

Schedule Subject to Change

Program Schedule



September 19th 8am–3:30pm @ Cross Insurance Center

7:45–8:45

Networking & Pre-Event Activities

Exhibitor Hall

Enjoy coffee and a light breakfast while connecting with fellow attendees and visiting exhibitor booths. Light background music will set the tone for a day of inspiration and collaboration.

8:45–8:50

Opening Blessing & Opening of the Day Song

Grand Ballroom

Opening Blessing – Cyril Francis, Peskotomuhkat, (Passamaquoddy) Name, Yalahseniket, meaning “one who brings the light”

Welcoming of the Day Song – Lauren Stevens, Passamaquoddy

8:50–9:10

Welcome & Opening Remarks

Jess Maurer, Executive Director, Maine Council on Aging

9:10–9:20

The Importance of this Day: Grounding in Visibility, Community & Connection

Leslie Hill, Photovoice Project Co-leader, Harvard Center Faculty Fellow and Professor Emeritus of Politics Bates College

9:20–10:00

Keynote Presentation: The Deep Need to Matter

Dr. Delvina Miremadi-Baldino, Executive Director, Maine Youth Thriving

Introduction by Exclusive Keynote Sponsor, GT Independence

Graphic Illustrator – Kate Crary, Kate Makes Things

10:00–10:20

Morning Break

Exhibitor Hall

Refreshments and networking with peers and exhibitors.

10:20–11:10

Plenary Panel: Creating Connection, Health and Community Through Food

Exploring What's Possible Without Big Expense

Sherri Stevens – Moderator, Community Impact Manager, Hannaford Supermarkets

Tom Mahoney – ROMEOS Volunteer, Harpswell Aging at Home

Anne Schroth – Executive Director, Healthy Peninsula

Claudette Ndayininhaze – Executive Director, In Her Presence

Izzy Ostrowski – Director of Network for Older Adults and Community Engagement, EQME (EqualityMaine)

Map Available on Last Page

11:10 – 12:15

Breakout Sessions

Join your choice of facilitated discussions and interactive workshops:

- **Photovoice: Storytelling in Images** - Ballroom 5
- **Creative Aging & the Arts** - Ballroom 6
- **Storytelling for Belonging: Centering BIPOC and LGBTQ Communities** - Ballroom 7
- **Innovative Approaches to Workforce Shortages: The Role of Self-Direction in Maine and Nationwide** - Meeting Room A
- **Building Community for BIPOC Elders** - Meeting Room B
- **Building Inclusive Communities with Social Meal Programs** - Meeting Room C
- **Community Programming for Mattering & Social Connection** - Meeting Room D

12:15 – 1:15

Networking Lunch & Awards Presentation

Grand Ballroom

Lunch served with sponsor highlights

Awards Presentation hosted by Jess Maurer

Awards Sponsors, Andwell Health Partners and UnitedHealth

1:15 – 2:15

Reimagination Sessions

Choose a collaborative discussion to envision bold, new systems for aging well in Maine:

- **Building Longevity-Ready Communities** - Ballroom 5
- **Building Community Across Generations** - Ballroom 6
- **Aligning Healthspan with Lifespan** - Ballroom 7
- **Building Community through Food & Social Inclusion** - Meeting Room A
- **Creative Engagement for Connection** - Meeting Room B
- **Working Longer with More Breaks & Flexibility** - Meeting Room C
- **Bridging the Care Gap** - Meeting Room D
- **Creating Connections Through Courageous Conversations** - Meeting Room 1

2:15 – 2:30

Afternoon Break

Exhibitor Hall

2:30 – 3:15

Collective Vision

Grand Ballroom

A dynamic report-back session where participants can share their Change AGent commitments to create a unified vision for an age-positive future.

3:15 – 3:30

Closing Remarks & Next Steps

Jess Maurer

A look to the future of age-positive communities in Maine.

Meet Our Keynote Speaker

Delvina Miremadi-Baldino, PhD

The Deep Need to Matter: Reclaiming Purpose and Connection Across the Lifespan

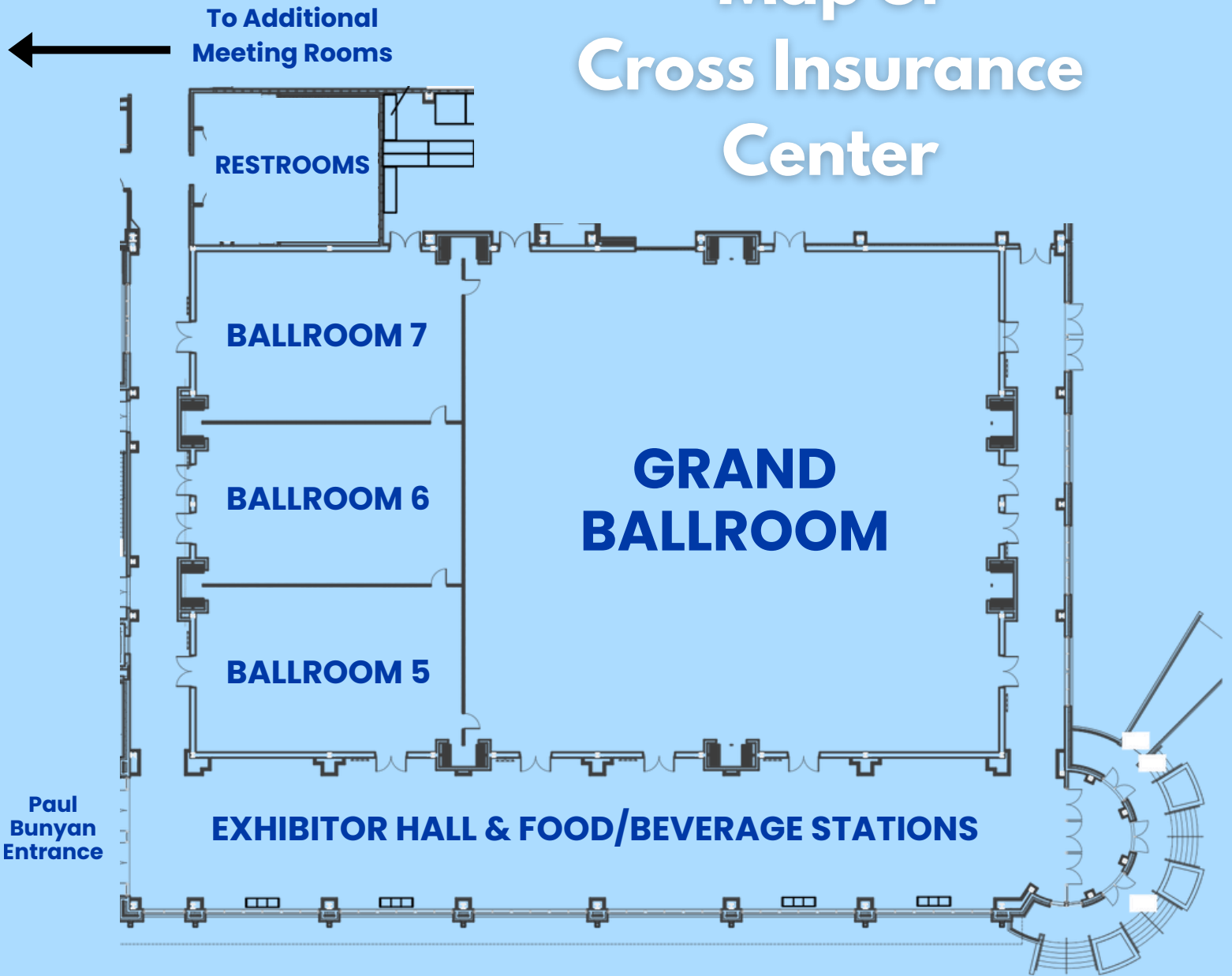
Dr. Delvina Miremadi-Baldino is a nationally recognized leader at the intersection of education, psychology, and resilience. With nearly two decades of cross-sector experience spanning education, healthcare, nonprofits, and behavioral health, she has built a reputation as a trusted agent and strategist for systems-level wellbeing.

As the Executive Director of Maine Youth Thriving (MyT) Dr. Miremadi-Baldino leads efforts to integrate equity-centered, research-informed strategies that promote mental health, resilience, and youth mattering across the lifespan. She is currently spearheading MyT's statewide Mattering Movement, a bold initiative designed to ensure every young person in Maine feels seen, heard, valued, and empowered to make a difference in their communities. Under her leadership, the movement has catalyzed youth-led change, cross-sector collaboration, and a culture of care in schools, neighborhoods, and statewide systems.

Dr. Miremadi-Baldino earned her master's degree from Harvard University, her PhD from Simmons University, and most recently completed a Certificate in Positive Psychology from the University of Pennsylvania. She is a Certified Positive Psychology Practitioner (CAPP), Certified Positive Educator, and Certified Coach.



Map of Cross Insurance Center



Additional Meeting Rooms

