

# Better Living Showcase offers seniors tips for wellness, retirement and more

BY PATRICE WILDING

STAFF WRITER

**O**rganizers of an upcoming expo want to show that the golden years of life can be brilliant and full of valuable experiences.

The Better Living Showcase: NEPA's Premier Health and Wellness Fair returns to Mohegan Sun Pocono, Plains Twp., on Sunday, Oct. 20, for a day of education and entertainment related to aging and life after retirement.

The free event runs from 9:30 a.m. to 2 p.m., and each guest will be registered to win a free trip for two to Ireland. Those who pre-register will be eligible for a chance to win \$100 in Pennsylvania Lottery tickets and additional prizes, such as gift cards and an overnight stay at the casino, which will be given away each hour. For more information and to RSVP, visit [timesshamrockevents.com/betterlivingshowcase](http://timesshamrockevents.com/betterlivingshowcase).

The showcase — presented by Times-Shamrock Communications, which owns The Times-Tribune — will offer information on health and wellness, travel and recreation, medical products, wealth management, senior living, estate planning, health care, and diet and exercise.

Guest speakers set to address the crowd include newspaper columnist Christopher J. Kelly; talk-show host and Sam-Son Productions CEO Sam Lesante; and Debra Snyder Presas of TravelWorld, who will speak on the benefits of group travel. Gia Mazur, the Times-Tribune writer and blogger behind the "Hey, Beautiful" column and podcast, also will be on hand at an informational booth with beauty

## If you go

**What:** Better Living Showcase: NEPA's Premier Health & Wellness Fair  
**When:** Sunday, Oct. 20, 9:30 a.m. to 2 p.m.  
**Where:** Mohegan Sun Pocono, 1280 Route 315, Plains Twp.  
**Details:** Admission is free. For more information and to RSVP, visit the Facebook event page or [timesshamrockevents.com/betterlivingshowcase](http://timesshamrockevents.com/betterlivingshowcase).

product giveaways.

The keynote speaker will be Anthony Cirillo, president of the Aging Experience, senior vice president of marketing at Digital LifeCloud, partner at Global Institutional Solutions and creator of The Caregiver Smile Summit. The Philadelphia native is a nationally recognized consultant and professional speaker who also uses his musical talent to share insights about quality of life for seniors.

During a recent phone interview, Cirillo said his passion for helping elders through his organizations came from humble beginnings.

"I have a unique entry into the senior space," he said. "I've been a health care professional most of my life, but I've also been a semi-professional musician at night. I started going into senior organizations, singing in nursing homes and assisted living (facilities)."

"Over time, you realize you're making a huge difference in people's lives, and they're making a huge difference in your life. What I will present — and, in part, sing about — is all the lessons I learned from seniors and what they can teach you about life."

Caring for his own family members later in life solidified Cirillo's drive to help prepare people for aging, and he noted that there will be plenty to take away for younger people who may be inspired to think ahead on planning for themselves and loved ones. But more than strategies, Cirillo hopes his audience — no matter their age — will leave with a feeling of hope.

"I want them to go out knowing that you can rock your older years and have a fulfilling life, even with limitations," he said. "I want them to feel good, know that aging is a positive time, and that you can prepare sooner in life for it."

Cirillo's philosophy puts him perfectly in line with the mission of the overall event, which seeks to provide guests with expert advice from numerous doctors and professionals specific to well-being, according to Brian Nalepa, general manager of national and regional business development for Times-Shamrock.

"The Better Living Showcase is unlike any other event due to the abundance of information available to the attendees. No other event in the region will have as many exhibitors and expert speakers in one place and on one day discussing topics relative to successful aging and wellness," Nalepa said. "We take a twofold approach to the showcase, with our vendor exhibition area and numerous speakers."

"If the showcase helps enhance a guest's life through something they have learned, we will have accomplished our objective."

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SUBMITTED PHOTO

**Philadelphia native Anthony Cirillo will be keynote speaker at the Better Living Showcase: NEPA's Premier Health & Wellness Fair. He is a nationally recognized consultant and professional speaker who also uses his musical talent to share insights about quality of life for seniors.**



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**Gia Mazur, the Times-Tribune writer and blogger behind the "Hey, Beautiful" column and podcast, will have an informational booth with beauty product giveaways.**