



PORTLAND DISABILITY ADVISORY COMMITTEE



Information is Power: A Dialogue on Disability and Aging

The City of Portland's Disability Advisory Committee and Age-Friendly Portland Steering Committee invite you to our speaker series, **Information is Power: A Dialogue on Disability and Aging**. Please join us for monthly presentations by notable speakers, free and open to the public, on topics of importance to the disabled, the elderly, their caregivers, and anyone else interested in attending. Light snacks and refreshments provided.

To **RSVP** to any session, please email Mandy Levine, City of Portland Workforce Diversity and Inclusion Specialist, at alevine@portlandmaine.gov.

Free validated parking provided in any available spots in the Elm Street parking lot next to the Portland Public Library: please bring your ticket to the event to be validated.

Assistive Technology for Living and Working, March 21st



- 3:30 – 5 pm, State of Maine Room, Portland City Hall, 389 Congress Street, Portland
- Led by Kathy Adams, OTL, ATP, Maine CITE's Program Director

Kathy Adams will explain how affordable assistive technology (AT) devices can make a difference -- in mobility, communication, daily living, vision and hearing, managing medications, staying safe in your home, and being productive at work. AT devices will be shown at this session and AT Resources and funding will be shared. See <https://mainecite.org/> for more information.



Protect Yourself from Scams: Learn to be a Fraud Fighter, April 25th

- 3:30 – 5 pm, Room 24 in the basement of Portland City Hall, 389 Congress Street, Portland
- Led by AARP Maine Communications Director, Jane Margesson and Cumberland County Sheriff, Kevin Joyce

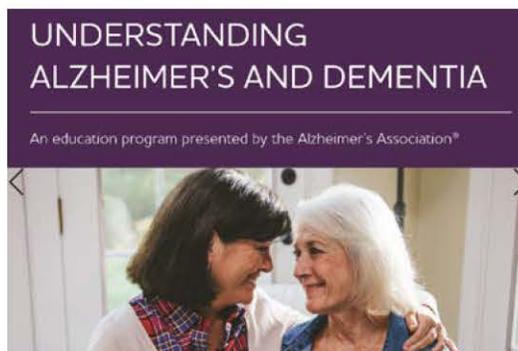
Every two seconds, someone's identity is stolen. Scams and identity theft rob millions of Americans of their hard-earned money every year. Scammers are smart, creative and relentless, but there are simple steps each of us can take to protect ourselves and our families from these crimes. Join us for a workshop that will help you recognize common scams and what you can do to avoid them. You'll learn about useful resources and receive your own fraud prevention guide. **If you can spot fraud, you can stop it!**



The Americans With Disabilities Act: An Overview, May 14th

- 3:30 – 5 pm, State of Maine Room in Portland City Hall, 389 Congress Street, Portland
- Led by Kristin Aiello, Esq., Managing Attorney at Disability Rights Maine

The ADA is a comprehensive civil rights law that prohibits discrimination based on disability in all areas of public life, including employment, transportation, public services, schools, businesses, nonprofits and public and private areas that are open to the public. Join Kristin Aiello, Managing Attorney at Disability Rights Maine, for an overview of this important law which was enacted almost 30 years ago for the purpose of eliminating discrimination and ensuring that people with disabilities have the same rights and opportunities as everyone else. Discussion will include key concepts such as reasonable accommodations at work, what employers can and can't ask about disability, undue hardship, service animals, reasonable modifications to policies and practices, wheelchair accessibility, removal of architectural barriers, effective communication and more.



Understanding Alzheimer's and Dementia, June 20th

- 3:30 – 5 pm, State of Maine Room, Portland City Hall, 389 Congress Street, Portland
- Led by Peter Baker, LCSW, Program Director of the Maine Chapter of the Alzheimer's Association:

In the United States alone, more than 5 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. However, no one has to face this disease alone or without information.

This program:

- Explores the relationship between Alzheimer's disease and dementia.
- Examines what happens in a brain affected by Alzheimer's.
- Details the risk factors for and three general stages of the disease.
- Identifies FDA-approved treatments available to treat some symptoms.
- Looks ahead to what's on the horizon for Alzheimer's research.
- Offers helpful Alzheimer's Association resources.