



## From the Director's Desk

### Happy New Year!

After enjoying milder than usual weather over the holidays, I hope the upcoming winter months will follow the trend and make last year's record snowfall just a blip in weather history. As the new year unfolds, Southern Maine Agency on Aging has much to look forward to in 2016.



### Sam L. Cohen Center

I am delighted to announce that SMAA's new adult day center in Biddeford will be called the Sam L. Cohen Center—named in memory of Sam L. Cohen, a Biddeford native and noted philanthropist who passed away in 2003. At his death, a private foundation in his name was created to carry on Sam's legacy of giving. SMAA is honored to partner with the Sam L. Cohen Foundation to name our new Center in recognition of Sam's love for his community and his neighbors. Sam's brother Lester once said that Sam couldn't sleep at night if he hadn't helped someone who needed a little assistance that day. I'm sure that he would be pleased to know that the building that now bears his name will provide much needed care and respite for hundreds of adults living with dementia and the families who care for them.

### Campaign to Create a Better Day

With the opening in January of the Sam L. Cohen Center, the \$4 million building phase of the campaign will be complete. It was nearly five years ago when we began discussing the need for replacing the Truslow Center in Saco. During that time, SMAA staff and volunteers researched the best examples of existing adult day centers and visited several in New England and beyond that were providing the person-centered programming we knew was the most beneficial for people with dementia. Much time was spent discussing and analyzing what a Center of Excellence would encompass and how SMAA could incorporate all we had discovered as the BEST in both architecture and programming. I believe that we have accomplished that goal with both the Stewart Center in Falmouth and the Sam L. Cohen Center in Biddeford. I invite you to come for a private tour of either of the Centers sometime in 2016 or to attend one of several Open Houses planned for the Sam L. Cohen Cen-

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## Sam L. Cohen Center Opening in January

On Tuesday, January 19, the Southern Maine Agency on Aging (SMAA) will officially open the Sam L. Cohen Center, a state-of-the-art day center for older adults living with dementia and their caregivers. Located at 30 Barra Road in Biddeford, the new Center offers person-centered programs in a beautiful, home-like setting for up to 50 members a day.

Laurence Gross, Executive Director of SMAA said, "the Southern Maine Agency on Aging is delighted to bring a center of excellence for the care of those living with dementia and their caregivers to the greater Biddeford area. This Center will provide dynamic programming for our members, but also much needed



respite opportunities for their family caregivers. I believe that we have built the finest adult day center in New England, and perhaps the entire country. As our population ages and more families are faced with the challenges of caring for a loved one with dementia, the Sam L. Cohen Center will provide critical respite for caregivers as well as the members we will serve who are living with dementia. This Center will be a huge resource for those families intent on keeping their loved ones at home for as long as possible yet enabling caregivers to maintain some normalcy in their own lives."

The person-centered programming offered at the Sam L. Cohen Center

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## Remembering Tim Stewart

*The journey of a thousand miles begins with a single step.*

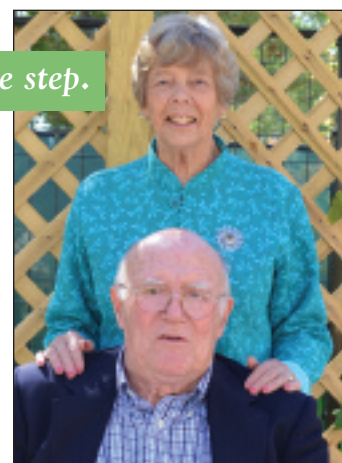
For SMAA volunteers and staff, that saying will always evoke memories of Tim Stewart. Tim passed away in December following a valiant battle with dementia. Tim and his childhood sweetheart, Howsie have been long been part of the fabric of southern Maine, supporting many charitable endeavors and spearheading many local initiatives including being loyal volunteers and supporters of SMAA.

Raising their children, running businesses and coping with the pace of life, Howsie and Tim had very active lives. Working in the family blueberry business and later running the Tennis of Maine while raising three daughters, kept them very busy. In retirement, both Howsie and Tim were active with many charitable groups. However, a few years ago, Howsie and her daughters began to notice some changes in Tim's behavior and memory, and

soon, the official diagnosis confirmed their suspicions: Tim had dementia.

In an instant, the need for quality programming for people with dementia and respite for their caregivers went from being a cause to being a mission. Tim and Howsie were integral in the Stewart Center becoming a reality. On October 16, 2014, we celebrated Tim's 80th birthday and the opening of the Stewart Center, a state of the art dementia day program. On that day, Tim spoke to the assembly and shared his favorite quote:

*Walk in front of me I may not follow, walk behind me I may not lead, just walk beside me and be my friend, and a journey of thousand miles starts with one step.*



## SMAA Joins Nationwide Health Initiative

By John Holland

A year ago the Southern Maine Area on Aging (SMAA) joined a national initiative to improve health and health care in the United States. Spurred on by the work that had been started four years prior, we joined the Aligning Forces for Quality (AF4Q) effort. AF4Q was the Robert Wood Johnson Foundation's signature effort to lift the overall quality of health care in 16 targeted communities across the United States, reduce racial and ethnic disparities, and provide models for national reform. The entire State of Maine was one of those 16 targeted communities.

Driven by a strong desire to affect health care positively in Southern Maine by engaging consumers, SMAA created its own Health Care Advisory Council (HCAC). Under the guidance of the Community Services Group, led by Katlyn Blackstone, the HCAC was created and is being led by John Holland, SMP/SHIP and Medicare volunteer.

The team of 12, consisting of both volunteers and staff, has a mission and vision that is helping to guide their work.

In the year since its formation the team has made considerable progress in several areas. First, the team received a good deal of education in the areas of health care, health care issues, and various quality reform initiatives

that are ongoing. With that as background, the group conducted a series of classic brainstorming sessions to determine the most pressing issues facing the local area. To help ensure success, we also developed and implemented a communication strategy and created a network of locally based partners. After much discussion and debate—the team, which is divided into subgroups, settled on four key initiatives that are in various stages of

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If you no longer want to receive the paper, please contact Jessica at 396-6520 or 1-800-427-7411 x520 or jleblanc@smaa.org.

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## Successful Medicare Open Enrollment Comes to a Close

In December, The Southern Maine Agency on Aging wrapped up another Medicare Open Enrollment period. SMAA would like to thank the numerous individuals and couples we saw these past few months who trust us to help them make informed choices about their Medicare plans. Our ability to serve so many is truly because of the team effort and partnerships that SMAA has with our Medicare host sites and with our team of volunteers. We would like to extend thanks to the following locations for their support. Without their hospitality, we would not have been able to serve as many individuals throughout southern Maine.

Berwick Public Library  
 Bridgton Community Center  
 Bridgton Public Library  
 Dyer Library, Saco  
 Freeport Community Library  
 Larrabee Village, Westbrook



Mc Arthur Library, Biddeford  
 Our Lady of Perpetual Help, Windham  
 Parsonsfield Town Office  
 Prince Memorial Library, Cumberland  
 Redbank Village Office, South Portland  
 Salvation Army, Portland  
 Southern Maine Health Care, Sanford  
 St. Anne's Church, Gorham  
 St. Martha's Church, Kennebunk  
 Standish Municipal Center

Stewart Center, Falmouth  
 The Center at Lower Village, Kennebunk  
 Waterboro Public Library  
 Westbrook Community Center  
 Woodfords Church, Portland  
 York Hospital

We would also like to thank our amazing team of volunteer State Health Insurance Program (SHIP)

counselors. Our dedicated volunteers worked extra shifts in order to accommodate the huge volume of individuals seeking to review their Medicare options. We take great pride in knowing that our volunteers routinely go above and beyond for our clients and that together we will have helped consumers save substantially in out-of-pocket health care expenses for 2016. We could not do it without them.

- |                         |                       |
|-------------------------|-----------------------|
| Doris Ames              | Nancy Gray            |
| Jane Ashley             | Jerry Harkavy         |
| Jim Baker               | John Holland          |
| Mary Bruns              | Therese Johnson       |
| Paulette Burbank        | Patricia Lennox       |
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| Carol Goldberg Copeland | Dave Smith            |
| Andy Goodband           | Linda Sprague Lambert |
| Steve Goodman           | Bill Tarmey           |
| Nancy Gordon            | Barry Wolfson         |
| Connie Grant            |                       |

*"In the old Maine way of saying, I'm as happy as a clam at high tide!" ~ Jean*



Meet Jean, in our online video: [oceanviewrc.com/video/#fh](http://oceanviewrc.com/video/#fh)

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We would like to extend our gratitude and thanks to the following local businesses that generously donated delicious lunches or gift cards for our Medicare Volunteers this year's Open Enrollment. We thank you for your support.

# SMAA CALENDAR OF EVENTS

## BIDDEFORD/SACO/OOB

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

Community Café – JR Martin Community Center, Biddeford: January 21, noon, Meatloaf, mashed potatoes, veggies, and dessert, presentation by CATCH Healthy Habits – Limiting Salt and Fat in Your Diet; Catered Meal February 22 and March 21 – menu and entertainment TBD. Reservations: 283-2477

Family Caregiver Support Groups – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723 – Truslow Adult Day Center, Saco on 1st and 3rd Thurs, 3-4pm. 283-0166

Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Tues. Call 396-6500 for appt.

Medicare 1-on-1 Appts – Dyer Library, Saco, Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appt.

Tai Chi for Arthritis – JR Martin Community Center, Biddeford, January 12 - March 10, 9-10am, 396-6583 to register

## FALMOUTH

Medicare 1-on-1 Appts/Free Information & Assistance – Stewart Center, 3rd Thur, 9am-12pm. 396-6500/1-800-427-7411 for appt.

## FREEPORT

Medicare 1-on-1 Appts/Free Information & Assistance – Freeport Library, 2nd Tues, 1-3pm. 396-6500/1-800-427-7411 for an appt.

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

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

Community Café – Cummings Center, Portland, 3rd Thurs, noon, Reservations: 878-3285

Community Café – Westbrook Community Center, Westbrook, 2nd Tue, noon, Reservations: 956-1348

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

Woodford's Church, 3rd Mon, 1-3pm, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts/Free Information & Assistance - Westbrook Community Center. 2nd and 4th Wed, 9am-12pm, 396-6500/1-800-427-7411 for appt.

Tai Chi for Arthritis – Two avail: United Medical Gym, South Portland, January 11 – March 14, Mon & Wed, 3-4pm; Woodfords Congregational Church, Portland, January 12 – March 10, 9-10am, 396-6583 to register

## KENNEBUNK/WELLS

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, 396-6500/1-800-427-7411 for appt.

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

Beginning Planning for Eldercare – York Adult and Community Education, May 11, 5:30-7pm. 363-7922 to pre-register (required)

Community Café – Eliot Methodist Church, Call for schedule and menu. 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, 396-6500/1-800-427-7411 for appt.

## KEZAR FALLS/HIRAM

Community Café – Sacopee Valley 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 Community Center, Call 647-3116 for an appt.

## SANFORD

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

Medicare 1-on-1 Appts – Southern Maine Health Care, Sanford, 1st Tue, 9am-4pm. 396-6500/1-800-427-7411 for an appt.

Savvy Caregiver starting on May 19, 5-7pm, Southern Maine Health Care Sanford Medical Center, 1-800-427-7411 x 541 to pre-register (required)

Welcome to Medicare Seminar – Southern Maine Health Care, Sanford, 1st Tue, 2-4pm. 396-6500/1-800-427-7411 to schedule

## SCARBOROUGH (SMAA MAIN OFFICE)

Advance Care Planning Seminar – February 3, 1-2:30pm, Pre-registration: 396-6546

Family Caregiver Support Group, 3rd Thurs, 4:15-5:30pm\* NEW TIME, 396-6540

Medicare 1-on-1 Appts/Free Information & Assistance, Every Mon, Weds and Fri, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Savvy Caregiver starting on April 27, 5:30-7:30pm, 1-800-427-7411 x540 to pre-register (required)

Tai Chi for Arthritis – Two avail: January 12 – March 10, 8:45-9:45am or January 12 – March 10, 10-11am, 396-6583 to register

Welcome to Medicare Seminar – 2nd and 4th Mon, 2-4pm and 1st and 3rd Thurs, 10am-noon, and 1st Mon of month 5:30-7:30pm. Call 396-6500/1-800-427-7411 to schedule.

## SCARBOROUGH

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

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

## STANDISH

Understanding Cognitive Loss: Basics for Family Caregivers, March 21, 4:30-6:30pm at St. Joseph's College, 1-800-427-7411 x545 to pre-register (required)

## WINDHAM

Community Café – Unity Gardens, Reservations: 892-3891

Medicare 1-on-1 Appts/Free Information & Assistance - Our Lady of Perpetual Help Church 1st and 3rd Tue, 9am-noon. 396-6500/1-800-427-7411 for appt.

Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, 1st Tues, 10am-noon, 396-6500/1-800-427-7411 to schedule.

## YARMOUTH/NORTH YARMOUTH



Community Café – Bay Square at Yarmouth, 4th Tue, 11am. Reservations: 846-6693

Indoor Walking – North Yarmouth Memorial School, Mon, Tue, Thurs, 10-11am, Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.

Savvy Caregiver starting on April 26, 4-6pm, North Yarmouth Academy, 1-800-427-7411 x545 to pre-register (required)

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**W**hat happens if you're too sick to speak for yourself? Have you discussed your health care wishes with your loved ones? Have you appointed a health care agent to make decisions for you if you can't? Not sure where to begin or what steps to take? Consider attending our **Advance Care Planning Seminar**.

This introductory seminar will introduce you to advance care planning. Attendees will also have the opportunity to schedule a one-on-one appointment with an advance care planning facilitator to assist you in determining whom to appoint as your health care agent to make decisions for you when you can't and in communicating your health care wishes with your loved ones.

Join us at one of three upcoming seminars: February 3, April 6, or June 9. Seminars will be held from 1-2:30PM at Southern Maine Agency on Aging, 136 US Route One, Scarborough.

Pre-registration is required by phone or email: 396-6546, [jminkowitz@smaaa.org](mailto:jminkowitz@smaaa.org).

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# WINTER SAFETY TIPS

By AnneMarie Catanzano,  
Matter of Balance Coach

**W**inter is here. It is a time when we in Maine think about staying safe outdoors. Here are a few thoughts to help you and any older adult family, friends and neighbors do just that.

Be sure snow is removed from critical walkways. Use salt or sand for better traction on slippery surfaces.

Anyone concerned about slipping on the ice should consider getting a pair of Yak Trax or Ice Walkers. (These can be found at outdoor outfitter stores and online shopping sites.) These winter accessories can be attached to a pair of boots or outdoor shoes for more sure footedness in slippery conditions. You should try to walk in these before purchasing them. Some can throw off your balance when walking. These devices are also not safe for walking on indoor surfaces. In addition to marking up floors, they are extremely slippery if the grippers do not have something to grip.

If you use a cane for assistance, get an ice pick to put on the tip. This sharp tip can be moved out of the way when you are indoors or if the outside surfaces are clean and dry. Speaking of canes, if you sometimes use one, the outdoors is a good place to be sure you have it with you. That asphalt is quite unforgiving!

Our daylight hours won't be expanding for a while yet. Try carrying a small flashlight on your key ring. In addition to helping you see the door lock, it can help you see the condition of the sidewalks and parking lots where you are walking.

None of us plans to get stuck in bad weather, but sometimes the snow is unpredictable. Be sure you have cold weather gear in your car: a good ice scraper, a small snow shovel and a long brush for getting all the snow off the roof and windows. A bag of kitty litter or sand in the trunk can help get you out of a jam if your wheels are stuck. Always have a charged cell phone with you and why not program the Auto Club's number into it now? Can't afford a cell phone? You can get a free emergency cell phone from SMAA which can connect to 911. By the way, do you know that any old cell phone can dial 911 if it is charged—you do not have to be connected to a calling plan.

Everyone should carry a few emergency supplies in your car as well in the winter. A pair of warm socks, mittens and an extra hat and scarf can come in handy after a

session of clearing off your car in a storm. A blanket can keep you warm while you wait for help if you get stuck.

A bottle of water and a few snacks are especially helpful if you need to eat regularly. Don't forget a strong flashlight with fresh batteries!

**Best safety tip of all—if you don't have to travel in bad weather wait for it to change.** We all know, even in the worst winters, we do get breaks from time to time.

## Senior News

is a publication of



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**Design:** Becky Delaney

**Printing:** Sun Press, Lewiston

*Senior News* is published six times per year in January, March, May, July, September and November.

"Senior News" is mailed free for the asking. If you would like to receive "Senior News," call Jessica LeBlanc at 207-396-6520 or send your name and mailing address to [jleblanc@smaaa.org](mailto:jleblanc@smaaa.org).

Circulation: Mailed directly to 15,000 households and 7,500 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 23,000

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

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## Mission Statement

The Southern Maine Agency on Aging's mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them.

## Commitment to Reasonable Accommodation:

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

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

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

## Effective Communication Strategies

### With Those Diagnosed with Alzheimer's or Dementia

In this educational seminar, speaker Peter Baker will provide attendees with "new" ways to communicate with their loved ones diagnosed with Alzheimer's or dementia, whose ability to use words begins to fade. Through attitude, tone of voice, facial expression and body language, learn how to decode verbal and behavioral messages so that caregiver and loved one can continue to connect and communicate even after the loss of speech.

Join us on February 18 from 1:30-3PM at the Lunt Auditorium, at 74 Lunt Road in Falmouth.

This seminar is part of a new series of quarterly educational seminars presented by the Stewart Adult Day Center. Tours of the Stewart Center will be available at the conclusion of the seminar.

If you plan to attend, please RSVP to [pclancy@smaaa.org](mailto:pclancy@smaaa.org).

Peter Baker, LMSW is the Manager of the Helpline for the Alzheimer's Association, Maine Chapter. Peter is a Masters Level Social Worker who has been working in dementia care since 2006. He has worked in a variety of capacities in long-term care centers in Maine



including Social Services Director, Dementia Program Director and Executive Director. As Manager of Helpline Services, Peter is responsible for assisting people with dementia and their families in answering questions about the diseases, finding resources in their community, planning for their future, and getting support as they need it.

## Alzheimer's Disease Initiative Grant Update

In October of 2014 SMAA was one of ten awardees nationwide to receive a three-year grant from the federal Administration for Community Living for the purpose of expanding the network of dementia-capable services and supports for people living in the community with Alzheimer's disease and related dementia (ADRD) and their family caregivers. The Alzheimer's Disease Initiative (ADI) Grant is a multifaceted effort which involves expanding and integrating the dementia expertise of existing programs; designing and delivering new serv-

ices; and developing strategies for reaching those who are underserved by the existing dementia network.

We will provide grant updates through this column in *Senior News*. Today's focus will be improving services and programs for people with intellectual disabilities who are aging in to dementia.


Individuals with lifelong intellectual disabilities (ID), particularly those with Down syndrome (DS), are at-risk for developing dementia later in life. People with DS are living longer than in previous generations, because of improvements in health care. But, because their body systems seem to age more quickly, those who start experiencing additional cognitive losses are often only in their 40's and 50's. Unfortunately, this can impact the person's ability to use the functional strategies they have developed, and the losses are often first noticed in behavioral challenges that the person didn't previously have.

Another concern is that the living situation the person has been in (independent, living with family, or in a group setting) may not be set up or knowledgeable enough to support their changing needs. If the person with ID has been living with parents, there may be additional challenges if the parents are developing their own health issues while their adult child's care needs are increasing. In some cases, siblings and other family members find themselves stepping in to assist in this changing situation, often with limited pri-

or experience in providing care for the person with ID.


One of our goals under the ADI grant is to connect with family caregivers of people with ID who are aging into dementia. First, we want to hear from them about their challenges and needs for education and support. Then, we want to create ways that SMAA's Family Caregiver Support Program can help meet these needs. Ann O'Sullivan, the Family Caregiver Support Manager, has completed a 3-day training offered by the National Task Group on Intellectual Disabilities and Dementia Practices, and will use this to inform the development of programming targeted to meet the needs of these family caregivers. Please contact Ann at 396-6541 or [aosullivan@smaaa.org](mailto:aosullivan@smaaa.org) if you would like to share your thoughts on what might be helpful to you or your family.

Another goal of the grant is to build stronger ties between the aging services and intellectual disabilities provider networks, two groups who have previously had few opportunities to collaborate. There has been increasing recognition that the aging and ID communities need to learn from one another and share best practices on how to identify and meet the needs of clients who are experiencing increasing cognitive loss. Please contact ADI Project Manager Liz Weaver at 396-6578 or [lweaver@smaaa.org](mailto:lweaver@smaaa.org) if you are a provider interested in sharing your thoughts.



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[pcarson@avestahousing.org](mailto:pcarson@avestahousing.org)  
[www.avestahousing.org](http://www.avestahousing.org)

 **Young Street Apartments**  
 29 Young Street, South Berwick




## Coats for Seniors

Coats for Seniors is statewide program to help older Mainers stay warm during the cold winter months. Southern Maine Agency on Aging (SMAA) and partnering organizations collected a record number of coats this year to donate to this program. For each



coat collected, Goodwill provided a voucher for one adult coat, and LL Bean donated \$5 to support fuel assistance for older adults. We would like to send a huge THANK YOU to the Short Stay Unit at Maine Medical Center for their tremendous support of the program this year.



Coat vouchers are available at SMAA, and are good for one adult coat at any Goodwill Industries of Northern New England store in Maine. If you would like a voucher, please stop by our office, or call 396-6500 to have one mailed to you.

## Brush off Those Winter Doldrums

### Awakening the Sage Within Workshop

Join us on Friday, February 19 from 9AM-4PM for “Awakening the Sage Within”. Invite a new way of thinking about your aging—from one of decline to a time of spiritual growth, wisdom, harvesting, vitality, and grace.

“Awakening the Sage Within” is a daylong experiential workshop that invites participants to reflect upon the lessons of their life experience, let go of some of their burdens, embrace their mortality, and begin to map the legacy they would like to leave their families, communities and world.

Through social meditation, journaling, ritual, creative arts, music, sharing with others in circle and dyads/tryads, the group will explore and celebrate this growing time of our lives. This workshop is appropriate for anyone that is interested in changing these years from “age-ing” to “Sage-ing@”, caregivers, elders of any age, students, hospice staff, social service, health, gerontology, volunteers and workers, and more.

“Awakening the Sage Within” is facilitated by Anne Murray, Certified “Sage-ing” leader for Sage-ing International. Learn more at [www.sage-ing.org](http://www.sage-ing.org).

The workshop is being held on February 19, from 9AM-4PM, at Southern Maine Agency on Aging, 136 US Route One in Scarborough. Please register by February 5 by either phone or email: 985-6577, [mainesage@outlook.com](mailto:mainesage@outlook.com). Workshop has a \$60 suggested donation. Liquid refreshments and light snacks will be provided. Please bring a brown bag lunch.

## Make a Resolution to Give!

This year make a New Year’s resolution that’s easy to stick to and make an incredible impact on the lives of older adults in southern Maine—become a GEM!

GEMs are donors who are Giving Every Month opting to spread out their annual donation over 12 months through an automatic transfer from their bank or via their credit card. It’s a simple and paperless way to donate.

If you’re interested in becoming a GEM, contact Andrea Cole, Development Associate in the Development and Marketing Department at 207-396-6571 to complete the simple steps!

## A MEDICARE NUGGET from Stan Cohen

### Nugget 562 2015

Generic drugs now account for roughly 88 percent of prescriptions in the United States, even though they amount to less than a third of the more than \$325 billion Americans spend each year on prescription drugs. It is true that the use of generic drugs has increased over time, but doctors often

prescribe more expensive brand-name drugs when equally effective and less expensive generic versions are available. A paper published in *Annals of Internal*

Medicine explains why:

Some patients, even some doctors, perceive generic drugs as inferior and associate them with lower effectiveness despite evidence that most work just as well as their brand-name counterparts. Also, many physicians still refer to drugs by their original brand name, even long after generic versions become available, which can result in inadvertently prescribing the more expensive brand name drugs.

The authors of the new study said relying more on generic drugs, when that is medically appropriate, could do more than save the nation’s health system money. They argue that it also might help some patients better adhere to their treatment programs over time, because inability to pay for expensive medicines causes some patients to abandon their prescriptions.

Medicare Volunteer Counselors are available for free, one-on-one consultations. Call SMAA at 1-800-427-7411 to arrange for an appointment.

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From Jo Dill's Notebook

**2016 Maine Senior Games**

The 2016 schedule is almost complete. Here is what we have scheduled so far:

**Badminton Clinic:** January 10, South Portland High, 11AM-1PM, Sunday

**Winter Event:** February 6, Snowshoeing, Nordic Skiing, Pineland Farms, 9-11AM, Saturday

**Volunteer Training:** April 25, Southern Maine Agency on Aging, 6-7:30PM, Monday

**5K Road Race:** June 12, 9AM, Scarborough High, Sunday

**Opening Ceremonies:** June 12, 10:30AM, Scarborough High, Sunday

**Explore Track and Field:** June 12, 11AM, Scarborough High, Sunday

**Golf:** June 20, Willowdale, Scarborough, Monday  
Track & Field: July 30, Scarborough HS, 10AM, Saturday

**Horseshoes:** August 9, (rain 10) 4PM, Tuesday

**Pickleball:** August 13, Men's/Women's Doubles, Racket & Fitness, Saturday

**Pickleball:** August 14, Mixed/Singles, Racket & Fitness, Sunday

**Cornhole:** August 17, (rain 18) Sanford/Springvale Y, 4PM, Wednesday

**Archery:** August 21 (rain 28) Lakeside Archery, 9AM, Sunday

**Table Tennis:** August 26, Pineland YMCA, 5PM, Friday

**Tennis:** September 8, Women's Singles/Men's Doubles 12PM, Mixed Doubles 3PM, Racket/Fitness, Portland, Thursday

**Tennis:** September 9, Men's Singles 12PM, Women's Doubles 3PM, Racket/Fitness, Portland, Friday

**Cycling:** September 11, Kennebunkport Bicycle Co, 9AM, Sunday

**Basketball (Men's):** September 17, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday

**Hot Shot/Foul Shoot:** September 17, Cape Elizabeth HS, Cape Elizabeth, 2PM, Saturday

**Basketball (Women's):** September 18, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday

**Bowling Candlepin:** Singles/Doubles: September 29, Big 20, Scarborough, 10AM/1PM, Thursday

**Swimming:** October 1, Waterville YMCA, 10AM, Saturday

**Bowling 10 Pin:** October 16, Singles/Doubles, Sparetime Bowling, Augusta, 10AM, Sunday

**2016 Sponsorships**

Thanks so much to the following sponsors who have come on board so far for 2016. Lead Sponsor: Martin's Point, Gold Sponsor: Piper Shores, Bronze Sponsor: Goodwin Motor Group. Maine Senior Games is so appreciative of your sponsorship. As new sponsors come on, we will update you on our website. [www.mainesrgames.org](http://www.mainesrgames.org)

**Maine Senior Games Hall of Fame**

2016 will mark the second annual Maine Senior Games Hall of Fame induction. Our goal is to honor and celebrate Maine athletes who are avid competitors and excel at their individual or team sport. Go to [www.mainesrgames.org](http://www.mainesrgames.org) for more information



and to download an application form. Deadline for applications is March 1, 2016.

**Badminton Clinic**

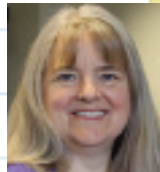
Did you used to be a badminton player? Never played but wanted to? This is the clinic for you! All levels of ability welcome BUT you must be over 45 to join us. No cost to you!! The date is Sunday, January 10, from 11-1 at South Portland High School. Teachers/Coaches will be on hand for skill stations, game playing and strategies. Equipment provided. Give Jo a call at 396-6519 if you plan to attend.

**Maine Senior Games New Mission Statement**

Our new mission statement has been changed to include ages 45-49 and to add a wellness component. "The Mission of the Maine Senior Games is to provide athletic events and wellness opportunities to improve the health and fitness of people over 45"

**Honorary Chair**

A special thanks to Senator Rebecca Millett who is the Honorary Chair for the 2016 Maine Senior Games. "It is a privilege to serve as the Honorary Chair for the 30th Anniversary of the Senior Games. As the oldest state in the nation, there are many reasons to support efforts that help our seniors stay physically fit and intellectually engaged. We are so lucky to have such a great crew heading up Maine Senior games and all the volunteers that give their time and energy throughout the year. The Senior Games provide a wonderful way for older adults to stay healthy and have fun while doing it!"



**Winter Event**

Join Maine Senior Games for a wellness activity of snowshoeing or Nordic skiing. The date is Saturday, February 6 at Pineland Farms located at 32 Farm View Rd, New Gloucester. Open to everyone 45+! The cost is \$4 per person for a trail pass if you have your own snowshoes or XC skis OR \$14 per person for a trail pass and rental of either XC skis or snowshoes. The time is 9-12 but if you are renting equipment, try to be there at 8:30 to be sure that rentals will be available. Meet by the fire pit at 11 for hot chocolate. Join us for some fun and exercise. All levels welcomed! **Let us know if you are going to attend so we can plan ahead!**

**Crucial Foundation Support**

The Southern Maine Agency on Aging would like to recognize and thank the many foundations and charitable trusts that have generously supported SMAA's programs this fiscal year. The philanthropic support of foundations, individuals and corporations allows the Agency to maintain and expand its many programs while we continue to experience flat or decreased state and federal funding.

SMAA would like to recognize and thank the following contributors of gifts, or pledges of gifts, to the 2015-2016 Annual Fund:

- Bank of America Charitable Foundation, \$3,300, Meals on Wheels
- BJ's Charitable Foundation, \$5,000, Meals on Wheels
- Frances Hollis Brain Foundation, \$5,000, Meals on Wheels
- Meals on Wheels America, \$7,850, Meals on Wheels
- Roy A. Hunt Foundation, \$5,000, Unrestricted
- Prouts Neck Association, \$500, Meals on Wheels
- Redmond Family Foundation, \$1,500, Unrestricted

The following foundations have provided support for the Agency's Campaign to Create a Better Day—a \$6,000,000 capital campaign to raise funds for the creation of two

state-of-the-art Adult Day Centers—the Stewart Adult Day Center in Falmouth and the Sam L. Cohen Foundation in Biddeford. The following foundations and charitable trusts have recognized the growing need for therapeutic Adult Day Centers in southern Maine and have supported SMAA, our clients, their families, and our communities, with a capital gift or a grant for programming during the 15-16 fiscal year:

- Margaret E. Burnham Charitable Trust, \$5,000
- Morton-Kelly Charitable Trust, \$25,000
- Sam L. Cohen Foundation, \$125,000
- Agnes M. Lindsay Trust, \$2,500
- Phineas W. Sprague Memorial Foundation, \$5,000

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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.

## Understanding Cognitive Loss

### Basics for Family Caregivers

SMAA's Family Caregiver Support Program will be offering the two-hour session, Understanding Cognitive Loss: Basics for Family Caregivers, on Monday, March 21, at Saint Joseph's College in Standish, from 4:30 to 6:30 PM. This class was developed for family caregivers: those who may have questions about someone's cognitive abilities and losses, those who are helping someone early in the course of dementia, and those who may not be able or ready to attend a full Savvy Caregiver series.

The class covers different conditions that can affect a person's cognitive abilities, how specific thinking skills might change, and strategies that can be helpful for family caregivers of people who are experiencing difficulties with their thinking.

If you are a family caregiver for a person who has been diagnosed with dementia, or about whom you have concerns, we hope you will sign up. Please note, this session is not appropriate for people who themselves have dementia. The class size is limited, so pre-registration is required. Please contact the Family Caregiver Support Program at SMAA, 1-800-427-7411 x 545, to add your name to the list.

## Savvy Caregiver Trainings in Yarmouth and Scarborough

Savvy Caregiver is a training program for family caregivers of people with conditions that cause dementia, such as Alzheimer's disease. Often, family members take on the role of caregiving without any preparation or training. This evidence-based (meaning that it has been researched and proven effective) program is designed for people who are assisting a family member or friend with dementia who lives in the community, and it helps develop knowledge, skills, and attitudes to make caregiving easier. The goal is that both the person with dementia and the caregiver can have a better day.

SMAA has been offering the program since 2008 and our staff has delivered the program more than 50 times. We will be offering it at North Yarmouth Academy in Yarmouth, starting April 26 (4-6 PM), and at SMAA's Scarborough office, starting April 27 (5:30 - 7:30 PM). Our 2016 Savvy Caregiver class schedule, along with our other classes and support groups, is available on the SMAA website, [www.smaaa.org](http://www.smaaa.org).

Savvy Caregiver consists of six 2-hour class sessions, and encourages participants to try out ideas at home between classes. Participants are asked to plan to attend all 6 classes in the series. Class size is

limited and pre-registration is required. Please contact Lori Campbell at SMAA, 1-800-427-7411 x 540 or [lcampbell@smaaa.org](mailto:lcampbell@smaaa.org) with questions or to sign up.

## Classes For Older Adults And Family Caregivers

SMAA's Family Caregiver Support Program is offering a series of classes in collaboration with Windham/Raymond Adult Education.

Many older adults and their family members are thinking ahead about where they want to spend their retirement years. This may be a topic of discussion over dinner or coffee with family, friends, and neighbors. Why not join in a discussion with AnneMarie Catanzano, one of SMAA's Family Caregiver Specialists, on a Friday afternoon? She will offer insights and suggestions on the following topics:

### Staying Safe and Independent at Home: January 22, 1:30-3 PM

Have you ever said "I do not want to leave my home. How can I stay here forever?" Or, "How can I

help someone I care about stay at home and be safe?" Is that even possible? Learn what you can do to be safer and perhaps create better family consensus. Find out what services and supports are available.

### Living Options for Older Adults: March 11, 1:30-3 PM

"Well, maybe I might want to move." What is the difference between independent apartments, assisted living and nursing homes, and how do you pay for them? What is out there? How do you find out what is right for you?

### Someone I Know is Having Memory Problems: April 1, 1:30-3 PM

"Why is she acting that way? I can't help because I don't know what to do." You, as a family member, neighbor, or friend, can learn practical strategies for dealing with difficult situations.

All classes will be held at Windham High School. Please contact Windham/Raymond Adult Education at 892-1819 or [adulthood@windhamraymondschools.org](mailto:adulthood@windhamraymondschools.org) to pre-register (required).

## Help For People Helping Aging Family Members

### Caregiver Class Schedule 2016

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

March 21, Monday, 4:30-6:30PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** St. Joseph's College, Standish. Contact: AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

April 26, May 3, 10, 17, 24, & 31, 2016, Tuesdays, 4-6PM: **Savvy Caregiver.** North Yarmouth Academy, Yarmouth. Contact: AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

April 27, May 4, 11, 18, 25, & June 1, Wednesdays, 5:30-7:30PM: **Savvy Caregiver.** SMAA, Scarborough. Donation requested. Contact: Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

May 11, Wednesday, 5:30-7PM: **Beginning Planning for Eldercare.** York Adult & Community Ed-



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ucation. Call 363-7922 to pre-register (required).

May 19, 26, June 2, 9, 16 and 23, 2016, Thursdays, 5-7PM: **Savvy Caregiver.** Southern Maine Health Care Sanford Medical Center (Goodall Hospital building), Sanford. Contact: Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

## Caring For Aging Family Members

### Support/Discussion Groups

**Y**ou'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** – Community Partners: For caregivers of those with dementia.

- Second Monday of month, 3-4:30PM
  - Second Monday of month, 6-7PM.
- Call Barbara Alberda at 713-3723.

**Bridgton** – Community Center: For caregivers of an older adult or person with dementia. On site respite available (call 647-8143 to reserve).

- Second Wednesday of month, 1-2:30PM. Contact Ann O'Sullivan at 1-800-427-7411 x 541.

**Kittery** – The Gathering Place: Respite available on-site for a fee; please call ahead to reserve.

- First Thursday of month, 3-4:15PM. Contact Jill Larson at 439-6111.

**Scarborough** – SMAA: For caregivers of an older adult or person with dementia.

- Third Thursday of month, 4:15-5:30PM. The SMAA Caregiver Support group is now meeting one hour earlier! We decided to move the time at least for the winter months, and we will re-evaluate in the spring. The group is open to anyone who is a family caregiver for an older adult, or for a person of any age with dementia. There is no set agenda- we talk about anything related to the challenges of caregiving. We invite you to join us if you could use support in your caregiving journey. If you have questions, please contact Lori Campbell at 396-6540 or lcampbell@smaa.org.

**York** – Living Well Center: For family and friends assisting an older adult with a chronic condition.

- Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

## Beat the Winter Blues: Tips for Family Caregivers

**Jessica Winder, MS, LMSW  
Family Caregiver Specialist**

**T**he holiday season is often busy and festive; it distracts us from the weather as we warm our hearts and bellies with parties and meals. But as the holiday excitement ends, we return to our normal schedules and face the long winter ahead of us, which can be dreary and lonely. The winter can be especially isolating for family caregivers.

The Farmers' Almanac reports below-normal temperatures this winter, with an especially cold January. Precipitation will be slightly higher than normal; Maine will be snowy throughout January, February, and March ([www.almanac.com](http://www.almanac.com)). After last winter, we're all a little wary. What are family caregivers to do? Read on to find out how to take care of yourself (and the person you're caring for!) this winter and to explore some new ideas to beat the winter blues.

Before we close out the holiday season, consider these resolutions from Senior Care Corner ([www.seniorcorner.com](http://www.seniorcorner.com)) that will help you and the family member you're caring for stay strong and energized in the New Year:

### Resolutions for Caregivers

- Thank yourself in case no one else does.
- Ask for help!
- Take time out of every day to care for yourself so you can go on caring for your family member.
- Get your flu shot! You can't afford to be sick!
- Read a book of inspiration or new ideas; learn more about how to cope with your family member's specific condition such as Parkinson's, Alzheimer's, cancer, etc.
- Join a support group!
- Maintain balance between your family, work and caregiving lives.
- Deal with your emotions of anger, confusion, or frustration and talk with others who can help you.
- Check your family member's finances to be sure they can cover their needs, seek advice from experts on how to make the money last.
- Stay positive – you're making a difference!

Senior Living ([www.seniorliving.net](http://www.seniorliving.net)) discusses wintertime depression and "Seasonal Affective Disorder" (SAD). SAD is caused by the lack of natural sunlight in the winter, leading to disruptions in our sleep-wake cycle, circadian rhythms, and the release of sero-

tonin (a feel-good chemical). Caregivers can feel increasingly isolated from outside friends and family in the dark winter months. Christine Jensen, Director of Community and Health Services Research at Riverside Health System, states that caregiver isolation "becomes magnified during the winter months when it is less desirable to leave home" ([www.riversideonline.com](http://www.riversideonline.com)). Jensen, Senior Living, Inside Elder Care ([www.insideeldercare.com](http://www.insideeldercare.com)), and National Institute of Health Senior Health ([www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)) offer suggestions to keep SAD, isolation, and loneliness at bay.

### Keeping the Winter Blues Away

- Get outdoors, even for a few minutes a day. The natural sunlight helps decrease SAD; being outside relieves the "cooped up" feeling. Dress appropriately for the weather, and if possible, take a brisk 10 minute walk to increase your heart rate and release feel-good endorphins.
- Volunteer- this is an activity that may bring joy to both you and the person for whom you're caring. Volunteer activities range from onetime events to weekly commitments, from mailing packages to soldiers overseas to helping at the soup kitchen. Check out [www.smaa.org/volunteer.html](http://www.smaa.org/volunteer.html) for ideas.
- Engage in social activities with the person you're caring for- go bowling, play Bingo, or take a class together (cooking, sewing... whatever interests you both!).
- Engage in social activities WITHOUT the person you're caring for; create respite for yourself. Respite allows you to take a much-needed break from caregiving and participate in something that is enjoyable to you. This may be a social activity with others or it may simply be having a cup of coffee at your favorite café. If you're unable to leave the person you're caring for home alone, contact a Family Caregiver Specialist at SMAA; we can help problem-solve a way to make respite possible for you.
- Take your mind elsewhere. Even if you can't physically leave the house, you can use fun in-home activities to keep your mind busy. Ideas include doing a cross word puzzle, listening to your favorite music, browsing Facebook, or getting lost in your favorite book. Coloring books for adults are the latest stress-relieving and engaging craze; find them at craft stores and tap into your inner child.
- Speak to a professional. If you or the person you're caring for is feeling hopeless, have a significant change in eating patterns, having difficulty concentrating,

continued on page 10

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## Beat the Winter Blues continued from page 9

or are fatigued, irritable or restless, it could indicate clinical depression. Have a conversation with your primary care doctor about treatment options so you can find hope, even in the dark winter months.

- Make little changes around the home to lighten the literal and metaphorical darkness. Open the curtains, keep favorite photos in view, buy inexpensive flowers for the table, or post a picture of your favorite season (the budding plants of spring, the relaxing beach in summer) in a viewable place. Remind yourself that winter will eventually end and a beautiful spring-time will emerge.
- Finally... exercise! Exercise is beneficial for both you and the person you're caring for. There are numerous health benefits of exercise. Additionally, MedlinePlus ([www.nlm.nih.gov](http://www.nlm.nih.gov)) found that starting an exercise program may help reverse early cognitive decline. If you notice cognitive changes in yourself or the person you're caring for, be sure to speak with your doctor. However, exercising may be a beneficial tool. If it's too cold or dark to go outside, there are plenty of indoor exercise opportunities, including walking at the mall, going up and down

your house stairs, joining a Zumba class, going to the local pool, dancing to your favorite music, following an exercise DVD, and many more! Visit [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov) to read more exercising ideas.

Use these tips and tricks to keep yourself, and the person you're caring for, physically, emotionally, and mentally healthy this winter. There will be long and cold days, but having a handful of different activities to try will help keep the doldrums away. If you have any additional questions regarding family caregiving, please call 396-6500 and ask to speak to a Family Caregiver Specialist.

## AARP Maine Celebrates the Credit Freeze and CARE Act

After a long, challenging legislative session, AARP Maine is proud of the results which will have a positive impact on Mainers in 2015 and in the future.

A highlight for AARP Maine was the passage of two bills that volunteers and staff strongly advocated for this session. An identity theft prevention bill, LD 382 *An Act*

to Amend the Allowable Security Freeze Fees Charged by a Consumer Reporting Agency, was passed on June 4, after the House and Senate promptly overrode the Governor's veto. The CARE Act, LD 666 *An Act to Allow a Patient to Designate a Caregiver in the Patient's Medical Record*, was passed on July 16, after another veto override. Both bills went into effect on October 15.

The passage of the Security Freeze bill makes Maine the third state in the nation to offer this identity theft protection for free. Before this bill, only consumers who were the victims of identity theft could turn on the security freeze for free. For anyone else, there was a \$10 fee with each of the three credit bureaus.

Thanks to the passage of LD 382, fees to place or remove a security freeze on credit reports have been eliminated. Because a security freeze safeguards a person's credit report, it is one of the most effective ways to protect consumers from identity theft. Without access to this sensitive information, an identity thief is unable to obtain credit in that person's name, thereby greatly minimizing the potential damage from the theft. Once the freeze is in place, the consumer has control over who can receive their credit report. As of October 15, Maine consumers can freeze and unfreeze their credit reports as needed through a unique Personal Identification Number (PIN) at no cost. For any questions or concerns regarding the Security Freeze, you can contact the Maine Attorney General at (207) 626-8800.

The CARE Act passed the same day as the release of the AARP Public Policy Institute's new report, *Valuing the Invaluable: 2015 Update*. According to the report, 178,000 family caregivers in Maine provide 165 million hours of care annually, with an economic value of \$2.22 billion statewide for this unpaid care. Most seniors who receive assistance at home rely exclusively on these unpaid family caregivers for help. The CARE Act is a significant step in providing critical supports to these family caregivers and their loved ones.

This bill features three important provisions: The name of the family caregiver is recorded when a

loved one is admitted into a hospital; the family caregiver is notified if the loved one is to be discharged back home; and, the facility must provide an explanation of the medical tasks that the family caregiver will perform to help their loved one recover at home.

AARP Maine fought for legislative victories on issues that matter to Mainers and their families. If you have any questions or comments or would like to learn more about the Security Freeze bill and/or the CARE Act, visit our website [www.aarp.org/me](http://www.aarp.org/me) or call our toll free number 1-866-554-5380.

## Cohen Center Opening continued from page 1

is focused on what the member retains, not what he or she has lost in the course of the disease. The staff, working with the members and their families, designs activities that appeal to each individual member. The Center has a beautiful fenced terrace which will have raised beds for gardening. There are also several attractive seating areas, allowing members to enjoy the outdoor patio while safe and secure. The new Center was designed so that up to eight different programs and activities can be running simultaneously. At the end of the day, each of our members will have had a day that was engaging and interesting to them personally. The new space is bright and cheery, with lots of room for physical activities as well as quieter spaces for reading, puzzle making and game playing," said Gross. The Center also features a specially designed arts and crafts room and a therapeutic kitchen which encourages member independence in a warm, home-like setting.

The Sam L. Cohen Center also offers a separate Family Caregiver Support area where caregiver classes and workshops will be held as well as support group meetings.

If you would like more information about the Sam. L. Cohen Center or would like to arrange a private tour, please visit our website or call Polly Bradley, Director of Adult Day Centers at (207) 396-6512.



## 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

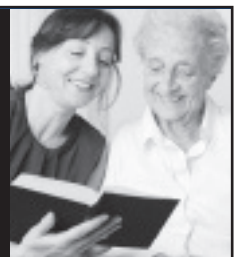
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## Healthy Veins in the Winter

### Compression, Prevention and Mall Walking

By Cindy Asbjornsen, DO, FACPh

Nothing cramps your style (both literally and figuratively) like legs that ache because of vein problems, such as varicose veins or leg ulcers. Because the heat of summer can cause veins to dilate or stretch—thus worsening symptoms—winter tends to be a good time for people with vein issues.

I've found that people are more likely to pursue vein treatments in the winter months because of the need for compression stockings post treatment.

Compression stockings or socks are therapeutic hosiery designed to increase blood circulation by placing pressure on the lower leg, foot and, in some cases, the thigh. Graduated compression stockings have strong elastics that are tightest at the ankles and then gradually become less constrictive toward the knees and thighs. They can be used after vein treatment or, in some cases, as a supplement to treatment.

During the frigid days of winter, patients with vein problems are much more likely to wear their compression stockings, treating them like a welcome layer of insulation, like longjohns. Though compression stockings won't completely cure a vein problem, they can dramatically improve the symptoms and keep an existing issue from escalating.

One drawback of winter is that many people prefer to stay indoors to avoid the cold. But less walking and more sitting is the worst thing one can do to keep legs healthy—or to keep bad legs from getting worse. So what's the answer? Head to the mall! Walking around inside a mall, or even a grocery store or large department store, can go a long way toward venous disease recovery and prevention.

If you're snowbound, even a stroll around the house can do the trick. I have one dedicated patient who walks around her house for two minutes, 15 times a day. That adds up to half an hour a day! Walking just 30 minutes every day keeps the muscles of the lower legs healthy.

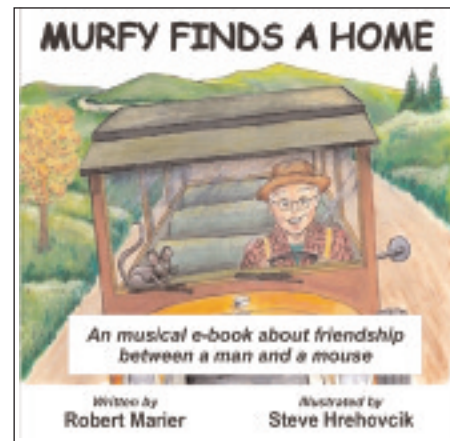
Dr. Cindy Asbjornsen is the founder of the Vein Healthcare Center in South Portland, Maine and is certified by the American Board of Venous and Lymphatic Medicine. Dr. Asbjornsen can be reached at (207) 221-7799.



## Two Seniors Create Children's Musical e-Book, *Murphy Finds A Home*

Author and songwriter, Robert Marier and illustrator and narrator, Steve Hrehovcik, with a combined age of 154 years, have collaborated to create a children's musical e-book called *Murphy Finds A Home*. The book is appropriate for three to six year old youngsters.

The story follows the adventures of Murphy, a playful mouse, and Grandpa Bob, who lives on a farm. One day while Grandpa Bob rocks in a chair on his back porch, Murphy jumps up on the railing. Murphy is looking for a companion. It takes Grandpa Bob some time to get used to the idea, but Murphy is persistent. Murphy's big ears, long tail and little bitty eyes intrigue Grandpa Bob. Before long they become fast friends and share many exciting escapades together.



The 32-page book includes several songs written and performed by Marier. In addition to creating full color illustrations, Hrehovcik also narrates the e-book. The e-book is designed to play on iPhones, iPads and other mobile devices. It offers the option for the story to be narrated or read aloud by viewers. Also included is a fun quiz at the end of the story. The idea for the story originated from a song Marier wrote, *Mouse In The House*, which is also on Marier's CD, *Melodies From Maine*.

The e-book is available for \$4.99 at Apple App Store, iBookstore, Google Play Appstore or

Kobo Books.

Marier and Hrehovcik are available for presentations of the e-book at schools and libraries.

Longtime friends Marier and Hrehovcik are collaborating on a second e-book called *Murphy's River Adventure*, due to come out in mid-2016.




## Welcome to Living Well

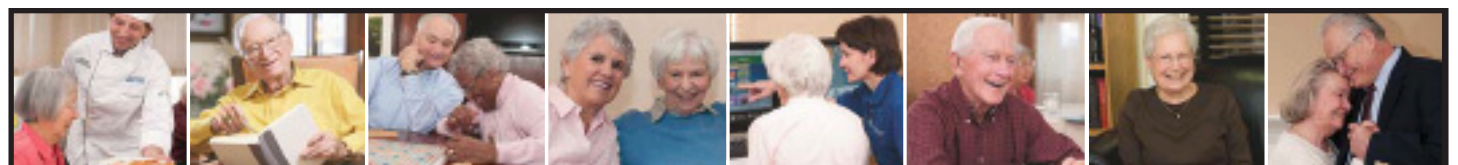
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# SAM L. COHEN CENTER



*From the layout of the cabinets, the bright pendulum lighting, to the sink looking out into the back patio, everything about the design of the therapeutic kitchen was made to look and feel like home.*



*The Great Room is the heart of the Cohen Center and will be comfortably furnished. Members can easily access the therapeutic kitchen, the patio and gardens, the three season room, the den, and the arts and crafts space.*

## Creating the Sam L. Cohen Center

Before the first bit of dirt was shoveled, or the first load of concrete poured, over three years of research was conducted on creating a true center-of-excellence for our members and their families. The Sam L. Cohen Center was developed using the latest advances in environmental gerontology and practices from the American Institute of Architects Design for Aging. Every element of the Center's design—from the size and layout of the rooms, the colors used on the walls and trim, to the texture of the fabrics used on the furnishings—was intentionally designed to support and nurture individuals with Alzheimer's or other dementias.

The Center's location on Barra Road in Biddeford was chosen after comprehensive

market research conducted by Planning Decisions of Hallowell and Critical Insights of Portland determined that the site's close proximity to I-95, Route 1, and Route 111 would help us better serve members from Kennebunk to Scarborough. Additionally, the site's close proximity to Southern Maine Health Center (SMHC), Martin's Point Health Care, the YMCA, and other local organizations and medical arts practitioners will allow for greater program collaboration and support.

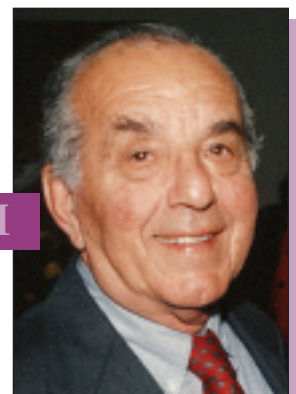
After years of research and construction we are confident that the Sam L. Cohen Center will be successful and will positively change the lives of many southern Maine families.



*A salon at the Center will allow for members to have their hair cut and styled without a second trip—something beneficial for members and caregivers.*

## Sam L. Cohen

### EVERYONE'S UNCLE SAM



It's only fitting that our new adult day center in Biddeford be named for Sam L. Cohen. Sam's legacy of philanthropy and quiet generosity is well known across southern Maine. We are grateful to the Sam L. Cohen Foundation for their support of this new center. But who was Sam L. Cohen?

A lifelong resident of Biddeford and, in many ways, the unofficial mayor of Biddeford, Sam was devoted to his town. His 87 earthly years were marked by countless acts of kindness and giving. He was a catalyst who helped make things happen. As a result he earned the nickname of "Everyone's Uncle Sam."

Sam was one of seven children born to Julius and Celia Cohen who emigrated from Lithuania. Biddeford became their home because of the thriving economic opportunities in the early 1900's. He grew up in the tight knit neighborhood called Little Canada. Community was very important to Sam. He was devoted to his family but also to the greater community. Sam's family belonged to the Etz Chaim Congregation. No doubt it was at Etz Chaim where Sam cemented his tremendous sense of generosity and the principle of Tikum Olam or righteous giving to heal the world. His unbreakable spiritual

commitment guided all aspects of his life.

As an adult, Sam was credited with keeping the Etz Chaim congregation alive. He urged the congregation to become more open to modernizing and welcoming outsiders. He also worked to bolster other faiths in Biddeford to help them stay vibrant despite a changing economy.

Sam was a patriot having served as a lieutenant during World War II. When he returned from his service, he and his brother took over the family business—York Bottling Company. He also invested in his community helping others establish their businesses. Because of his investment acumen, Sam's wealth grew and he was able to create the Sam L. Cohen Foundation, a private grant making foundation.

In the first 10 years of grant making, the Sam L. Cohen Foundation awarded over \$14 million to a wide range of non-profit organizations all over Maine. The bold leadership and vision of the Foundation is a driving force for Maine nonprofits. They are carrying on the quiet generosity Sam demonstrated every day of his life, supporting his community, helping the underprivileged and promoting human rights and understanding among all people. In awarding the gift, Jeff Nathanson, President of the Board of the Sam L. Cohen Foundation said, "Sam cared deeply for the community. He would be very proud to support this center and the critical services it will provide for families throughout York County."

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CONGRATULATIONS

**SAM L. COHEN CENTER**  
Therapeutic Day Services for People with Dementia

CWS Architects is honored and privileged to have been trusted with the design of SMAA's new state-of-the-art Adult Day Services Center



*SMAA Executive Director, Laurence Gross, and SMAA Finance Director, Randy Davis celebrate upon receiving our Certificate of Occupancy for the Samuel L. Cohen Center.*

# OPENING IN JANUARY



The den is the perfect space for members to gather in a more intimate setting. The bright windows overlook the garden and are the perfect place to set up a table for some cards or a game.



Come spring, the patio at the Sam L. Cohen center will start to bloom! At the heart of the patio is a granite sculpture created from stone quarried from the site. The patio will feature café tables, chairs, and plenty of benches so members may enjoy the outdoors.



The counter in the arts and crafts area offers plenty of space for clean-up. Along the back of the counter, copper plant boxes will soon be filled with greenery.

## SAM L. COHEN CENTER Southern Maine Agency on Aging

### IT'S ALL IN THE DETAILS—

by incorporating a variety of small touches in the design, we'll be able to fulfill our goal of making the center just like home through decorating elements and accessories.



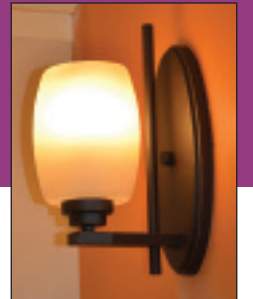
Built-in bookshelves



Stone retaining wall surrounding patio area.



Glass wall dividers offer activity separation while making the spaces remain bright, open, and inviting.



Home-like lighting fixtures.

## What's in a Name?

Very soon, we will close the door on our Truslow Adult Day Center in Saco and open our new Sam L. Cohen Center on Barra Road in Biddeford. The Truslow Center has been a place of respite and happiness for York County families who have a loved one challenged by dementia. When we welcomed our first members in 1982, the term Alzheimer's had not yet risen to common parlance. Many families had relatives who were written off as forgetful or confused. Families, at that time, did the best they could to manage but it was a constant struggle and a source of worry.

The Truslow Center changed everything. Families could now drop off their family member and know they were safe and engaged during the day. But who was John Truslow?

John Truslow was a physician who devoted his career to medical education serving as assistant dean of the College of Physicians and Surgeons of Columbia University, dean of Medical College of Virginia and dean of University of Texas Medical Branch.

Dr. Truslow's wife, Georgia, came from Maine and they retired to their summer home at Fortune's Rocks area of Biddeford in the mid 1960's. Soon after moving to Maine Dr. Truslow became research director for the Southern Maine Compre-

hensive Health Planning Agency (SMCH-PA). This agency no longer exists but served at the time as an instrumental group dealing with health planning in southern Maine.

When Southern Maine Agency on Aging organized in the 1970's to become the designated planning agency for elder services in Cumberland and York Counties, Dr. Truslow became the voluntary chairman of the Advisory Council. The Advisory Council led the efforts to study and document needs of older citizens and develop an annual regional plan laying out the agency's strategy for funding and coordinating programs to serve older citizens.

Later Dr. Truslow was appointed by then Governor Joseph Brennan to become chair the Maine Committee on Aging. The Committee and its professional staff served as an oversight and advocacy entity for statewide development of public policy and programs for Maine elders.

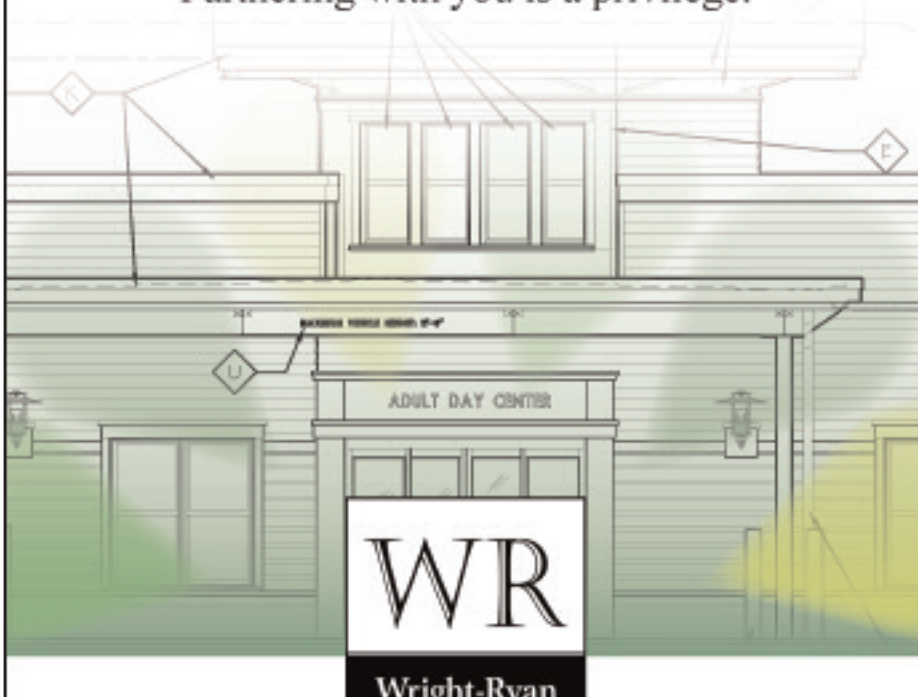
Our Saco Day Center was named for Dr. Truslow, honoring his commitment to improving the lives of southern Mainers. Our new Sam L. Cohen Center is named for another outstanding man who saw needs and sought to meet them. We won't forget all that Dr. Truslow did for us and will continue to honor him in the Sam L. Cohen Center.



The main reception area at the Sam L. Cohen Center.

## Congratulations!

**Congratulations, Southern Maine Agency on Aging,  
on the opening of the Sam L. Cohen Center.  
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have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after the plan gets your enrollment form.

Note: During this period, you can't:

- Switch from Original Medicare to a Medicare Advantage Plan.\*\*
- Switch from one Medicare Advantage Plan to another.
- Switch from one Medicare Prescription Drug Plan to another.
- Join, switch, or drop a Medicare Medical Savings Account Plan.

Excerpt provided by CMS Publication Understanding Medicare Part C & D Enrollment Periods.

\*\* You can switch to a 5-star Medicare Advantage Plan, Medicare Cost Plan, or Medicare Prescription Drug Plan once from December 8–November 30. Contact SMAA for more information at 1-800-427-7411.



"As You Like It" provides individuals 60 and older with the ability to enjoy a nutritious and delicious meal at several comfortable dining sites on your schedule.

Help yourself to a variety of meals from traditional comfort food like roast turkey with all the fixings or Maine seafood, to stir fry entrees or a chicken Caesar wrap. Most days, choose from an entree or a soup and sandwich combination. Menus change daily and feature healthy, tasty choices. All meals include a low-fat milk and either a small beverage or coffee and a choice of dessert.

If you are 60 or older, register once for a free membership card by showing your driver's license or other proof of age. Present your membership card thereafter whenever you obtain and redeem dining vouchers. Single dining vouchers are available for a suggested donation of \$5 per voucher. You may request up to 10 dining vouchers at a time.

As You Like It vouchers are currently accepted at:

- Blast from the Past, East Waterboro
- Blast from the Past Too, Scarborough
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- Café at the Atrium, Scarborough
- Café 84, Scarborough
- Impressions Café, Portland
- Jake's Seafood, Wells
- Mel's Raspberry Patch, Sanford
- Mel's Raspberry Patch, Springvale
- Pearson's Café, Standish
- Rosa Linda's Family Restaurant, Saco
- York Hospital Dining Room, York

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**MAINE ROOTS**

**Ashes to Ashes**  
By Elaine Parker



My last will and testament has been drawn up and duly notarized, my health directives are in place, but there are other final arrangements to be made. This has been on my mind for a long time. Scrolling through the internet I search for funeral and cremation services. Checking for

prices I started calling some places that are in the end-of-life business. When I reached the director of a company that quoted a reasonable price, I asked, "How much does it cost to cremate a small person?" There was a small pause and a faint chuckle. Seems the size of the person does not matter, they do not charge by the pound. No saving there. I make an appointment to meet with the director of Graves Funeral and Cremation Services. Did he go into this business because of his name?

The office is in an unassuming brick building on a busy street. On entering I am greeted by a pleasant young lady and asked to take a seat. She asked me would I like something to drink. I request water. She brings me a Dixie cup of water. Good sign, they do not waste money on bottled water. The undertaker does not hurry, seems he is in a business where the clients do not mind waiting. After about 20 minutes a middle aged, clean shaven man enters and introduces himself. He leads me to a small office, very utilitarian, nothing fancy.

Good I won't be paying for any unnecessary luxuries. I find myself wondering if he drives a Lexus. How old is the hearse? His first question is, "Do I want direct cremation with no service?" My answer is, "Yes." He then asks, "Do I want my ashes buried?" I tell him. "No my ashes will be scattered."

He tells me what the basic cost is and what it covers. It covers the cremation, refrigeration, and transferring the body from within a 25 mile radius to the crematorium, if out of this perimeter it is extra for each mile. If death is imminent I would be willing to risk a speeding ticket to be within the 25 mile limit. Frugal to the end.

Now he begins to list the items not included in the original price, a container to transport the body to the crematorium is \$145, one death certificate is included—additional ones are \$6 each. I order 5 extras to save my heirs money. Hope they appreciate it. Were there any more add-ons I began to worry. Did I have enough in my checking account, I don't want to leave this earth overdrawn. When he named the final price I have enough to cover my final expenses and to buy a cheap bottle of wine to celebrate being ready to cash in my chips. Yes, I like to gamble. He then explains to me the money is in a trust fund at a bank. The trust can be irrevocable or revocable. I choose a revocable trust I can take the money out if I change my mind and find a fountain of youth, or I can choose another funeral home. I was determined to make this process as simple as possible for those left behind. What a good feeling it was to have this arranged. This experience was not morbid at all to me, I felt like I was booking a trip to the Caribbean—not to eternity.

Elaine Parker can be reached by email at [auntiee6@maine.rr.com](mailto:auntiee6@maine.rr.com)

## Meet Author James Timmins



James F. Timmins was born, raised, and resides in Old Orchard Beach. This thrilling author is a graduate from Old Orchard Beach High School with additional education from the University of Southern Maine. His new book, *HomeGrown*, featuring the character Jack Chamberlain is the third in an action and adventure series.

As a quick synopsis "Jack Chamberlain attends the 150th anniversary of Picket's Charge in Gettysburg, PA. Explosions erupt and men were seen shredded by hundreds of witnesses. Detectives Jack Chamberlain and Claire Sanchez join Homeland Security in a pursuit across Pennsylvania into New York State of the suspects in the terrible violent acts against Americans. He will come to realize that those that are tearing the fabric of the country apart, are not from some third world country, but are homegrown."

Jimmy's first novel, *Three Card Monte*, was initially written for personal enjoyment. His middle daughter adorns the cover. He followed that up with *Marketable* in 2012. The third novel, *HomeGrown*, has his oldest daughter on the cover. Jimmy continues to write because of the response from the readers. They love the characters and the love the characters have for each other. As long as that continues, so will his writing.

Meet author James F. Timmins at Libby Memorial Library in Old Orchard. He will be presenting and discussing *HomeGrown* on Saturday, January 30, at 1PM. The library is located at 27 Staples Street, Old Orchard Beach, and can be reached at 207-934-4351 or [ooblibrary.org](http://ooblibrary.org).

## Seashore Trolley Museum

Do you like to meet and work with interesting people? Seashore Trolley Museum rolls out the welcome mat to Visitors and Volunteers alike!

The World's Oldest and Largest Electric Railway Museum welcomed nearly 24,000 visitors in 2015! Our hospitality was made possible by our hard-working Volunteers... because just as electric streetcars (better known as "trolleys") run on electricity, Seashore Trolley Museum runs on VOLUNTEERS and has for over 76 years.

### Who are We—the Volunteers?

We are people who enjoy using our skills and interests to provide museum visitors with an outstanding experience. We are people who enjoy the company of the Seashore volunteer community. In our personal lives we are doctors, lawyers, fire fighters, police officers, teachers, insurance and investment professionals, psychologists, musicians, computer and aerospace technologists, engineers, historians, lighting designers, tradesmen and even folks whose careers have been in public transit.

### What do we have in common?

We enjoy being part of the Seashore Trolley Museum VOLUNTEER TEAM! Last year more than 150 of us joined forces to contribute thousands of hours that benefitted every aspect of the museum.

### What do we do at Seashore Trolley Museum?

While many of us operate the trolleys, others work in the Town House Shop restoring and maintaining them. Still others maintain the railroad, electric overhead wires and

signal systems. Some of us work directly with the public as docents and greeters, and some of us work behind the scenes, in the library, front office, maintaining our website, on buildings and grounds projects or helping to organize special events.

### Testimonials in Support of Seashore Trolley Museum's Volunteer Program:

**Dinah T.** wrote "I love being a volunteer at the Museum; I love the people and the history. It is a pleasure to share my growing knowledge and experience with all the visitors."

**The Alzheimer's Association of Maine** wrote "Our participants—in their tour of the Seashore Trolley Museum—were truly captivated by the enthusiasm and extensive knowledge of trolley history by the Volunteer personnel whose attention and hospitality was very impressive!"

**Claude E.** wrote, "After several annual visits with my grandchildren, I became a volunteer and was assigned to help meet and greet visitors. On the first day, when I saw a smile break out a child's face when he first saw a trolley, I was hooked. My time spent at the Museum is among the highlights of my summer."

**Donna G.** wrote, "I love being a docent at the Museum. I enjoy giving back to the community and love the history of the Trolleys. Best of all are the visitors from all over the U.S. and abroad. The joy that they recall traveling by trolley car brightens my day. It's always a great day at the Seashore Trolley Museum."

### How would you like to be involved?

For further information contact the Museum Volunteer Coordinator at 207-967-2800 ext 104 or email at [volunteercoordinator@nfeerhs.org](mailto:volunteercoordinator@nfeerhs.org)

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## Trains, Planes and Automobiles

By Stephanie MacNeille

I had the good fortune, last October and November, to take a vacation in Southern California and Oregon. In another life, I used to live and work in Southern California until I retired. It was while I was thinking about a friend I used to work with, who was about to turn 90 years old, that I was inspired to go back to Southern California and visit her and a number of other friends while I was at it. I called a travel agent I know who works at AAA and told her about my fantasy trip and asked if she could work up a travel plan.

During the 90's, I lived in Laguna Beach, having moved there from San Bernardino (where my 90 years young friend lives). Laguna was fairly centrally located between most of the friends I wanted to see, so I decided to stay in a hotel there. I would rent a car and drive around to see them. One of my friends, a couple, when they heard what I was going to do, told me they would be going out of town shortly after my arrival until a few days before I left to go to Oregon. They suggested that they pick me up from the airport, go back to their home and give me her car to use while I was in Orange County.

My trip to Oregon was to visit my son Joe and DIL Rennie, who live in Klamath Falls, Oregon. So I planned to take a plane from Orange County to Portland, OR, where they would pick me up for my stay with them. When I talked with Joe about that on the phone, he said that Portland was much further away from Klamath Falls than I realized, and he had a better idea. He said there is a train that goes from LA to Oregon daily, and the best part of that was that the train

*...the train experience was one of the best parts of the whole trip, and that is really saying something.*

stopped in Klamath Falls. It took about 24 hours for the trip, and the train had what they called "roomettes". That was a room just barely big enough to put the seat cushions to good use as a bed at night. That sounded like a wonderful idea, as I hadn't ridden in a train since the early 1960's. So, I called the travel agent and told her she could eliminate the rental car in Orange County, and change the plane ride from Orange County to Oregon, to a train ride from LA to Klamath Falls, Oregon. The trip was coming together.

I am telling you a small part of a wonderful trip to the West Coast because I wanted to talk about the train. That turned out to be one of

the most fantastic parts of the trip. When you pay for the roomette, that also includes three meals a day in the dining car. I was very nervous about going to Los Angeles to Union Station to get a train because it seemed so difficult to find the station in LA and find the correct train on the correct track. I pictured huge crowds on the roads and in the station. Instead, the train experience was one of the best parts of the whole trip, and that is really saying something. The station was easily found and easily traversed to the correct track and train. The roomette was large enough to sit in and watch the world go by, and to sleep in at night. You could also keep your luggage with you. Conductors would come by an hour or so before each meal and show you a menu. They would sign you up for the hour you wanted to eat in the dining car. When the time came, they called on the loudspeaker for people in that time slot to go to the dining car and eat. The meals were good. When I was ready to go to sleep, I simply moved the cushions around so they made a sleeping surface, and I closed the window and door curtains. In the morning, the conductors came by and fixed the cushions so they were able to be used as seats again. Another amazing part of that train ride was the scenery. I took many pictures of the various kinds of landscape in California as I travelled up the state. And Joe and Rennie were at the train station in Klamath Falls to meet me when my train rolled in.

I must say, that the train experience was a wonderful part of my amazing trip, and I would recommend it highly to anyone traveling who would like to have a train experience.

of ears, and (4) a prescription drug pricing advocacy group.

The sub groups are now actively researching, defining, and attempting to convert these four efforts into well thought out, actionable plans to eventually roll out into the community. As this process unfolds the team recognizes that it is vitally important to ensure that we stay true to SMAA's mission and vision; that we carefully coordinate our efforts with those ongoing SMAA programs as well as those community-based organizations and programs that are already in existence.

To ensure alignment with the Agency's longer term plans and enlist support from SMAA leadership, John has been discussing and presenting the HCAC's plans for moving forward. Presentations on the HCAC's progress have been made to SMAA's Advisory Council, Management Team, Program Staff, and Board of Directors. In all cases the HCAC has received very positive feedback with many folks adding their support with comments, thoughts, and ideas to consider. Continuing the communication strategy of the HCAC and to reach a broader audience this is the first of more articles to be featured in future issues of Senior News.

In addition to aligning with SMAA, the HCAC has been working closely with outside organizations as well. As the four HCAC initiatives, led by each sub group, continue to evolve we have partnered with and/or met with a number of local organizations such as Maine Health, Maine Medical Center, 211, Catholic Charities, United Way, AARP Maine, M4A, Maine Quality Counts, and more.

The HCAC is finalizing plans and strategies on two initiatives—Choosing Wisely and the telephone contact program. For Choosing Wisely this sub group will be reaching out to community leaders to set the stage for extending this exciting program out to our neighbors within the immigrant and refugee communities. The telephone contact program for "at risk" individuals is close to finalizing the structure of their program and is actively working with Maine 211 and SMAA staff to map out a detailed timeline, identify staffing needs, and defining resources required to develop a trial program. The other two initiatives, patient advocate and drug pricing issues, are still being researched and fleshed out to further identify the scope, potential issues, and resource requirements.

The Health Care Advisory Council is an exciting extension of the good work that is the Agency's hallmark in Southern Maine. Our mission is to lead, orchestrate and facilitate the voice of consumers in order to create and promote a health care system in Southern Maine that is responsive to community needs and priorities. To learn more about the work of the HCAC feel free to contact John Holland at [jholland@smaa.org](mailto:jholland@smaa.org) or leave a voice mail message at (207) 396-6539.

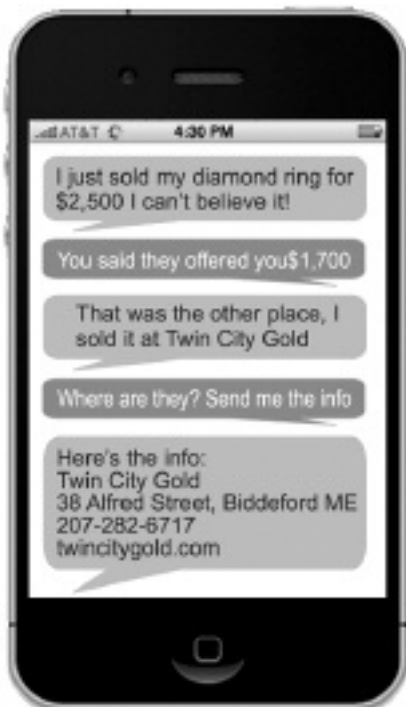


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### SMAA Joins Nationwide Health Initiative continued from page 1

development. The four initiatives that the sub groups are actively working on are: (1) a local version of the nationally recognized Choosing Wisely Campaign focusing initially on the refugee and immigrant communities, (2) a proposed telephone contact program that would allow "at risk" individuals to receive a phone call each day ensuring that they are safe while choosing to remain in their own home, (3) a patient advocate program where a "buddy" would accompany an individual to their health care provider's office and be a second set

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**SOCIAL SECURITY**

**By Elizabeth Newport  
Social Security Public Affairs  
Specialist, Portland, ME**

**The Force is Strong  
with Social Security's  
Online Services**

“There’s been an awakening. Have you felt it?”

This winter, Americans of all generations are awakening to the newest film in the Star Wars franchise, *Star Wars: The Force Awakens*. Many readers probably remember seeing the first Star Wars film in theaters in 1977. Audiences watched with fascination at the advanced technology used by the Jedi and Sith in a galaxy far, far away.

We still don’t have interstellar travel, personal robots, or holographic communication, but we now use technology in our daily lives that would have seemed like science fiction in 1977. At that time, it would still be years until the modern Internet and smart phones would be part of our lives. Now, many of us can’t imagine life without such technology.

Many people who need to do business with Social Security are finding an awakening of sorts in how easy it is to use our online services. We continually expand our online services to reflect changing cus-

tomers needs, and to provide you with world-class service that would even have interplanetary traveler Han Solo saying, “Chewie, we’re home.” Our online services are convenient and secure, and allow you to conduct much of your business with us from the comfort of your home, office, or space freighter. (Not all services are available in all galaxies).

For instance, you can use our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) to apply for retirement, spouse’s, or disability benefits online. You can also apply for Medicare and *Extra Help* with your Medicare prescription drug costs on our website. We also have online benefit planners to help you estimate your future retirement, disability, and survivors benefits.

You can open a free personal online *my Social Security* account, where you can keep track of your annual earnings and verify them. Why is that important? Because your future benefits are based on your annual earnings. With your account, you can also get an estimate of your future benefits if you are still working; or, if you currently receive benefits, you can use your account to manage your benefits, and get an instant letter with proof of your benefits. You can also request a Medicare card replacement.

“The force is calling to you. Just let it in.” This winter, check out our online services and join the millions

of other Americans who have already awakened their own personal *my Social Security* accounts. A *my Social Security* account is a force to be reckoned with. And you don’t need to be a Jedi to have one.

Learn more at [www.socialsecurity.gov](http://www.socialsecurity.gov). Once you go online, this force will be with you ... always.

**Social Security Evolves  
to Serve Customers**

Social Security is at the forefront of adapting and meeting the ever-changing needs of our customers. Technology plays an important role in helping us provide the world-class customer service America expects and deserves. And we’re changing to keep current with new laws and judicial rulings as well.

One way we’ve evolved is by developing the *my Social Security* account. Once you enroll for a free account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount), Social Security can help you estimate your future retirement or disability benefits, or manage them if you are already receiving benefits. You can do all of this easily and securely from the comfort of your home or office.

Social Security listens to your needs as we improve the technologies that enhance the customer experience. We continue to look for new

services to add to *my Social Security* to make it an even more powerful resource for you and your family.

Another way we’re evolving is by adapting to legal and social changes. In 1935, when Social Security was created, the definition of “family” was different than it is today. On June 26, 2015, the Supreme Court issued a decision in *Obergefell v. Hodges*, holding that same-sex couples have a constitutional right to marry in all states. As a result, more same-sex couples will be recognized as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments.

Not only have we adapted to provide benefits for same-sex spouses, but transgender people can now change the gender marker on their Social Security records based on identity, with no requirement for re-assignment surgery.

Our mission at Social Security is to deliver services that meet the changing needs of the public. By keeping the public informed of their benefit estimates with *my Social Security* and adapting to our changing society, we will continue to achieve our goals and help you achieve yours. No matter who you are, you deserve the benefits of Social Security. Find out more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

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## From the Director's Desk

continued from page 1

ter in the coming weeks. I guarantee you will be impressed with the warmth and hominess of both Centers and with the engaging programs that are offered to both the members and their caregivers. It is such a pleasure to see all the research and ideas discussed come to life.

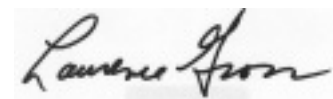
In 2016, SMAA will continue to fundraise for the final \$1million endowment phase of the campaign. The endowment will provide both operating support and scholarship support for qualifying members and their families.

## In Memoriam

Tim Stewart, a longtime friend and benefactor of SMAA passed away in December after living for many years with front temporal dementia. Tim and his wife Howsie were instrumental in jump starting the fundraising efforts for the Campaign to Create a Better Day following many years of involvement as donors and volunteers. In recognition of their contributions and tireless devotion to SMAA, the Stewart Center in Falmouth was named in their honor. Tim will always be remembered for his irreverent humor, his generosity of spirit, and his philanthropy for the people and organizations he cared so deeply about. I am very pleased that his legacy will live on at the Stewart Center.

## Legislative updates

As I write this column, it appears that the federal budget will pass within the next few days and will maintain level funding for several critical programs SMAA delivers in southern Maine—most notably the Family Caregiver Support Program and State Health Insurance Assistance (SHIP) Programs. Nutrition programs, including Meals on Wheels and congregate dining will see a slight increase in funding—their first in five years. These federal funds provide an important but incomplete foundation for our annual budget. In order to draw down full allocation of the federal funds, every year SMAA must give a 15% “match” of state, local, and charitable contributions. That is why your personal contributions to SMAA are so important and can make a huge difference! Without your generosity, SMAA programs would be significantly diminished in our capacity to meet the growing number of older adults looking to us for information and advice.



**Laurence W. Gross**  
Executive Director



## What is your Legacy?

**“It isn’t how many years one spends on earth that matters, but the legacy left from your many years.”**

This quote was made by an anonymous person but it speaks volumes. Ideally we’d all plan to depart from earth the day we spent our last dollar. Most of us are taught from a young age to save to ensure we have enough to sustain us. That means most of us die with remaining assets. What happens to those assets is something we all need to plan for. Leaving children, nieces or nephews and trusted friends in a will is a lovely and kind thing to do.

One way to ensure your legacy lives on would be to plan, with your attorney’s help, to leave a gift to a charity, like the Southern Maine Agency on Aging. In addition to creating a living legacy, it’s a helpful way to manage taxes on your estate. When you honor a group like SMAA with a gift from your estate, you can decide the way in which you want your support to be designated and recognized.

Kate Putnam, Director of Development and Marketing for SMAA, frequently meets with donors who wish to make a legacy gift. The gift needn’t be large to make an impact.

Kate explains, “An organization like ours is uniquely positioned to honor all size gifts and ensure that they are celebrated and honored in perpetuity. It’s a privilege to help one of our donors design a lasting gift. Often, people wish to support a program they’ve participated in our Agewell or Caregiving classes. Or they seek to honor the way a loved one was cared for at the Truslow Center or the Stewart Center, adult day centers for people with dementia. Some donors have volunteered as a Meals on Wheels driver. They’ve seen first-hand how delivering a meal, a smile and kind word has made the difference in the life of someone who is home bound.”

If you’d like to leave a legacy to celebrate your years, your life, contact Kate Putnam at 207-396-6590 to begin the discussion.

## Commodity Supplemental Food Program

### Would you Like to Receive Free Food?

The Commodity Supplemental Food Program (CSFP) provides individuals 60 and older with 30 pounds of commodity food items such as dry pasta, cereal, canned meats and vegetables, and cheese.\*

- Are you 60 or older?
- Is your income under \$1,276 per month for one or \$1,726 for two?
- Would you be able to pick up the food once a month in a designated location in your county?

If you said yes to all three, you may be able to receive a 30 pound box of food through the CSFP. Please request an application from our office at 396-6583, complete it, and return it to begin the process.

If you are concerned about being able to pick-up the food each month you can designate a family member, friend, or neighbor to pick up the food on your behalf by completing and returning a proxy form with your application.

Please mail your completed application to:  
Southern Maine Agency on Aging  
Attention: CSFP  
136 US Route One  
Scarborough, ME 04074

**NOTE: There is currently a waiting list for the program. Openings in the program come up monthly. We will contact you as soon as you can begin your pick-ups.**

\*The US Department of Agriculture supports the Commodity Supplemental Food Program. Actual package contents may vary from month to month but will meet the 30 pound guidelines.

## Need Help Balancing Your Monthly Bank Statement?

**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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## A Matter of Balance Coach Training

### Tai Chi for Arthritis

Tai Chi is a 24-week program, offered in three, eight-week segments. Classes meet twice a week for eight weeks. The cost is \$89 per eight-week segment.

January 11 – March 14, Monday & Wednesday, 3-4PM, The United Medial Gym, South Portland

January 12 – March 10, Tuesday & Thursday, 9-10AM, J Richard Martin Community Center, Biddeford

January 12 – March 10, Tuesday & Thursday, 9-10AM, Woodfords Congregational Church, Portland

January 12 – March 10, Tuesday & Thursday, 8:45-9:45AM, SMAA Main Office, Scarborough

January 12 – March 10, Tuesday & Thursday, 10-11AM, SMAA Main Office, Scarborough

To register or for more information, please call 396-6583 / 1-800-400-6325.

A Matter of Balance is a nationally recognized program designed to reduce the fear of falling and encourage physical activity. The workshop is conducted over eight sessions, meeting weekly or twice weekly for two hours per session. Meetings are led by trained volunteer leaders.

We are seeking individuals who are interested in becoming A Matter of Balance coach and who will lead classes in the community. Training is free and will be held over two days at the SMAA Main Office in Scarborough in late January (dates to be determined).

For more information and to register, please contact: Anna Guest at 396-6529 / aguest@smaa.org or learn more online at [www.smaa.org/falls.html](http://www.smaa.org/falls.html)

## A Big Welcome to Our New Agewell Coordinator, Anna Guest!

Anna received her Bachelor of Science in Applied Exercise Science from the University of New England, and her Masters of Occupational Therapy from the University of Southern Maine. She is passionate about health promotion in a community based setting. She is thrilled to be joining the Southern Maine Agency on Aging and to be working with the Agewell programs. Prior to coming to the Southern Maine Agency on Aging, Anna worked as a Rehab Tech and Direct Support Professional at Goodwill Industries of Northern New England, and as the Director of Activities at Kindred Assisted Living – Village Crossings. When she's not at work you can find her practicing yoga, doing crafts, and learning to play the guitar. Check our website for a listing of Tai Chi and Matter of Balance classes.



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# VOLUNTEER SERVICES & RSVP

“An Invitation to Make a Difference”

## After 60 Years, A Reunion to Remember

**V**et to Vet participant Thomas Ewing received a very special visitor in November—a fellow soldier who had served with him in Korea in the 1950s. Dave Smith traveled from Wisconsin to say thank you to Ewing, after a lifetime of searching for the man who watched over him in Korea.

Smith, now 86, was a 19-year-old recruit when he served with Ewing, then 32. Ewing reassigned Smith, a move that the younger soldier believes saved his life. After the war, Smith tried to reconnect with Ewing to thank him. After an unsuccessful 50-year search, he gave up the effort about 10 years ago, believing that Ewing had died. Smith’s

daughter, however, finally found Ewing, now 99 and a resident at the Maine Veterans’ Home in Scarborough. The veterans’ home helped arrange the reunion between the two soldiers.

When the two soldiers finally met again, TV news crews from all the local stations recorded the long-awaited reunion. Ewing greeted his visitor, “Glad to see you. Been a long time.”

“Sixty-some years,” replied Smith, who flew from Wisconsin with his wife for the reunion. If it hadn’t been for him,” Smith told family members and friends gathered for the meeting, “we might not be having this party.”



**Vet to Vet volunteers received pins marking their service from Senior Corps, a program of the federal Corporation for National and Community Service, at a breakfast honoring veterans and hosted by the Rotary Club of Portland. U.S. Senator Angus King gave the keynote speech at the event, held in Portland on Veterans Day. Photo top row, from left: Brig. General Hugh Corbett (Asst. Adjutant General, Maine Army National Guard), Wendy Wren (Army), Robert Sanford (Army), Karl Smith (Army), Dick Sproul (Navy), Tom Heels (Army), Senator Angus King (I-ME), Tom DiPasqua (Air Force), Lynn White (Army), George DeGeorge (Army), Major Adam Sacchetti (USMC Alpha Company, 1st Battalion 25th Marines). Bottom row, from left: Vet to Vet Coordinator Susan Gold, Rolande Raymond (Army), Ed Zink (Air Force), Pamela Smith (Army). Missing from photo: Floyd Hastings (Army).**



**News crews film the reunion of Vet to Vet participant Thomas Ewing, seated left, and Dave Smith, seated right. Family members and friends are shown in the mirror taking their own photographs of the event at the Maine Veterans’ Home in Scarborough.**

Photo Credit: Devin Robinson, Maine Veterans’ Homes.

## Vet to Vet Volunteers: Much Accomplished with Help from Friends

### Two New Friends

**V**et to Vet volunteer Bob Beane transported a veteran from his home in South Portland to Togus for a neurology appointment—with less than a day’s notice. The DAV shuttle runs only on Mondays and Fridays, and the veteran’s appointment was on a Wednesday. When Maine Veterans Services officer Matt Haley could not find a ride for the veteran, he contacted the Vet to Vet program to see if anyone could help. “The veteran was VERY

relieved to have a ride to Togus,” Matt reported when Bob volunteered for the assignment after hearing about the veteran’s plight the previous evening. Bob, who spent much of the day with the vet, said it was a chance to “pay it forward.” He added, “Now we are two new friends.” That’s the result with many of our Vet to Vet pairs: they become good friends.

### New Wheels

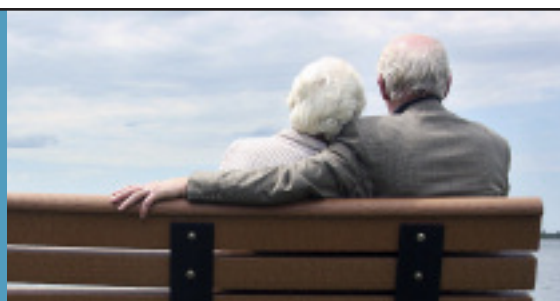
Thanks to the joint efforts of several people, Vet to Vet participant Ed Richardson now has an electric wheelchair. Pauline Armstrong notified us that she would like to donate her late husband’s wheelchair to a veteran in the Vet to Vet program if possible. “He would want it to go to a veteran,” she told



**Peter Wilson, left, delivers an electric wheelchair to Vet to Vet participant Ed Richardson. The chair belonged to the late William Armstrong and was donated by his widow, Pauline Armstrong.**

Photo credit: Tom Heels

We’re here to help you live life to the fullest.



Whether it is you or a loved one, growing older is an experience we all share - and it doesn’t mean giving up a healthy, active lifestyle. At Maine Medical Center’s Geriatric Center we understand the importance of maintaining your well-being as you grow older and are dedicated to providing family-centered treatments that improve the quality of life for you and your loved ones.

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MMC Geriatric Center ■ 66 Bramhall St., Lower Level, G-1 ■ Portland, ME 04102



Vet to Vet coordinator Susan Gold. Sadly her husband, William Armstrong, died before his Vet to Vet volunteer could visit him. Vet to Vet volunteer Tom Heels claimed the wheelchair for his vet, Ed Richardson, who is housebound and until now has relied on a manual wheelchair. Peter Wilson, husband of SMAA employee Becca Wilson, volunteered to pick up the wheelchair in Kennebunk and deliver it to South Portland. "It was a pleasure to help out and a great way to celebrate Veterans Day," Peter said after making the delivery. Ed's caregiver, Jayne Bragdon of Comfort Keepers, used her expertise to download an instruction manual and charge up the wheelchair. Ed's friend ordered new foot rests for the chair and installed them. Now Ed, who fought in the Battle of the Bulge, has a big smile as he wheels around his home in the chair.

## Volunteer Help Wanted

**T**he South Portland School District is looking for volunteers to provide tutoring in basic reading and/or math skills to students in South Portland elementary schools. By giving just a few hours a week, volunteers can provide the individual attention that helps to bring out students' capabilities and help them achieve success in school!

**Short Term Research Volunteers** needed for a three-month project beginning in January 2016. Do you have enthusiasm for Meals on Wheels and enjoy working the phones in order to increase the number of referrals of patients to Meals on Wheels? The project will require researching addresses/ phone numbers; calling health providers with the help of a script; follow-up by mail; recording calls in a database; and tracking results of calls.

For more information about these, or other volunteer opportunities, please call SMAA Volunteer Coordinator, Angie Millington at 396-6595 or e-mail [amillington@smaa.org](mailto:amillington@smaa.org).

## New Volunteers October/November

Austin Becicka  
Kenneth Davis  
Jackie Eiselen  
Richard Farr  
Judy Genesis  
Rebecca Judd  
John Kiernan  
Merle Marie Troeger  
Beverly Murphy  
Martha O'Grady  
Samantha Owens  
Ruth Solow  
Linda Sprague-Lambert  
Marjorie Vaughan  
William Wark

## Train to Become a Support Provider in Your Community

**W**e all know that Maine has the oldest population in the country and that none of us are getting any younger. Aging is not a disease it is just a phase of life and as the saying goes "what's the alternative?" As we age through life our bodies change. One of the unpleasant side effects of aging can be loss of sight from many causes including macular degeneration and loss of hearing—also from many causes including maybe all that rock and roll we listened to as kids. No matter how it happens the effects of hearing and sight loss have severe effects on the social side of our lives. Many older people begin to close themselves off from social affairs because they cannot hear what is being said or see what is happening. This can make for a very sad and isolated time in life for many. No one enjoys feeling left out.

RSVP of Southern Maine in partnership with the IRIS Network is recruiting volunteers to train to be Support Providers to people who are losing their sight or hearing. A Support Provider will be able to help those affected with hearing or sight loss get back into the action by acclimating them to social situations once again. For instance, a typical volunteer may escort a person with macular degeneration to the grocery store, familiarize them with the aisles and the products there so they can shop for themselves once again or help a hard of hearing person attend a zoning meeting about his/her neighborhood and understand what it being said so that he/she can contribute an opinion on how the zoning change may affect him. These simple interventions can help bring a person off the sidelines of life and back to full involvement in the world.

If you would like to become a Support Provider please call 396-6595 or e-mail [volunteer@smaa.org](mailto:volunteer@smaa.org) to register for the January 21 and 22 training. Snow dates are January 28 and 29.

## CATCHing Some New Programs:

Coming this Year

**C**ATCH Healthy Habits for Older Adults will be offering four new classes this year in addition to the four currently being offered. New classes will include: protein, dairy, fiber, and eating healthy on a budget. Together with the existing classes: sugar, fats, salt, and produce—new healthy habits will be sure to CATCH on.

Each class is free, lasts an hour, and includes a snack, nutrition lesson, and exercise demonstration. Classes will be listed in Senior News and on our website as they are available.

### GO Snack Match

Our new game (based on a New England favorite—beano) has become quite popular with several of our classes. The game is played similar to bingo/beano with a focus on healthy snacks. Instead of calling out "BINGO", you call out "Tuna Canned in Water".

Tuna fish can be a great healthy food option. Did you know that tuna has 23 grams of protein per 3.5oz. serving. Protein is important for muscle, skin, hair, blood, and nail health.

- Choose chunk light in water to lessen mercury—safely eat up to 12 oz./week.
- Omega-3 fatty acid helps prevent high blood pressure, avoid the risk of a stroke.
- With just two servings of tuna a week, you can lower your triglyceride levels.
- Low on the glycemic index (GI) with a GI rating of 0, and is low in both calories and fat, making it a good food choice for those struggling with obesity.

Prizes include samples of the snacks we discuss. Fruits, vegetables, tuna, whole wheat crackers and 100% fruit juices are just some of the ideas.

## A Volunteer Experience — by Jean MacDonald

"I have been helping to teach a class on CATCH at the rec department in Standish. As part of the class we are able to hand out the Exercise & Physical Activity Guide provided by the Go4Life program. When we start each class we try to share progress during the week with our diet and exercise. One participant has shared with us on two different occasions how much she enjoys the guide. She has been doing the exercises and finds them very helpful. The exercises are clearly shown with pictures and she finds them easy to follow. I have shared with the group that I experienced an injury and was given a series of exercises that were in my mind too "easy" to make a difference but when I finally did do them, I found that they really did help me.

Many seniors do not have a ready supply of exercise material in their home. Also they may not be comfortable searching on line to find material. This guide was a wealth of information for this participant. She shared that she had broken her hip in the past. I surmise that she may have been a bit reluctant to try to start an exercise program on her own in her home. This program has helped her find resources that have allowed her to find a way to start a program that she feels good about doing."

### Testing Your Knowledge


Congratulations go to Fred Rowan! He won the \$25 Hannaford's gift certificate by correctly answering the nutrition and exercise quiz in the last issue of Senior News. Thanks to everyone who participated!

If you would like to assist others in improving their fitness levels, using low-impact exercises, or if you would like to bring CATCH Healthy Habits to your group, please contact us to learn more: Sharon at 396-6523, or e-mail [ssschulberger@smaa.org](mailto:ssschulberger@smaa.org).

*CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation.*


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## How Did You Sleep?

By Don Kopp



Just out of college, I was visiting a friend at his parent's home. Following my first night, as I entered the kitchen my friend's mother turned from a pan of bacon and asked, "How did you sleep?" I was stumped. Eventually I managed a "Fine" or "Swell," but what I was thinking was: "How did I sleep? Well, I got into bed at eleven, closed my eyes, and opened them at seven. Isn't that how everyone sleeps?" Shakespeare could have taught me how spectacularly ignorant I was. In *Romeo and Juliet* we read:

*Care keeps his watch in every old man's eye,  
And where care lodges, sleep will never lie;  
But where unbruised youth with unstuff'd brain  
Doth couch his limbs, there golden sleep doth reign.*

Over time, as grownup cares indeed began robbing me of the "golden sleep" of "unbruised youth" and "unstuff'd brain," I went with the time-honored counting of sheep, except that I counted them jumping over a fence backwards. Mock me if you will, but that worked just fine for a number of years, thank you. These days my go-to strategy is starting with the number 24 and

counting backwards slowly, thinking the word *sleep* between each number. But if I sense that something more heavy-duty is going to be required, I recall a happy experience and then with each descending number imagine a sequential step. If, for example, I choose going for a walk with the dogs, at 24 I open the back door and let the dogs barrel out; 23 gets us across the brook, tails wagging—theirs not mine—and so on. But if none of that works, I switch to creeping relaxation, starting with the tips of my toes and working slowly upwards. This is effective, except when I can't remember the word *sternum*.

My wife has elevated counting backwards to a new level. She starts with a number, the magnitude depending on what she feels necessary that night, and then counts backwards, increasing each backwards count by one digit. For example 444 minus 1 is 443, 443 minus 2 is 441, 441 minus 3 is 438, and so on. Because this becomes increasingly challenging when double-digit subtractions come into play, sleep offers a welcome relief.

Before trying any of these counting stratagems, you will want to come to grips with why we say *fourteen, sixteen, seventeen, eighteen, and nineteen*, but not *oneteen, twoteen, threeteen, and fiveteen*. Sleep was doomed the night I noticed that inconsistency. I also sug-

gest deciding in advance whether you will be imagining your numbers as numerals or words. I am a words guy.

Web M.D. offers these suggestions, apparently not in an effort to be funny: 1. Get out of bed. (Right, who can sleep in a bed?) 2. Don't stare at the clock. (Maybe another way of saying, "If you want to sleep, try closing your eyes.") 3. Keep the lights low. (What? Sleep in the dark? Why didn't I think of that?) 4. Keep a sleep diary. (In which I would say what?) 5. Talk to your doctor. (At 3AM?)

A survey of the people with whom I play bridge was more productive. One of them endorses controlled breathing, repeatedly inhaling as much air as possible, pausing, and then exhaling slowly and completely. Probably best to warn a bedmate before launching that one. My bridge partner listens to the purring of her cat. I asked, "What if the cat is asleep when you awake in the middle of the night?" She replied, "I wake her up. With the cushy life that cat leads, it's the least she can do for me." For those allergic to cats, my friend recommends a cat-purring recording. For sleep-inducing white noise, another in our group says that the TV show *House Hunters International* is the cat's meow. Still another sings songs from the musical *Carousel*, drifting off immediately following "You'll Never Walk Alone." One woman imagines Frank Sinatra singing just to her. She alternates among "You Make Me Feel So Young," "Strangers In The Night," and "Just The Way You Look Tonight." If those fail, her Ol' Blue Eyes go-to is

"One For My Baby (And One More For The Road)." Our most senior player thinks about how many towns and cities in New England she can come up with that begin with a vowel. Since hearing this, I've tried it and can recommend it. For particularly challenging nights, you might consider including the entire alphabet and all of America. If towns and cities get stale, you could try countries, or bodies of water, or movie stars, or fruits. Although no one mentioned drinking a glass of warm milk, one fellow finds room-temperature Scotch to be effective. Another swears that eating exactly eight cherries just before bedtime works like magic. I also learned that prescription marijuana guarantees one a first-class seat on The Dreamland Express.

About passages we know by heart, we say that we could say them in our sleep. One of our gang says the *Hail Mary* prayer into her sleep, as she has every night of her life since learning it as a child. In football a last-ditch attempt at a winning touchdown pass is called a *Hail Mary*. So if Shakespeare's line "sleep that knits up the raveled sleeve of care" is playing hard to get, you might want to give a *Hail Mary* a shot.

The variety of sleep-inducing tactics used by the small group that I sampled surprised me and made me wonder if there are other helpful techniques that Senior News readers have discovered. If you have a tried-and-true strategy, which you would be willing to share, I would love to hear about it.

Don Kopp can be reached at [donkopp@sacriver.net](mailto:donkopp@sacriver.net)



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A legitimate caller will already have this information and **WILL NOT** ask for it over the phone.

If you would like more information about personal information safety, please call 396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist.

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Meals on Wheels is more than just a meal; it is also a wellness check and friendly visit. Volunteers and staff are trained to make sure that clients are safe when they make their delivery. This brief check helps to provide peace of mind to our clients and their families.

You may qualify for our Meals on Wheels if you are:

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For more information please call 1-800-400-MEAL (6325) or visit us online at [www.smaaa.org](http://www.smaaa.org).

## A Chance Encounter in Yarmouth

By Benjamin Sholl

This is a story about two men who at one moment knew nothing of each other, and the next moment shared a lasting bond, all brought about by a chance encounter. My name is Benjamin Sholl and I graduated from The Stony Brook School in 1994. I now own an in-home care agency for seniors in the state of Maine.

In June, I met with a new client, Vernelle W. Dyer, Jr. His daughter, Dee Dyer joined us for the meeting. We started by discussing services

he might need, but soon the conversation shifted to stories about the past. Dee and Vernelle showed me a photo collage displaying some of Vernelle's past and life-defining moments. Vernelle pointed to one picture in particular, and paused for a moment. I could see him collecting his thoughts.

It was a black and white photograph of a dignified young man. Vernelle began to explain that the photo represented his experiences as an athlete, and the role this played in his development as a man. I was drawn to the photo and the building in the image. There was something about it, but I couldn't quite place it. It was then that Dee said Vernelle had attended a private school on Long Island, The Stony Brook School, Class of '36. For the next 20 minutes we spoke not like new acquaintances, but like brothers. Two men, who only moments earlier didn't even know the other existed, now shared memories from some of the most pivotal moments of their lives. Walking the same halls of Johnson,

Gabeliene, Chapel, and others, some 58 years apart, and then, meeting in a small town in Maine, in 2015!

When Vernelle speaks of Stony Brook, his face lights up. He explained the profound effect that both the challenging academics, access to a wonderful wrestling and tennis coach, and a biblically sound education, had on him as a young man. Vernelle's parents were missionaries in Burma at the time, and being away from his family did not come easy to Vernelle. He credits chapel and the school's supporting him in the pursuit of God's plan for his life, as the reasons he made it through with such success. Vernelle said with a smile and a wink, "Character Before Career Ben!" Our conversation covered everything from meals and dorm life, to our experiences with both success and growth on the sports field. Both Vernelle and I agreed that looking back, we were and are so fortunate to have had the opportunity to receive such a wonderful education in a place where our character could be devel-

oped at some of the most critical years of our lives. Vernelle continues to live a very successful life today as both a father and a grandfather. He speaks of his children with such pride in his voice. At the end of our discussion, we talked about taking a trip together down to Stony Brook to visit the school once again. I am not sure this will happen, but I will hold this chance encounter close to my heart.

*Native Mainer, Benjamin Sholl is the owner of Friends in Home Care of Maine in Yarmouth. When not busy helping Maine's seniors stay in their homes, companionship, help with errands, and personal care, Benjamin is a father to three beautiful girls.*



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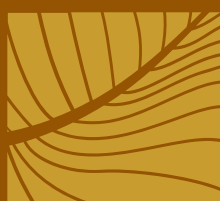


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