



From the Director's Desk

Christmas Day Meals on Wheels

For 35 years, community volunteers have donated their time on Christmas morning to deliver Meals on Wheels to homebound seniors in the greater Portland area. The Portland Rotary Club has been a key partner from year one. For several of these Rotarians, delivering meals on Christmas Day has become a family tradition that now extends to children and even grandchildren! Together with SMAA volunteers in other communities, more than 250 holiday dinners were delivered to seniors who were home alone this year. Thank you to all who volunteered to help bring a little holiday cheer to homebound seniors on Christmas Day and throughout the past year.



SMAA says good-bye to Debbie DiDominicus Carr

After 33 years of dedicated service to the Southern Maine Agency on Aging, Debbie DiDominicus Carr has retired from her position as Deputy Director. During her entire career, Debbie has been a tireless and passionate advocate for older adults in southern Maine and beyond. Although she leaves SMAA with big shoes to fill, her legacy of compassion and understanding of the issues confronting older adults will continue to inspire and inform our work for many years to come. I am very pleased to announce that in honor of her many years of dedication to SMAA, the Board of Directors voted unanimously to name the community conference room at SMAA the Deborah DiDominicus Carr Conference Room. Please join me in wishing Debbie a happy retirement!

Creating Better Days

In this first issue of the Senior News in 2014, I am happy to unveil SMAA's new logo and tag line. For the past 18 months our marketing team has conducted extensive research around our image and the perception of SMAA in the community. In response to that work, the new logo and tag line "Creating Better Days" was created. I hope you are as enthusiastic as I am with the results.

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Groundbreaking Ceremony Held For State-of-the-Art Adult Day Center

On November 22 Southern Maine Agency on Aging broke ground on the state-of-the-art Adult Day Center that will be located on Barra Road in Biddeford. Set to open in the fall of 2014, the 10,000 square foot facility will be able to serve 50 clients with dementia per day. The Center will provide a place for socialization, supervision, help with chronic conditions, and therapy for patients, as well as support for caregivers.

By 2050, the number of people living with Alzheimer's disease and other dementias in York and Cumberland counties could increase to well over 10,000 based on the current incident rate of 53 diagnoses per 1,000. SMAA is responding to the need by building two Adult Day Cen-



L to R: Kevin Savage, Dave Smith, Larry Gross, Brad Paige, Debbie Carr, Jack Evans, and Deb Thomas

ters – one in Biddeford and another in Falmouth – that will incorporate exciting advances in environmental gerontology and best practices in person-centered care as well as extensive support for family caregivers.

"We're honored to bring this to the City of Biddeford. This center will not only serve the individuals

in the Biddeford community, but their families and the families of the surrounding communities. The impact for those affected by dementia will be great," said Larry Gross, Executive Director of the Southern Maine Agency on Aging.

The new facility is part of the Campaign to Create a Better Day, a \$6,000,000 campaign to raise funding for the two new adult day centers as well as a \$1,000,000 endowment fund to ensure

access to the facilities for individuals of all income levels. Early supporters of the Campaign to Create a Better Day include an anonymous gift of \$1,000,000 and a \$200,000 gift from The Huntington Common Charitable Fund for Seniors at Kennebunk Savings Bank—the largest gift given in the fund's history.

SMAA says "Goodbye" to Debbie D. Carr

Since she graduated from Bates College in 1969, Debbie DiDominicus Carr has devoted her life to making a difference. And for the past 33 years, she has made a difference in the lives of hundreds of older adults' lives through her work at the Southern Maine Agency on Aging. When she retires in January 2014, SMAA will face the enormous challenge of filling the void she will leave behind.

Larry Gross, Executive Director at SMAA said, "I have had the unique pleasure of sharing my career with Debbie DiDominicus Carr for more years than any member of the SMAA staff, Board of Directors, or volunteer corps. From my perspective as the SMAA "patriarch", three words most come to mind when I reflect



on Debbie's 33 illustrious years of devotion to SMAA: Passion, Tenacity, and Dedication. While perhaps an oversimplification for such a richly talented and multifaceted woman like Debbie, these words, for me, describe her essence as an Advocate: an advocate for frail older adults unable to stand up for themselves, an advocate for staff and volunteers who receive resolute support and concern for their welfare, and an advocate for the legions of friends and extended family who come to her with burdens big and small looking for counsel."



continued on page 2

A New Look for Southern Maine Agency on Aging

We are pleased to unveil our new logo and tagline to the readers of Senior News. Over the past 18 months we have done ample research to learn how the Agency and the work we do is received and viewed by the communities we serve.



What we learned is that how we are aging and the needs of older adults in York and Cumberland counties are changing, but the heart of what we do and why we do it has not. Programs and services like

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If you no longer want to receive the paper, please contact Bonnie at 396-6526 or 1-800-427-7411 x526 or brcraig@smaa.org.

Southern Maine Agency on Aging

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SMAA Says "Goodbye"...
continued from page 1

Looking back over the past 33 years, Debbie reflected on her proudest achievements at SMAA:

- "In the 1980s SMAA and community stakeholders were at the forefront of pushing for an alternative to nursing home placement for Maine's seniors. Our care management staff managed the Home Based Care

funds and saw the clients in their homes. Clients knew that they had an ally who would advocate for good care.

- We talked about caregivers back in the 1980s and people, including caregivers, didn't respond to that term...they were giving care because it was the right thing to do. We developed seminars to help the caregivers.
- Launching Money Minders was a personal dream. This program

opened folk's eyes to the power of volunteers with special skills, training, and supervision.

- Meeting the "Angels"—a very generous couple who are any social workers' dream. Each year they give money to help individuals in need. This year the amount was \$30,000. Their funds have helped very low income people fill their oil tanks for example. In another case, a woman who had endured many

bouts of cancer had bills that were piling up and the Angels bought her food and paid for the bumper on her car to be fixed so the car could be inspected and used to get her to chemotherapy. This year, because of their extreme generosity, SMAA was able to help 46 families whose needs surpassed the already existing community resources.

- For many years I worked with many community partners on the issue of Elder Abuse. This loose collaboration eventually became non-profit known as the Elder Abuse Institute of Maine. I served on this Board and also was the President. Our main mission was to raise elder awareness. This Board was responsible for developing Martha's Cottage, transitional housing for older women who have been abused.
- The last big highlight of my career at SMAA is, of course, the Agency's commitment to create a better day for seniors and their caregivers by opening two new state-of-the-art adult day centers in 2014. The Truslow Center, currently located in Saco, will move to a brand new building in Biddeford. Working in partnership with OceanView, SMAA will also open a new adult day center in Falmouth at the re-purposed Lunt School. Both programs will focus on therapeutic engagement of the members who attend, caregiver support, and a learning center concept that will bring students into the centers. "



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At the retirement dinner held recently in Debbie's honor, Gross eloquently summed up the essence of Debbie's contributions to the Southern Maine Agency on Aging. He said, "Debbie's devotion to her co-workers, to her work at SMAA, and to others throughout her long career has been legendary. As someone who has worked beside Debbie for more than three decades, I will miss most the tremendous energy, infectious enthusiasm, and selfless dedication that Debbie brings to her work every day. Her legacy of ardent advocacy and loyal service will inspire me and all of us at SMAA in the years ahead."

For a free email subscription to our Eye Health Updates, visit us at www.eyecaremed.com.

SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

Adult Day Center – Kimball Health Center, Saco
Mon-Fri, 7:30AM-5PM. 283-0166

Chronic Pain Self-Management Workshop –
Paul Hazelton House, Saco
Feb 7 - Mar 14, 9-11:30AM. FMI: 396-6583

Chronic Pain Self-Management Workshop –
Biddeford YMCA, Mar 6 - Apr 24, 1-3:30PM.
FMI: 396-6583

Community Café - JR Martin Community Center,
Biddeford, Mon, Tue, Thur, and Fri noon
Reservations: 283-2477

Family Caregiver Support Group –
Community Partners, Biddeford
2nd Mon, 3-4:30PM. 713-3723

Free Information & Assistance – McArthur Library,
Biddeford, Mon, Tue, Wed, call for appt.
Linda Sprague-Lambert 776-4759.

FALMOUTH

A Matter of Balance –
MaineHealth Learning Resource Center
Apr 2 - May 21, 10AM-12PM. FMI: 396-6583

Medicare 1-on-1 Appts. – Falmouth Library
3rd Thur, 10AM-1PM. 396-6524 for appt.

FREEPORT

A Matter of Balance – Casco Bay YMCA
Mar 4 - Apr 22, 1-3:30pm. FMI: 396-6583

Free Information & Assistance – Freeport Library,
2nd Tue, 1-4PM. 396-6524 for appt.

Living Well for Better Health Workshop –
Casco Bay YMCA, Apr 29 - Jun 10, 1-3:30PM.
FMI: 396-6583

GORHAM

Free Information & Assistance – St. Anne's
Catholic Church, Every Thur, 9AM-2:30PM.
396-6500 for an appt.

GREATER PORTLAND (CAPE ELIZABETH, PORTLAND, SOUTH PORTLAND, WESTBROOK)

A Matter of Balance – St. Alban's, Cape Elizabeth
Feb 17- Apr 7, 1-3PM. FMI: 396-6583

A Matter of Balance –
In Home Senior Services, Westbrook
Mar 11 - Apr 29, 1-3PM. FMI: 396-6583

Community Café – Peoples Methodist Church,
South Portland, Every Thur, noon.
Reservations: 767-2255

Community Café – Westbrook Community Center,
Westbrook, Last Tue, noon,
Reservations: 878-3285

Free Information & Assistance – Portland,
Hope Gateway Church, 4th Tue, 12PM-1PM
Salvation Army, 2nd Wed, 10AM-12PM
Woodford's Church, 3rd Mon, 1-3pm,
396-6500 for an appt.

Larrabee Village Nutritious Lunchtime Meal –
Westbrook, 7 Days a week, 11:30AM. 854-6818

Medicare 1-on-1 Appts/Free Information &
Assistance - Westbrook Community Center, 2nd
and 4th Wed, 9AM-12PM. 396-6524 for appt.

KENNEBUNK/WELLS

A Matter of Balance – Park St. School, Kennebunk,
Feb 5 - Mar 26, 1-3PM. FMI: 396-6583

Community Café – Park Street School,
Kennebunk, Jan 10 & Feb 7, 11AM-1PM.
Reservations: 985-2588 or 329-5400

Community Café – Ross Corner Woods,
Kennebunk, Mon, Tue, Thur, and Fri, noon.
Reservations: 985-2588

Medicare 1-on-1 Appts – Kennebunk Senior
Center, 3rd Wed, 12-3PM. 396-6524 for appt.

Memory Café - Seed & Bean, West Kennebunk
1st Monday, 11AM, FMI: Ken Capron, 797-7891

KEYS REGION (KITTERY, ELIOT, YORK, AND SOUTH BERWICK)

Community Café – Eliot Methodist Church, 1st
Thurs of the month, noon, Reservations: 475-7399

Family Caregiver Support Group – The Gathering
Place, Kittery, 1st Thurs, 3-4:15PM. 439-6111

Family Caregiver Support Group – Heart Health
Institute, York, 3rd Tue, 1-2PM. 475-1167

Medicare 1-on-1 Appts – York Hospital
2nd Thurs, 9AM-4PM, 396-6524 for appt.

Welcome to Medicare Seminar – York Hospital
Schedule TBD. 396-6524.

KEZAR FALLS/HIRAM

Community Café – Sacopec Val. Rescue Barn, Hiram,
2nd & 4th Tues, noon. Reservations: 625-4057

LAKES REGION (BRIDGTON, CASCO, NAPLES, AND SEBAGO)

Family Caregiver Support Group – Bridgton
Community Center, 2nd Wed, 1-2:30PM
1-800-427-7411

Medicare 1-on-1 Appts – Bridgton Hospital
Every Tues between 8:30-11AM.
Walk-in first come first serve basis.

Understanding Cognitive Loss: Basics of Family
Caregivers – Crooked River Adult Ed, Casco
April 17, 5-7PM. \$25 registration fee.
627-4291 to register.

NEW GLOUCESTER

Chronic Pain Self-Management Workshop –
Pineland YMCA, May 1 – Jun 12, 1-3:30PM.
FMI: 396-6583

PARSONSFIELD

Free Information & Assistance – Parsonsfield
Town Office, 3rd Mon, 9AM-12PM.
396-6500 for appt.

SANFORD

Community Café – Nason Community Center,
Springvale, 3rd Tue, noon. Reservations: 324-5181

Medicare 1-on-1 Appts – Goodall Hospital,
Sanford, 1st Tue, 9AM-4PM, 396-6524 for an appt.

Welcome to Medicare Seminar – Goodall Hospital,
Sanford, 1st Tue, 2-4PM. 490-7606

SCARBOROUGH (SMAA MAIN OFFICE)

A Matter of Balance, Jan 31 - Mar 21, 9-11AM or
Apr 23 - June 11, 10AM-12PM, FMI: 396-6583

Family Caregiver Support Group, 4th Thurs,
12-1PM. 1-800-427-7411 x558

Medicare 1-on-1 Appts – 2nd and 4th Mon and
1st and 3rd Thurs, 9AM-4PM.
396-6524 for an appt.

Putting the Puzzle Together: Getting Ready to
Offer Support to Older Adult Family and Friends
Jan 8, 15, 22 and 29, 5:15-7:15PM. or
April 30, May 7, 14 and 21, 5:15-7:15PM.
1-800-427-7411 x541

Savvy Caregiver, Jan 7, 14, 21, 28, Feb 4 and
11, 2-4PM. or Mar 4, 11, 18, 25, April 1, and 8,
5:15-7:15PM. 1-800-427-7411 x541

Welcome to Medicare Seminar –
Mon and Thurs. Call for days and times.
1-800-427-7411

SCARBOROUGH

Blue Point Congregational Church Luncheon –
Scarborough, 3rd Mon, noon, Reservations: 510-4974

Weekly Wednesday Lunches at Camp Ketcha –
Scarborough, Every Wed, 11:30AM, All Welcome!
\$5 for 60 and up, \$7 for all others
Reservations: 730-4150 by 2PM the Mon prior

STANDISH

Free Information & Assistance – Standish
Municipal Center, Every Wed, 9AM-3PM.
396-6500 for an appt.

WINDHAM

Community Café – Unity Gardens
Catered luncheons on Jan 16 and Feb 13.
Regular meals on Mon, Tue, Thurs, and Fri, noon,
Reservations: 892-3891

Free Information & Assistance – Our Lady of
Perpetual Help Church, 396-6524 for an appt.

"Made in Maine" Christmas Fair –
Our Lady of Perpetual Help Church
Dec 7, 8AM-3PM and Dec 8, 11:30AM-1:30PM.

Medicare 1-on-1 Appts – Our Lady of Perpetual
Help Church, 1st and 3rd Tue, 9am-noon.
396-6524 for appt.

Welcome to Medicare Seminar –
Our Lady of Perpetual Help Church,
1st and 3rd Tues, 10AM-12PM.

YARMOUTH/NORTH YARMOUTH

Community Café – Masonic Lodge, Yarmouth
Every Tue, noon., Reservations: 846-6693

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From the Director's Desk
continued from page 1

Medicare Open Enrollment

I am delighted to announce that after one of the busiest Medicare Open Enrollment periods in SMAA history, our volunteers and staff had saved more than \$300,000 for over 1500 Medicare beneficiaries who came through our doors seeking one-on-one assistance here at SMAA and at our sites throughout Cumberland and York counties. Kuddos to the 60 dedicated volunteers who provided this critical service—we would not be able to accomplish this feat without the help of these stellar and skilled volunteers.

Community Based Care Transition Program (CCTP) showing good results

Over the past 18 months, SMAA has been working collaboratively with the Physician Hospital Organization, a branch of Maine Health, on a project sponsored by the federal

Centers for Medicare and Medicaid Services to help lower hospital re-admission rates for at-risk seniors. Specially trained and certified coaches and nurses work directly with patients in the hospital to assess their individual circumstances and then provide counseling and support for thirty days after they are discharged. To date, more than 3,000 patients have been enrolled. Significantly, our partner hospitals have seen an 8% overall reduction in 30-day readmission rates with 70% of that reduction attributable to our CCTP intervention. We look forward to seeing this trend grow in 2014 as the program expands to Goodall Hospital.

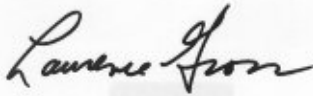
Falmouth Adult Day Center

I am also happy to report that the plans for opening the Falmouth Adult Day Service in the spring of 2014 are on track. SMAA has hired Polly Bradley of Yarmouth as the interim director of the Adult Day Service. She will be available to answer inquiries about the program beginning January 1st and may be

reached at SMAA at (207) 396-6500 or pbradley@smaaa.org.

Happy New Year!

I wish all of you a peaceful and prosperous New Year. Please don't hesitate to call SMAA if you have questions about the services available for older adults in York and Cumberland counties. We are looking forward to an exciting new year as we open our Falmouth Adult Day Center and continue to grow our services for families in southern Maine.



Lawrence W. Gross
Executive Director

Senior News

is a publication of



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For details on advertising in "Senior News," log on to www.smaaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach "Senior News" representative Nancy Bloch at 396-6588.

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!

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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 from the Maine Office of Elder Services. Learn more at www.smaaa.org or by calling 207-396-6500 or 1-800-427-7411.

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Know Your "Wellness Visit"

By Stan Cohen

There are two kinds of "wellness visits" that are covered 100% by Medicare. The Welcome to Medicare visit is a one-time visit with your doctor that maps out your health care needs and helps create a preventive care plan to keep you healthy. The Welcome to Medicare visit occurs within the first 12 months of your enrollment into Medicare Part B. The other kind is the Annual Wellness visit which includes updating a preventive care plan based on your health care needs. During your Annual Wellness visit, you should be asked to complete a Health Risk Assessment questionnaire that will help you develop a preventive care plan with your doctor. Note that you cannot receive the Annual Wellness visit during the same year in which you received a Welcome to Medicare visit.



Medicare covers both kinds of Wellness visits at no charge. Keep in mind, however, that costs may apply if you receive additional tests or services to address a new or existing health problem. For example, let's say that during an Annual Wellness visit your doctor finds that you have a dangerous blood pressure reading and you have been feeling dizzy. Given the reading and your symptoms, your doctor may want to order further tests and provide you with immediate treatment. In this case, costs for the additional tests and treatment would apply.

Keep in mind that both the Welcome to Medicare visit and Annual Wellness visit are not routine head-to-toe physical exams. Instead, these visits are designed to create or update a preventive care plan for you to keep you healthy. If you have a Medicare Advantage plan, you may need to see in-network providers to get the preventive visits covered in full.

THANK YOU!

The Southern Maine Agency on Aging is fortunate to have Medicare Volunteers who assist consumers during the Medicare Open Enrollment Period each year, and it is with great pride that SMAA estimates we will have helped seniors and others save over a quarter of a million dollars in out-of-pocket health care expenses for 2014. **Without the generous gift of meeting-space and time at 23 host sites throughout Southern Maine, we would not have been able to accomplish such a feat.**

The Staff & Volunteers at SMAA would like to extend our warmest appreciation for the valuable role these sites played in support of our Medicare outreach in each community.

- Bridgton Community Center
- Bridgton Hospital
- Dyer Library in Saco
- Falmouth Memorial Library
- Freeport Community Library
- Goodall Hospital in Sanford
- Hope GateWay Church in Portland
- Kennebunk Senior Center
- Larrabee Village in Westbrook
- McArthur Public Library in Biddeford
- Naples Public Library
- Our Lady of Perpetual Help Church in Windham
- Parsonsfield Town Office
- Redbank Village in South Portland
- Salvation Army in Portland
- St. Anne's Church in Gorham
- St. Martha's Church in Kennebunk
- Standish Municipal Center
- Wayside in Portland
- Westbrook Community Center
- Woodfords Congregational Church in Portland
- York Hospital

THANK YOU!

The Southern Maine Agency on Aging is fortunate to have Medicare Volunteers who assist consumers during the Medicare Open Enrollment Period each year, from October 15 to December 7. Our dedicated volunteers worked extra shifts in order to accommodate the huge volume of individuals seeking to review their Medicare options. It is with great pride to report that SMAA has estimated that we will have helped consumers save over a quarter of a million dollars in out-of-pocket health care expenses for 2014.

At this time we would like to offer a resounding **THANK YOU!** to the staff & volunteers, as well as the following local businesses that generously donated one or more delicious meals for our Medicare Volunteers:



There's so much to life now

At Scarborough Terrace, the transition to assisted living is a positive and happy experience. From private apartments to the beautiful setting and community atmosphere, Scarborough Terrace is a wonderful alternative to living on one's own. Residents regularly enjoy music, arts and entertainment, and are quick to make friends at socials, exercise classes, cultural outings, meals and more. They have easy access to Maine Medical Center and Mercy Hospital, and our caring and dedicated staff is available 24/7 to help with any medical or daily care needs that arise.

Call Elizabeth Simonds at 207-885-5568

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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.

Reducing "Stuff"

By Ann O'Sullivan,
OTR/L, LSW, FAOTA
Family Caregiver Support
Program Coordinator

With the start of a new year, many of us resolve to organize, declutter, and simplify. We may be looking ahead to a move—to a smaller home or a new locale. Or we might be thinking ahead to make things easier, should family members need to assist us in the future. Whether we're just getting rid of a few things or facing a major move, it's never too early to begin this process and it does tend to take more time and energy than we might expect. Here are some ideas that may make downsizing easier whether you are clearing out your own space or helping someone else.

Break a big project into smaller pieces. Rather than trying to plan the entire process at once, pick a place and start with something small (just one drawer or closet).

Start with easier tasks and reduce your overall "inventory". Working on areas you don't routinely use can be less disruptive to your daily routine. Getting rid of items you don't use or aren't attached to can be less stressful than parting with treasures. Moving larger pieces out of your space can help you see progress.

Create a system (stickers, lists) to indicate where items should go, to reduce the number of times you re-think your decisions. Keep the items you use regularly, or plan to use in the near future, and those that you treasure most. If you are helping someone else, allow for some time to share stories about items that hold special meaning. Write down any special history or memories about items you are passing on to family and friends, and give them to them now. It can be a source of greater joy to receive the gift of a family heirloom directly from the giver than to inherit it after they are gone. Mark items to sell or to donate. Dispose of anything else.

There are some things you can start doing any time, whether you are planning a move or not, including shredding old financial and tax records, clearing out the garage or attic, going through clothing, or sorting through (and labeling) old pictures.

If you are helping someone who has cognitive loss, it may be especially helpful to start to sort through things they are no longer able to manage on their own. Disruption of the environment can be very unsettling for these folks, so it's important to take it slow and provide reassurance when changes trigger agitation. However, research has also shown that clutter can increase confusion and create distractions, so, ultimately, reducing it can be helpful.

Allow plenty of time, and take breaks. Most of all, be patient with yourself, the person you are helping, and the process. Sorting through possessions can be an emotional journey and can bring up many memories. Take time to savor them. And remember that you are giving yourself and your family a gift by simplifying your life or helping them to simplify theirs.

2014 Savvy Caregiver Classes

Although the Administration on Aging grant will be ending after its current extension, we plan to continue offering the Savvy Caregiver series ongoing in 2014. The course meets in six 2-hour sessions, and participants are asked to make every effort to attend all of them.

A series started already in January, and the next one is scheduled to meet on Tuesday evenings, starting in March.

The course is open to family caregivers for people with dementia who live in the community. The feedback we get from participants continues to show that the classes are helpful to them in understanding the person with dementia and developing strategies to help them both have a better day.

People often take on the role of caregiver without any preparation or training.

The Savvy Caregiver program helps family caregivers develop knowledge, skills, and attitudes to make taking care of a person with dementia easier. It is an evidence-based program, meaning that it has been researched and shown to be effective.

Several recent classes have filled quite early, so we encourage you to call us if you are interested in registering. Please contact Ann O'Sullivan (396-6541) in the Family Caregiver Support Program to pre-register (required) or if you have questions.

Spotlight on Caregiver Support Groups

Once a month we host a drop-in support group at our office in Scarborough. This group was originally developed to address the needs of local working caregivers who wanted to connect with others during their lunch break. As is typical with ongoing support groups, people come and go as their needs shift. We welcome new members at any time no matter what your lunch hour "break" is from.

If you've never attended a caregiver support group before, you may wonder how it works. What we discuss is confidential. Everyone is invited to speak, but it is not required. This group is a chance to meet with other people who are having a similar experience, to exchange ideas, problem solve, feel connected and maybe even share a laugh.

We meet at SMAA on the fourth Thursday of each month from noon to 1PM. This group is appropriate for family and friends who are caring for someone 60 or over, or for someone of any age who has dementia. You don't need to call ahead to register, though you may want to call to confirm a meeting in case of inclement weather or holidays. Feel free to join us!

For more information contact Ann O'Sullivan at 396-6541.



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Help For People Helping Aging Family Members

Caregiver Class Schedule 2014

Are you assisting an older adult? Do you spend time helping with errands, household chores, finances, meals, health care or personal care? The **Family Caregiver Support Program** can help support you as you help someone else.

January 7, 14, 21, 28, February 4 and 11: 2-4PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Snow dates February 18 and 25. Donation requested. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

January 8, 15, 22 and 29: 5:15-7:15PM: **Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends.** Southern Maine Agency on Aging, Scarborough. Snow dates February 5 and 12. \$50 suggested donation. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

March 4, 11, 18, 25, April 1 and 8: 5:15-7:15PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Snow dates April 15 and 22. Donation requested. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

April 17: 5-7PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** Crooked River Adult Education, Casco. \$25 registration fee. Contact Crooked River at 627-4291 to register.

April 30, May 7, 14 and 21: 5:15-7:15PM: **Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends.** Southern Maine Agency on Aging, Scarborough. Snow dates February 5 and 12. \$50 suggested donation. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

Please use the numbers listed to register. Feel free to call Ann O'Sullivan at SMAA (1-800-427-7411) with questions.

Ann O'Sullivan, Family Caregiver Program Coordinator and Kate Fallon, Family Caregiver Specialist have been contracted through SMAA by the State of Maine to write the trainer and participant manuals for the Savvy Caregiver Advanced course. This course was developed in Maine under an Administration on Aging (AoA) grant, and is aimed at caregivers who have completed the original Savvy Caregiver class and now need further information as their person's dementia continues. The two have spent a significant amount of time over the last few months writing, editing, getting outside feedback, and more editing! These pieces will have been submitted by the end of 2013, as part of the State's AoA grant deliverables.

Caring For Aging Family Members

Support/Discussion Groups

You're not alone. Connect with other caregivers in a safe setting. Find out what's working for other people. Groups are coordinated by SMAA or the community providers listed.

Biddeford: For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 713-3723.

Bridgton: 2nd Wednesday of the month, 1-2:30PM, at the Bridgton Community Center. Contact Ann O'Sullivan at 1-800-427-7411 x 541.

Kittery: 1st Thursday of the month, 3-4:15PM, at The Gathering Place. Respite available onsite for a fee; please call ahead to reserve. Contact Jill Larson at 439-6111.

Scarborough: 4th Thursday of the month, noon to 1PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

York: Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, 1-2PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 475-1167.

Other areas: Please call Ann at SMAA's Family Caregiver Support Program if you are looking for a group in another area. 1-800-427-7411.

For online support and information, "Like" us on Facebook!
www.facebook.com/SMAAcaregivers

SMAA Family Caregiver Program Coordinator Published for Fourth Time in Professional Text

Many know Ann O'Sullivan as the SMAA Family Caregiver Program Coordinator who is dedicated to the families she serves through our Family Caregiver Support and Assistance program as well as the many attendees of our Savvy Caregiver workshops. But what many don't know is that O'Sullivan is also an accomplished writer who has contributed four chapters in professional texts as well as articles to journals and professional quarterlies. She also authored / co-authored two sections in a self-paced clinical course on Home Health OT practice for the American Occupational Therapy Association (AOTA) in 1997. Her writing focuses on home and community-based care and/or family caregiving.

Her most recent contribution is to *Gerontology for the Health Care Professional*, Third Edition by Regula H. Robnett and Walter Chop. Long considered to be a pinnacle textbook for healthcare students and professionals, *Gerontology for the Health Care Professional* is used in hundreds of classrooms across the country. O'Sullivan's expertise and insight into aging is delivered in Chapter 10: Living Options and the Continuum of Care. The chapter is essential for teaching the next generation of healthcare professionals about facilitating a supportive environment for older clients, and helping to ensure options for those who can live independently. Focus is also placed on discussions surrounding family caregivers and the contributions towards providing long-term care. This is the second time O'Sullivan has co-written this important chapter.

Additionally, O'Sullivan has four chapters that are currently in final copyediting. The chapters will be included in the future self-paced clinical courses for AOTA: Neurorehabilitation for Neurocognitive Dis-



orders (Paid and Unpaid Caregivers, and Community-based Care for People with Neurocognitive Disorders) and Home Health Practice (Stakeholders: Clients and Caregivers and Community Resources and Living Life to Its Fullest).

O'Sullivan manages to find time to write during her off hours, squeezing in time during the evenings and on weekends. "I need big chunks of uninterrupted focus time to gather my thoughts. Fortunately, I tend to get asked to write about things I know something about, which helps," said O'Sullivan.

When asked a word of advice for the success of upcoming health professionals, O'Sullivan had wise words of wisdom, "I think it's really important that 'seasoned' professionals share their expertise with students and with other professionals. For me, writing is a chance to advocate for things that are important to me philosophically, like recognition and support of family caregivers, respect for self-determination, and delivery of high quality services. I'm deeply committed to occupational therapy and this gives me an opportunity to contribute to my profession. Not everyone likes to write, but there are many other ways people can make a difference in the quality of services that are provided, and I'd encourage them to do just that."

Aging...let us help you and your family make the most of it.



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NEWS FROM NUTRITION

Bank of America Pledges to End Senior Hunger

The Meals on Wheels program at Southern Maine Agency on Aging was the recent recipient of a \$5,000 grant from the Bank of America Foundation. The Bank of America Charitable Foundation has been active with Feeding America as well as supporting local initiatives like our Meals on Wheels program. A check presentation was held at the Scarborough branch.



L to R: Donna Beckwith, Banking Center Manager; Liz Thompson, SMAA Development Coordinator; Vikki Normand, Teller Operations Specialist.



Meals on Wheels Paper Plate Project is Massive Success

This fall we asked Meals on Wheels participants if they would be willing to participate in the Meals on Wheels Paper Plate Project. We provided participants with blank paper plates and asked if they would take a few moments to let us, and the world, know what Meals on Wheels meant to them. We sent out packages of paper plates in hopes of having a handful returned. What happened next shocked us.

Over 200 paper plates were returned! Plates had kind words of support for the program from clients and family members, drawings, letters, stories, and more. Many of our staff members and volunteers were brought to

tears reading the amazing things our clients wrote about what the program meant to them. We here at SMAA have always considered it a privilege to be a part of our client's lives.

Each and every plate returned went on display and covered the walls of our conference room at the main office in Scarborough. The plates will be on display through early January.



New "As You Like It" Restaurants are a Runaway Success

Last issue we reported on three new "As You Like It" eateries – Rosa Linda's in Saco, Blast From the Past in Waterboro, and Blast from the Past Too in Scarborough. We're happy to report that the new restaurants have been a hit! In the first month almost 300 diners visited the eateries!

Holiday Gift Bags

This past holiday season Meals on Wheels recipients were treated to a small gift thanks to an anonymous donor. Volunteers hand decorated and stuffed hundreds of gift bags with Lindt chocolate and holiday cards. Thank you to the anonymous individual who helped to bring smiles to so many faces.

Thank You!

Thank you Pine Tree State Country Music Assoc., Inc. for raising \$382 for our Meals on Wheels program! The check was presented at our Sanford/Springvale Meals on Wheels site.



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– Barbara Pires RN



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Winter Blues

By Kate Cole Fallon, MS, LCPC, NCC



We live in Maine, so we know what to expect. After the twinkly lights of the holidays come down, we face the dark, cold days of mid-winter. This can be a challenging time of year leaving many feeling low in energy, interest and connection. It is important to approach this season with a focus on your emotional well-being.

One challenge to our well-being here in New England is the minimal exposure to sunlight we experience in the winter. The days are short, it's cold outside, and the powerful UV rays that actually provide us with vitamin D do not pass through window glass. According to the National Institutes of Health, studies are showing a link between low levels of vitamin D and depression. What we may refer to as the winter blues is also known as seasonal affective disorder (SAD). If you experience a change in mood during the winter months, including a change in eating habits or sleeping habits, less energy or a lack of interest in the things you usually enjoy, you may want to take action to address SAD. One thing you can do is ask your doctor about taking a vitamin D supplement.

Getting some exercise produces endorphins that also elevate your mood. If you prefer to avoid strenuous outdoor activities or walking when it's icy, there are many places in southern Maine where you can walk indoors in the winter. The Maine Mall is open to walkers as early as 6 AM, and some school districts allow community members to walk the halls after school hours. Something as simple as walking regularly will improve your mood and make you feel better. Check in your local community for indoor walking options.

Another winter remedy is a full spectrum light, or light therapy. Using one of these lights exposes you to UV light in the winter months, something we are naturally lacking. There are many types, and most are available online. This does not expose your skin to any harmful rays, but will provide your brain with the proper light waves to help improve your mood.

When mid-winter leaves you feeling low in energy, your first reaction may be to cover up with a blanket and eat chocolate. Minimize how much you withdraw by balancing it with getting moving, staying connected to others, and attending to your overall emotional well-being. In spring, your mood and your waistline will thank you.

Kate Fallon offers private counseling services to adults through Ageless Journeys LLC in Portland. www.agelesscounseling.com

The Silent Generation

By Elaine Parker

Those of us born between 1925 and 1945 were labeled The Silent Generation. A small generation with a low birth rate, due to the depression and World War II. This generation was accused of being withdrawn, unimaginative, indifferent, unadventurous and silent. We did not issue manifestos, make speeches or carry posters.

But ironically many counter culture figures were from the silent generation, including rock stars, and individuals such as Ken Kesey, George Carlin, Allen Ginsburg and Abbie Hoffman.

Coming of age in the fifties there were some good things and some not so good things for teenagers. Our country was at peace and becoming prosperous. We had never heard of marijuana, and pills were for sick people. The drugs of choice were tobacco and alcohol, and they were not in widespread use. A few of the more rebellious teenagers smoked out in back of the schoolyard, there were rumors that some of the boys drank beer down by the river. There were no grey area in those days—there were good girls and bad girls and you did not want to get a reputation as a bad girl. If a girl got pregnant before she was married it was a disgrace and she was shipped to a home for unwed mothers and pressured to give the baby up for adoption. The sexual revolution had not begun.

From a one room school house of 20 pupils I was plunged into a high school with 600 students and three floors. There was no orientation for freshman, and it was either sink or swim. Every forty five minutes our classes changed to the sound of a bell and we rushed to our next class. We had a school dress code and we adhered to it without protest.

Rock and Roll was just coming to our small town and we loved it. In the gym was a juke box and we could dance on our lunch break, Jiving and jitterbugging to Bill Haley and the Comets, and Buddy Holly, we wore out our saddle shoes and dirty white bucks.

Elvis Presley was shaking his pelvis making the girls scream, and there was squeaky clean Pat Boone crooning love songs. When one of our classmates was killed on a motor scooter while skipping school, no grief counselors were called in for us. Our principal announced over the public address system, "That's what happens when you skip school" no mollycoddling for our generation.

Scholastically we had four choices, college course, general course, commercial course, or shop course. Our class rooms were kept under strict control by our teachers. We were never asked our opinions. No critical thinking here.

When we graduated some of the students went right to work in the factories, some entered the military, many of the girls became secretaries, and a small percentage went on to college. We were for the most part a conforming group we read the rule books of our chosen path and obeyed them. When we finished our education in our chosen profession and went to work, we read the employee hand book and followed the rules. We wore what the company told us to wear and drove a car approved by our employer.

Marching along toward the American dream of home ownership we had tunnel vision.

When the social revolution of

the sixties erupted we of the establishment were horrified. Appalled by the hippies with their long hair, beards, grungy clothes, drugs and free love. We looked at them with disdain, but soon members of our own families were joining the movement younger brothers and sister nieces and nephews. Rebelling against the establishment they protested our middle class values, sexual repression, nuclear energy, and war. Little by little we accepted some of the ideals of the social revolution. We embraced their music, the folk songs and anti-war songs. We started to believe our involvement in the Vietnam War was wrong, and we should have never entered into it. Our belief that our country was always right and could do no wrong was shattered, and we faced a new reality.

In our seventies now we of the silent generation became active. We

greeted the troops as they arrived back in the states from Iraq and Afghanistan to thank them for their service. We wanted to try to make up for the lack of welcome the Vietnam vets came home to. They were spit on and called baby killers. Joining peace vigils we now carried posters something we

had not done in our youth. We joined the Occupy Movement as part of the 99%. We wrote to our representatives to urge them to pass universal health care, being on Medicare we felt everyone deserved health care coverage. Thankful for our public school educations we rally for making our school system the best in the world. We always exercise our right to vote and consider it a privilege. The silent generation has found their voice.

To contact the author, Elaine Parker, you may call 207-774-2477 or email auntiee6@maine.rr.com.

We were for the most part a conforming group—we read the rule books of our chosen path and obeyed them.









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The Joys of Aging: Yes, There Are Some

By Stephanie MacNeille

When I began this project of writing articles of interest to AARP-eligible people like myself, I thought it would be an enjoyable and relatively easy thing to do. Well, the first part is right, for this is enjoyable, and I am sure I'll get the hang of it as I go along. As it happens, I am going along, but not getting the hang of it. It is amazing, when I begin thinking of universal experiences like aging; the possibilities of things to write about are endless. Of course, one thinks of all the amusing jokes about seniors that seem to fuel the email forwarding business these days. But they are everywhere, and

writing about them would be an exercise in futility, at least as far as creativity goes.

In my thinking about aging, I can recall the occasional loss of balance, more events of forgetfulness, or the embarrassment of trying to figure out the new credit card machine at the supermarket with a half dozen people waiting in line behind you. There is also the ease of gaining weight, causing me to accept the fact that I have to exercise even more, and eat even less just to maintain my weight where it is. That is probably one of the most unfair things about aging that I have encountered so far.

Since I am single, I also have the dating scene to contend with. I

realize that many women my age have decided that they don't want to, or can't deal with that aspect of aging, and I can't blame them. Have you ever dealt with the Internet dating sites allegedly for all ages? The Match.coms of the world? My experience there was that many men in my age group are looking for 30 year old aerobics instructors. And they'll say something like "Send me a picture of you so I can see if we'll get along." There is hope in that segment of the senior dating scene though, for there are now a few sites just for older people, which is much less traumatic, and there are many fine people there.

One of the best joys of aging is the freedom you have, especially in retirement. It is quite something to deal with the lack of "have to's" in

your life, like having to get up at the crack of dawn whether you want to or not. I love not having to set an alarm clock to wake me in the morning. At this age, there are many things we can do if we want, but we don't "have to". Nowadays, on many mornings, I especially enjoy taking a cup of coffee and a fresh blueberry muffin out onto my sun porch, and reading a good book. That is one of my very favorite relaxing joys of aging. Then, of course, there are the more active joys of aging, like working out at the gym several times a week, which I also enjoy.

Space limitations require that we delve into more of the joys of aging at another time—but trust me, there are some.

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Gorham: Resource Specialist is available Thursdays at St. Anne's Catholic Church, 299 Main St. (Rte. 25) Call the Agency at 396-6500 for an appointment.

Standish: Resource Specialist is available Wednesdays at Standish Municipal Ctr. 177 Northeast Rd. (Rte. 35) Call the Agency at 396-6500 for an appointment.

Westbrook: Resource Specialist is available Wednesdays at the Westbrook Community Center on Bridge Street. Call the Agency at 396-6500 for an appointment.

Windham: Resource Specialist is available Tuesdays at Our Lady of Perpetual Help at 919 Roosevelt Trail. Call the Agency at 396-6500 for an appointment.

This service is provided by the Community Block Development Grants from the City of Biddeford and Cumberland County.

Free assistance is available to people 60 and older and to those under 60 with a disability. If you live in other towns, call the Southern Maine Agency on Aging at 396-6500 for information or for an appointment.

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Elder Mediation: Helping Families Make Aging Parent Transition Decisions While Preserving Relationships

By Peter W. Schroeter, Esq.,
Smith & Elliott, P.A.

Many people with aging parents may be all too familiar with the following situation. A decline in the functional status of an elderly parent forces the need, sometimes suddenly, for a family to have to make major complicated decisions about the parent's well being. Forgetfulness and physical difficulties performing household activities such as cooking, cleaning and climbing stairs trigger the need to assess caretaking and changes in living situations. Driving mishaps such as a fender bender or difficulty in reaching familiar destinations prompt consideration of whether it is time to "take the keys".

Difficult Decisions For Families

Although there has been a growing awareness among the adult children of potential problems, there may not yet have been any serious collective discussion or planning. The family members are geographically spread out and have different levels of involvement with their parents and knowledge about their healthcare and financial situation. The adult children have dissimilar financial and family circumstances that create diverse perspectives on caretaking roles and financial management and asset distribution.

In view of the medical, legal, financial and emotional challenges of the decisions that have to be made, the potential for disagreement and conflict is high. There is the inevitable tension between the parent's desire for independence and their increasing need for support. Those who have been providing for most of the care needs may be resentful of those that have not and believe that they should receive "caregiver equity". Old issues of sibling rivalry and parental favoritism can rise to the surface, making communications that much harder.

Using Mediation To Address Elder Issues

To deal with these difficult communications and decisions families are increasingly turning to Elder Mediation as a process to help avoid and resolve disagreement. The growing national trend is not surprising when considering that the 85 and over age group is the largest growing demographic in the United States and there are over 20 million adult children acting as caregivers, 60% of whom are still working.

Elder Mediation provides a forum for the family members to be heard, learn what is important to each participant, face disagreement, find common ground and develop creative solutions. The family uses a trained conflict resolution specialist to meet to work out unresolved and potentially contentious issues. The process is nonbinding and confidential, participation is voluntary and decisions are made by consensus, not by the mediator. The mediator is

a neutral party skilled in listening, diffusing tensions and identifying the interests of the participants.

How Elder Mediation Works

The process begins with an intake session between the mediator and family member, trusted advisor or referring professional who has initiated contact. Preliminary background information is obtained and there is a discussion of who should participate and how payment will be handled. The decision to move forward with the process and the details are set forth in a participation agreement signed by everyone.

Once the agreement is in place, the mediator conducts private sessions with all of the parties, usually by phone. The sessions provide an opportunity for an exploration of each party's interests and their view of their parent's needs and the position of others. Information is obtained to identify any behavioral or relationship issues that need man-

aging at the family meeting and any potential neglect or abuse.

Based upon the information developed, the mediator prepares an agenda and suggested topics list for the family meeting. Depending upon their physical and mental health, the participation of the parents can range from not at all to being present for the entire meeting.

The meeting proceeds with a focus on identifying interests and facilitating understanding between the participants. It typically lasts a half day, but can be shorter or longer or continued to another session as may be agreed.

There are a number of resources available to those considering Elder Mediation. The Maine Association of Mediators (MAM) website has a comprehensive list of member practitioners. The Court Alternative Dispute Resolution Services (CADRES) Office of the State of Maine Judicial Branch has a Directory listing mediators that have been approved by

the Maine courts. An attorney who has worked with the parents on inheritance or elder law issues may be able to recommend a mediator with appropriate qualifications. Private mediators typically charge between \$150 and \$350 an hour, which is shared among the family members, and are sometimes willing to discuss flat fee arrangements.

Although some may be skeptical and resistant to the idea of paying "an outsider to tell them how to run family business", Elder Mediation can save families from the potentially devastating financial and emotional costs of waiting too long and then having to make decisions in "crisis mode". The process allows everyone to be heard and express what they want to happen in a safe environment. Because the decisions that need to be made are continuing, the value of Elder Mediation goes beyond the resolution of pending issues by creating a blueprint for future decision-making.

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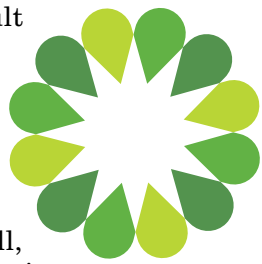
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A New Look for Southern Maine Agency on Aging
continued from page 1

Meals on Wheels, Adult Day Services, Medicare Counseling, Information and Referral services, staying competitive with Maine Senior Games, staying healthy with Agewell, giving back by volunteering, and more—each is about creating better days for clients, families, and communities.

Working together as we age should be bright and filled with joy. We feel that our new logo provides a more inspiring image of aging—a



Southern Maine
AGENCY
On AGING
Creating Better Days

positive symbol of hope.

Over the next few months you'll see our new logo on our facilities, on redesigned brochures and cards, on correspondence materials, on our website, and through social media.



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It means you're taking charge.



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From Jo Dill's Notebook

Happy New Year!!

The 2014 schedule is still being worked on and the full schedule will be in the next issue of the Senior News. Here is what we have scheduled so far:

5 K Road Race: June 1, Scarborough HS, 9AM, Sunday

Track & Field: July 19, Scarborough HS, 10AM, Saturday, (Rain date: July 20)

Horseshoes: August 16, Deering Oaks, Portland, 9AM, Saturday, (Rain date: August 17, 1PM)

Golf: August 18, Nonesuch River, Scarborough, 8:30AM, Monday

Archery: August 24, Lakeside Archery, North Yarmouth, 9AM, Sunday

Cycling: September 7, Kennebunkport Bicycle Co, 9AM, Sunday

Bowling Candlepin: Singles/Doubles: September 18, Big 20, Scarborough, 10AM/1PM

Table Tennis: September 19, Pineland YMCA, 5PM, Friday

Pickleball: September 27, Men's/Women's Doubles South Portland Community Center, Saturday

Pickleball: September 28, Mixed/Singles, South Portland Community Center, Sunday 11AM

Bowling 10 Pin: October 5, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday

National Senior Games

Maine Senior Games is very fortunate to have two of our board members also on the National Board of Directors. The most a state can have is two. Jerry LeVasseur started running for fitness at the age of 30 and then started doing road races at age 42 and running track and cross country in national and international completion at age 56. Jerry is still running and competes not only here in Maine but all of the USA and internationally. Deb Smith is a basketball player and the owner and director of the Not Too Late Basketball Camp for women ages 50 and above. Deb was recently appointed as the Secretary to the NSGA Executive Committee. Maine is very fortunate to have both Jerry and Deb on the National Board.



Save the Date

Grab your sneakers and head to Scarborough High School on Sunday, June 1st. Maine Senior Games will have an "Explore Track and Field Day". This day is for you to be able to explore all the events that we offer for track & field. This is your chance to try out an event without pressure or competition. You will be able to participate in several events or just one! Events offered: 50m, 100m, 220m, 440m, 800m, 1500m, 3000m, long/triple/high jumps, shot put, discus, javelin, and race walking! Coaches will be on hand to help out! More information coming in the next Senior News!! Registration will open in mid-January.

2014 Sponsorships

Martin's Point (Generation's Advantage) has come on board for the eighth year in a row as our Lead Sponsor. This is a huge sponsorship and we look forward to continuing our partnership with Martin's Point. **Anthem Blue Cross Blue Shield** is again our Platinum Sponsor, **Piper Shores** a Gold Sponsor and **Goodwin Motor Group** a Silver Sponsor. We cannot thank these sponsors enough for their continued support of the Maine Senior Games.

If you are interested in being a sponsor of the Maine Senior Games or would like a copy of our sponsorship packet, please contact Jo at 396-6519 or Kate at 396-6590.



Piper Shores



Have You Served in the Military? Do You Know Someone Who has Served?

Veterans Helping Veterans is looking for volunteers! Chat, swap stories, and provide companionship to a fellow veteran. Training will be provided. Program to start in the summer of 2014.

FMI: 396-6600 / 1-800-427-7411 x600 / sgold@smaa.org





136 U.S. Route One, Scarborough, Maine 04074
(207) 396-6500 (800) 427-7411 www.smaa.org

Message from Leadership

The Southern Maine Agency on Aging relies on the generosity of many community volunteers and donors to help us deliver on the promise of our mission: to improve the physical, social, emotional and economic well-being of older adults living in Cumberland and York counties. Thanks to these caring volunteers, donors and staff, we were able to provide critical services to a record-breaking 25,877 older adults in 2013. More than 800 dedicated volunteers donated more than 96,000 hours to SMAA, the equivalent of 47 full time employees. As an Agency, we could not begin to provide the myriad of services that we do without this wonderful group of talented volunteers.

There were several exciting projects undertaken in 2013 that will have lasting impact on older adults and their families in southern Maine. In the fall of 2012, the SMAA Board of Directors voted unanimously to begin a \$6 million dollar capital campaign to build two new adult day centers in southern Maine—one free-standing center in Biddeford and one in Falmouth in the re-purposed Lunt School building in partnership with the OceanView community. We are happy to report that the Falmouth adult day center will be opening in the spring of 2014 and the Biddeford center later in the year. SMAA also completed the first 18 months of a major contract with the federal Centers for Medicare and Medicaid Services (CMS) in partnership with the Physician Hospital Organization, a member of Maine Health. Called the Community Based Care Transition Program (CCTP), it was designed to reduce hospital re-admission rates for at-risk seniors by providing short-term counseling and support for participants after they are discharged from the hospital. Since we began in 2012, more than 3,000 Medicare patients have participated in the program and our partner hospitals have seen an 8% overall reduction in the 30 day re-admission rate with 70% of that reduction attributable to our CCTP intervention. SMAA continues to expand our relationships with healthcare providers as we see the positive impact these partnerships have on reducing health care costs while improving outcomes for patients.

This past year, our "Welcome to Medicare" seminars served 6,877 adults who needed to make decisions about their impending Medicare enrollment options. These monthly seminars, and the subsequent one-on-one appointments, held at several locations in York and Cumberland counties, have really elevated our presence in the community as the place to go for answers on aging.

Financially, the Agency continues to maintain a strong bottom line despite the difficult challenges that federal sequestration and declining government funding presented. We are most grateful to the 2,007 individuals, foundations, municipal and corporate donors who generously gave \$562,240 for critical operating support in 2013. These donations make it possible for SMAA to create better days for older adults in southern Maine.

These are exciting times at the Southern Maine Agency on Aging as we look forward to opening two new state-of-the-art adult day centers and continue to provide the best services and information to a growing population of older adults. We applaud all our volunteers and hardworking staff who make these accomplishments possible. As we close the books on 2013, we thank all those who have helped to make it a successful and productive year for SMAA.


Laurence W. Gross
Executive Director


Dave Smith
President, Board of Directors

Milestones

- SMAA celebrated its 40th anniversary! For four decades, SMAA has been a primary advocate in Maine for the well-being of older adults and their families.
- SMAA served a record 25,877 older adults and their families in 2013.
- Employee milestones:
 - Larry Gross, Executive Director has been with SMAA for 35 years
 - JoAnn McPhee, Nutrition Manager has been with SMAA for 30 years
 - Virginia Billings, Meals on Wheels Site Coordinator for the Windham area has been with SMAA for 30 years
- Fundraising milestones:
 - SMAA had over 800 new donors this year!
 - SMAA received a \$1,000,000 anonymous gift towards the construction of our two state-of-the-art adult day centers. The new centers are set to open in 2014.



REPORT TO THE COMMUNITY 2013

Volunteers made it possible for

- 154,504 meals to be delivered to home-bound older adults in 1,568 households.
- 5,320 people to be guided through complex health insurance decisions—including Medicare
- 167 people live better lives through Chronic Disease Self-Management, Chronic Pain Self-Management and A Matter of Balance workshops
- 429 people to stay healthy, active, and competitive through the Maine Senior Games

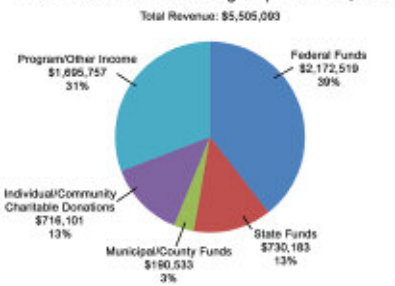
This year 793 volunteers of all ages contributed almost 70,000 hours of service—the equivalent of 34 full-time employees—to assist people over age 60 and their family caregivers.

392 RSVP volunteers (55+) contributed over 26,000 hours of service—the equivalent of 13 full-time employees—in their communities through other non-profit and healthcare organizations.

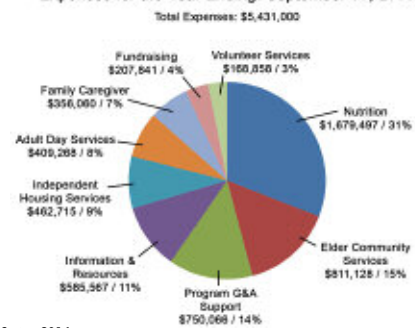


Volunteer Appreciation Day 2013

Revenue for the Year Ending: September 30, 2013



Expenses for the Year Ending: September 30, 2013



*Figures are an unaudited estimate. Audited figures will be available on smaa.org in Spring 2014.

Community Partnerships

- Through several partnerships SMAA provided interventions to patients at high-risk of being re-hospitalized after a stay. 362 older adults received support and coaching to help them recover well in the comfort of their homes.
 - We provided the Care Transitions Intervention (CTI) pilot program at York Hospital and for patients of Kittery Family Practice and Webhannet Internal Medicine.
 - We also provided the Community-based Care Transitions Program (CCTP) which is a demonstration program through Center for Medicare/Medicaid Services (CMS), in collaboration with MMC PHO. As a result, CCTP has been offered at Maine Medical Center, Southern Maine Medical Center.
 - An additional partnership with Spectrum Generations has further extended CCTP to Midcoast Hospital, PenBay Medical Center, and Miles Memorial Hospital.
- SMAA collaborated with the Good Shepherd Food bank, York County Shelter, Wayside Food Rescue, University of Maine Cooperative Extension, and several food pantries to provide 1,018 low-income older adults with 295,920 pounds of groceries.
- For a second year in a row, SMAA has worked with Partners for a Hunger-Free York County to provide over 300 free farm shares to low-income older adults who could benefit from free produce during the summer.
- Martin's Point Health Care was the \$15,000 Platinum Sponsor for Maine Senior Games for the 7th year.
- Almost 50 medical practices are referring their patients directly to SMAA through our Community Links service. Community Links provides a direct connection from healthcare provider to a resource specialist.

Assisting Family Caregivers

Savvy Caregiver classes help families develop knowledge, skills, and attitudes to make taking care of a person with dementia easier. In August 2013 we launched a complimentary 2-hour course entitled, "Understanding Cognitive Loss: Basics for Family Caregivers" for caregivers with needs not met by **Savvy Caregiver**.

The number of family caregivers we've supported has doubled since last year. 693 family caregivers talked with one of our staff or attended caregiver classes, which helped countless family members gain information and develop coping skills.

Enhanced Services in the Community

- 70,000 delicious and nutritious meals have been served since the inception of "As You Like It"—a congregate dining program where participants can dine on their schedule.
- In November 2012, SMAA ran a test session of Stanford's evidenced-based Chronic Pain Self-Management program (CPSMP). The workshop was received so well that SMAA has added it as a regular Agewell workshop. So far, CPSMP has helped 35 adults struggling with chronic and persistent pain.
- To date, the Commodity Supplemental Food Program (CSFP) has provided over one million pounds of food to low-income older adults in York, Cumberland, and portions of Oxford counties.
- Volunteer Medicare Advocates help individuals navigate the many choices in the health insurance marketplace. In 2012, volunteer advocates and staff provided 6,246 health insurance sessions which helped 6,877 older adults.
- Our Money Minders volunteers helped 77 low-income households establish a monthly budget and accurately pay their bills on time. Bank overdraft fees were avoided and volunteers made referrals for benefits such as fuel assistance, tax/rent rebates, and health insurance counseling to maximize income and free up funds to pay for other needs when possible.
- SMAA Resource Specialists offered face-to-face assistance through community sites: McArthur Library in Biddeford, Falmouth Library, Freeport Library, St. Anne's Catholic Church in Gorham, Hope Gateway Church in Portland, Salvation Army in Portland, Woodford's Church in Portland, Westbrook Community Center, Parsonsfield Town Office, Standish Municipal Center, and Our Lady of Perpetual Help Church in Windham.



Truslow Adult Day Center in Saco

SMAA relies on private donations for 13% of its operating budget. To donate toward our work, call 396-6500 or visit www.smaa.org. Services of SMAA are also supported by state and federal funds through the Maine DHHS Office of Elder Services, the Corporation for National and Community Service, Centers for Medicare and Medicaid, and HUD's Community Development Block Grants from the cities of Biddeford, Portland and South Portland and Cumberland County, most of which require matching money from local communities, grants and donations. SMAA is an equal opportunity non-profit, charitable organization.



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The New “Fairness Credit” And Help With Your Income Taxes

The state of Maine “Property Tax and Rent Refund Program” (also called the “Circuitbreaker Program”) has been replaced by the “Property Tax Fairness Credit”. Many residents who previously qualified for the program will find the amount of the refund significantly reduced or eliminated, while a few who might now qualify who did not previously. With the old program, eligible individuals or couples completed a separate application which had to be filed by May 31 each year. Now, in order to take advantage of the new credit (if qualified), Maine residents need to file a state of Maine income tax return – even if otherwise not required to file.

In addition to changes in the percentages used to determine the final amount of the credit (refund), there are two other key changes that impact seniors. (1) Under the new credit only taxable Maine income is considered. The previous program took into consideration,

non-taxable income such as social security, veteran’s benefits, railroad retirement. (2) With the new credit, anyone receiving subsidized housing is not eligible for the credit unless receiving social security disability or supplemental security income disability. (Social security disability converts to regular social security once a person reaches the minimum age to receive full social security benefits.)

It is anticipated that there will be much confusion regarding this new credit. The state along with numerous other agencies and organizations are working together to explain and provide resources as needed. One resource that will be available during the tax filing season is

WANT TO HELP?
Schedulers are needed in the Portland area to make appointments for tax preparation at AARP Tax-Aide sites. Please call 883-8415.

AARP Foundation Tax-Aide.

For over 45 years, AARP Foundation Tax-Aide has been providing free income tax preparation for low to moderate income taxpayers, with special attention to those 60 and over. Last year, at twenty two different locations in Cumberland and York counties, over 4,500 federal returns and an equal number of state of Maine returns were prepared by IRS certified volunteer income tax preparers.

AARP Tax-Aide sites are open from February 1st through April 15th. Each year, on or about January 15th of each year, the AARP Foundation Tax-Aide publishes a list of all available tax preparation locations. Go to www.aarp.org/tax-aide and select the option “find a site near you” or call 1-888-227-7669. Addition information about sites can often be found in local newspapers or by calling 211 and asking for an AARP Tax-Aide site near your home.

BOOK REVIEW

Canada

A Novel by Richard Ford

Review by Don Caouette

“First, I’ll tell you about the robbery our parents committed. Then about the murders, which happened later. The robbery is the most important part, since it served to set my and my sister’s lives on the courses they eventually followed. Nothing would make complete sense without that being told first.”

Beginning his story with these words, our protagonist, Dell Robbins, proceeds to tell us in a simple, clear voice of these life-changing events that occurred when he and his twin sister, Berner, were fifteen years old. Despite his and his sister’s efforts to make sense of the robbery, any feeling of normalcy vanishes as Dell says, “It doesn’t make much sense... To us, it had just become a fact of life.” His sister, needing to escape, leaves her brother and home in Great Falls, Montana for California. Unfortunately this leads to a life of self-destruction. Dell decides to make his way to Saskatchewan, Canada where he attempts to start a new life.

What Dell finds there does not set him on a course that he had hoped. He meets Arthur Remlinger a nice looking intelligent man who owns a hotel in town. As Dell gets to know him better it becomes evident that this man is mysterious and possesses a dark side. Confirmation of these feelings comes from a fellow employee who says that Remlinger was an anti-authoritarian radical in the states who killed someone with explosives and then decided to flee to Canada. It is when two US law enforcement people come after Remlinger that Dell is shaken by another life-changing event.

Although Dell again survives and goes on to live a fairly normal life as a teacher in Winnipeg, we have to sympathize with this abandoned fifteen-year-old boy. He has been unconscionably victimized by these adults who subjected him to dangerous chaotic events. Ford appears to focus more on the consequences of these crimes and their effects on the family than on the crimes themselves. What becomes most evident to us is the reckless destruction of the lives of young adults. Dell has to cross certain lines in his life and realizes he can’t go back. Finally, Dell decides to live in Canada, a country that he thinks will help heal his damaged life.

We don’t want to stop reading this novel, partly because of Dell’s interesting story, but more importantly because of the sheer enjoyment of Ford’s writing. As a former Pulitzer Prize winner, Ford once again shows that he is definitely one this country’s foremost writers of fiction.



This used to be *all it took*
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SENIOR MOMENTS

by Hunter Howe

Think Tank



Like a sailor seeking a safe harbor, there's a secure place within all of us, an inner sanctum, the sacred keeper of our private thoughts, the mind.

This internal think tank allows us to engage in a silent conversation with ourselves. It's the ultimate retreat.

Here, in self-talk land, away from gray clouds, harried winds, and swelling seas, we contemplate, consider, review, reflect, mull over, deliberate, and chew over thoughts sifting and whirling about. You wonder why? Questions need answers.

Mark Twain said, "Life does not consist mainly of or even largely of facts and happenings. It consists mainly of the storm of thoughts that is forever blowing through one's head."

For over 30 years, I've kept a series of binders called, "Here's Howe," full of quotes from my readings, from listening to others, and from famous folk. I turn to them often for advice, mediation, and grounding.

I'm drawn to this particular one, from actor Wally Shawn, who said, "I would like to know what the lives of other people are like in their quietest moments ... and what they feel about when they're sitting alone in a room."

The door to this private room, away from life's busy hours, provides a respite, a place where thoughts whisper, slipping in and out of the mind's shadows.

I want to believe that we all show our best side, our softer side, our compassionate side, in this room. I want to believe that positive thoughts triumph over negative ones, if we work hard enough, that is, honest dialogue with oneself helps to discover what we feel and how we might respond to a reality in our lives. It's in these moments of introspection that we self-reflect, self-contemplate, and soul-search. It's an act of self-exploration.

Aristotle wrote, "Knowing yourself is the beginning of all wisdom."

This journey within is the foundation of our external lives. And therein lays the problem, our internal thoughts becoming words in the external world. The guardian of our internal thoughts warns us: Be Careful. The Thought Police put up No Trespassing signs around our minds' boundaries. But, they can only do so much.

Researchers at Harvard "found that the act of disclosing information about ourselves activates the same sensation of pleasure in the brain that we get from eating food, receiving money, or having sex."

We share to feel good.

However, the cautionary yellow flag flies in our face: Be Careful what you say. How many times have you uttered words, blurting them out in rapid fire, then cringed. You

want to bellow, "Hey, that's what I said but not what I meant." Too late.

No, we can't all be diplomats of the spoken word, each syllable laid out carefully, in its proper place, in the right tone.

We can, however, protect our thoughts. Perhaps, we need to follow the old adage, Think Before Speak.

Hunter may be reached at grayowl6464@gmail.com.

Meals on Wheels Receives \$40,000 Grant from Walmart Foundation

The Southern Maine Agency on Aging is pleased to announce a recent of donation of \$40,000 from the Walmart Foundation to the Meals on Wheels program. This grant will be used to support the provision of Meals on Wheels to more than 1,650 older and disabled homebound adults throughout southern Maine. Thank you Walmart Foundation!

Walmart is joined in their support for Meals on Wheels by several other foundations and corporations including BJ's Charitable Foundation, \$10,000; Bank of America, \$5,000; Allagash Brewing Company, Inc., \$5,000; Harold Dudley Charitable Fund of the Maine Community Foundation, \$5,000; Prouts Neck Association, \$1,800 and the Rines Thompson Fund of the Maine Community Foundation, \$5,000.

On behalf of those we serve through the Meals on Wheels program, the Agency would like to express its gratitude to each of the foundations, corporations and individuals who have shown their support for this important program.

Now Is The Time To Prepare For Tax Season

By Robert Clark
Social Security Representative

Wise taxpayers may want to take advantage of winter months indoors to prepare for tax filing season this spring. Whether you are a small business owner, or a retiree, here are some Social Security tax tips that may help you.

Are Social Security benefits taxable? Yes, for some people with higher incomes. About one third of those receiving Social Security benefits must pay taxes on some of their Social Security benefits. Learn more at www.socialsecurity.gov/planners/taxes.htm.

Will I get a tax form for my Social Security benefits? Yes. Beneficiaries should receive their Social Security Benefit Statements (Form SSA-1099) for tax year 2013 on or before January 31, 2014. If you don't receive your 1099 by the end of January, you can request one online at www.socialsecurity.gov/1099.

We had a baby in 2013. Does our child need a Social Security number? Yes. Most people apply for their baby's Social Security number while they're still in the hospital at the same time they register for the birth certificate. But if you didn't, you'll need to apply for your child's Social Security number before you file your tax return in order to claim the child as a dependent. You'll also need it if you ever apply for government benefits on behalf of your child or your family. Learn more about Social Security cards at www.socialsecurity.gov/ssnumber.

I changed my name when I got married last year. Do I need to report it to Social Security? Yes. If you've legally changed your name due to marriage, divorce, or for any other reason, make sure you change your name with Social Security, as well as with your employer. If you change with one but not the other, it could cause your earnings to be improperly recorded and you may not get all the benefits you are entitled to in the future. It could also cause a delay in your receipt of any federal income tax refund. Learn more about your Social Security number and how to change your

name at www.socialsecurity.gov/ssnumber.

I own a small business. Can I report my employees' W-2s to Social Security electronically? Yes, and we encourage you to do just that at www.socialsecurity.gov/bsso. Filing your W-2s electronically is free, fast, and secure! Plus there's a bonus: when you file electronically, you receive an extra month to file because electronically filed W-2s aren't due until March 31. You'll also receive an electronic receipt. And when you enter your W-2 information online, you can simultaneously print out the W-2s for your employees. Learn more at www.socialsecurity.gov/employer.

Does Social Security have any tips at this time of year for those filing their taxes? Yes. We encourage you to carefully check: your name, Social Security number, and all data on your W-2s; your online Social Security Statement; and your Social Security card to make sure they all match. If you don't have access to your card or Statement but know your Social Security number, make sure the number and information is correct on your W-2s. A mismatch could delay your tax refund and cause problems with your Social Security benefits in the future. If you do notice an error, contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or if the information on the W-2 is incorrect, notify your employer.

For more information visit www.socialsecurity.gov.



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Occupational Therapist
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Action Planning for the New Year

Do you find it difficult to keep those New Year Resolutions every year? Try Action Planning and learn how to keep your resolution without all the fuss!

As the New Year approaches, we begin to think about our New Year resolutions. With hope and humor, we embark on a plan, yet again, to fulfill those promises we make to ourselves every year and they soon fall to the wayside.

But you don't have to give up on your resolutions—there is a tool that can make keeping New Year resolutions easier than ever before! It's called Action Planning and here's how it works: Action Planning allows us to take big goals which can feel overwhelming and difficult to start and break them down into smaller, more "doable" steps.

For example, a person who decides they want to improve their fitness might break down that goal into one of these steps for their first action plan:

- ✓ Doing research into what type of exercise is best for them;
- ✓ Locating places to exercise, such as a local pool, senior center, or gym;
- ✓ Begin walking 2-3 times a week;

- ✓ Or setting up an appointment with a physical therapist or personal fitness instructor to design an individual exercise program for you.

Action planning is all about taking a large goal and breaking it down into small steps so that our goals become more achievable. Each week, month, or other regular interval, we can create new action plans to continue our progress. If your original action plan was to research what type of exercise you would like to do, then your next action plan could be to locate places to go for that type of exercise. Then your next plan would be to actually start doing the exercises once or twice a week and so on. The most important thing to remember is to start small and choose something you really want to do for yourself.

To start Action Planning, you will need to follow the steps below:

1. Identify something YOU want to do. It can be anything, but the MOST important part is that you actually want to do it. Often, we

identify a goal that we think we want because others tell us we need to or because we feel we should be doing those things. This year, think about something you want to do.

Whatever it is, it takes time for new habits to form, so be sure to use the Action Planner tool to include your plan into your schedule.

2. Create an action plan that is specific and achievable. By breaking up BIG goals into smaller, more achievable steps, we encourage success. When we succeed, we make progress and feel confident—we create and succeed at more goals. Here is an example:

Betty wants to get healthier this year. To do so, she decides she needs to start eating more fruits and vegetable every day. Because Betty does not eat fruits and vegetable very often, she knows that she needs to begin small. Therefore, Betty's action plan is to begin eating 1 serving of fruit and 1 serving of vegetable with each meal 2 days a week. Once she is successful with her action plan, Betty will adjust and increase her action plan accordingly, so that she is working towards her goal of eating fruits and veggies with each meal every day.

3. Set limits and expectations for your action steps. Include things like:

- ✓ When—time of day, or day of the week
- ✓ How much—time, distance, amount. For example, 30 minutes, 4 blocks or 1 portion.

- ✓ How often—for example, once a week, 3 times a week, once a day, etc.

4. Assess your confidence level—in action planning it is important to choose a plan that you feel confident you can achieve. A good action plan should leave you feeling confident about reaching your goal! On a scale from 0 to 10 (0 = not at all confident, and 10 = totally confident) your confidence level should be 7 or more. If your confidence level is lower than 7, you may want to think about the barriers

and consider adjusting your action plan into a smaller step that you feel it is more achievable for you.

5. Check the results—at the end of the week, or specified timeframe of your action plan, check to see if you completed your plan and if you are any closer to your goal. We don't always see progress from day to day, but you should progress with each action plan. Don't forget to take credit and reward yourself for your small successes!

Once you have created an action plan—go out there and DO IT! You will be amazed at how this simple tool can help you stay on track! And just maybe this is the year your New Year resolution won't feel like such a chore, but rather a new beginning!

Action planning is a tool used in Living Well for Better Health, a nationally recognized workshop for adults of all ages who are managing ongoing health problems* or concerns or care for people who do, where you can learn real-life skills to live a rewarding life while managing your health. Workshops are facilitated by two trained leaders, who often have chronic conditions themselves.

For more information, please call Emily at (207) 396-6583 or 1-800-427-7411.

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Upcoming Classes and Workshops

Living Well for Better Health Workshops

March/April 2014: TBD
Holy Trinity Church, Portland

April 29 - June 10: 1-3:30PM
Casco Bay YMCA, Freeport

A Matter of Balance Classes

January 31 - March 21: 9-11AM
Southern Maine Agency on Aging, Scarborough

February 5 - March 26: 1-3PM
Park Street School, Kennebunk

February 17 - April 7: 1-3PM
St. Alban's Church, Cape Elizabeth

March 3 - April 22: 1-3:30PM
Casco Bay YMCA, Freeport

March 11 - April 29: 1-3PM
In Home Senior Services, Westbrook

April 2 - May 21: 10AM-12PM
MaineHealth Learning Resource Center, Falmouth

Chronic Pain Self-Management Workshops

February 7 - March 14: 9-11:30AM
Paul Hazelton House, Saco

March 6 - April 24: 1-3:30PM
Biddeford YMCA

May 1 - June 12: 1-3:30PM
Pineland YMCA, New Gloucester

April /May 2014: TBD
Portland YMCA

To sign-up or learn more about a workshop or class please contact:
Emily Weston, 396-6583 or 1-800-427-7411 x583, eweston@smaaa.org

Volunteer Training Opportunities

Chronic Pain Self-Management

January 16, 17, 23 & 24,
8:30AM-4:30PM

Must attend ALL FOUR days
MaineHealth Learning Resource Center, 100 Campus Drive, Scarborough

Living Well for Better Health

April 2, 3, 9, & 10, 8:30AM-4:30PM

Must attend ALL FOUR days
MaineHealth Learning Resource Center, 100 Campus Drive, Scarborough

A Matter of Balance

July 2014 - Dates TBD

To register or learn more about a training opportunity please contact:
Crystal Castro, 396-6529 or 1-800-427-7411 x583, ccastro@smaaa.org

Take Notice: Human Present

By Joan Chadbourne

One day after a tech left Chuck's hospital room, I asked him, "Do you know what I'm doing when I tell them about us teaching together, your ability to crack up a crowd, or compare you to the Energizer Bunny?"

"I know they treat me differently after you do it." Chuck replied.

Basically, I was making Chuck "real" to them. He is no longer able to speak without the aid of a synthesizer. He types everything he wants to say. Now, after abdominal surgery he didn't have energy to type.

However, from the time he was in recovery, Chuck was interactive with staff. He gave a thumbs-up to the person who'd struggled to draw blood. He smiled even when he didn't feel like it. He let staff know he appreciated them.

Still some were stuck on his inability to speak. They asked me questions he could easily have answered with a nod or thumbs up. Many questions assumed he was feeble in body and mind. The mask of disability totally clouded their ability to recognize the human beyond the mask of age and disability.

Between their task focus and

knowledge that Chuck didn't talk, many staff couldn't imagine the vibrant person he usually is. Once the staff recognized the real person, our room became a place of laughter, tears, and lots of questions and stories from the staff.

Being known and seen is a human need. Yet, too often we react to the mask rather than the person. It happens in everyday life. Institutions make it particularly difficult for staff to recognize the "patient's" humanity. They are busy and think they don't have time to connect.

People in and out of institutions are more often acknowledged when they take responsibility for being real rather than assume the role of patient and act accordingly. Caregivers, friends, and family can make a huge difference when they advocate by helping others see the human behind the mask of disability, age, etc.

Person to person interactions, even in a busy institution, energize all involved and take only a few seconds. Most important is the recognition that this patient who may look disabled, old, even feeble is a real human being who's experienced life's challenges and joys and has something to offer.



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Protecting Against Pneumococcal Disease

By Emily Weston

Have you had your pneumonia shot? The pneumonia vaccine can protect you from getting pneumonia and other related diseases that can pose severe health risks for all seniors.

The Centers for Disease Control (CDC) recommends that all adults 65 years of age or older get a pneumococcal vaccine. The shot is only needed once to reduce your chances of developing the major types of pneumococcal diseases. Set up an appointment with your doctor.

The major types of pneumococcal disease are pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the covering of the brain and spinal cord). Less severe diseases include ear and sinus infections.

Pneumonia can be a very serious health threat to people ages 65 and older. It is estimated that each year more adults are getting sick and dying from pneumococcal disease than from the flu. If treated early, antibiotics can potentially prevent the pneumonia from spreading, but over recent years it has become harder to treat this infection with antibiotics. The

Centers for Disease Control (CDC) estimates that 900,000 Americans get pneumonia disease each year and 5 to 7% die from it. A large number of these cases are older adults.

Pneumococcal disease is spread by contact from person to person. The lung infection is the most serious type and the most common in older adults. Symptoms include fever and chills, cough, rapid breathing or difficult breathing, and chest pain. Other symptoms in older adults include confusion or low alertness. **If you are experiencing any of these symptoms contact your doctor immediately.**

There are two types of vaccines available for pneumococcal disease. Talk with your doctor about which vaccine might be right for you. The CDC has conducted studies showing that vaccines are effective in protecting against pneumococcal diseases. The vaccines may not be 100% effective in adults who have a greater chance of getting an infection, but the vaccine is still recommended to prevent serious symptoms that can occur from pneumococcal

disease.

Don't delay; talk with your doctor today about getting a pneumococcal vaccine.

It is estimated that each year more adults are getting sick and dying from pneumococcal disease than from the flu.



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MEDICARE Q & A

QUESTION:

I was contacted by a caller who did not give his name and said that he needed my Medicare number and bank account information due to changes in the Affordable Care Act. Are Medicare representatives allowed to call and ask me for that type of personal information?

ANSWER:

This is a very important question to ask, particularly since there is some confusion surrounding the Affordable Care Act and Medicare. To answer your question, Medicare representatives will never call you and ask for personal information like your bank account number, Medicare number or Social Security number. People with Medicare do not have to give out their personal information to Medicare representatives as a result of the Affordable Care Act, also known as the health care law. In addition, Medicare private plans like Medicare Advantage plans and Medicare Part D plans cannot call and ask for your financial or personal information. In fact, plan representatives cannot call or email you if you have never been a member of the plan and you did not invite the plan to contact you.

If you are currently receiving Medicare you do not need to (and in fact cannot) enroll in an insurance plan under the Affordable Care Act. Those plans are for uninsured people not eligible for Medicare.

In general, be wary of websites, callers or individuals that ask for personal information, like your bank account number or Social Security number. For example, you should be suspicious of callers who claim to work for Medicare and ask for your bank account information. Know that you should not give out your personal information to unidentified callers, as there have been many instances of people giving their information to callers pretending to be government officials. You should also refrain from giving out your personal, health or financial information to strangers who come to your home uninvited. Re-

member, you can always call 1-800-MEDICARE, before giving out your personal information if you need to. It is very important that you safeguard your information closely to avoid becoming a victim of fraud or identity theft.

If you receive a suspicious call from someone asking for your personal information, take down the name of the person you spoke to, as well as the date and time of the call. You can report callers pretending to be Medicare representatives to your local Senior Medicare Patrol at the Southern Maine Agency on Aging at 207-396-6500, or government officials at 1-800-MEDICARE. If you feel that you are a victim of identity theft, you may also want to contact your local police department as soon as possible. You can also contact the United States Senate Special Committee on Aging Fraud Hotline by calling them at 855-303-9470 or by visiting them online at <http://www.aging.senate.gov/fraud-hotline>.

S.O.S. Phones Provide A Sense of Security

Donations of Used Phones Welcome



Southern Maine Agency on Aging has teamed up with The 911 Cell Phone

Bank to collect used cell phones for those who need easy access to dial 911 in case of emergency. S.O.S. Phones are cell phones equipped with 911 dialing capabilities providing a Sense of Security (S.O.S.)

If you are a senior or adult with a disability and are interested in receiving a FREE S.O.S. Phone, please contact the Southern Maine Agency on Aging at 1-800-427-7411 or 207-396-6500. If you have a cell phone to donate, please drop them off at the Southern Maine Agency on Aging, 136 U.S. Route 1, Scarborough.

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Dahlov Ipcar's Fabulous 2014 Calendar

By Gregory Reynolds Morell

Dahlov Ipcar, a Maine artist marching toward her 100th year, is celebrating 2014 with a glorious full color calendar featuring a monthly collection of her magnificent "Circle Paintings."

Produced during the last 35 years, each circle painting is a whirlwind of fabulous color, networking an Ark of earthly creatures in a mesmerizing kaleidoscopic complex. Jumping gazelles, balletic tigers, undersea leviathans, cats, rats and elephants and a jamboree of jungle animals are all part of this colorful web of life.

Dahlov (that's "olive" with a "D") Ipcar celebrated her 96th birthday on November 15. Hearty, strong-willed, lucid as daylight, and painting at the height of her power, Ipcar is an amazing artist, extraordinarily gifted by the muses since her teenage years.

Her circle paintings chronicle her major artistic forays of the past four decades.

Identical in format and geometry, they offer the discerning viewer a rich visual feast, an experience full of zest, color, and magical imagery that conjures the spirits of the animal world. It is a world of balance, a veritable cornucopia of visual motifs that celebrate the weave of life. From the subterranean worlds of the ocean to the winged creatures of the air, all are collaged with colorful exuberance in a beating matrix of interlocking creatures, great and small.

Her latest effort (2011) is entitled; "Blue Moon Circle" represents the month of November and is my personal favorite. Here two blue Siberian Tigers circumnavigate the moon accompanied by a black and white jaguar and an iridescent green bat. The four corners of the work feature an ibis in a constellation of burning stars, comets, and lunar eclipses. Diametrically across, a March hare cavorts in the orange and black stripes of the Bengal tiger. Tightly compacted in the op-

posing corners are a flight of wild pigs and a cabal of salamanders.

Between the center and the four corners flux a convolution of beasts. On one opposing side a male spear hunter corners a horned antelope. On the contrasting side a black African female accompanied by her white spirit guide paddles a canoe through mystic waters. Their boat is cradled by an enormous mythic alligator encapsulating the boat and its adventurers.

Taking the visual journey through these circle paintings is a pleasurable voyage of discovery.

Dahlov Ipcar, born in 1917, is



the child of Marguerite and William Zorach. Her father was a sculptor and her mother a painter, both were favored with distinguished careers in the New York art world.

Dahlov was her father's muse and served as the principal model for both her father and his coterie of art students. Dahlov was plagued with hours of posing and she confided to me that she dreaded the idea of marriage to another artist fearing yet more tedious hours of posing.

Two of her father's life size

bronzes of Dahlov can be seen locally, one at the Portland Museum of Art and another at the Ogunquit Museum of American Art.

When I queried Dahlov on the secret of her amazing health, longevity, and productivity, she responded: "I credit my luck with my diet—heavy cream, rich butter and eggs, Jersey whole milk and lots of beef and pork."

To order Dahlov's 2014 calendar call Islandport Press at 207-846-3344.

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The Southern Maine Agency on Aging offers MONEY MINDERS... a FREE program to assist people age 55 and older who need help balancing a checkbook and writing checks.



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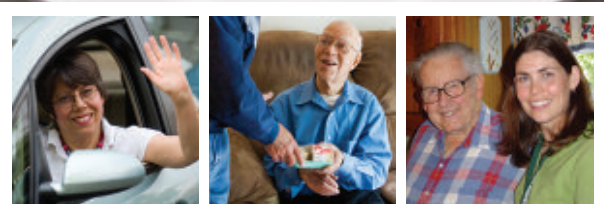


Volunteers Doris Flaherty and Maureen E. Allen sort knit goods.

Thank you SMAA Knitters Club!

This year, the 47 dedicated volunteers in SMAA's knitting club donated 1,064 pairs of mittens, 960 hats, and 70 colorful lap robes to help keep children and seniors warm in York and Cumberland counties. We would like to send thanks to all the knitters involved

with this project, Doris Flaherty and Maureen E. Allen for their help with sorting, Dot Goulet for help with deliveries, and Sharon Hickey for taking beautiful photos. Thank you for helping us make such an enormous impact this year!



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



Whoopie Pies and Other Goodies Headed to Maine Unit in Afghanistan

Thanks to the kind generosity of the staff at Southern Maine Agency on Aging, the men and women of the Maine Army National Guard's 133rd Engineer Battalion will receive three big boxes—80 pounds in all—of snacks, toiletries, books, and other goodies. The unit deployed to Afghanistan in August 2013. The soldiers have been assigned to prepare U.S. bases for the withdrawal of American forces from the Middle Eastern nation.

The care packages, organized by the Volunteer Department as a way to express thanks to the members of the unit for their service, included 68 whoopie pies baked by volunteer services manager Carol Rancourt and her daughter, Katherine. "I figured they would like to get something that reminded them of home," Carol said. Home-baked chocolate chip cookies, beef jerky, Girl Scout cookies, crackers, nuts, candy, tuna in a pouch, packets of hot chocolate and dried soup, tea, and even a Victoria Secret tin of peppermints filled two boxes. A third box was stocked with toiletries, books, music CDs, and a balsam pillow with the scent of Maine's forests—and some cleanser wipes to scrub off all those whoopie pie crumbs.



Snacks, toiletries, books, and CDs donated by SMAA staff for members of Maine's 133rd Engineer Battalion are piled high before being packed and sent to Afghanistan.

SMAA sent the packages to Sgt. First Class Kim Purington, who is serving with the 133rd. Kim is the daughter of SMAA's cleaning contractor Ina Sprague. In addition to the treats, staff members included cards and letters to the members of the unit. SMAA's VISTA volunteer Susan Gold, who helped with the project, slipped in a personal note to Company Commander Adam Cote, the son of a longtime friend. "These men and women are living in harsh conditions, in some cases risking their lives, to carry out this mission for all of us," Susan said. "I'm glad we can do this to brighten their day and let them know they are not forgotten."

CALLING ALL VOLUNTEERS...

All volunteers serving with the Southern Maine Agency on Aging (SMAA) and the Retired and Senior Volunteer Program (RSVP), including those involved with the Medicare and Money Minders programs, are invited to attend a coffee and get-together on January 17, 2014, from 9 to 10AM. The event will be held at SMAA's offices at 136 Route 1, Scarborough.

The coffee-and-goodies gathering celebrated the good work the

volunteers do throughout the year helping others and working to improve life in Southern Maine. It also allows volunteers an opportunity to meet others who are doing similar work in the community. For some, the coffee introduces them to new volunteer opportunities.

"I was amazed at the variety of work being done," said one volunteer. "This was a great way to meet like-minded people and to find out new ways to volunteer. It was worth the trip just for Tony's Donuts!"

Please let the Volunteer Department know if you plan to attend by emailing sgold@smaaa.org or calling Susan Gold at SMAA at 396-6500 x 600.



Volunteers Cynthia J. Grovo and Barbara LaPrino chat with SMAA's Volunteer Services manager Carol Rancourt at the Volunteer Coffee held in October 2013.

Resolve to Volunteer in the New Year!

- Volunteer to deliver meals to home-bound seniors, or serve meals to seniors in the community.
- Help children as a volunteer reader, tutor, or mentor.
- Volunteer to take a senior to a medical appointment, or drive a cancer patient to a treatment.
- Assist a busy nonprofit by helping with administrative tasks.
- Volunteer to brighten someone's day by visiting in a nursing home, hospital, or assisted living facility.
- Volunteer to deliver Meals on Wheels in the Gray-New Gloucester area.
- Help new citizens to learn English.
- Become a Hospice volunteer visit with a patient with the family.
- Volunteer to take people to their appointments
- Tutor or mentor elementary school children.
- Restore antique train cars.

For more information about these and many more opportunities, call (207)396-6525, or email at volunteer@smaaa.org.

Welcome New Volunteers

In October and November, 30 new volunteers were welcomed into Volunteer Services and RSVP! Some of their names are listed below:

- Arthur Archibald
- Emily Barker
- Rosemary Bouchard
- Cosmo Carnevale
- Beverly Dahlms
- Barbara Labbe
- Cindy Mikesell
- Laurie Mooney
- Kerrie Pasquale
- Constance Reed
- Olivia Rosado
- Susan Thornton

SMAA/RSVP Volunteer Services is now on Facebook!

Stay updated on what other volunteers are doing, and learn about new volunteer opportunities! If you are on Facebook, please "like" our new SMAA/RSVP Volunteer Services Facebook page! We also invite you to share your volunteer experiences and/or photos on our page!

<https://www.facebook.com/smaavolunteers>

How Does One Start an End-of-Life Discussion?

By Carol Rancourt

A couple of months ago I was a moderator in a small group discussion about Advanced Care Plans. There were about 10 people in this group. I was ready to offer facts and figures and other helpful information but to my surprise none of those questions came up. Almost everyone in the room was more concerned about how to talk with their children about honoring their end-of-life health care wishes. Questions flew around the room. "How can I be sure the person I pick to be my health care agent will really honor my wishes? Which of my 3 children should I choose? How do I talk with my children about this issue?" These were the concerns those 10 people shared with me. I am sure many people have those same concerns. Maybe you do too.

Southern Maine Agency on Aging is offering seminars and individual sessions to those who want help formalizing these difficult choices or initiating this conversation with family and loved ones. Our first seminar will be held on February 27, from 2-4PM in the Carr Conference Room at Southern Maine Agency on Aging, 136 Route 1, Scarborough. If you would like to attend, please call 396-6525 to register.



Correction from Our Last Issue:

In the last issue of the Senior News, we highlighted the Old Timer's Shop, and made some errors in our write-up about the shop. We would like to apologize for this misrepresentation, and take this opportunity to make the necessary corrections. The Old Timer's Shop has served the community for 45 years, and the proceeds go to the makers of the items sold. The Old Timer's Shop has been managed by Kathy Fink for the last ten years. The Old Timer's Shop is located at 917 Main Street in Sanford. If you are interested in volunteering in the store, call 207-396-6525, or email at volunteer@smaaa.org.

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The Need for a Trained Workforce in Geriatric Care

Nancy E. Richeson, PhD, CTRS

As a professor and the coordinator of the gerontology online certificate program at the University of Southern Maine I would like to highlight the need for a trained and competent workforce to care for our aging state.

In 1998 I went back to school to complete my PhD in gerontology, realizing the need to enhance my own and others skill sets in geriatric care. The tipping point came when my family and I assisted my aging mother when she was diagnosed with pancreatic cancer. The lack of knowledge, skills, and abilities in the healthcare and human service workforce and me were evident. I entered higher education once again with an interest in enhancing evidenced-based practice in non-drug approaches to care for older adults and training the workforce to better understand their needs. Appreciating the demographic shift and the necessity for trained professionals I completed my work in 2001. Since then I have been involved in developing evidenced-based guidelines, testing the effects of non-drug approaches to care for dementia disturbing behaviors, using pedometers to increase physical activity, and complementary approaches (Reiki) to care for older adults. In addition, I have written on the use

of cooking and meal time as therapeutic tools. I have done numerous presentations and have trained hundreds of students to care for our aging population.

The nation is now realizing the need for a competent workforce. In 2007 the Institute of Medicine, an independent, nonprofit organization that provides unbiased advice to the government and public was charged by the ad hoc committee on the *Future Health Care Workforce for Older Americans* to understand the health care needs of this population. They were tasked with assessing the needs in order to train and educate the workforce. The report suggested that the complex needs of older adults will outpace the number of health care providers with the competencies (the measurable or observable knowledge, skills, & abilities) to care of this growing population of baby boomers.

The report highlights three approaches; enhancing the geriatric competence of the entire workforce, increasing the recruitment and retention of geriatric specialist and caregivers, and improving the way care is delivered; noting that the health care work force receives little geriatric training. Therefore, competencies need to be improved through curricula, training, and continuing education. Reform is needed in the way the workforce is trained. A siz-

able and skilled workforce is needed along with better education and training.

In 2008 the *Partnership for Health in Aging*, a coalition of 21 professional organizations, interested in advancing the Institute of Medicine's report was organized. Their mission was to "prepare America's formal and informal care giving workforce to provide quality care for America's aging population and to ensure the financial feasibility of providing that care". The *Partnership for Health in Aging* developed a set of core competencies needed to work as a health professional in geriatric care. The partnership developed six domains; health promotion and safety, evaluation and assessment, care planning and coordination across the care spectrum (including end-of-life care), interdisciplinary and team care, caregiver support, and healthcare systems and benefits. Each domain has detailed skills needed for baseline training to enter the workforce. See the American Geriatrics Society website for more information. http://www.american-geriatrics.org/files/documents/health_care_pros/PHA_Multidisc_Competencies.pdf

If you are a health and human

service worker in Maine who is working with older adults consider finding the resources and educational opportunities needed to meet these competencies. Some suggested resources would be through educational opportunities at work, professional organizations, community agencies and programs, local universities, and keeping up with your trade journals. The biggest impact the reader can have is a commitment to honestly reviewing their own competencies and determining where fine tuning is needed. From this critical analysis of one's competencies one can plan their continuing education.

In 2012 the University of Southern Maine responded to the need for increased education and training in geriatric care by developing an online gerontology certificate, focused on meeting the core competencies developed by the Partnership for Health in Aging. We are approaching our second year with enthusiasm and much interest by matriculated students enrolled in health and human service degree programs. However, we would like to reach out to those currently working in the field, but find that they need to advance their competencies to meet the complex needs of our aging state. You can find more information on the university web site, or please free to contact me at richeson@usm.maine

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Valentine's Day

By: Don Kopp

This is a Good News/Bad News story. It all began uneventfully enough on Valentine's Day in 1969 when I asked a girl to marry me. The good part of the story is that she said, "Yes." The bad part is that she went on to say that I needed to speak with her father, Mr. Davidson.



Within the hour we were en route to her parents' home. With sweaty palms, I rehearsed in the car. "Mr. Davidson, I would like to marry your Davidson. Mr. Marry, may I Davidson your daughter?" Things weren't going well.

He was by himself in the den watching a basketball game. I went in and sat down. Neither of us spoke. My bride-to-be waited in the kitchen with her mom. How to start? Wait for an ad? A Celtic score? Finally, taking a deep breath, I just blurted it out, "Mr. Davidson, I would like to marry your daughter." He stared unblinkingly at me, didn't say anything. After what seemed an eternity, he turned back to the T.V. His reaction was as if I had said, "Mr. Davidson, I would like to carry your water," and had concluded that, while mine was an odd ambition, it seemed harmless.

I was paralyzed. What had I really said to him? Had I just imagined the whole thing? Should I leave? Should I try again? Should I punch myself in the face? Then suddenly he turned to me and asked, "Have you mentioned this to my daughter?" So, I had said it, and this was his twenty-to-one shot. Maybe, just maybe, he was thinking, I hadn't yet proposed to his daughter and he might be able to get to her in the kitchen before I did. But, yes, I assured him, I had spoken to his daughter and she actually seemed keen on the idea.

Imagine a father at once both crestfallen and dumbfounded and you will have a pretty good impression of Mr. Davidson at this low moment in his life. He then turned away and resumed watching the game. So began our relationship as in-laws.

And for reasons that neither he nor I will ever comprehend, after 44 years that girl, his daughter, still doesn't generally find me all that annoying.

If readers would like to share their proposal stories, I would love to hear them. Send them to donkopp@sacoriver.net.

Happy Valentine's Day!

CATCH Healthy Habits

"Kids Today Can't Run Like Parents When They Were Young" – an article in the Press Herald on November 20 talked about the decline in health for the younger generations. Boys and girls across the world are less heart-healthy than their parents were as children. The fitness level has declined about 5% over the last three decades. According to the study, children cannot run as fast or as far as their parents did when they were young, losing about 90 seconds on a mile*.

CATCH Healthy Habits (CHH) is a program dedicated to turning these statistics around. Together we can encourage young children to eat more fruits and vegetables, spend less time in front of TVs and computers, and spend more time being physically active.

You can help make the children of tomorrow healthier! Sites in South

Portland, Westbrook, and Standish want to bring CATCH Healthy Habits to their afterschool programs and we can't do it without you. If you cannot volunteer, you can help influence the children in your life by serving healthy snacks or encouraging them in fun, vigorous activity.

CHH is now affiliated with two local colleges: St. Joseph's and SMCC. Olivia Rosado from St. Joseph's is volunteering at George E. Jack School and Jaclyn Currier from SMMC is volunteering at Redbank. Both are participating in the SOFIT evaluation—a point-in-time measure of the activity level of students and volunteers. They are also helping to support the other volunteers and having fun with the children.

"Everyone is really great! The kids are really fun to work with. They can be a little rambunctious but they keep us on our toes. I'm having a really great time so far!" says Rosado.

Volunteers in the fall sessions at George E. Jack and Redbank have completed their programs and cele-

brated at a Thank You luncheon at Ruby Tuesday's on December 3rd. They shared their experiences and ideas to improve the sessions.

Volunteer Nina Braley's enthusiasm has helped to recruit some of her friends to volunteer. "I am most comfortable helping with the healthy snacks and I enjoy doing the games with the children. They are a joy to be around and full of life." Said Braley.

For more information on the program or volunteering, please call Sharon at 396-6523.

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation. CATCH Healthy Habits received the 2012 Maine Fitness Award in the Adult Category from the Governor's Council on Physical Fitness. Volunteers received the Anthem Community Angels Award in 2013.

*Read the full article online at <http://goo.gl/gpjfEc>
NOTE: In the last edition, we mistakenly wrote a name. We were referring to Mary McNeil as one of the members of the Standish team.



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As one example, if you've had joint replacement in another hospital, we can provide rehabilitation for you close to your home and family, at Bridgton Hospital.

The Skilled Swing Bed Program allows you to receive skilled rehabilitation right here, in your own community, at Bridgton Hospital.

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- Access to the Central Maine Medical Group's extensive network of medical specialists
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- RN care, around the clock
- Rehabilitation services available 7 days a week
- Lab, radiology (x-ray), pharmacy and other services right on-site

The Swing Bed Program may include:

- | | |
|----------------------|-------------------------------|
| Physical Therapy | Nutrition Therapy |
| Occupational Therapy | Psychosocial Support |
| Speech Therapy | Comfort Care |
| Wound Management | Longterm Antibiotic Treatment |
| Respiratory Therapy | |

How is Swing Bed care paid for?

Swing Bed care is often covered by Medicare, Medicaid and many private insurances. Bridgton Hospital's social worker or case manager will discuss your coverage prior to your transfer from the acute care setting to the Skilled Swing Bed program.

For further information please contact

Miriam Gibely, RN, Swing Bed Coordinator at (207) 647-6054 or (207) 402-0753.

