists.

Learn more at WellSpan.org/Heart.

WellSpan Cardiology
25 Monument Road, Suite 200
York, PA 17403
(717) 851-2441

WellSpan York Hospital
1001 S. George St.
York, PA 17403
(717) 851-2345



Edmond Obeng-Gyimah, MD

Dr. Edmond Obeng-Gyimah is an electrophysiologist at WellSpan Cardiology in York County. After completing his undergraduate education at the State University of New York at Albany, he obtained his medical degree from Albert Einstein College of Medicine. Obeng-Gyimah completed his medical residency at the Boston University Medical Center before undergoing fellowships in electrophysiology and cardiology at the University of Pennsylvania.

Falls Free York Seminars

Thursday

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.

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.

6 Steps to Prevent a Fall

Presented by National Council on Aging

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 six steps.

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.

York County Walks: Taking Steps toward Better Health

Presented by Healthy York's Prevention & Wellness Committee

Do you want to learn how walking benefits your health and well-being? Come learn how you can walk your way to better health. Hear a local York County cardiologist, sports medicine doctor, internal medicine doctor, and other medical professionals, educators, local government, and community members discuss walking and the benefits of it.

Seminars

Thursday

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!

Peace of Mind Seminar

Presented by Jacob Jensen and Jarrod Carpin, Bitner Family Funeral Homes

Funeral preplanning is essential to make sure your final wishes are met. We all go through life-altering events, and that's why it's so important to have an intentional plan in place for your family. We'll share and walk you through the process of preplanning your funeral and the why behind it. Understand how to introduce your final wishes to organizers and what potential issues they solve.

Medicare 101 by Capital BlueCross

Presented by Tara Pew, Broker Manager for Capital BlueCross

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

Senior Scam Prevention

Presented by Jerry Mitchell, Outreach Specialist with the 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.

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.

Friday

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 and your whispers, and live more authentically.

Saturday

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.

Entertainment/Demonstrations

Thursday

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.

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!

Floral Fun for the Fall!

Presented by JDK Group

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.

Friday

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.

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.

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.

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.

Saturday

Start Today and Reduce Your Risk for Dementia with Brain Nutrition

Presented by Barbara Goll, Community Education Liaison/Nutritionist

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!

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.

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

Presented by Kim Lyday

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!

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

Elvis Presley Tribute Artist

Presented by Jeff Krick Jr.

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, Krick has headlined cruise ships and numerous Elvis and music festivals.

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.

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!