



From Megan's Desk

Happy New Year!

As I mark my first winter in Maine and my first New Year's at SMAA, it's exciting to think about the year ahead.

For almost 50 years, SMAA has been the place to go for answers about aging in York and Cumberland counties. In 2020, we want to continue to make SMAA the best place to go for answers about aging, unbiased health insurance information, options counseling, volunteer opportunities and nutritious, delicious home delivered meals. The need for SMAA programs and services continues to grow each year and I know the new decade will bring an even greater level of need for older adults in southern Maine. I am resolved to make sure that adults who need our help will continue to receive it.

In 2020, SMAA will continue to continue to change the conversation around dementia and Alzheimer's disease. There are few among us who have not been touched in some way by Alzheimer's. There is great research being done to combat and eventually find a cure for the disease, but in the meantime caregivers struggle with asking for help and friends, business associates and neighbors unknowingly contribute to the social isolation by pulling away from the relationship. I urge all of us to keep the dialogue moving forward in 2020 so no family experiences the perceived stigma of this disease.

I am committed to reframing the way we all think about aging. Aging is something we are ALL experiencing—no matter the date and year attached to the birth certificate. I recently attended a workshop with peers from around the state who are involved in the aging network.

continued on page 5



Creating Happy Holidays for Southern Maine Seniors

This year we were fortunate to receive an incredible amount of support from our local communities to help make the holidays a bit brighter for 250 needy seniors in southern Maine. Items collected included a myriad of toiletries, small household items, gloves, faux fur cowls, entertainment books, and more! Additionally, we were able to collect over 500 cans of soup as part of our recent soup drive. Thanks to your generosity, every gift recipient will receive cans of delicious soup in their gift bag.

We'd also like to thank the second graders at Frank I. Brown Elementary School in South Portland for making holiday cards to send to Meals on Wheels clients in their community.

Lastly, thank you to the L.L. Bean staff members and Maine Senior Games volunteers who served as elves for a morning and helped us stuff hundreds of gift bags.

Thank you all!

Thank you to the following donors:

Coastal Women's Health Care
Friends of SMAA
Home Instead
L.L.Bean for Business/International
Maine Senior Games Volunteers

Maine Senior Women's Basketball
MMP Surgical Care
Nancy "Fanci Nanci" Robinson
SMAA Staff
Texas Instruments



L.L. Bean staff thoughtfully assemble holiday gift bags for Meals on Wheels clients.



Maine Senior Games volunteers wrapping holiday presents for older Mainers.



L.L. Bean and SMAA staff organize and stuff holiday gift bags for Christmas day delivery to Meals on Wheels clients.



Eddie Woodin with SMAA staff, modeling donated "Fancy Nancy" handmade cowls. L to R: Meredith Anderson, SMAA; Kathy Baxter, SMAA; Eddie Woodin; Megan Walton, SMAA CEO; Liz Thompson, SMAA.

Dave Delivers!

If you're familiar with the Southern Maine Agency on Aging, you know that we rely on volunteers to extend our reach into the communities we serve. At this time, we have over 580 volunteers serving the agency and the wider community.

Dave Harris is an example of one of our most loyal volunteers. Dave delivers Senior News to 261 locations in York and Cumberland counties. He starts with picking up bundles of newspapers when they come off the press in Lewiston and



then crisscrosses the towns in two counties to be sure Senior News gets to the all the libraries, town halls, medical practices, senior centers and all the other locations where our readers pick up Senior News. Dave's dedication to SMAA can't be overstated. Last year, he needed to have surgery. Incredibly, he scheduled it between issues, so he wouldn't miss a delivery.

This is not Dave's first newspaper job. When he was seven years old, he had a paper route in Portland covering 36 houses. He was raised in a family where everyone

was expected to work. During his career, Dave was a salesman for an industrial supply company covering a wide territory. He and his wife also rehabbed buildings creating affordable housing units in the Augusta area. In addition to a busy career and family life, Dave was an active volunteer with many civic groups including the Lions' Club.

"I love delivering Senior News. Volunteering helps the community and helps me stay young." Dave told us during his interview.

"We are so grateful to Dave for his dedication. Senior News allows us to share valuable information on aging issues and our programs to older adults in southern Maine. He is an example how volunteers help us meet our mission in the community," added Megan Walton, SMAA's CEO.

When Dave isn't delivering Senior News, you'll likely find him pursuing his passion for golf at his favorite course, Mere Creek in Brunswick. You won't find him in a cart, he always walks the course to be sure he gets his daily exercise!

Have questions about Senior News?
Call 396-6594 or email seniornews@smaa.org

Southern Maine
Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074



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

Message from Leadership

Dear Friends,

As we head into 2020, we are pleased to report that the Southern Maine Agency on Aging was able to provide critical services to more than 23,000 older adults in Cumberland and York counties during the 2018-19 fiscal year. We delivered 176,629 meals to home-bound older adults—a record number for the Agency—and helped more than 2,600 Medicare beneficiaries make informed choices about their healthcare coverage. This was in addition to the many other programs and services SMAA provides to the community.

Working to enhance our mission to Create Better Days for older adults, adults with disabilities and the people who care for them requires the generosity of many community volunteers and donors, as well as the caring expertise of our staff. In 2019, 608 dedicated volunteers provided more than 36,000 hours of service to SMAA, the equivalent of 18 full time employees. The Agency could not serve the needs of the community without this extraordinary group of talented individuals. This year, one particular group of volunteers, the Medication 1-on-1 Team, comprised of four highly accomplished Medicare volunteers, received the Governor’s Award for Outstanding Volunteer Team. The award recognizes a team of volunteers who have committed significant time and effort to improving the life of individuals or the community through volunteer service. In just two years, the Medication 1-on-1 Team has helped SMAA clients lower their prescription drug costs and has saved those clients nearly \$95,000.

During this past fiscal year, SMAA successfully consolidated the adult day centers to concentrate programming at the Sam L. Cohen Day Center in Biddeford. We were able to transition members from the Stewart Center by providing transportation from a convenient Falmouth location and our Scarborough office.

In other good news, the Agency continued to strengthen our partnerships with healthcare entities, businesses and municipalities through contracted service agreements. In 2019, SMAA contracted with MaineHealth Cardiology to provide heart healthy meals and well-being assessments to high risk patients. SMAA also negotiated a contract with Martin’s Point Healthcare to provide several Healthy Aging classes as well as post-discharge meals and wellness assessments for a segment of their Medicare Advantage clients. The Agency partnered with more than 40 businesses and organizations to bring SMAA classes and programs directly to their employees.

As the need for programs and services grows each year, we are extremely grateful for the generosity of our community members and donors. Last year, 1,688 donors contributed more than \$760,000 for critical operating support, including \$212,000 in grant funding from both private and corporate foundations. These donations make it possible for SMAA to Create Better Days for older adults in southern Maine.

In June, Larry Gross, SMAA’s long-time CEO, retired after serving the Agency for 41 years. Although he left big shoes to fill, we are excited to welcome Megan Walton as Larry’s successor. Megan was the former COO of Amara, a non-profit organization serving children and families in Seattle, WA. She began her new position at SMAA in August. One of Megan’s priorities for leading SMAA into the next decade will be to help reframe the message around the positivity of aging. We are ALL aging and gaining experience and knowledge at every step of our life journey. It’s time to celebrate the positive momentum of aging!

Sincerely,

Mary Jane Krebs
Chair, Board of Directors

REPORT TO THE COMMUNITY 2019

Community Partnerships

- SMAA worked with close to 40 local business and organizations to bring informational sessions and programming directly to their employees, members or clients. Sampling of organizations include UNE, MEMIC, Portland Pipe Line Corp, Hussey Seating, Sabre Yachts, Moody’s Collision, LambertCoffin, The Park Danforth, OceanView at Falmouth, InterMed, UBS Financial Services and BIW/Ameriprise
- SMAA and DC Management LLC renewed their partnership to provide residents of Plummer Senior Living in Falmouth with an on-site, part-time resource coordinator as well as a variety of wellness programs to include falls prevention and Medicare Information.
- SMAA renewed and expanded a partnership with the Town of Yarmouth for a dedicated part-time Community Resource Specialist to support their Aging in Place Program by providing assistance with resources to aging residents and their caregivers. The town of Yarmouth is also working closely with SMAA’s Volunteer Services Program to build new services in their Aging in Place Initiative to include Handy Man and Friendly Visitor volunteer services.
- SMAA has been contracted by MaineHealth Cardiology to assist 80 patients in York and Cumberland Counties who have chronic heart failure. SMAA’s role is to deliver heart healthy food directly to the patients’ homes and to work closely with patients on a personalized plan that is designed to help patients thrive in their home and community.
- SMAA has been contracted by Martin’s Point to bring the falls prevention program Healthy Steps for Older Adults to Martin’s Point Generation Advantage Members in the state of Maine.

BOARD OF DIRECTORS 2018-2019

PRESIDENT:
Mary Jane Krebs, APRN, BC
VICE PRESIDENT: David Smith
SECRETARY: Susan Keiler
TREASURER: Denise Doyon

BOARD MEMBERS

Jeffrey Aalberg, MD
Terry Bagley
Stephen Braverman
Marie Gerrity
Ann Hastings
John Holland
Jeffrey Holmstrom, DO
David McDonald
Betsy Mead

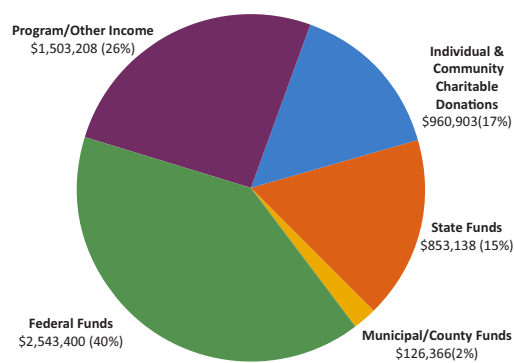
ADVISORY COUNCIL 2018-2019

Paul Doherty, Jr., Chair
Lisa Becker
Robert “Bob” Dunfey
Hon. Jill Duson
Janice Goldsberry
William Hall
Betty Hauptman
MaryEllen Joyce
Sheriff William King
Leslie “Les” LaFond
Ronald Morton
Kate Noonan
Misha Pride, Esq.
Carol Schoneberg
Beverly Soule

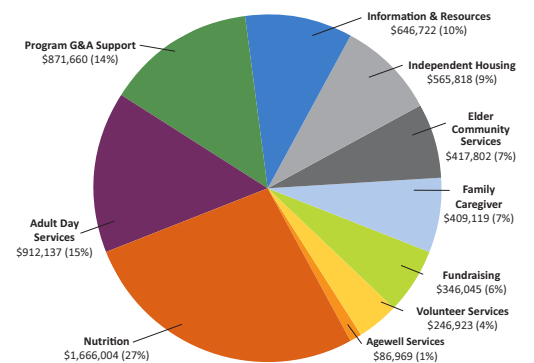


Kittery town officials participating in Community Leaders Day.

Unaudited Revenue for the FY Ending 9/30/2019: \$5,697,015



Unaudited Expenses for the FY Ending 9/30/2019: \$6,169,199



*Figures are an unaudited estimate. Audited figures will be available in Spring 2020 by contacting SMAA.

Accolades & Milestones

- Over 200 people attended the second annual Charting the Future: Innovation in Dementia Research, Treatment and Care to learn understand where we are with potential breakthroughs in the drive for effective treatments for dementia as well as the latest innovations in care programs.
- Mary Hadlock, Director of Volunteer Services, was named the second annual Laurence W. Gross “Spirit of SMAA” award. This award honors a staff member who provides encouragement and support to other SMAA staff, helps others overcome obstacles to successfully accomplish goals; is an honest and dependable team player who contributes to group collaboration and shows empathy and respect for others, and who builds and maintains good working relationships.
- SMAA employee Kathy Heggeman celebrated 35 years of service.



Speakers and panelists at the 2019 Charting the Future event.



Welcoming SMAA's new CEO, Megan Walton this summer.

Enhanced Services in the Community

- SMAA was the recipient of a \$35,000 grant through Elder Services of Merrimack Valley (Massachusetts) and the Harvard Pilgrim Foundation to broaden falls Prevention programs and SAVVY Caregiver offerings throughout York and Cumberland Counties. Additionally the grant has allowed SMAA to add a new internet-based caregiver training resource known as Trualta which offers web-based, on-demand, at home training classes to assist busy caregivers.
- SMAA has continued a partnership with York Hospital in the funding of falls prevention and Medicare programs throughout York County. Many programs are offered outside of York Hospital making it easier for residents to attend sessions in their own community.
- SMAA is working closely with Maine Medical Center's Trauma Department in supporting falls prevention programs throughout York and Cumberland Counties. The MMC Trauma Team not only offers some funding but provides medical professionals at the programs to assist with balance screenings during classes.
- SMAA's Agewell Programs introduced a new evidence-based falls prevention program in early 2019 called Healthy Steps for Older Adults. The workshop is a 1-day class that includes personalized balance screening, strategies for falls prevention, and an exercise program.
- Our Tai Chi for Health and Balance program continues to expand—in 2019 we offered workshops in several new locations including York and Windham.

Volunteer Highlights

Last year, 608 volunteers donated 35,539 hours of service or the equivalent of 18 full-time employees. The value of their service is \$844,782 based on a 2018 Independent Sector report that rated volunteer time in Maine as providing a value of \$23.12 per hour.

Without volunteers, SMAA would not have been able to:

- Deliver over 176,000 meals to home-bound older adults;
- Provide over 10,000 meals through our Community Café program;
- Run 25 Maine Senior Games events;
- Work with over 50 older adults pay bills and balance their budgets through Money Minders;
- Help 412 adults with balance concerns through Agewell Workshops;
- Help more than 2,600 Medicare beneficiaries make informed choices about their healthcare coverage, and more!

Retired and Senior Volunteer Program (RSVP)

RSVP helps connect volunteers 55+ to volunteer opportunities here at SMAA and throughout other non-profits in York and Cumberland counties.

Last year, 515 RSVP volunteers donated 33,967 hours of service or the equivalent of 16 full-time employees with a value of \$779,075

Service Enterprise

Last year SMAA fully adopted the Service Enterprise (SE) initiative into our organization. The purpose of the SE model is to further SMAA's mission by providing meaningful opportunities that best utilize a volunteer's skills and abilities while matching them with a fulfilling opportunity. In the last year eight SMAA programs have developed and implemented volunteer leadership roles within the Service Enterprise model.



Maine and Massachusetts Representatives visit SMAA to learn more about Simply Delivered.



Maine Senior Games Opening Ceremonies



We empower our members

to live the life they want to live.

MEMBERSHIP SPECIAL:

Join before 2/29/20 and pay no enrollment fee and get your first month of membership **FREE!**

Want to help someone special in your life?
Basics offers Gift Certificates!

basics fitness
LIVE HEALTHY

380 Western Ave., across from Staples • S. Portland • (207) 774-3536 • www.basicsfitness.com

Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6533
(800) 427-7411
seniornews@smaaa.org

Senior News is a publication of

 Southern Maine AGENCY On AGING
Creating Better Days

136 U.S. Route One, Scarborough, ME 04074-9055
Telephone: 207-396-6500
Toll-free: 1-800-427-7411
e-mail: info@smaaa.org
Web site: www.smaaa.org

Editor: Kate Putnam
kputnam@smaaa.org or 207-396-6590

Advertising: Janet Bowne
jbowne@smaaa.org or 207-396-6533

Article Submission: Jessica LeBlanc
jleblanc@smaaa.org or 207-396-6520

Design: Becky Delaney

Printing: Sun Press, Lewiston

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

Circulation: 9,000 issues are distributed in public places from Kittery to Bridgeton and Brunswick. Another 1,000 are distributed through Agency on Aging events and locations. Total: 10,000

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

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

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

 Southern Maine AGENCY On AGING
Creating Better Days

BOARD OF DIRECTORS 2018-2019

PRESIDENT
Mary Jane Krebs, APRN, BC
Westbrook

VICE PRESIDENT
David Smith, Falmouth

SECRETARY
Denise Doyon, Biddeford

TREASURER
Susan Keiler, Biddeford

BOARD MEMBERS

Jeffrey Aalberg, MD, Portland
Terry Bagley, Cape Elizabeth
Stephen Braverman, Wells
Katherine Dodge
Bob Dunfey, Cape Elizabeth
Marie Gerrity, Cumberland
Ann Hastings, Biddeford
John Holland, Gorham
Jeffrey Holmstrom, DO, South Portland
David McDonald, Portland
Betsy Mead, Falmouth

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 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.

 **Tim St. Hilaire**
CUSTOM PROPERTY SOLUTIONS
Aging-in-Place Specialist ~ Custom Remodeler

Aging-in-Place is Within Reach



Drop Down Cabinets



Stairlift



Custom Handrails



Modular Ramp



Grab Bars



Home Elevators



Accessible Closet



Certified Aging in Place Specialist
by the National Home Builders Association

207-632-5228
timcustomsolutions.com

Donate Pet Food for Animeals

Who Gets to Eat—Me or My Pets?

For many Meals on Wheels clients, their pets are their main source of companionship. These home-bound, vulnerable older adults sometimes go without the food they desperately need in order to make sure their pets have something to eat (Any pet owner can relate!).

Animeals is a program of the Southern Maine Agency on Aging that helps provide pet food and supplies to Meals on Wheels recipients. Animeals allows our volunteers to deliver pet food along with our Meals on Wheels deliveries ensuring that both clients and their furry friends don't go hungry.

We're partnering with Casco Federal Credit Union to help collect pet food and pet supply donations in the Gorham area.

If you have questions regarding Animeals or Meals on Wheels, please contact our Nutrition Manager, Renee Longarini at 207-396-6510.

Donate a Cell Phone for a Senior in Need

If you're thinking about getting a new cell phone this year, or perhaps giving a new one to somebody in your family, won't you consider donating your old unit to us? It can be used to help someone else who is at risk.

Your donated cell phones will be sent to the 911 Cell Phone Bank, with whom we are partners. They will completely clear the phones and prepare them for a new life as an emergency use phone.

Who knows, they might even provide a benefit for somebody you know. What a GREAT gift to give someone this season ...a sense of security!

If you or someone you know needs an Emergency cell phone please encourage them to contact SMAA.

Thank you!

Thank You for Donating Coats

Thank you to everyone who donated a coat as part of this year's Coats for Seniors Campaign. As a result, 278 seniors will be a little warmer this winter. Thank you to the American Geriatric Society Chapter at UNE and the Kennebunk Police Department who served as drop-off sites and helped with coat collection.

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 out 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, please contact Andrea Cole, Development Associate in the SMAA Development and Marketing Department at 207-396-6571 to complete the simple steps!



Gift Card Scams

Like many folks this past holiday season, you may have received a gift card from friends or family. But do you know how to spot one that's been compromised? Check the back of the card to make sure the strip over the activation code is intact. For some cards, this is a scratch-off area, and for others it may be a cardboard or plastic pull off tab. If the strip is not intact, your card may have been compromised.

If you're buying gift cards, don't buy the first card on the rack as they are the top target for impatient scammers. Also, register your gift card with the retailer if it is an option. This will make it easier to report misuse if it occurs. Your safest bet is to buy gift cards that are stored safely behind the counter or purchase them online directly from the retailer.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

From the Director's Desk continued from page 1

Perceptions about the aging process tend to stress the negatives. At the end of the workshop, one paragraph that was created, and one I really like and resolve to institute more in the coming year is "Thanks to scientific and medical progress, Americans are living longer and healthier lives. As we get older, we gather momentum which powers us to take up new ideas and advance toward common goals. This energy powers up our society and helps move our communities forward." Let's all commit to embracing the MOMENTUM in 2020!

I wish you all happy and healthy AGING in the coming year!

Megan Walton
Chief Executive Officer



Southern Maine
AGENCY
On AGING
Creating Better Days

Yes, I would like to subscribe to Senior News!

A 1 year/6-issue subscription is \$20 per address.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (____) - ____ - _____ Email: _____

Check for \$20 payable to Southern Maine Agency on Aging enclosed

Credit Card No.: _____

Exp. Date: ____/____/____ Security Code: _____

Please mail your payment to:

Southern Maine Agency on Aging / Attn: Senior News Subscription
136 US Route One, Scarborough, ME 04074

We do not sell or share our mailing and email list.

A meal, and so much more.

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

—Senator George Mitchell

Donate or Volunteer—Either Way, YOU Deliver!

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



MAINE
CENTER for
ELDER LAW LLC



Martin C. Womer, Esq.
Barbara S. Schlichtman, Esq.

WE HELP SENIORS AND THEIR FAMILIES PREVENT THE DEVASTATING FINANCIAL EFFECTS OF LONG TERM CARE

MaineCare Pre-Planning and Crisis MaineCare Planning

Probate Administration and Trust Settlement

Special Needs Planning

Estate Planning

Planning for Eligibility for VA Aid and Attendance Benefits

MAIN OFFICE:
3 Webhannet Place, Suite 1, Kennebunk, Maine 04043
— branch office located in Portland —

(207) 467-3301

WWW.MAINECENTERFORELDERLAW.COM

ATTORNEYS@MAINECENTERFORELDERLAW.COM

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.

Savvy Caregiver Starts March 11

Savvy Caregiver is a proven educational program for families and friends caring for someone with dementia who lives in the community. Classes meet two hours a week for six weeks. Savvy Caregiver is offered at SMAA and throughout the State of Maine.

The Savvy Caregiver 12-hour training for family caregivers of people with dementia provides:

- Knowledge – Learn what dementia is and how it affects personality and behavior.
- Skills – Communicate more effectively with the person you are caring for, making each day better for you both.
- Attitudes – Learn how to take care of yourself to reduce stress.

During the course of the series, we will discuss what it means when a doctor says "dementia", strategies to handle typical behaviors that occur in dementia, caregiver self-care, and techniques to set up daily activities so that both the person living with dementia and their caregiver can have a better and less stressful day.

The classes will take place on Wednesday afternoons from 1:30-3:30PM at the Sam L. Cohen Center in Biddeford.

We do ask that family caregivers plan to attend all six classes in order to receive the maximum benefit.

There is no charge for the program, but donations are accepted.

For more information about the Savvy Caregiver Program and to register for this upcoming series, please contact SMAA's Family Caregiver Support Program at 396-6541.

New Year's Resolutions for the Family Caregiver

Many people use the New Year as motivation to set goals and establish New Year's Resolutions. As a family caregiver you may be so preoccupied with taking care of your loved one that you forget to make taking care of yourself a priority, too.

Take care of yourself. It is one of the most important things you can do as a caregiver. Here are a few practical New Year's resolutions that can make it a little easier to take care of yourself:

1. **Ask for help when you need it.** It is ok to ask for help! Remember that you are doing the best you can given the circumstances and that you can only do what you can do.
2. **Join a support group (in person or online).** Meeting other caregivers can relieve your sense of isolation and will give you a chance to exchange stories and ideas.

The things you are experiencing and feeling are shared by many other caregivers—you are not alone in this.

3. **Take breaks each day.** If you're feeling frustrated or angry with everyone, these can be common signs that you're overwhelmed or are trying to do too much. If you can, try to give yourself a break: enjoy a cup of tea, talk a walk, get some sleep, or...
4. **Spend time with friends.** Caregivers often feel socially isolated, which can increase depression and anxiety. Taking time to connect with friends outside of the caregiving environment can help ease tension and increase happiness.
5. **Keep up with hobbies.** Caregiving is not easy for anyone—not for the caregiver and not for the care recipient. Trying to allocate even a small bit of time each day/week to do the things that you enjoy and are important to you (outside of caregiving) is important to your well-being.

Adapted from www.nia.nih.gov

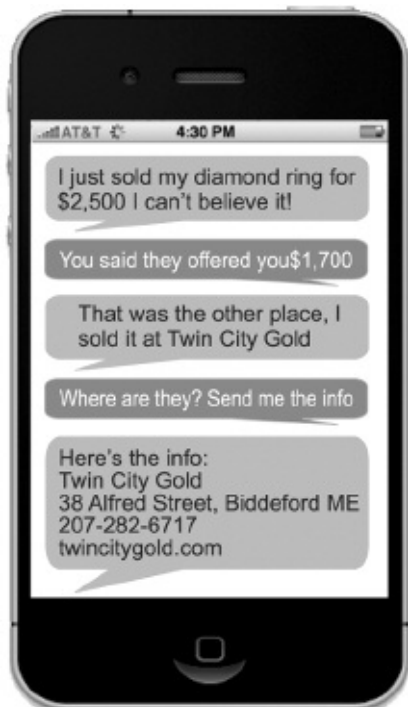


38 Alfred St.
Biddeford, ME 04005
207-282-5100

info@maineestatebuyers.com

Web: MaineEstateBuyers.com

We specialize in Antiques, Coins, Gold,
Silver Jewelry & Collectibles.



TWINCITYGOLD.COM

Stay connected with SMAA

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

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

Are You Concerned About Your Parents or Loved One Living Alone?

Advantage Home Care is the perfect solution for aging adults who aren't ready to leave their homes.



Highly qualified and trained caregivers can help you and your loved ones with a variety of daily activities such as:

- Caring Companionship
- Meal Planning & Preparation
- Incidental Transportation
- Light Housekeeping & Laundry
- Medication Reminders
- Alzheimer's and Dementia Care
- Assistance with Bathing, Dressing & Incontinence Care



Advantage Home Care

550 Forest Avenue, Suite 206

Portland, ME 04101

(207) 699-2570

www.advantagehomecaremaine.com

Call us today for a free assessment! 207-699-2570

SOCIAL SECURITY

Social Security Benefits Increase in 2020

Each year, we announce the annual cost-of-living adjustment (COLA). By law, federal benefits increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). Usually, there is an increase in the benefit amount people will receive each month, starting the following January.

Nearly 69 million Americans will see a 1.6 percent increase in their Social Security benefits and SSI payments in 2020.

Other changes that will happen in January 2020 reflect the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax will increase to \$137,700 from \$132,900. The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to \$18,240. (We deduct \$1 from benefits for each \$2 earned over \$18,240.)

The earnings limit for people turning 66 in 2020 will increase to \$48,600. (We deduct \$1 from benefits for each \$3 earned over \$48,600 until the month the worker turns age 66.)

You can log in to or sign up for a my Social Security account today at www.socialsecurity.gov/myaccount to get more information about your new benefit amount. You can choose to receive an electronic notification by email, text, or both ways under

"Message Center Preferences." Our notification will let you know that a new message is waiting for you. We will not send any personal information in the notification. The Message Center also allows you to go paperless by opting out of receiving agency notices by mail that you can get online, including annual cost-of-living adjustments and the income-

related monthly adjustment amount increases. The Message Center is a secure portal where you can conveniently receive sensitive communications that we don't send through email or text.

More information about the 2020 COLA is available at www.socialsecurity.gov/cola.

In-Home Senior Services

Since 1994, we have provided the best in-home care and personal care services, including:

- Medication reminders
- Bathing
- Dressing
- Incontinence care
- Range of motion exercises
- Companionship
- Transportation
- General house cleaning
- Meal preparation
- Laundry

Our services are paid for by private pay, MaineCare, Veterans Administration and long-term care insurance

All our caregivers are carefully screened, trained and insured. We employ only the most dependable, compassionate and friendly staff.

20 Mechanic Street, Gorham, Maine
207-222-0740
www.inhomeseniorservices.com



In-Home
 Senior
 Services
 Incorporated

Call us to learn how a locally owned company can provide you the best services – and peace of mind.

A reverse mortgage could help you live more comfortably.



Call Steve for your free booklet on the government-insured HECM reverse mortgage.

- Supplement your retirement
- Receive a monthly payment
- Pay off a mortgage
- Set up a Line of Credit
- Buy a home

Steve Eastman
207-657-2459

Reverse Mortgage Advisor
 NMLS #485909
SEastman@RFSLends.com
www.rfslends.com



Borrower must occupy property as primary residence and is responsible for property taxes, homeowner's insurance and the costs of home maintenance.
 Synergy One Lending Inc. d/b/a Retirement Funding Solutions, NMLS 1025894. Maine Supervised Lender License 1025894. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.

RFS | RETIREMENT FUNDING SOLUTIONS
 FUNDING AMERICA'S RETIREMENT®

RFS.1216.178.V1

THE WARDWELL

Retirement Neighborhood

Offering Assisted Living & Senior Housing

Welcome Home



Serving Southern Maine since 1889.

Call today for availability.

43 Middle Street, Saco, Maine 04072
 (207) 284-7061 www.wardwell.org

Consider Making a Lasting Gift to SMAA from Your Estate

The hectic pace of the holiday season is over and for many of us, January signals a perfect time to plan on doing the things that we meant to do last year, but never found the time for. For many, the New Year is a great time to start or reexamine your estate plan. It's important to have an estate plan to ensure that your assets and possessions are distrib-

uted according to your wishes.

As you're creating or reviewing your estate plan this year, please consider making a planned gift to SMAA.

Over the years, SMAA has received many wonderful bequests. Loraine Merrill received Meals on Wheels and loved the wonderful visitors and the regular meals. She knew how lonely aging could

be. In her will, she designed a program for every Meals on Wheels recipient to receive a rose on Valentine's Day. This program started while she was alive. In her will, she created a generous bequest to ensure this program would continue after her death.

This is just one example of how a bequest can benefit older Mainers in southern Maine. If you'd like to

discuss how you can structure a bequest to support one of your favorite program or to benefit the greatest need of the agency, call Kate Putnam, Chief Advancement Officer at 207.396.6590 or email her at kputnam@smaa.org.

Holiday Revelries

On a rather cold night in mid-December, friends and supporters of SMAA celebrated the season at the Thos. Moser gallery in Freeport. Author Mary Hogan shared humorous and poignant stories about her decision to leave NYC and move to Maine with her husband who has dementia. Thank you to Mary and the Thos. Moser gallery for being part of this lovely evening.

Mary Hogan is the bestselling author of TWO SISTERS and the historical novel, THE WOMAN IN THE PHOTO and LEFT: A LOVE STORY. You can learn more about her at maryhogan.com.



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.

We offer outpatient programs in the following specialties:
Memory Issues ■ Geriatric Assessments ■ Fall/Balance Concerns

Call (207)662-2847 for an appointment or visit us at www.mmc.org/geriatriccare for more information.

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



“A CLINICAL TRIAL AT NEW ENGLAND CANCER SPECIALISTS HAS GIVEN ME FIVE EXTRA YEARS... AND COUNTING.”

—ROY JENKINS OF WISCASSET, LUNG CANCER PATIENT



When Roy Jenkins was diagnosed with cancer, he was given less than two years to live. So when Dr. David Benton told Roy about a clinical trial he could participate in at our Topsham office, Roy figured, “What do I have to lose?”

Five years later, the immunotherapy drug—now FDA-approved—has controlled Roy's lung cancer into remission, and he is building his own 27-foot powerboat.

Immunotherapy is just one of the innovative new treatments we're testing—often with remarkable success—right here at our three offices in Maine.

If you or a loved one should ever need cancer care, ask your doctor for a referral, or call us at (207) 303-3300.



NEW ENGLAND
Cancer Specialists

NewEnglandCancerSpecialists.org



KENNEBUNK • SCARBOROUGH • TOPSHAM



Thank you to the over 750 individuals who volunteered their time during the Southern Maine Agency on Aging (SMAA) 2019 fiscal year (Oct 1, 2018 - Sep 30, 2019). With their help, SMAA was able to improve the quality of life for older adults, adults with disabilities, and the people who care for them in York and Cumberland counties.

Among these volunteers are:

- | | | | | | |
|---------------------------------|---------------------------|-----------------------|------------------------------|-------------------|---------------------------|
| Eva Abreu | Robert Connolly | Gunhild Gross | Patricia G. Lennox | Marcia Owens | Karl Smith |
| Anne Altern | (Thomas) Lindsay Copeland | Thomas Gruber | Cynthia Lentz | Estella Pagano | Terry Smith-Peterson |
| Kate Arcand | Brie Costello | Jeanette Guglielmetti | Charlene Leone | Barbara Page | Robert Snyder |
| Arthur Archibald | Barbara Couture | Leonard Guralnick | Tory Leuteman | Jerald Paradis | Beverly Soule |
| Jane L. Ashley | James Cowie | Debra Guyette | Louis Léveillé | Carol Parcher | Robert Sperling |
| Margaret Aspinall | Thomas Craven | Tilsley Hagen | Amy Levinson | Robin Parker | Darlene Sprague |
| David Backman | Creative Trails | Shannon Hall | Gail Licciardello | Ruby Parker | Linda Sprague-Lambert |
| Deborah Baginski | Robert Creteau | Doreen Halla | Life Works Waban Projects | Kerrie Pasquale | Dick Sproul |
| James Baker | Shirley Curry | Jeffrey Ham | Robert Look | Victoria Passmore | Noelle St. Hilaire |
| Daniel Bancalari | Beverly Dahms | Jerry Harkavy | Cynthia Lord | Janice Paul | Bob Stalilonis |
| Garrett Barber | Janice D'Alonzo | Sylvia Harkins | Richard Lowe | Charlotte Pease | Anna Stanley |
| Lynn Barden | Donald Davidson | Merideth Harriman | Mary Lowery | Joline Perkins | Gary Starbuck |
| Emily Barker | Kenneth Davis | Lisa Harrison | Janette Lynch | Rita Perron | Irene Stephens |
| Suzanne Barmore | Marcia F. Deal | Betsy Hartwell | Rye Ma | Donna Perry | Amy Stevens |
| Helene Batchelder | RoseAnn DeGeorge | Ann Hastings | Carol MacDonald | Duncan Perry | George Stevens |
| Gary Baxter | Lee Dernehl | Floyd Hastings | Jean MacDonald | Shawn Pettengill | Linda Stevens |
| Sarah Baxter | Orville deRochemont | John Hastings | Lori MacDonald | Susan Pettit | Bob Stocker |
| Barbara E. Bean | Priscilla deRochemont | Joan M. Hatch | Brian Mackie | Deborah Philbrick | Sarah Sullivan |
| Prudence Bean | Paul Dettore | Mac Hayden | Joyce MacKinnon | Leelaine Picker | Jill Summers |
| Robert Beane | Ernest Dickson | Cynthia Hayes | Beverly MacLean | Jason Pierce | Terryll Swain |
| William Beaton | Janis Dickson | Jean Hayes | Jim Macleod | Sherry Pinard | Victoria Swerdlow |
| Stephen Beaudoin | Sandy DiPasqua | Betty Haymon | Sandra J. Magnacca | Kathy Pipkin | Karen Szymanski |
| Jackie Belanger | Tom DiPasqua | Martha Henderson | Sara Malcolm | Elaine Politis | Eric Taquet |
| Larry Bennett | Susan Dobieski | Valerie Hesketh | Richard Male | Patricia Pooters | Don Tarbet |
| Karen Benoit | Paul J. Doherty, Jr. | Stephen Higgins | Dennis Martell | Betsy Pope | Kathryn Tarbet |
| Barbara Benson | Virginia Dohse | Donna Hinds | Janine Martin | Kathy Porter | Karen Taylor |
| Nicholas Beram | Miranda Dolph | Jessie Hinds | Thomas Martin | Susan Powell | Margaret Taylor |
| Steve Berthiaume | Rosemarie Dresser | Coco Hirstel | Pamela McAvoy | Maurice Proulx | Donna Testa |
| Debbie Betts | John Driscoll Jr | Nicholas Hoar | Henry W. McCarvel | Eileen Purdy | John Testa |
| Barbara Bock | Carolyn Duest | Gloria Hodgdon | Carrol McDonald | Francis Quinn | Howard Therrion |
| Jayson Bock | Jeanette Dugas | Kathleen Hofer | Kelsey McDonald | Sarah Ramsdell | Charles Thurber |
| Rachel Bolduc | Carol Sue Durkee | Connie Hollowell | Julie McDonald-Smith | Rolande Raymond | Rachelle Tome |
| Ronald Bolduc | Vicki Durrell | Barbara Holmes | Diane McDowell | Themia Raymond | Edward Trainer |
| Cynthia Bona | Willard Dyer | Jeffrey Holmstrom | Sandra McElwaine | Elisabetta Rea | Gerry Treadwell |
| Mercer Bonney | Spirit Eagle | Burton Howe | Mary McGuirk | Ann Reardon | Merle Marie Troeger |
| Eric D. Booker | Alison Eckert | Vivian Howe | Jan McKenney | Sandra Redden | Richard Trub |
| Barbara Bourassa | Adele Edelman | Joseph Howes | Margaret McLaughlin | Jeffrey Reinold | Erica True |
| Pam Bowen | Carol L. Edwards | Margaret Hoy | Michelle McNeil-Brown | Judith C. Reis | Christopher Tucker |
| Douglas Boyce | Kathy Faulstich | Shane Hoy | Penney Meader | Laura Rendell | James Turcotte |
| Brenda Bracy | Lisa Ann Fearon | Linda Hunt | Ronald Menard | Penny Rich | Charles Turner |
| Kate Bridges | Tammy Fecteau | Peter Hutchinson | Eric Mihan | Elaine Richard | Philip Vail |
| Linda Bridges | Kathleen M. Fink | Wayne C. Ireland | Cindy Mikesell | Bill Ridlon | Ronald VanSchenk Hof |
| Ruth Briggs | Patricia FitzGerald | Joan Jagolinzer | Debi Miller | Peter Rippberger | Charlene Vaughan |
| Victoria Broadwater | Doris Flaherty | Shiminski Janice | Elizabeth Miller | Cheryl Robbins | Christine Vaughan |
| Diane Brooker | Edette Flaker | Dottie Joaquin | Frank Miller | Richard Robichaud | Joanna Venezia |
| Katherine Brooks | Dianne Flammia | Diana Crader Johnson | Linda Millington | Joyce Robida | Sherry Wadsworth |
| Kathleen Brown | Pam Fletcher | Robin Johnson | Bonnie Moger | Audrey Robinson | Linda C. Wakefield |
| Richard M. Bryant | Barbara Ford | Mary Ellen Joyce | Marcie Moon | Nancy Robinson | Nancy A. Walkenford |
| James Burke | Nancy Fortin | Patricia Kaye-Schiess | Lynne Moran | Doug Rogers | Thomas Walker |
| Fay Bussell | Richard Foss-Lacey | Richard Kaye-Schiess | Celena Moreau | Richard Roghelia | Alec Wall |
| John Bussell | Carol Fournier | Susan Keiler | Alola Morrison | Brent Rolfe | Wayne N. Walls |
| John Butler | Edward Francis | Paul Kelly | Morrison Center | Sandra Rosen | Anna Warner |
| Jackie Callinan | Michael Freeman | Larry Kerr | Ronald Morton | Marilyn Ross | Bonnie Warner |
| Evelyn Campbell | Hazel Fritz | Elaine Kessler | Claire Mullaney | Annmarie Rotolo | Utem Watba |
| Nellie Campbell | Ruth Gallagher | Robin Kessler | James Munroe | Brenda Rowe | Suzanne Weatherbie |
| Janet Caner | Paulette Gallant | GINNY KETCH | Beverly Murphy | Gaye Rowe | James Weaver |
| Donald R. Caouette | David Gardner | Elaine Killelea | Grace Murphy | Sharon Sallinen | Shirley Weaver |
| Deborah Carr | Jack Garnsey | Susan Kimball | Stephen Murphy | Robert Sanford | Steve Weaver |
| William A Cassidy | Judy Genesisio | Susan Kimball | Anne Murray | Christine Saucier | Linda Westinghouse |
| Paula Casterella | Warren Giering | Teresa King | Kenneth Murray | Gregory Savage | Philip Weyenberg |
| AnneMarie Catanzano | Margaret Gilbert | Carol Kingston | Kimberly Murray | Nancy J. Sawyer | Lynn J. White |
| Heidi Cavalier | Fran Gleason | John J. Kirby, Jr. | Leland Murray | Steve Sawyer | Henry Whynot |
| Marie-Noelle Ces | Peter Gleason | Melissa Kivela | Bernard Nadeau | Linda Scammon | Jacqueline Wiggins |
| Holly Cesta | JoAnn Gobeil | Cathy Kline | Peter Narbonne | Paul Schollosser | Jaime Willard |
| Christine Chapman | Norman G. Gobeil | Robert Knowles | Mary Nasse | Carol Schoneberg | Cynthia Williams |
| Valerie Chappell | Carol Goldberg Copeland | Renee Kocev | Carolyn Neilson | Cindy Scott | Barbara Wilson |
| Joshua Chase | Paul Gomez | Kim Koehler | Jack Newton | Emily Scully | Daniel E. Wirtes |
| Lynn Chase | Steven Goodman | Diane Kohut | Alan Nichols | Richard Seavey | WKS Residential Resources |
| Jesus Christ | Susan Goran | Kenneth Kuliga | Diane Nickerson | Susan Sebestyn | Barry S. Wolfson |
| Theodora Ciampa | Donna Gordon | Paul LaChance | Lona Norton | Lisa Selden | Ronald Woodhouse |
| Linda Coggeshall-Searles | Diane R. Gotelli | Suzanne LaCroix | Gary O'Connell | Aron Semle | Maryanne Woodward |
| Barbara Cole | Donald Gotelli | Debbie Lajoie | Owen O'Donnell | John Serber | Work Opportunities |
| Penny Cole | Kristen Gould | Pamela Lanz | Martha O'Grady | Richard Sevigny | Unlimited |
| Tammy Cole | Kristin Gould | Paul Lapierre | Patti Olson | Bruce Shaw | Debbie Wright |
| Dennis Coleman | Claire Grant | Debra Laplante | Wayne Olson | Janice Shiminski | Bernard Wurzel |
| Community Partners/
Spurwink | Constance E. Grant | Ruth D. Lathrop | Opportunity Enterprises Inc. | Youngok Shin | Julianne Zaharis |
| Robert Compton | Daniel Grant | Norman Loughton | Miriam Otis | Richard Silverman | Dorothy Zieba |
| Fred Conlogue | Deborah Gray | Susan Laughton | Amanda Ouellette | Joseph Skvorak | Loretta Zuger |
| Sandy Conlogue | Great Bay Services | Maryann Lawton | Heather Ouellette | Gene Sledzieski | |
| | Esther Griffin | Michael Leacher | Robert Ouellette | Joy Smith | |



Upcoming Agewell Workshops

Tai Chi for Health & Balance

Introduction Series

January 13 – April 1, Monday & Wednesday 3-4PM, Martin's Point, Scarborough

January 14 – April 3, Tuesday & Friday 10-11AM, St. Aspinquid Masonic Lodge, York

March 3 – May 21, Tuesday & Thursday 9:30-10:30AM, SMAA, Scarborough

March 16 – June 3, Monday & Wednesday 10-11AM, Kennebunkport

Recreation Center, Kennebunkport
March 17 – June 4, Tuesday & Thursday 9-10AM, Woodfords Church, Portland

April 13 – July 1, Monday & Wednesday 1-2PM, Trinity Episcopal Church, Saco

April 14 – June 26, Tuesday & Friday 10-11AM, St. Aspinquid Masonic Lodge, York

Deepening Series

January 7 – March 5, Tuesday & Thursday 2-3PM, Southern Maine Agency on Aging, Scarborough

January 13 – March 11, Monday & Wednesday 10-11AM, Kennebunkport Recreation Center, Kennebunkport

January 14 – March 12, Tuesday & Thursday 10:15-11:15AM, Woodfords Church, Portland

March 17 – May 14, Tuesday & Thursday 10:15-11:15AM, Woodfords Church, Portland

April 6 – May 27, Monday & Wednesday 3-4PM, Martins Point, Scarborough

A Matter of Balance

January 21 – February 25, Tuesday & Thursday 1-3PM, Westbrook Housing Authority

January 21 – March 17, Tuesday 1-3PM, South Portland Public Library

February 4 – March 31, Tuesdays 2-4PM, Mother House, Portland
March 10 – May 5, Tuesdays 9:30-11:30AM, Falmouth Community Programs

Please register with Falmouth Community Programs: 207-699-5302

Healthy Steps for Older Adults

Friday, January 17, 9:30AM-2:30PM, Bridgton Community Center, Bridgton. Sponsored by Harvard

Pilgrim Healthcare Foundation.

Wednesday, February 12, 9:30AM-2:30PM, Sunset Towers, Sanford. Sponsored by York Hospital.

Friday, February 7, 9:30AM-2:30PM, Raymond Public Safety Building, Raymond. Please register with Windham Adult Ed: 207-892-1819. Sponsored by Harvard Pilgrim Healthcare Foundation.

Friday March 20, Friday 9:30AM-2:30PM, Windham Veterans Center. Please register with Windham Adult Ed: 207-892-1819, Sponsored by Harvard Pilgrim Healthcare Foundation.

For more information, please call 207-396-6578 or visit www.smaaa.org

Coach Recruitment & Training News

Looking to give back to your community? Agewell Programs are seeking volunteer leaders for our evidence-based programs. We want to bring more programming like A Matter of Balance and Tai Chi to Southern York County—but we need your help! Learn more about what's involved in leading our workshops at an upcoming Agewell Volunteer Info Session. Please RSVP to Anna Guest at 207-396-6529 or aguest@smaaa.org.

Agewell Volunteer Info Sessions

Tuesday, January 7, 1-2PM, York Public Library

Tuesday, January 7, 10:30-11:30AM, The Center at Lower Village, Kennebunk

Upcoming Agewell Trainings

A Matter of Balance Coach Training – February 28 & March 6, Location TBD

Tai Chi Instructor Training – March 13 & 14, Location TBD

MMC Tip: Safe Walking in our Winter Wonderland

The day after a snowstorm the view out the window is beautiful. White snow blankets the landscape leaving it bright and sparkly. Getting out for a walk is a great way to stay active in winter, and a few simple steps can keep you safe. Julie Ontengco, DNP the Director of the Trauma Program at Maine Medical Center reminds us:

“When you are headed outside even for a quick activity, dress warmly and wear layered clothing to provide some cushion if you fall. Snow pants and a parka will keep you warm and dry. Wear warm gloves or mittens. Wearing a knit hat not only to provide protection

Please visit our online calendar for the most up to date listing of workshops!
www.smaaa.org/events.html

SIGHT IS PRECIOUS.



center of excellence

TREAT YOUR EYES TO THE CARE THEY DESERVE.

You don't want to trust your eyes to just anyone. The latest advancements in eyecare are everyday practice at EMG.

Our experienced ophthalmologists offer a full range of eyecare services

- Cataract surgery
- Vitreoretinal care and surgery
- Glaucoma evaluation, treatment and surgery
- Corneal care and surgery, including transplantation
- LASIK vision correction

HAVE QUESTIONS?
Just call our friendly staff at:

828-2020
888-374-2020

53 Sewall Street
Portland, Maine 04102
www.eyecaremed.com
www.seewithlasik.com

 Find us on Facebook!

 Robert Daly, MD	 Samuel Solish, MD	 Scott Steidl, MD, DMA	 Jordan Sterrer, MD	 Jackie Nguyen, MD	 Aaron Parnes, MD
 Adam Sise, MD	 Richard France, MD	 Elizabeth Serrage, MD Emerita	 William Holt, MD Emeritus	 Bruce Cassidy, MD Emeritus	 Katherine Hill, OD, FFAO

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

from heat loss, but it can help protect your head should you fall.”

Use two ski or snowshoe poles to give you stability on ice and snow or add a spike end to your cane. Wear boots with non-slip tread.

Ice grippers on footwear (Stabilicers, Yaktraks, etc.) can help you walk on hard packed snow and ice. Grippers must be removed before walking on smooth surfaces such as stone, tile and ceramic floors. Before buying the grippers, be sure that you are able to attach and remove them from your boots, this is best done sitting down.

Walk like a penguin. Learn from our flightless feathered friends:

- Walk flat footed
- Point your feet out slightly to increase stability
- Take short steps or shuffle for stability
- Concentrate on maintaining your balance
- Keep your head up and don't lean forward to look at your feet
- Look about three feet in front of you so you can see what's coming
- Keep your arms at your sides (not in your pockets) to maintain balance
- Walk slowly

If you have questions, please feel free to contact the MMC Trauma Injury Prevention Program at 207-662-3207.

Resolving to Have a Successful New Year? WE'VE GOT SOME TIPS FOR YOU!

With the ringing in of the New Year, we inevitably buckle down to make our resolutions. But how many of us find that we've abandoned our plans within days or weeks? This January, we want to share some tips and strategies with you that just may help set you on the pathway to success.

Attitude is everything! When it comes to beginning a new behavior, it pays to spend some time reflecting on why it's important to you to make a change. Rather than focusing on the destination, consider what has motivated you to begin the journey. There is an important difference between making a change because we should versus because we want or choose to. Connecting with the reasons you want to change makes it easier to stick with it when challenges present themselves. (Example: I choose to read before bed rather than watch TV because I'll feel so much better in the morning if I can get to sleep easily.)

Start small and be specific! Change is challenging! Set yourself up for success by getting clear about what it is you want to accomplish. Write down your long term goal, and some milestones you'd like to hit along the way. Making a small

goal that you can see success with in a few days is highly motivating. Once you've had a little success, you'll be empowered to do a little more, and before you know it, you'll have accomplished big things. (Example: This week I'll walk for 15 minutes after lunch on Monday, Wednesday and Friday.)

Be kind and flexible! Now that you have a plan in place, be kind to yourself. Life gets in the way of our best intentions but it doesn't mean we have to fall off the bandwagon completely. If you get stuck go back to your reasons for making the change to start with, talk to a friend, and breathe. Now ask yourself what you learned in the process that will make your plan stronger going forward? (Example: Mondays after lunch are too busy for me to fit in a walk, so I'll schedule it for Tuesday, Wednesday and Friday instead.)

Whatever your New Year goals may be, we wish you humor, flexibility, and perseverance along the way!

VISIT OUR WEBSITE
www.smaaa.org

We asked our Agewell Volunteers what helps them be successful when they set a goal for themselves:

"I share it with friends and family so it keeps me honest!"

Karen T, Agewell Administrative Volunteer

"I remember the "golden rule," to treat yourself as you would want others to—with patience, kindness, understanding, humor and respect."

Barbara, A Matter of Balance Volunteer

"I buy large (5x7) post it pads in fluorescent colors. I keep one by my computer desk and one by the table where I have my morning coffee. With the bright color, they don't get lost in the clutter and they are easy to see as my daily reminder."

Karen B, A Matter of Balance Volunteer

"I make a deal with someone so that I'm accountable for my goal. It is specific in timing and nature so I can't wiggle out of it. I also let that person know when I've accomplished what I set out to do."

Mercer, Tai Chi Volunteer

"Making small manageable goals with some thought ahead of time on how to manage whatever might get in the way."

Kim, Tai Chi Volunteer



DON'T LET A FALL STOP YOU IN YOUR TRACKS.

Join us at an upcoming falls prevention class to help keep you on your feet in the New Year.

Healthy Steps for Older Adults

Friday, January 17 9:30 AM — 2:30 PM with lunch provided
Bridgton Community Center, Bridgton

Friday, February 7 9 AM — 2 PM with lunch provided
Raymond Public Safety Building, Raymond

**** To register call Windham Adult Ed 892-1819 ****

Friday, March 20 9 AM — 2 PM with lunch provided
Windham Veterans Center, Windham

**** To register call Windham Adult Ed 892-1819 ****

Registration is required for all classes.

Please call **207-396-6578** or visit
www.smaaa.org for more information.

Generously sponsored by:



A Special Offer for New Sam L. Cohen Center Members

This winter, help support your loved one living with memory loss with our “Cabin Fever Reliever Special”.

The dark and cold winter months can often lead to increased difficulties with sundowning, disrupted sleep patterns, and seasonal depression, just to name a few. Extra time at the Sam L. Cohen Adult Day Center in winter months can help with the seasonal changes

that can occur in someone living with Alzheimer’s disease or other dementias.

We’re offering a special, introductory rate, for families looking to introduce their loved one to the Cohen Center this winter.

January 1 through March 31, new members can purchase time at the reduced rate of \$15 per hour.

There is a weekly minimum attendance requirement for all members—minimum of 12 hours per week in a minimum of four hour blocks of time (ex., three days at four hours, or two days at six hours). Time purchased after April 1 will be at the standard hourly rate.

For more information on how your family can take advantage of this discount, please speak with Marilyn Durgin by calling 207.283.0166 or email at mdurgin@smaaa.org. Visit www.smaaa.org/adultdaycenters to learn more.

Lisa J. Friedlander
Attorney at Law

Estate Planning, Wills, Trusts,
Powers of Attorney, Probate,
Special Needs Trusts,
MaineCare Planning, & More

~ Free Initial Consultation
~ Home Appointments Available
~ Flexible Hours

207-655-9007
lisafriedlander@rocketmail.com
www.lisafriedlander.com
Portland, Maine

**YOUR
1ST STOP FOR
ANSWERS**
1-800-427-7411
www.smaaa.org

*A Special Offer
for New Members!*

This winter, help support your loved one living with memory loss with our:

Cabin Fever Reliever Special

We’re offering a special, introductory rate, for families looking to introduce their loved one to the Sam L. Cohen Center this winter.

January 1 through March 31, new members can purchase time at the reduced rate of \$15 per hour.

There is a weekly minimum attendance requirement for all members. Time purchased after April 1 will be at the standard hourly rate.

For more information on how your family can take advantage of this discount, please speak with Marilyn Durgin by calling 207.283.0166 or email at mdurgin@smaaa.org.



 **SAM L. COHEN
ADULT DAY CENTER**
Southern Maine Agency on Aging

From Jo Dill’s Notebook

The Holiday season has flown by and the New Year is upon us. I hope the New Year brings you peace and good health.



5K Road Race/Power Walk: July 12, Sanford YMCA, Sunday

Track & Field: July 25, Scarborough High, Saturday

Buoy Toss: August 8, Sanford YMCA, Saturday

Cornhole: August 12, (rain 13) Sanford/Springvale Y, Wednesday

Archery: August 23 (rain 30) Lakeside Archery, Sunday

Tennis: September 12, A-Copi Sports Center, Saturday

Tennis: September 13, A-Copi Sports Center, Augusta, Sunday

Basketball (Men’s): September 19, Cape Elizabeth High, Saturday

Basketball (Women’s): September 20, Cape Elizabeth High, Sunday

Bowling Candlepin: Sept. 17, Big 20, Scarborough, Thursday

Swimming: October 3rd Bangor YMCA, Saturday

Table Tennis: October 2, Lewiston Armory, Lewiston, Friday

Bowling 10 Pin: October 4, Sparetime Bowling, Augusta, Sunday

Advertising Opportunity

Looking for an inexpensive way to advertise your business? Here is an opportunity for your business/organization to have your name/logo on one of the four award stands (1st, 2nd, 3rd & 4th). The award stands are at all of the Maine Senior Games events which run from May-October. They will be seen by over 1,000 athletes, volunteers and spectators.

1st Place \$400, 2nd Place \$300, 3rd Place \$200, 4th Place \$100. These prices are for two years.

Contact Jo Dill if you are interested: 396-6500 or jdill@smaaa.org

Volunteer Training

Maine Senior Games is looking for volunteers for the 2020 season. There are several ways you can volunteer from bulk mailing, filling the athlete’s bags, checking athletes in at an event, helping to measure a throw in track or keeping score at an event.

Save the Date: On Thursday, April 16 we are hosting a Volunteer Training here at Southern Maine Agency on Aging. More information will be coming.

Theresa Thompson Memorial Fund

Maine Senior Games and Maine Senior Women’s Basketball is at a loss for words at the passing of one of our basketball teammates, Theresa “Terry” Thompson, age 54. She played for Team Endo. Terry was kind, compassionate, a great basketball player, and will be missed by all those who knew her.

For the past several years Terry has been funding registrations for those who could not afford it. The Maine Senior Women’s Basketball teams along with the Southern Maine Agency on Aging have set up a memorial fund to honor Terry and to continue what she has done in the past. The memorial funds will be used to provide registration assistance for individuals needing a helping hand.



Please consider making a gift to help continue Terry’s legacy. Checks are to be made out to the: Theresa Thompson Memorial Fund and mailed to:

Maine Senior Games
136 US Route One
Scarborough, ME 04074

2020 MSG Schedule

(so far...more dates to be added)

Celebration of Athletes: May 29, Friday, Fireside Inn

Pickleball: June 13, Men’s/Women’s Doubles, A-Copi Sports Center, Augusta, Saturday

Pickleball: June 14, Mixed/Singles, A-Copi Sports Center, Augusta, Sunday

Golf: June 22, Willowdale, Scarborough, Monday



Living at The Park Danforth = More Options

- Fully-equipped Kitchens
- Flexible Meal Plans
- Varied Dining Venues: Both Formal & Bistro Style
- Responsibly Sourced Ingredients
- A Commitment to Local Produce
- Chef Prepared Meals




The Park Danforth
 THE RIGHT PLACE. THE RIGHT CHOICE.

777 Stevens Avenue
 Portland, ME
207.797.7710



**WE HELP SENIORS
 TRANSITION TO
 INDEPENDENT LIVING,
 ASSISTED LIVING &
 MEMORY CARE.**

- We Offer Free, Unbiased Guidance for the Best Living Options in the State of Maine
- We Know Maine Senior Communities, Their Rates, Amenities and Availability
- Let Us Bring Our Experience and Knowledge to You
- We Are a Maine Owned and Operated Company Who Will Respect and Protect Your Privacy and Information
- Not Affiliated with Any National Chain
- One Call Can Take the Stress and Confusion Out of Making the Right Choice for You or Your Loved One

207-222-3035 • coastaltransitionsofmaine.com



RSVP

Lead with Experience

VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

Volunteer Appreciation: Deb Baginski

Volunteer Services would like to thank and appreciate the amazing work of Deb Baginski! Since May 2018, Deb has worked tirelessly to grow and develop Phone Pals, resulting in a thriving program with over 40 volunteers and clients. Her warm personality and dedication to giving back brightened the office and allowed her to easily connect with volunteers over the phone and during trainings. Deb will be stepping down as Project Manager on January 27, but her legacy with this program will remain strong. We at Volunteer Services sincerely thank Deb for everything, and look forward to seeing her continue to make a difference at SMAA through the Matter of Balance program.

New Volunteers

We had 15 new volunteers begin their assignments from September 1 through October 31, 2019. Among them are:

- Jayson Bock**, Meals on Wheels Kitchen Helper, Portland
- Barbara Cole**, Matter of Balance Educator
- Robert Connolly**, Meals on Wheels Driver, Biddeford
- Carolyn, Duest**, Maine Senior Games Administrative Assistant
- Susan Goran**, Matter of Balance Educator
- Robert Knowles**, Tai Chi Educator
- Amanda Ouellette**, Meals on Wheels Phone Pal
- Robin Parker**, Meals on Wheels Driver, Kittery
- Christine Saucier**, Meals on Wheels Kitchen Helper, Windham
- Jacqueline Wiggins**, Tai Chi Educator

Volunteer Corner

In each issue of the Senior News we will feature a Southern Maine Agency on Aging/Retired Senior and Volunteer Program (RSVP) volunteer. Hopefully, learning about our volunteers will inspire more of our readers to contact Volunteer Services at 207-396-6595 to learn about the diverse volunteer opportunities available in Cumberland and York Counties through SMAA/RSVP.

The Bulk Mailers of Nutrition

By Judie Alessi O'Malley

Since 2001, on the third Wednesday morning of each month, a small group of women filter into a room on the lower level of the Southern Maine Agency on Aging where they stuff envelopes for the monthly Meals on Wheels bulk mailing. These envelopes go to each Meals on Wheels client and contain a statement of the meals the client received during the previous month, and a sheet providing educational nutritional information provided by the U.S. Department of Agriculture.

The group is reminiscent of a quilting bee, with the Bulk Mailers seated around a table chatting about their lives. On October 16, I joined the group to learn more about these very sociable volunteers. That day, Beverly Dahms, Doris Flaherty, Kathy Brooks, Rena Fullerton and Dot Lee were in attendance. They shared how they were recruited to be Bulk Mailers, the companies they retired from, and what other volunteer opportunities they participate in, both at SMAA and other organizations in the region. Several were recruited years ago by the now retired RSVP Coordinator Priscilla Greene, including Doris who has been a Bulk Mailer since 2007.

Doris also earned Master Gardener certification through the University of Maine Cooperative Extension and also helps keep SMAA's flower gardens looking fresh and tidy. She is the longest term Bulk Mailer, coming to SMAA after retiring from Maine Medical Center's Patient Accounts Office. While this group usually has about three to five volunteers show up, one winter month Doris completed a mailing single handedly when no one else was able to come.

Dot Lee worked for SMAA as a receptionist, then as a floater in Community Services before landing the Community Services administrative assistant position. Upon her retirement, Dot continues floating as she volunteers for Senior



L-R: Doris Flaherty, Rena Fullerton, Beverly Dahms, Dot Lee, Kathy Brooks

Games, the Bulk Mailers, and for Medicare Reception. Dot keeps in touch with her former work colleagues as a member of SMAA's bowling team.

Kathy Brooks began volunteering at SMAA two years ago as a Medicare Open Enrollment Receptionist, stepping into her role as a Bulk Mailer when Open Enrollment ended. She is a retiree and returns each fall to her Medicare Open Enrollment reception post.

Rena Fullerton, a 1999 retiree of the University of Rhode Island, began volunteering as a Bulk Mailer in 2015 after SMAA discontinued its volunteer knitting program. She also volunteers at the Root Cellar, a faith-based organization in Portland that aids children and families in need.

Beverly Dahms remembers her mother volunteering for Meals on Wheels over 30 years ago with the now retired JoAnne McPhee, who eventually became SMAA's Nutrition Manager. Now Beverly, a retiree of UNUM, is the volunteer coordinator for the UNUM Retiree Volunteers, in addition to helping with Nutrition's bulk mailings.

Bulk mailers who were not in attendance last October include, Madeleine Drew, Susan Laughton, Colleen O'Grady, and Linda Wakefield. The Nutrition Program could use a few more volunteers to help with the bulk mailings, stepping in when people are on vacation or unwell. Many hands make light work with this group, and this is a perfect introduction to volunteering at SMAA.

To learn more, call Volunteer Services at 207-396-6595 or email volunteer@smaa.org

www.smaa.org

SCARBOROUGH TERRACE
PREMIER ASSISTED LIVING & MEMORY CARE



Praise for Scarborough Terrace. It runs in the family.

"I want to express to all of the staff how much I appreciate the excellent care and attention you provide your residents, especially my father. I cannot tell you how comforting it is to know that Dad resides in a place where the staff truly cares. Take a bow, all of you!" – Brian H.

Call Elizabeth today! 207.885.5568 or visit ScarboroughTerrace.com



Legislators Visit the Sam L. Cohen Center

On Thursday December 5, Megan Walton welcomed state legislators to the Sam L. Cohen Center for coffee. For many, it was their first visit to the

Sam L. Cohen Center and they were able to see it in action as members joined in to help decorate for the holidays.



Pictured from L to R – State Rep. Jessica Fay, Megan Walton CEO, Mary Ellen Joyce, Senator Linda Sanborn, State Representative Patricia Hymanson, Bonnie Pothier (Angus King’s Office), State Representative Henry Ingwersen, a representative from Susan Collins Office, State Representative Lori Gramlich, State Representative Christopher Babbidge, State Representative Chris Caiazzo, State Representative Richard Farnsworth (not pictured).

ADVERTISE WITH US!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6533 • (800) 427-7411

seniornews@smaa.org

STAIRLIFTS

Features

- Fold-A-Way Seat
- Safe/Reliable
- Prevent Falls
- 1 Day Installation
- Very Affordable

*“Finally I can enjoy my upstairs again.”
Anna, Portland*



 **Tim St. Hilaire**
CUSTOM PROPERTY SOLUTIONS

Aging-in-Place Specialist ~ Custom Remodeler

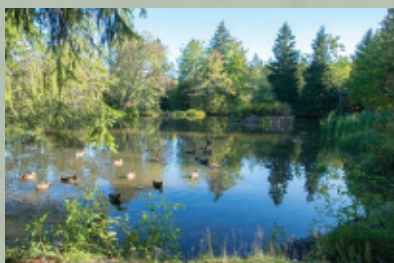
Call: 207-632-5228 www.timcustomsolutions.com

Evergreen Cemetery

A National Historic Landmark & Active Cemetery

Come Celebrate a Life

Established in 1854, Evergreen Features:



Wildlife & Birdwatching—cemetery is considered a premier birdwatching sanctuary with a variety of wildlife.

Wilde Memorial Chapel—built in 1902, available for weddings and funerals.



A New interactive mapping application—allowing users to search by name, age, or other parameters.



A New Columbarium—offering an above ground alternative to in-ground burial of cremated remains.



FALMOUTH HOUSE at • OceanView

Call to schedule your visit today!

207-781-4621

•
32 Blueberry Lane
Falmouth, Maine 04105

- Large, spacious apartments ideal for couples
- Beautiful end units with water views
- Walk-in closets, dining nooks
- 24-hour licensed nursing staff on site
- Three chef-prepared meals per day
- Weekly laundry, linen and housekeeping services
- Visiting board certified geriatrician
- On site physical, occupational and speech therapy
- Life Enrichment Program with intergenerational, wellness, social programs and outings

Beautifully renovated common areas include an enlarged Living Room, Dining Room, and Activity Room with a new Café Kitchen!



oceanviewrc.com/falmouthhouse



Legacy Memory Care at • OceanView

Call today to schedule your tour!

207-781-4621

•
4 Schoolhouse Drive
Falmouth, Maine 04105



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

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

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



oceanviewrc.com/legacy

