



Collect information on Home Care, Medical, Fitness, Education, Legal Services, Nursing & Assisted Living, Community Health Services, Downsizing & Moving, Real Estate, End of Life Planning & much more!

Caregiver Conference

Wednesday, October 7th
4 PM - 8 PM

Visit vendors 4 - 6 PM

Keynote Speaker
Jenn Gruber
Family Communications &
Transition Coach

You Can Do It All...
But Should You?
6 - 8 PM

Entry is Free.
Registration is required.
Free boxed dinner to registered attendees.

- 72 Vendors
- Free Screenings*
- Various Vaccines Available*
- Education Sessions
- Door Prizes
- Lots of Parking with free shuttle to door

*Expo Day only

2 Day event held at:
Frederick Health Village
1 Frederick Health Way,
Frederick, MD 21701

2026 Elder Expo

Thursday, October 8th
9 AM - 2 PM

Information for Seniors,
Caregivers, and
Professionals

Entry is Free.
No registration required.
Free boxed lunch to the
first 400 attendees.

2026 SPONSERS



SCHEDULE

Caregiver Conference Wednesday, October 7th 6-8 pm

KeyNote Speaker - Jenn Gruber, Family Communication & Transition Coach



You Can Do It All... But Should You?

Creating a Life that Feels Like Yours

Caregiving can bring love, grief, guilt, and the overwhelming pressure to do it all. Together, we'll explore the difficult decisions that come with caregiving, reconnect with what matters most, and discover how to make choices that honor both you and your loved one.

Elder Expo Speakers - Thursday, October 8th

- 10 AM Stay Fall Free: Shock Trauma Fall Prevention Class (Room A)**
Kena Kuwera, PT Injury Prevention Program Coordinator
Center for Injury Prevention and Policy at the R Adams Cowley Shock Trauma Center, University of Maryland Medical System
- 10 AM You Are Not Alone: How Medicare's GUIDE Program Supports Caregivers (Room B)**
Bonnie Elliott, MSW, CPRS, Certified Senior Advisor (CSA)®
CarePatrol of Central Maryland & Loudoun Virginia
- 11 AM Long Term Care Insurance, Simplified (Room A)**
Troy Rudy, Owner & President, Assisting Hands Home Care
Jodee Rudy, RN, BSN, DON, Co-Owner, Assisting Hands Home Care
- 11 AM Living Well At Any Age: Smart Ways to Manage and Reduce Medications (Room B)**
Tricia Cash, PharmD, BCGP, CDCES, FIHN Clinical Pharmacist
Frederick Integrated Health Network
- 12 PM Programs, Pathways, & Possibilities with the Division of Aging & Independence (Room A)**
Joy Rowe, Director, Resource & Service Navigation, Frederick Co. Div. of Aging & Independence
Kitty Devilbiss, Director, Home and Community Connections, Frederick Co. Div. of Aging & Independence
- 12 PM Navigate Your Smartphone Apps in 30 Minutes or Less (Room B)**
Ryan R. Miner, MBA, Founder
Sentinel Silver
- 1 PM Protecting Yourself from Scams, Fraud, and Financial Exploitation (Room A)**
Jon Holler, Lieutenant - Commander, Criminal Investigations Division
Frederick Police Department
- 1 PM Estate Planning for Peace of Mind: Protecting Yourself and Your Family (Room B)**
Melissa N. Paddy, Esq., Owner & Managing Partner
Liberty Legacy Law Group, LLC

For more information & to register for The Caregiver Conference visit ESPCFrederick.com/CaregiverConference
Questions? Email us at elderexpo@espcfrederick.com