

MEA-Retired 72nd Convention and Annual Meeting

May 2, 2024

Breakout Sessions

Choose two . . . Register Early!

Maintaining Mobility by Matt Cary, MPT, CMP, MBA. Matt attended the University of New England and graduated in 2001 with a master's degree in Physical Therapy. After working across the U.S. in a variety of settings and states, Matt returned to Maine in 2006 and began working at MaineGeneral Medical Center in Augusta. Matt has clinical skill and experience in areas of orthopedics, neurologic care, sports injuries, and geriatric care.



Matt Cary

Matt has additional training and several certifications in orthopedics, Multiple Sclerosis, safety and fall prevention training, and balance training. He has been Director of Outpatient Rehabilitation at MaineGeneral since 2019.

When not in the office, Matt enjoys outdoor activities such as skiing, hiking, paddling and spending time with his family.

Gardening for Pollinators and Wildlife by Lynn Lubas of Dover-Foxcroft. Do you want to attract pollinators and other wildlife to your yard? Anyone can plant flowers that will add color, fragrance and beauty to their surroundings while enticing pollinators to visit. You don't need a large area, just the willingness to try. We will discuss using annuals, perennials and native plants to add to your gardens, window boxes and hanging planters.



Lynn Lubas

We will also discuss the benefits of using native plants and why it is important to help pollinators. Every garden, no matter how small, will benefit pollinators and wildlife.

Lynn Lubas is retired from the Piscataquis County Soil and Water Conservation District and has completed the Master Gardener program through the University of Maine's Piscataquis County Extension Office. She is an avid gardener of flowers, perennials and vegetables.

In her spare time Lynn enjoys hiking, biking, kayaking and playing pickleball and volunteering with several local community meals programs and teaching people about nature and the importance of taking care of our world for future generations.

European Travels by Rena Kearney of Mars Hill. Rena taught 42 years in elementary grades before retiring in 2005. However, she is still substitute teaching—at the high school level. She has served her community as a trustee of the town library and on the town council. She is chairperson of the local food cupboard and a member of the Mars Hill Rotary Club.



Rena Kearney

Rena is a member of Delta Kappa Gamma, an honorary teacher's society—served as state president and state treasurer. At the International level, Rena has been on the Finance Committee, Educational Foundation Trustee, and Nominations Committee. Rena has served Aroostook Retired Educators Association as president, Board member, and is currently assistant treasurer. She serves her church as treasurer and plays the organ and piano for services.

Join Rena and visit Denmark, Sweden, Norway, and Iceland and learn of their customs and traditions.

Hiking the Appalachian Trail by Traci Halverson of Easton. She has taught Grades 4 thru 7 in Easton and has coached at the University of Maine at Presque Isle. Driven by her two passions—education and the outdoors—she started her own business, “Back to the Basics” which can be found online at backtothebasicsyurt.com.



Traci Halverson

Traci believes that the traditional classroom is extremely important; yet, she has witnessed what can also be taught outside the classroom.

In her spare time, she enjoys hiking. In 2021, she hiked the 100-Mile Wilderness, a hike from Monson, Maine, to Katahdin, and spent time backpacking in Wyoming and Montana. She recently finished the Appalachian Trail, solo, thru-hike. Since returning home, she has started sharing her thru-hike experiences with schools, social groups, and a variety of other organizations.