



From Megan's Desk

Happy Spring!

It's hard to believe that it's been a whole year since COVID-19 totally disrupted our lives and reframed our ways of working, socializing, shopping and going about the tasks of daily living. We have all been affected by the pandemic but I am encouraged by the hopeful progress of the vaccine distribution and the continued resiliency of Maine citizens to persevere through the most



trying of times. I believe positive and encouraging days are ahead, and SMAA will continue to be here to serve older adults in southern Maine.

In response to the community need, at the time I am writing this, SMAA has created a plan to help older adults find the most current information they need to get vaccinated, find transportation options and, in some cases, get their appointments scheduled. We have been working closely with the DHHS, the Maine CDC, and some of our local healthcare partners. Cumberland and York counties.

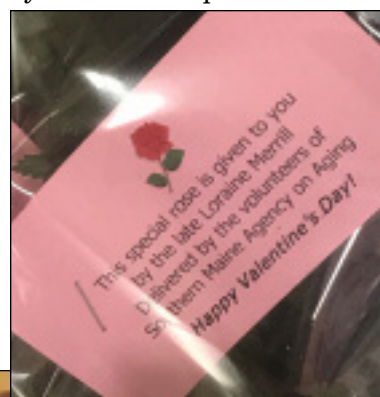
- We have established a dedicated voicemail message line for older adults who are calling for vaccine information and assistance. You can call (207) 396-6500 and press OPTION 1. One of SMAA's resource specialists or a trained SMAA volunteer will respond quickly to your questions and inquiries.
- We have trained high-level SMAA volunteers who will respond to callers with either up-to-date current vaccine information or who will help schedule their appointments. They will also provide transportation option information to those who need assistance traveling to a vaccine appointment.
- We are working in collaboration with Northern Light Home Care and Hospice to help schedule appointments in the more rural areas of Cumberland and York coun-

continued on page 11

Celebrating 26 Years of Giving

Since 1995, every Meals on Wheels recipient in York and Cumberland counties receives a single, long-stem red rose in celebration of Valentine's Day. This gift is possible through the kindness and generosity of the late Loraine Merrill.

Loraine, a Meals on Wheels recipient herself, supported the delivery of the roses anonymously for years. Since her passing in 2003, SMAA has been able to acknowledge and thank her for her gift.



February 12, 2015 marked the 26th anniversary of the rose deliveries. It is estimated that nearly 20,000 roses have been delivered in the past two and a half decades. On behalf of everyone at SMAA, our volunteers, and our clients, we would like to continue to offer our gratitude and we look forward to many more years of roses!



Renee Longarini, SMAA's Nutrition Program Manager and Don Hutchins, owner of Maloon Florists, greet each other every February when Don delivers the annual Valentine's roses for SMAA's Meals on Wheels clients.



SMAA Meal site coordinators Ashley Perrone and Deb Folsom arrived bright and early to pick up hundreds of Valentine's roses for their volunteers to deliver to homebound Meals on Wheels clients.



Some Handy Vaccine Information

Information about the COVID 19 vaccine distribution in Maine continues to be updated almost daily as supply increases and number of vaccine distribution sites expand. While many people are anxious to get their COVID shots, there are still some folks who are nervous about the vaccines and have lots of questions about its safety and after effects.

Here are some facts that might help dispel those worries:

COVID 19 vaccinations are SAFE. Large clinical trials involving thousands of participants were conducted on adults and older adults among diverse population groups. Of the 44 million doses that have been administered, there have been **very few severe reactions**—about 1 per million. All of these documented reactions have occurred within minutes of the vaccine being administered, so individuals are be-

ing monitored for 15+ minutes after they receive the shot at vaccine sites and other locations administering

the vaccine to the public. If you are an individual who has had severe allergies to medications in the past, you should contact your physician. Individuals CANNOT get COVID

continued on page 6

COVID 19 Vaccine Information



This is a confusing time as plans for vaccine delivery change daily. SMAA continues to work with the Governor's office and the Maine CDC to maintain the most current and factual information. Maine has limited vaccine supplies. Currently you must be 70 years or older to receive a vaccine. You can find the latest information on COVID-19, including vaccination sites and information on how to schedule an appointment online using the links below.

MAINE COVID VACCINE INFORMATION

Maine Vaccine Information

maine.gov/covid19/vaccines/vaccination-sites
maine.gov/dhhs/mecdc
maine.gov/governor/mills

Maine Health 877-780-7545
mainehealth.org/Coronavirus-COVID-19/Vaccine

York Hospital 207-752-8685
yorkhospital.com/vaccines

Northern Light 207-204-8551
covid.northernlighthealth.org

If you do not have access to a computer, and cannot access the website, please call SMAA at 207-396-6500 and press option one. Vaccine information will be the first option to select when you call that number. If you need information about transportation resources, or need assistance scheduling your appointment, you may leave a message and a Southern Maine Agency on Aging volunteer will return your call as soon as possible. When you leave a message, please include your name, phone number, age, the town you live in, and the type of assistance that would be most helpful to you.



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With 24 private apartments, this state-of-the-art, secure memory care residence is designed to provide implicit cues to areas of activity through the special use of architecture and color. Amenities include a Garden with walking path, Living Room, Media Room, Library, Classroom, and Salon.

Committed to excellence, our team of compassionate caregivers is specially-trained to provide 24-hour assistance. Habilitation Therapy Programing enriches the quality of life of our residents.

With active reassurance, personal engagement, comfortable surroundings, and thoughtful care management, residents in all stages of cognitive impairment, and their families, experience security and peace of mind.



oceanviewrc.com/legacy



Meals To Go Events Take the Place of Community Cafes During COVID

Meals to Go is a temporary program that we initiated as a result of COVID-19 and the increased need for nutritious meals. It was created with the intention of filling the need that was lost by temporarily suspending our Community Cafés. The "Meals to Go" events are a safe way for older adults in the community to grab delicious and nutritious meals. These events are held across York and Cumberland Counties. New dates and locations are continually being added, so please <https://www.smaaa.org/wellness.html> frequently for the most up to date information.

- Meals to go are available to Maine residents age 60 and older.
- There is a suggested donation amount at each event. That amount varies by location.
- Dates and times vary by each location.
- Reservations are required.
- Registration is required and can be done over the phone at the time of reservation.



Some of our Meals on Wheels clients got a little boost this month when their volunteer delivery person dropped off an activity box put together by the staff at the Biddeford Recreation Center. The boxes included puzzles, crosswords, playing cards and other fun activities to help fight the winter boredom.

Location	Eliot/Kittery Eliot United Methodist Church, 238 Dow Hwy	Scarborough Community Services 418 Payne Road	Biddeford Sam L. Cohen Center 30 Barra Road	Kennebunk* Dorothy E. Stevens Community Center 80 Thompson Road	Sanford First Baptist Church 429 Main Street, Springvale
To Reserve Call	207-475-7399	207-730-4173	207-283-2477	207-604-1323	207-324-5181
Reservation Deadline	Wednesday before the event by noon	Week before on Monday by 4PM	Wednesday before by 4PM	Monday before by noon	Wednesday before by noon
Suggested Donation	\$6	\$10	\$10	\$10	\$10
Meal Type	Catered, hot meal	3 Pre-cooked frozen meals	3 Pre-cooked frozen meals	3 Pre-cooked frozen meals	3 Pre-cooked frozen meals
Upcoming Dates	Mondays - 3/8, 4/12	Tuesdays - 2/16, 3/2, 3/16, 4/6, 4/20, 5/4, 5/18	Wednesdays - 2/24, 3/24, 4/28	Mondays - 2/22, 3/29	Wednesday - 3/17, 4/21, 5/19
Pick up Time	11:30AM to 12:30PM	11AM to Noon	11AM to Noon	11AM to Noon	10AM to Noon

*In partnership with the Kennebunk Police Dept.



“To help patients through the challenges of a cancer diagnosis is why I get up in the morning.”

—BRIDGET FRANCIOSE ACHPN

Our Supportive & Palliative Care Specialists focus on quality of life from the very start of a patient’s cancer journey.

“It’s humbling to see the strength of the human spirit as patients and families face cancer. I feel privileged to offer them the emotional and other supports they need.”

While our oncologists focus on patients’ best medical outcome, our Supportive & Palliative Care team help them with pain, fatigue, anxiety, nausea, and other symptoms related to cancer or its treatment. They also help with decisions on treatment options and other issues.

Supportive & Palliative Care is available whenever a patient chooses, and is covered by most insurance plans, including Medicare and Medicaid.

Call us at **(207) 303-3300** for more information about Supportive & Palliative Care, or our entire range of cancer treatment services.



**NEW ENGLAND
Cancer Specialists**

NewEnglandCancerSpecialists.org

ADULT MEDICAL ONCOLOGY MEMBER OF



Maine Senior Farm Share

It is very snowy over there but Spring will arrive before we know it! The Maine Senior Farm Share is a program to get a \$50 voucher for fresh fruit and vegetables with a participating farm. This program is **currently closed but a list of participating farmers will be available April 1, 2021.**

2021 Eligibility Requirements

Please understand that meeting the eligibility requirements does not guarantee you a Senior FarmShare.

To participate in the Maine Senior FarmShare Program you must:

- Be a Maine resident
- Be 60 years old or older (55 years old or older for Native Americans)
- Meet the 2021 Income Guidelines:
- Maximum of \$23,606/per year for a one-person household; or
- Maximum of \$31,894/per year for a two-person household

You sign up, you will need to reach out to a participating farmer. In April, you can get the list at

https://www.maine.gov/dacf/ard/senior_farm_share.shtml or by calling a SMAA Resource Specialist at (207) 396-6500 or 1-800-427-7411.

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Senior News

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For details on advertising in "Senior News," log on to www.smaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaa.org. You may also reach "Senior News" representative Janet Bowne at 396-6533.

Marketing options include, full color ads, advertorial columns and inserting pre-printed materials into the newspaper. Reach your potential customers with Maine's only newspaper specifically for people age 50 and older!

Disclaimer of Endorsement: We appreciate the loyal support of our advertisers who make the publication of "Senior News" possible. The appearance of these advertisers does not constitute or imply an endorsement, recommendation, or favoring by the Southern Maine Agency on Aging (SMAA). Advertisers are not permitted to use the name of SMAA, its employees or volunteers for marketing or product endorsement purposes.



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Mission Statement

The Southern Maine Agency on Aging is the focal point in Cumberland and York counties for resources, services and information to empower older adults, adults with disabilities, and their carepartners to live to their fullest potential.

Commitment to Reasonable Accommodation:

The Southern Maine Agency on Aging will, with adequate notice and upon request, provide appropriate auxiliary aids and services to persons with disabilities, to assist in effective communication and to participate equally in programs, services and activities. Call 1-800-427-7411 x503 or from the Portland calling area call 207-396-6503 to make your request.

The Southern Maine Agency on Aging (SMAA) is a non-profit, charitable organization. Services of SMAA are supported in part by state and federal funds provided through the Office of Aging and Disability Services of the Maine Department of Human Services. Learn more at www.smaa.org or by calling 207-396-6500 or 1-800-427-7411.

The Southern Maine Agency on Aging is committed to providing a safe and welcoming space for everyone regardless of his/her race, ethnic identity, gender, sexual orientation, ability, age, economic status, faith tradition, veteran status or life situation.

Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties. Call or email for more information.

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seniornews@smaa.org

Protect Yourself from COVID-19 Vaccine Scams — What You Need to Know!

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

Fraudsters are offering COVID-19 tests, HHS grants, and Medicare prescription cards in exchange for personal details, including Medicare information. **However, these services are unapproved and illegitimate.**

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.

Protect Yourself

- Offers to purchase COVID-19 vaccination cards are scams. Valid proof of COVID-19 vaccination can only be provided to individuals by legitimate providers administering vaccines.
- Photos of COVID-19 vaccination cards should not be shared on social media. Posting content that includes your date of birth, health care details or other personally identifiable information can be used to steal your identity.
- Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines. You will not be asked for money to enhance your ranking for vaccine eligi-

bility. Government and State officials will not call you to obtain personal information in order to receive the vaccine, and you will not be solicited door to door to receive the vaccine.

- Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately.
- Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you make an appointment for a COVID-19 test online, make sure the location is an official testing site.
- Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.
- If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477).

PAVing the Way for Neighbors to Age in Place

We all know how important our home is to us, whether it's an apartment, condo, or single family home. And this past year has likely made our home feel even more important and special for all of us. It's our safe place, a place that is filled with memories and memorabilia that we might have taken for granted in the past. As it became more and more unsafe to navigate outside this sanctuary, our home has been more and more important over this past year. Hopefully as the vaccine becomes more widespread, and more and more people receive it, our world can become a little bigger again.

Our non-profit, volunteer organization, Portland Area Villages, started up several years ago in order to help those over 50 remain active, social, safe and independent in their own homes. But even an organization such as ours has been impacted greatly this past year. We have worked hard to help keep our members as safe as possible. We clearly have been unable to provide many of our usual services such as light household chores, running errands or gardening assistance, and transportation was minimal since going out into the greater community was discouraged. We did, howev-

er, have a few volunteers who continued to help our members who wished for it, with grocery shopping and transportation to Doctor's appointments.

Our biggest goal this past year has been to try and keep our members connected to others and to try and help with social isolation. We have continued to check in with them via telephone on a regular basis and are working now to connect them with digital access and programs. We are also working with our members and volunteers to assist as needed in getting their Covid vaccinations. And are hoping to be able to provide increased services again very soon.

We would love to hear from you with any questions you might have about our organization, or if you are interested in becoming a member or a volunteer.

Our volunteers undergo background checks and receive training from us. Our members pay an annual fee which covers a portion of our operating expenses. And we do have scholarships to help those who might need it.

You can either call us directly at 207-370-1896, check our website: www.portlandareavillages.org or email us at info@portlandareavillages.org.



COVID-19 Vaccine Medicare Fraud Information

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting Medicare beneficiaries. At this point, it is essential that you are alert of the likely schemes and have information on how you can protect yourself:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Maine CDC with contact you about the vaccine.

- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email—or even someone knocking on your door—claiming they can get you early access to the vaccine.

**STOP!
THAT'S
A SCAM!**

"We Are So Happy Mom is Thriving."

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Family Caregiver Support Program



Are you helping an older adult manage bills, prepare meals, manage medical services? Do you help with bathing or dressing, household chores, transportation to appointments, or companionship? Are you a senior who is raising someone else's child? **Then you are a Caregiver.**

Is caring for a family member or friend leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

Vaccine Information

continued from page 1

19 from the vaccine. Minor side effects, such as body aches, low grade fever and fatigue, are common—especially after receiving the second dose of either the Pfizer or Moderna vaccines.

How long the vaccine is effective is still unknown with research underway to help determine that timeframe. Boosters may be developed as a result of the research—much like the flu shot each year that changes as flu variations are identified.

When you have scheduled your vaccine appointment, it's helpful to know that you will not be charged for the shot. In some cases, your insurance might be billed when possible but there is no out-of-pocket charge when you go to get your vaccine.

When you arrive at the vaccination site, you will be asked for an ID, documenting your age and Maine residency, but no one will be denied the vaccine if they do not have an ID or a social security number.

The Southern Maine Agency on Aging has created a VACCINATION HOT LINE to help older adults get up-to-date information about vaccine distribution in southern Maine. Please call (207) 650-6500 and press OPTION 1 to access information and get help finding and scheduling a vaccine appointment.

Planning Ahead if You Are a Care Partner

The Family Caregiver Support Program Resource Specialists at SMAA speak every day to family care partners helping older adults to remain as independent as possible. In addition to providing resource information, we often engage the care partner in a conversation about future planning. Here are some questions that we ask these care partners to consider when they think about formulating a "Plan B":

What will happen if you can no longer assist that person? Who will care for the person if you have a medical emergency, or must recu-

perate from surgery? Is there another family member or friend who can be called upon in an emergency situation? Has the person done any financial and legal planning for their future? How will the person pay for home care services, or for long term care if they need to be placed in a facility? Do you understand the rules surrounding Long-term Care Maine Care? Should you put the person's name on some facility wait lists just in case?

Many family caregivers tell us, "I'm healthy, that will never happen to me." However, none of us can know with certainty what the fu-

ture will bring. Studies have shown that family caregivers are actually at greater risk than the general population for all kinds of stress-related illnesses. Have you missed any medical checkups, medications or needed treatment recently because you were too busy taking care of someone else? Are you physically active, and do you take good care of yourself emotionally as well?

Our Family Caregiver Support Program offers telephone consultations and frequent caregiver support groups and classes to help family care partners take care of themselves, understand the resources which might be available to the older person, and assist in planning for the future.

If you are a care partner to an older adult and would like information, please call SMAA's Family Caregiver Support Program line at 207-396-6541 or go to <https://www.smaa.org/resources/caregiver.html>.



WE HELP SENIORS TRANSITION TO ASSISTED LIVING & MEMORY CARE.

- We Offer Free, Unbiased Guidance for the Best Living Options in the State of Maine
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MEDICARE

Upcoming Medicare Seminars

Welcome to Medicare Seminar

Do you or a loved one need help understanding your options with Medicare? Did you know there are two ways to get your Medicare: Original Medicare and Medicare Advantage? When should you take Part A, Part B? Do I need a Medigap (supplement) Plan, a Prescription Drug Plan (Part D)? How do Marketplace Plans work with Medicare? Are you already enrolled in Medicare and want to better understand your choices for switching plans and potentially saving money during the Annual Open Enrollment Period beginning in October? If you have answered YES to any of these questions, then this session is for you. The highly trained SHIP Counselors offer current, relevant, and unbiased information so that you can use to make an informed decision about your health insurance.

- Monday March 1, 4:30-6:30
- Thursday March 18, 10-12
- Monday April 5, 4:30-6:30
- Thursday April 22, 10-12

eMedicare/Plan Finder Seminar

In this session you will be introduced to the most used tool on Medicare.Gov, the modernized Medicare Plan Finder. This newly designed and updated online web

portal has many of the same features that you've used on most of the popular online shopping sites, such as enhanced search criteria, plans by name, plans at the lowest cost, and more. This tool will allow you to view online, in real-time, all the approved Medicare Advantage Plans and all the Prescription Drug Plans that are available to you in your area.

- Tuesday March 30, 4:30-5:30
- Tuesday April 27, 4:30-5:30

Welcome to Medicare Fair

This **VIRTUAL** Medicare fair is for people new to Medicare. You will learn about Medicare, and all its parts, to assist you in your initial enrollment decisions. Hosted by the National SHIP TA Center

- Wednesday April 7, 3-7pm

Get trusted, unbiased Medicare education from the State Health Insurance Assistance Program (SHIP) national network. There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be SHIP representatives to answer your individual questions. SHIPs can help you make Medicare choices that best meet your needs.

For additional details and registration visit: <https://www.shipta.center.org/about-medicare/news>

Check your Knowledge about Spotting Medicare Fraud!

- 1 Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- 2 Medicare will never call you to sell you anything.
- 3 You may get calls from people promising you things if you give them a Medicare Number. **Don't do it!**
- 4 Medicare will never visit you at your home.
- 5 Medicare can't enroll you over the phone unless you have called first.

What to do if you suspect Medicare fraud:

- 1 Learn How to Spot Medicare fraud. Visit: <https://oig.hhs.gov/fraud/report-fraud/> Review your Medicare claims and Medicare Summary Notices for any services billed to your Medicare Number you don't recognize.
- 2 Report anything suspicious to Medicare. If you suspect fraud, call 1-800-MEDICARE (1-800-633-4227). TTY users call 1-877-486-2048.
- 3 If you need to replace your card because it's damaged or lost, log into (or create) your secure Medicare account to print an official

copy of your Medicare card. You can also use your Medicare account to access your Medicare information anytime, add prescription drugs to help you find and compare health and drug plans in your area, and more.

SAVE THE DATE
WELCOME TO
MEDICARE
APRIL 7, 2021 | 3-7 PM

Learn about signing up for Medicare! Visit www.shiphelp.org to learn more.

This virtual Medicare fair is for people new to Medicare. Learn about Medicare—and all its parts—to assist you in your initial enrollment decisions.

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

 Southern Maine Agency on Aging
Meals On Wheels
Delicious, Meals are on the way.

Currently
NO WAIT LIST



You or someone you know could enjoy **low or no-cost**, home-delivered meals. Our entrées feature a protein main dish, a side dish, and a vegetable. These nutritious meals are also served with a small loaf of bread. Meals On Wheels participants can also receive one quart of milk per week. Options are available for those with dietary concerns.



People who meet the following requirements qualify for the Meals On Wheels program:

- Age 60 and older or under 60 and on SSDI
- Primarily homebound or getting out with difficulty
- Unable to regularly prepare nutritious meals
- Able to accept meals during the delivery time frame
- Agree to an in-home nutritional assessment

Apply or Refer Someone Today!



Scan this QR code with your smartphone camera to apply or make a referral.

Call **(800) 427-7411** or visit www.smaa.org

Tax Season is Here!

The IRS starting accepting and processing 2020 taxes on February 12, 2021. Do you need help filing your taxes?

CASH Maine

<https://www.cashmaine.org/>
Cumberland County: (207) 347-2335
York County: (207) 207-324-5762

CASH Maine is providing virtual appointments as well as options to drop off documents and have a tax volunteer call you. No in-person appointment available.

IRS Free File

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

This option is designed for those who are able to complete their own forms online. This is a free option for those with an income less than \$72,000.

AARP Tax Service

(207) 518-8579

https://www.aarp.org/money/taxes/aarp_taxaide/

Capacity for appointments is limited due to COVID-19. Appointments are filled and AARP is not keeping a wait list. There may be additional appointments available in mid-late March but people are encouraged to find another alternative.

Other Helpful Information:

Be tax ready: Understand how life changes may affect the 2020 tax return filed this year

<https://www.irs.gov/newsroom/be-tax-ready-understand-how-life-changes-may-affect-the-2020-tax-return-filed-this-year>

If you didn't receive your stimulus check or think you may be eligible for the Recovery Rebate Credit: <https://www.irs.gov/coronavirus/economic-impact-payments>

IRS Key filing season dates:

There are several important dates taxpayers should keep in mind for this year's filing season:

- **January 15** - IRS Free File opens. Taxpayers can begin filing returns through Free File partners; tax returns will be transmitted to the IRS starting Feb. 12. Tax software companies also are accepting tax filings in advance.
- **January 29** - Earned Income Tax Credit Awareness Day to raise awareness of valuable tax credits available to many people – including the option to use prior-year income to qualify.
- **February 12** - IRS begins 2021 tax season. Individual tax returns begin being accepted and processing begins.
- **February 22** - Projected date for the IRS.gov Where's My Refund tool being updated for those claiming EITC and ACTC, also referred to as PATH Act returns.
- First week of March. Tax refunds begin reaching those claiming EITC and ACTC (PATH Act returns) for those who file electronically with direct deposit and there are no issues with their tax returns.
- **April 15** - Deadline for filing 2020 tax returns.
- **October 15** - Deadline to file for those requesting an extension on their 2020 tax returns



Good Food, Good Mood

It's almost Spring, which means warmth and sunshine are coming, right? The slow end to the winter doldrums, coupled with the isolation in an ongoing global pandemic, are leaving many of us feeling more than just bored—we're lonely, anxious, angry and even depressed. There is little we can do about the weather, but there are things we can do for our mood. Healthy lifestyle choices like adequate sleep, exercise and a healthy diet can nourish the body and mind. Here are some tips that may give you a mood lifting boost.

Don't get "hangry" – Food makes us feel good. Sometimes it's that simple. Unhealthy or inadequate dietary patterns can lead to mood swings and grumpiness. Avoid this with regular and balanced meals and snacks. Use My Plate to plan healthy and varied meals with plenty of fruits and vegetables along with whole grains, lean protein and healthy fat. At snack time, pair carbohydrates from fruits, vegetable or whole grains with protein rich foods. For example, apple slices and peanut butter.

Try mood lifting foods – Certain nutrients may be beneficial to our emotional well-being. Here are some foods to consider.

- **Omega 3 fatty acids** – These heart-healthy fats are associated with lower rates of depression and are being considered as an emerging treatment for a variety of mood disorders. Try incorporating omega-3 rich foods into your day -- such as walnuts, flaxseed, or fatty fish like salmon.

- **Selenium** - This trace mineral may play a role in both cognitive and emotional health. Sources include chicken, pork, eggs, whole grains, tofu and low-fat dairy.

- **Vitamin B12 and Folate** – These B vitamins are both involved in the production of serotonin, a hormone involved in mood stabilization and feelings of well-being. Folate can be found in many fruits and vegetables, while B12 is found in animal proteins. Fortified cereals contain an array of B vitamins including both of these.

Stay active – Physical activity has a well-known mood-boosting effect. Look for fun activities that you can stick to, like walking, gardening, chair yoga, or the increasingly popular Pickleball. Just be sure to check with your doctor before starting a new activity.

A balanced and varied diet filled with delicious and satisfying foods may help lift our spirits and support our overall well-being, but it may not be enough for everyone. If you are struggling emotionally, don't be afraid to ask for help. Feel free to visit hannaford.com/dietitians to find a dietitian in a store near you. Or, feel free to contact me with any of your nutrition questions.

Did you know? Hannaford offers free online nutrition education on a variety of topics.

Visit hannafordnutrition.eventbrite.com to view a schedule and register.

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Stay connected with SMAA

Receive updates about new classes and workshops being offered, when Senior News is available on newsstands and online, along with the latest information about SMAA happenings via email.

Visit www.smaa.org/email.html to sign-up today.



Spring is Just Around the Corner!

Stay healthy and connected with a variety of wellness classes to support physical, mental and social health. Become a part of this warm and welcoming community as we support each other in navigating these different times. All Agewell programs will be offered via Zoom. Registration is required. **Please view our most current schedule and register via our web calendar!** We can also be reached at 207-396-6578.

Drop In Classes –

Registration required, and join us any time as your schedule allows.

Zoom Tutorials – Select Mondays 11AM-Noon

New to Zoom? Using Zoom, but looking to build your skills and confidence? Join us for a review of the basics and hands-on practice. Bring your questions!

Techniques for Stress Management – Mondays 2:30-3:15PM

Join us for a weekly practice as we share strategies and tools for managing life's challenges. This welcoming group explores a variety of relaxation techniques including breathing exercises, body scans, muscle relaxation, mindfulness, meditation and more. Leaders and styles may vary weekly. We welcome you to share in our practice of cultivating resilience.

Yoga for Healthy Aging – Wednesdays 11AM-Noon

A “real-world” yoga program with a modified series of traditional poses, which can be done by almost anyone—of any age or ability. We'll place special emphasis on “bone-safe” yoga, balance, and fall prevention. The class is a combination of seated and standing poses, but all of the poses may be done seated.

Laughter Yoga – Select Wednesdays 1-2PM

Laughter Yoga is based on scientific evidence that our bodies cannot distinguish the difference between real and “practiced” laughter. Some major benefits include boosting your immune system, reducing stress, elevating your mood, and feeling socially connected. Bring an open mind and the willingness to laugh!

Gentle Exercise – Thursdays 10:30-11:30AM

This guided exercise program includes a full body routine of movements to gently warm-up your joints, stretch and strengthen your

muscles, and practice your balance. The program includes both seated and standing exercises, but a seated option will be demonstrated for all exercises.

Qigong – Thursdays 2-3PM

Qigong, based on the wisdom of traditional Chinese medicine, helps you feel clear, relaxed, and energized through gentle movement, conscious breathing, and meditative visualization. No experience needed.

Coffee Talk – Surviving a COVID Winter – Fridays 10:30-11:45AM

This welcoming, weekly session will be the bright spot in your week! Join us for a weekly discussion focused on sharing ideas to help each other stay healthy and connected.

Special Events

Intro to Vaccines – Thursday March 11, 5-6PM

What are vaccines made of and how do they work? As the new COVID-19 vaccines become available to the public, it's important to stay informed. Join Alexa Pfeiffer, a second-year medical student at UN-ECOM, in a discussion about the different kinds of vaccines we get throughout our lives. Learn about vaccine myths and how the new COVID-19 vaccines are unique.

Book Discussion Group: Making Space for Where We Are – Thursdays March 18, April 1, April 15, April 29 5-6:15PM

A bi-weekly discussion group based on short readings. Using short stories and poems, each meeting offers a rich opportunity to explore new and different perspectives. Content will include a range of topics, with the intention of providing a safe space to explore the times we're living in, and how we can respond with compassion and resilience. All reading materials will be provided digitally.

Looking for Tai Chi and A Matter of Balance?

Both Tai Chi and A Matter of Balance are available as virtual programs via Zoom! Classes are coming this spring and you can find listings of SMAA's programs, as well as other health and wellness promotion programs throughout Maine at **Healthy Living for ME**. SMAA is pleased to be a new provider with Healthy Living for ME, a Maine network delivering programs to help adults manage chronic health conditions, prevent falls, and foster well-being.

What is Tai Chi for Health and Balance?

This program teaches a gentle Sun-style Tai Chi routine that are safe, easy to learn, and suitable for

every fitness level. The ancient discipline of Tai Chi combines agile steps, joint-safe exercise and mental strength to improve mobility, breathing and relaxation in ways that help you feel greater control over your daily life. It is a joint-safe way for people of all ages and abilities to enjoy life and meet new friends while taking control of your physical, emotional, and mental health. Classes meet twice a week for 10 weeks.

Intro to Tai Chi for Health and Balance 4/5/21-6/16/21 Tues/Thurs 9-10AM

What is A Matter of Balance?

A Matter of Balance is a nationally recognized multi-session program designed to reduce concerns about falling and encourage physical activity. This social and discussion-based class includes an exercise routine, and information about home safety, getting up from a fall, and self-advocacy. Classes meet eight times for two hours.

Visit our online calendar for the most up to date listing of workshops!
www.smaa.org/events.html

From Jo Dill's Notebook

News from Maine Senior Games

Imagine balloons flying, confetti being thrown and fireworks in the background. That is how we felt when we got the letter that said Maine Senior Games was their own non-profit. Lots of meetings, filling out forms and money spent to make this all happen. Many thanks to the board of directors who worked tirelessly to make this happen.



Mixed/Singles Deering Oaks Portland, Sunday
Swimming: October 2, Bangor YMCA, Saturday
Bowling 10 Pin: October 3, Sparetime Bowling, Augusta, Sunday
Celebration of Athletes: October 22, Fireside Inn, Friday
Tennis: September 11 & 12 (Tentative)

Not Scheduled Yet:
Table Tennis:
Racquetball
Triathlon

Here is our updated 2021 schedule:

Opening Ceremonies: July 23 5PM (Virtual), Friday
Track & Field: July 31 Scarborough High, Saturday
1 Mile Road Race: August 7, Scarborough High, Sunday
10K Road Race: August 7, Scarborough High, Sunday
Buoy Toss: August 14, Sanford/Springvale YMCA Portland, Saturday
Archery: August 15 (rain 29) Lakeside Archery, Sunday
Cornhole: August 18, (rain 19) Sanford/Springvale Y, Wednesday
Basketball (Men's): August 21, Cape Elizabeth High, Saturday
Hot Shot/Foul Shoot: Men's August 21, Women's August 22, Cape Elizabeth High
Basketball (Women's): August 22, Cape Elizabeth High, Sunday
Golf: September 13, Willowdale, Scarborough, Monday
5K Road Race/Power Walk: September 12, Sanford/Springvale YMCA, Thursday
Cycling: September 19, Brunswick, Sunday
Bowling Candlepin: September 23, Big 20, Scarborough, Thursday
Pickleball: September 25, Men's/Women's Doubles, Deering Oaks, Portland, Saturday
Pickleball: September 26,

Terry Thompson Memorial Fund

In December 2019 the Maine Senior Games established a Memorial Fund in honor of Terry Thompson, a Maine senior athlete who passed away in November, 2019. These funds will be used to assist Maine athletes with registration fees. If you or anyone you know needs help with registration fees contact Jo at 207-286-4893 or email at maine.seniorgames2020@gmail.com

Updates from National Senior Games

The National Senior Games have been postponed to May 10-23, 2022 in Fort Lauderdale, Florida. Athletes who qualified in 2016/ 2018 or 2020 are eligible to register at the Priority registration. This year, 2021 will also be a qualifying year for the 2022 games. For more information go to www.nsga.com

Sponsors

A special thanks to the sponsors who are supporting MSG for the 2021 season. Presenting sponsor Martin's Point, Gold Sponsor Bangor Savings Bank and Eyecare Medical Group and Silver Sponsor Senior Planning Center.



VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

April is National Volunteer Month

While the month of April is specifically set aside to honor volunteers serving within our communities, all of us here at Southern Maine Agency on Aging want you to know we celebrate each and every one of you 365 days a year. We sincerely recognize and acknowledge the invaluable service you provide without which we would not be able to meet our mission of empowering older adults,

adults with disabilities, and their caregivers in Cumberland and York counties.

We realize this year of COVID-19 imposed restrictions has been difficult and challenging for many of you, however despite these obstacles many of our volunteers have found various ways in which to continue to serve. Some of these most notable achievements include but not limited to:

- Our Medicare volunteers successfully transitioned the way they provide individual health insurance counseling via Zoom or by phone.
- Many of our Money Minders volunteers continue to check in with their clients via phone or contactless pick-up.
- We welcomed new Meals on Wheels volunteers which enabled us to provide uninterrupted meal delivery to those in need.
- Our Agewell program found creative and innovative ways to keep both volunteers and clients engaged by offering Introduction to Zoom classes, weekly coffee hours, and virtual exercise classes.
- We doubled the number of Phone Pal volunteers thereby allowing us to reach more homebound clients with a friendly telephone call.
- Under our new Tech Pal program in collaboration with The National Digital Equity Center we have been able to connect older adults, through the internet, to promote health and wellbeing and combat social isolation.
- Not to mention the on-going efforts of Vet to Vet Maine, AARP Tax-Aide, Mask Distribution, hospice, Volunteer Services and program volunteers, and many more.

We look forward to the day when we can once again meet in-person to truly celebrate all of your accomplishments. However, until that time we wish to THANK YOU and express how GRATEFUL we are for your selfless contributions made on behalf of our Agency, communities, and clients.

MAKE A DIFFERENCE in the Life of a Vet

Become a VET to VET VOLUNTEER

If you served in the military, this is your chance to help fellow veterans in Maine communities.

- Visit a veteran in his/her home.
- Chat and swap stories.
- Go out for coffee or lunch.
- Make referrals for needed services.
- Provide much-needed companionship.
- Make a friend, get a friend.

Sign up now!

NEXT TRAINING: APR 26, 27, & 28, 4-7PM VIA ZOOM



FMI: Call 207-579-4024
or e-mail
office@vet2vetmaine.org
Sign up on line at
www.vet2vetmaine.org

Face Masks Available

SMAA is pleased to announce that cloth masks are available FREE for individuals who need them. A "mask distribution" team of volunteers has been trained to process, package, and send out the masks. Please contact referral@smaaa.org if you or someone you know could benefit from a cloth mask.



www.smaaa.org

From Megan's Desk
continued from page 1

ties. They are partnering with us to identify communities with older constituents who would benefit from having vaccines available closer to their homes. As this issue of Sr. News goes to print, we have already responded to more than 600 callers.

- SMAA is also collecting names of truly homebound residents in southern Maine who can not leave their homes to get vaccinated. We are sharing this information with our health-care partners so in-home vaccinations can be arranged when possible.
- Information about vaccine distribution changes almost daily. You can find the most up-to-date information at maine.gov/covid19/vaccines.

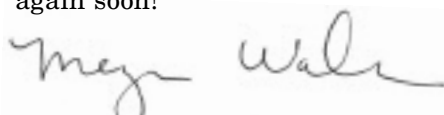
The Legacy of the Valentine Roses

The bitter cold and snow did not prevent our Meals on Wheels volunteers from delivering a little winter cheer to homebound older adults. During the week before Valentine's Day, along with their meals, all of our 1,100 Meals on Wheels recipients received a long-stemmed red rose to brighten their day. Since 1995, thanks to the generosity of Lorraine Merrill, a long-time SMAA donor, the Valentine's Day rose delivery has been an SMAA tradition. When Lorraine died in 2003, she left a bequest to the Agency that established an endowment fund assuring the rose tradition will continue in perpetuity. Planned gifts, such as these, enable the Agency to sustain and grow valuable programs that have a profound impact on the lives of seniors in southern Maine. I encourage you to contact Kate Putnam, SMAA's Chief Advancement Officer, to find out how you can leave a legacy through your will or estate plan. You can reach Kate at (207) 396-6590 or at kputnam@smaaa.org.

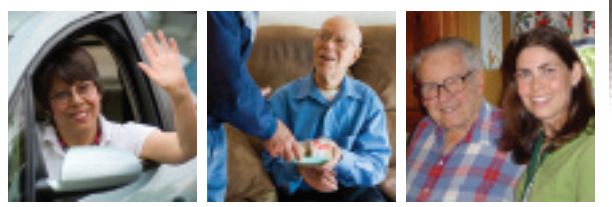
Our move to centralize our operations to the Sam L. Cohen Center in Biddeford was completed in early February. Although the

majority of our staff are still working from home, a core group of employees are on-site at the new location at 30 Barra Rd. In an abundance of caution, we are still only seeing clients by appointment on an as-needed basis. In the meantime, please do not hesitate to reach out by phone or email if you need assistance, want to sign up for classes and workshops or would like information about becoming involved as a volunteer. You can also check out our website, www.smaaa.org, for calendar information and other Agency news.

Although we are all ready to get back to our normal lives, I urge you to stay safe—keep wearing your masks, maintain social distance and avoid crowded situations. We'll get through this together and hope to meet in person again soon!



Megan Walton
Chief Executive Officer


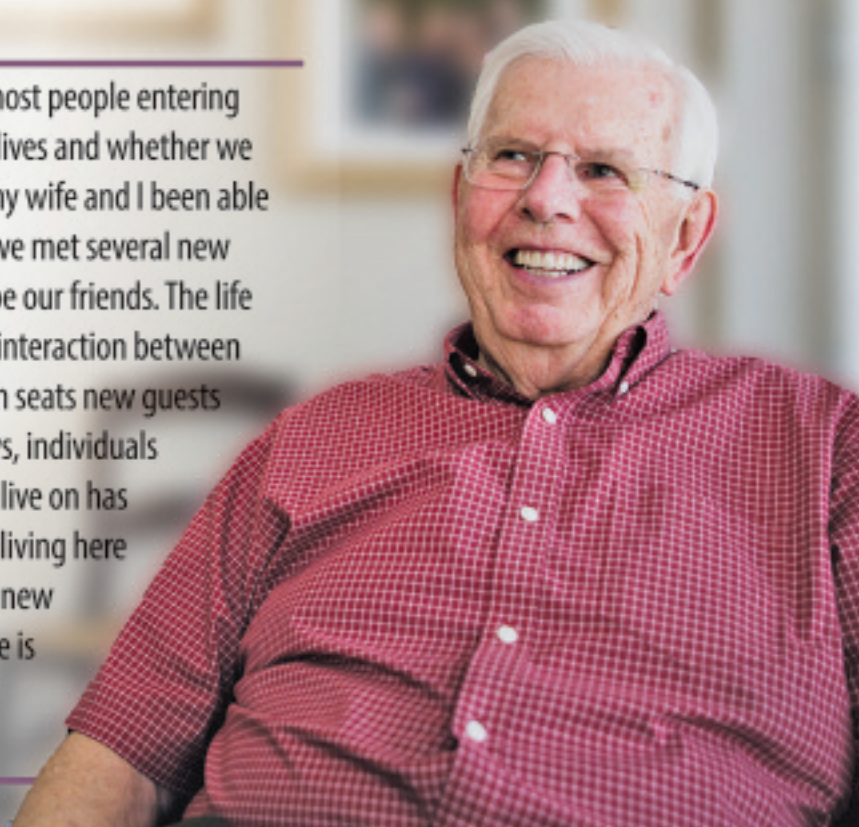


A meal, and so much more.

“One of the largest volunteer networks in southern Maine delivers 800 meals to homebound seniors struggling with hunger. Along with those meals, they deliver dignity and compassion. Please join me in making a gift today for Meals on Wheels so that no senior goes hungry.”
—Senator George Mitchell

Donate or Volunteer—Either Way, YOU Deliver!

Contact the Southern Maine Agency on Aging
at www.smaaa.org or call 1-800-400-6325 or (207) 396-6583

“ I had some concerns, as I suspect most people entering senior living may have, regarding our social lives and whether we would develop friends here. Not only have my wife and I been able to maintain existing relationships but we have met several new people here . . . people we now consider to be our friends. The life enrichment program is designed to nurture interaction between people. The hostess in the Main Dining Room seats new guests with compatible table mates and within days, individuals become neighbors and friends. The floor we live on has become our new neighborhood. The people living here seem to understand that all of us have been new to The Park Danforth at some point. Everyone is so friendly here. My wife and I could not feel more at home. ”

Are you Considering Senior Living?

The Park Danforth has been providing quality senior housing since 1881. Situated in the lively community of Portland, The Park Danforth offers active seniors the choices and options that they deserve. Life at The Park Danforth includes attractive apartments and flexible meal plans. Independent Living Residents are not committed to three meals each day. Also included is an engaging wellness program, theater, bistro, pub, auditorium, salon, market and 24-hour emergency staff. Call for more info.



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Senior Moment

By Judith Vincent

As Seniors, we are supposed to do all that we can to challenge our brains; to keep them healthy, exercise them like we exercise our body. Learning new things and pushing ourselves out of our comfort zones, all in the name of keeping our brain sharp and reducing the number of “senior moments.” For me, writing a column like this is certainly challenging me and my brain, and that scares me a lot.

I never wanted to leave my home in Massachusetts, but in 2014 I ended an abusive marriage and to escape further harassment from my ex-husband, I sought a new start. So I purchased a home in Maine where I spent many happy summers as a child. I am a true New Englander; I love the northeast, the snow, and the Atlantic Ocean; this was a place of hope for me.

When I first moved here seven years ago, I was dealing with many challenges. I didn’t know anyone; my father had just died, I was disabled by chronic pain and no longer able to work, and my friends were no longer around. I was also recovering from a head injury and could barely function. I had to rebuild myself, relearn everything; how to walk, read and drive and think—everything!

Life has gotten much better since I first moved here, but now I

am facing new challenges. Not only has the world turned upside down due to a pandemic, but I have turned 65 years old, and I am now an OLD LADY or, more politely, named...a SENIOR.

I have been through many challenges, but with all the hype about aging, I feel like I am becoming Geroscophobic. What is that anyway? Well, plain and simple, it’s the fear of growing old. It’s a fear of becoming old, sexless, fragile, dependent, sick, a belief that at some moment we will suddenly become someone else, we will become not ourselves, that what we see in the mirror will be frightening, horrify-

ing. And now, at 65, we are called elders, seniors, old, mature, and we don’t know if these are respectful labels or insults. Now we are prime for “senior moments.” We are just waiting for the next time we lose our keys, forget our zip code, or put the remote in the freezer. And it feels like the pandemic has made seniors keenly aware that our years on this earth are limited. The whole world is aware of its own humanity and what we are made of is fragile and flawed.

Through age, experience and this pandemic, I have learned that we will always be faced with struggles, but we are not limited by the challenges we have faced, the age that we are, or the changes we have weathered. Our ability to adapt and learn is extraordinary at any age. Becoming a senior is an adjustment, a passage, and that’s all because getting older does not make you stupid or weak or vulnerable. It makes you wiser. It makes you more of who you are.



1100 roses were delivered to SMAA’s Meals on Wheels Clients, thanks to the generosity of former volunteer Loraine Merrill. When Loraine passed away, she left an endowment to SMAA to guarantee that the rose tradition will continue far into the future!



Don't delay care. We're here to help you live life to the fullest.

The MMC Geriatric Center offers outpatient consultative care for older adults. We have a team approach to identify and safely care for age-related memory disorders, including Alzheimer’s. We focus on helping older adults optimize health and day-to-day functioning.

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Call **207-662-2847** for an appointment
or learn more at **mmc.org/geriatriccare**.

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MMC Geriatric Center • 66 Bramhall Street, Portland, ME 04102



Nan delivering meals and a rose to a Biddeford client. These two have formed a beautiful friendship over the past few months. Most weeks Nan gives our client a hand drawn picture which the client has proudly hung several of them around her apartment. And today our client gave Nan a gift of some butterfly window stickers as a thank you for helping and a Valentine’s Day treat.