



*From*  
*Megan's Desk*

**Happy New Year!**

I never thought I would be so excited to welcome a New Year as I am this year!

Although there are continuing challenges to confront on the spread of the Coronavirus in Maine and across the country, I am very hopeful that the vaccine roll-out will begin to bring



some peace of mind to all of us, and especially to older adults who are the most vulnerable of our

constituents. Many folks have asked if SMAA will be involved in the vaccine distribution and at this time, the answer is no. We will continue to direct people to Governor Mills' webpage, [www.maine.gov/covid19/vaccines](http://www.maine.gov/covid19/vaccines) for the very latest information on the vaccine roll-out. I urge you to also be in touch with your primary care physician who may be able to offer a timeline for vaccinations at their practice.

As you will read in this issue of Sr. News, SMAA is centralizing our operations to the Sam L. Cohen Center in Biddeford, beginning at the end of January. After many months of study and discussion, the Agency's Board of Directors, in partnership with Senior Leadership, made the ultimate decision to sell the building in Scarborough. I am happy to announce that the building is under contract, and the closing is scheduled for the end of January. Driving the decision to sell the building was the overriding agreement that it was in the best interests of our clients and our community for SMAA to be able to change and flex to meet community needs. We are committed to re-focusing on the growing needs of our older population and our desire to build on what we do well, with the ability to try new things in order to help our clients in Southern Maine. The sale of the building and centralizing our operations in Biddeford will allow us to move in that positive direction. My hope is that we will use the coming months to

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## The Southern Maine Agency on Aging is Moving!

The building at 136 US Route 1 in Scarborough is under contract and the sale is scheduled to close at the end of January, 2021. SMAA will be centralizing operations at the Sam L. Cohen Center, their property in Biddeford. "Because of COVID 19, adult day programming at the Sam L. Cohen Center has been suspended for the foreseeable future. It's a beautiful building with ample space for serving our clients, volunteers and staff. We are excited to consolidate our operations into one space as we wait to see how things will change in the coming months," said SMAA's CEO Megan Walton.

"There are several reasons why SMAA is moving away from the Scarborough building at this time," she said. "The building is quite old and doesn't serve our aging popula-

tion any more. After much study and consideration, the Board of Directors and SMAA leadership felt now was the time to sell the building so we are able to invest more revenue in programs and less in brick and mortar. Getting out of the landlord business will also allow us to focus on our core work and programming to support our mission to serve as the focal point in Cumberland and York counties for resources, services and information to empower older adults, adults with disabilities and their care partners to live to their fullest potential."

Walton explained that in the coming months, SMAA will strategically determine the need for administrative/office space, congregate space for volunteers and clients to gather and space for one-on-one client meetings. "Ideally, we would also like to

have a physical location in Cumberland county that would provide more client-driven, public facing spaces to serve all our constituents. Centralizing operations now to the Cohen Center gives us the necessary time to pursue all our options."

**The official change of address will be January 25. SMAA's new location and address will be The Southern Maine Agency on Aging at the Sam L. Cohen Center, 30 Barra Rd., Biddeford, ME 04005. The phone number (207) 396-6500 and the website ([www.smaaa.org](http://www.smaaa.org)) will remain the same.**

Due to the pandemic, the majority of SMAA staff will still be working remotely but resource specialists will be scheduling a limited number of in-person meetings when necessary.

## Holiday Generosity

The holidays were a little brighter for some of SMAA's clients when staff and volunteers delivered gifts and cards to their doors right before Christmas. Several area businesses and individuals in the community made it possible for SMAA to provide many clients with gifts ranging from warm clothing for the winter to new puzzles, warm socks, slippers, lap blankets and many other items. We are so



*Hundreds of homemade holiday bags were sewn by volunteer Dot Lee for stuffing and delivering to SMAA clients.*

grateful to the following for their generous support during the holiday season: HomeInstead, Coastal Women's Healthcare, Texas Instruments WIN group, Mary Whited, Terry Mitman, Maureen Sylvia, Linda Pickard, Deb Henri, Biz Houghton, Beverly MacLean, Sue

Schenning, Anne Dunne, Jo Dill, Nancy Fortin, Dot Lee, Sue Weatherbie, Susan Dunn, Jackie Belanger, Janice Pendleton, Claudia Lackee, Jo Lannin, Cyndi Bona, Michele Whitmore, Kendra Coates, Amy Sisson, Cathy Iaconeta, Laurie Bjorn, Linda Hunt, Adrienne Turner, Nancy Esch, Pam Bowen, Susan Pillsbury, Vanessa Darling, Mari Warner, Deb Smith, Melanie Groneng, Anna Guest, Melissa Hutchins, Beth Miller and Sandra Hunter.



*Jo Dill, Director of the Maine Senior Games, recruited many athletes and community members to shop, wrap and provide some welcomed holiday cheer for SMAA clients.*



*Volunteers wrapped, packed and delivered gifts to clients in southern Maine during Christmas week 2020.*



*We are so grateful for the support of HomeInstead's Be a Santa to a Senior program that provided Christmas gifts to many of our clients in Cumberland county. Pictured here is Kathy Damon from HomeInstead showcasing just a few of the hundreds of gifts ready for delivery.*

## 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

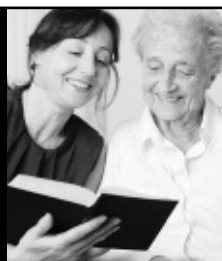
### Donate or Volunteer—Either Way, YOU Deliver!

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



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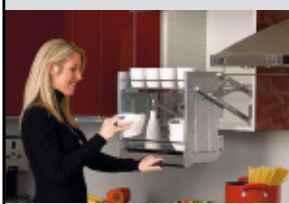
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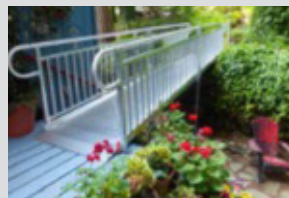
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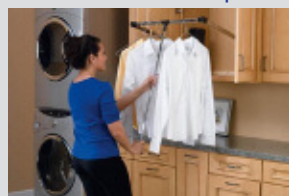
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## What Can A Resource Specialist Help me With?

The Southern Maine Agency on Aging helps older adults and adults with disabilities—and their families—sort through the many programs and services available to help older adults live independently well into their elder years. Resource Specialists have information on an array of services, including but not limited to: transportation, affordable housing, in-home care, loan closets, emergency alert buttons, legal resources, and assisted living. Resources Specialists can do a benefit screen to see what resources you may be eligible for as well as help connect and apply for services. Resource Specialists are available by phone during this time. This is a free service. Please call us today with any questions you may have.

## Community Resources

The cold weather and snow is officially here! It's time to apply for heating assistance, also known as the Home Energy Assistance Program (LIHEAP or HEAP). This program may be able to assist with some or all of your heating costs this winter. You can apply if you own your home or are renting. This program is based on your income but please note that medical expenses can sometimes be deducted. The income eligible for a single household is \$2,344 and for a married household, \$3,065.

To apply, please reach out to the organization in your county:

Cumberland County- Opportunity Alliance: (207) 553-5900, <https://www.opportunityalliance.org/heap>

York County – York County Community Action: (207) 459-2950, <https://yccac.org/liheap-heating-assistance/>

## From Jo Dill's Notebook

### Maine Senior Games 2021 News



In this time of uncertainty with no one really knowing what lies ahead, the Maine Senior Games is hopeful that we will be able to run our events in 2021 and, therefore, have started planning. We have Covid guidelines in place and will adhere to CDC regulations. We do have the following partial schedule:

**Celebration of Athletes:** June 4, Friday, Fireside Inn

**Cycling:** June 13, Brunswick, Sunday

**Track & Field:** July 31 Scarborough High, Saturday

**Archery:** August 15 (rain 29) Lakeside Archery, Sunday

**Cornhole:** August 18, (rain 19) Sanford/Springvale Y, Wednesday

**Basketball (Men's):** August 21, Cape Elizabeth High, Saturday

**Hot Shot/Foul Shoot:** Men's August 21, Women's August 22, Cape Elizabeth High

**Basketball (Women's):** August 22, Cape Elizabeth High, Sunday

**Golf:** September 13, Willowdale, Scarborough, Monday

**5K Road Race/Power Walk:** September 12, Sanford/Springvale YMCA, Thursday

**Bowling Candlepin:** September 23, Big 20, Scarborough

**Pickleball:** September 25, Men's/Women's Doubles, Deering Oaks, Portland, Saturday

**Pickleball:** September 26,, Mixed/Singles Deering Oaks Portland, Sunday

**Swimming:** October 2, Bangor YMCA, Saturday

**Bowling 10 Pin:** October 3, Sparetime Bowling, Augusta

We are excited that our new website is up and running. Please check us out at [www.mainseniorgames.org](http://www.mainseniorgames.org) As new information becomes available the website will be updated.

Thanks so much to the Board of Directors who have worked hard, given financially and attended zoom meeting after zoom meeting to get us up and running. We are working hard to become our own non-profit. The Executive Committee is Deb Smith, Chair, Kim Koehler, Vice Chair, Pam Dutremble, Treasurer and Jess LeBlanc, Secretary/Webmaster. Other board members include Jerry LeVasseur, Noelle St. Hilaire, Ginny Ketch, Miranda Dolph, Cyndi Bona and Robin Kessler.

Mark your calendars for Thursday, January 28 at 6:30PM for the first Maine Senior Games Wellness event of 2021. Watch for details, how to register and the zoom link in emails from Jo and on the Maine Senior Games Facebook and Instagram pages. FMI contact Jo at [maineseniorgames2020@gmail.com](mailto:maineseniorgames2020@gmail.com)

 Southern Maine Agency on Aging  
**Meals On Wheels**

# Delicious, Meals are on the way.

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**NO WAIT LIST**



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




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

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

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## Boosting Our Immune System

**W**ith cold and flu season upon us, it is vital to our bodies defense system (i.e. our immune system) to take care of ourselves with adequate sleep, stress management, proper nutrition, and activity.

First, let's review what our immune system is. Our immune system is a complex network of tissues, cells and organs. This system works together to defend the body against substances it sees as harmful or foreign. This could be germs such as bacteria or a virus as well as a chemical or toxin. The immune system response is when it recognizes potentially harmful substances and defends the body by attacking it. To function well, it requires an ideal balance of many factors. These factors can include healthy habits such as eating a variety of healthy foods, managing stress and making sure to get adequate sleep.

Although an immune 'boosting' diet may not be proven to exist, consuming nutrients from foods can help prepare the body's immune response. Here are some dietary recommendations to help support the body:

- Fruits and vegetables are loaded with what we call micronutrients. Micronutrients are vitamins and minerals such as vitamin A, C, and E as well as minerals iron and selenium. These are central to a strong immune system. Aim to have 5-9 servings per day with lots of different colors, eat from the rainbow!
- Prebiotics and probiotics are essential to keeping our digestive system healthy with beneficial bacteria.

These bacteria play an important role in regulating our immune system. Prebiotics are the food for probiotics and can be found in foods like whole grains, onions, bananas, apples and honey. Probiotics are the actual healthy bacteria that can be found in yogurt with love active cultures, kefir and fermented foods such as sauerkraut, kombucha tea, kimchi and miso.

- To prevent from missing out on all of these important nutrients, try to limit eating mostly processed foods. Processed foods tend to be higher in sugar and fat, while lacking key nutrients that support our health.

In addition to eating a variety of nutritious foods, our immune system requires an ideal balance of many factors to function well. Practicing good hygiene with regular handwashing, staying active, managing stress, and getting 7-9 hours of sleep per night all contribute to general good health and to a healthy immune system.

Want to learn more? Feel free to visit [hannaford.com/dietitians](http://hannaford.com/dietitians) to find a dietitian in a store near you. Or, feel free to contact me with any of your nutrition questions.

Did you know? Hannaford offers free online nutrition education on a variety of topics. Visit [hannafordnutrition.eventbrite.com](http://hannafordnutrition.eventbrite.com) to view a schedule and register.

**Megan Patten**  
**Hannaford Dietitian**  
**E: [megan.patten@hannaford.com](mailto:megan.patten@hannaford.com)**

### Senior News

is a publication of



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

### Commitment to Reasonable Accommodation:

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

The Southern Maine Agency on Aging (SMAA) is a non-profit, charitable organization. Services of SMAA are supported in part by state and federal funds provided through the Office of Aging and Disability Services of the Maine Department of Human Services. Learn more at [www.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.

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## Meals On Wheels is Currently Accepting Referrals!

We are happy to report that our Meals on Wheels program does not currently have a waitlist. If you are in need of meals, think you may qualify or have any questions about the program, please call us at 396-6500.

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

- Age 60 and older or under 60 and on SSDI
- Primarily homebound or getting out with difficulty
- Unable to regularly prepare nutritious meals
- Able to accept meals during the delivery time frame
- Agree to a nutritional assessment (A nutritional assessment will be completed within 9 business days of the first delivery to determine full eligibility and are currently being completed over the phone.)

### Do you have a short-term need?

Sometimes a temporary health problem is all it takes to disrupt the normal cooking routine—just when good nutrition is necessary to heal and recover from surgery or illness. Meals on Wheels can help, even on a short-term basis.

### Are you self-isolating or in quarantine, due to COVID?

Meals on Wheels can get you the nutrition you need while keeping you safe at home. We currently offer contactless delivery to your door on Tuesdays or Thursdays and can offer up to 21 meals per week, depending on your need.

Our entrées generally feature a protein main dish, a side dish, and a vegetable. The meals are also served with a small loaf of bread. Clients can also receive one quart of milk per week.

We currently have several meal options available for those with dietary concerns: standard, low sodium, vegetarian, gluten-free, and pureed meals. If you have any additional dietary concerns, please contact us.

There is no income eligibility requirement for Meals on Wheels. We recommend a \$3.50 per meal donation in order to keep the program going. However, donations of all sizes are welcome and no one will ever be turned away if unable to contribute at the selected rate.



## The Alzheimer's Association, Maine Chapter is Here For You

The Alzheimer's Association, Maine Chapter offer free virtual support groups, education, social engagement programs, and resources for care partners, those living with dementia, and those looking to learn more. Upcoming webinars include programs such as "Legal & Financial Planning," and "Healthy Living for Your Brain & Body." We offer support groups for those living

with dementia, care partners with loved ones at home or in residential care, or those who have lost a loved one. To find upcoming programs or groups, please visit [alz.org/maine](http://alz.org/maine) or call our 24/7 Helpline 800.272.3900 to speak with a dementia care expert who can help recommend programs in addition to providing reliable information and support.



### Bob Magazu

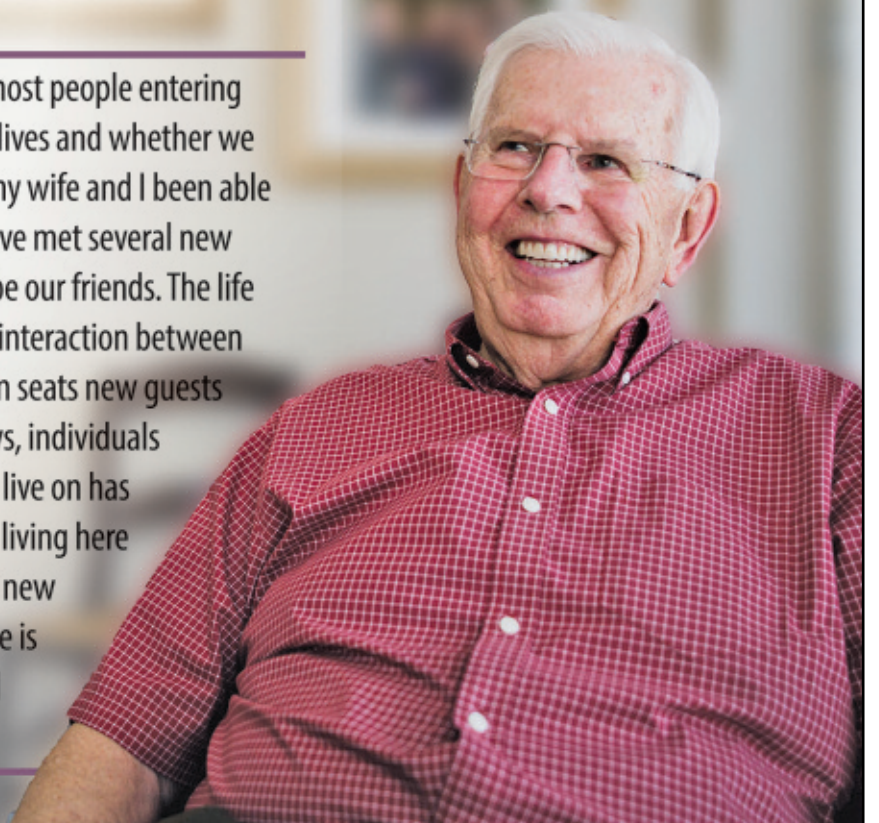
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“ I had some concerns, as I suspect most people entering senior living may have, regarding our social lives and whether we would develop friends here. Not only have my wife and I been able to maintain existing relationships but we have met several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



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# Be Aware of Vaccine Scams

The Federal Trade Commission is warning consumers that they will not be able to pay to put their name on a list to get the vaccine or to get early access. The FTC also says nobody from a vaccine distribution site or health care payer or insurance company will call people to ask for their bank account, credit card or social security information to get the vaccine.

"If you get a call, text, email — or even someone knocking on your door—claiming they can get you early access to the vaccine, STOP. That's a scam. Don't pay for a promise of vaccine access or share personal information," the FTC said in a statement.

**Don't pay for a promise of vaccine access or share personal information...**

The Centers for Disease Control and Prevention recommended that health care workers and long-term care residents be among the first to receive the vaccine, although states may make their own decisions. Health officials have said average Americans—namely those who are younger and without underlying conditions—are not expected to get it until the spring.

Anyone who thinks they are the target of a scam is urged to report it to the FTC at Report Fraud.ftc.gov or file a complaint with their state attorney general through consumerresources.org.

## Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

[ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams)



## 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](http://www.smaa.org/email.html) to sign-up today.

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## "We Are So Happy Mom is Thriving."



"As Mom aged, we thought it best if she stayed in her house, but even with hours of expensive home care, Mom wasn't thriving. She needed more. She especially needed more socialization — not isolation; and reliable access to care when she needed it. So she made the move to Scarborough Terrace. She truly loves her elegant new home! Life is more complete in a community with lots of friends and activities, chef-prepared meals, daily care, medication management, and even transportation to appointments and outings. I know Mom is happier and more relaxed now... and I am too. We only wish she'd moved sooner."



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[oceanviewrc.com/legacy](http://oceanviewrc.com/legacy)





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

No referrals are necessary.  
Call **207-662-2847** for an appointment or learn more at [mmc.org/geriatriccare](http://mmc.org/geriatriccare).

*Convenient access with parking and wheelchair ramp.*



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

**From Megan's Desk**  
continued from page 1

fully evaluate what our administrative needs are and what our ideal space would encompass. We know we would like to have a continued presence in Cumberland County that will provide more public facing spaces for volunteers and clients to gather, class and workshop space and space for one-on-one client and volunteer meetings.

**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) 396-6588**

**(800) 427-7411**

[seniornews@smaaa.org](mailto:seniornews@smaaa.org)



I am sure the list of needs and wants will continue to change as we seek to determine the BEST outcome for all our stakeholders. In the meantime, please contact us at our new address: The southern Maine Agency on Aging at the Sam L. Cohen Center, 30 Barra Rd., Biddeford, ME 04005. Our phone number will stay the same and you can call us at (207) 396-6500. As soon as it is safe to do so, we will welcome you in person to visit us at the Cohen Center. Stay tuned for more information in the days and months to come.

Please continue to stay healthy and socially distanced until this pandemic is under control. SMAA is here to help answer your questions, provide support and resources and assist with meals and other critical services. Don't hesitate to reach out for help!

**Megan Walton**  
Chief Executive Officer

**YOUR 1ST STOP FOR ANSWERS**  
**1-800-427-7411**  
**[www.smaaa.org](http://www.smaaa.org)**

**OUR COMMITMENT TO YOUR BEST OUTCOME HAS NEVER WAVERED.**



**"We thank our providers and staff for their heroic dedication throughout this most challenging year."**  
**DR. CHIARA BATTELLI, PRESIDENT**

Our dedicated physicians, nurses, and staff have continued to come in for work every day throughout the pandemic. Their unflagging dedication to patient safety, comfort, and, above all, regular cancer treatments has saved many lives. **We offer them our deepest thanks, and wish all of you a healthy and happy new year.**

  
**NEW ENGLAND Cancer Specialists**

[NewEnglandCancerSpecialists.org](http://NewEnglandCancerSpecialists.org)  
**(207) 303-3300**







## Looking for Health and Wellness Programming to Kick off the New Year?

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

### Drop In Classes –

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

#### Techniques for Stress Management – Mondays 2:30-3:30

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

#### Yoga for Healthy Aging – Wednesdays 11:00-12:00

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

#### Laughter Yoga – Select Wednesdays 1:00-2:00

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

#### Gentle Exercise – Thursdays 10:15-11:15

This guided exercise program includes a full body routine of movements to gently warm-up your joints, stretch and strengthen your muscles, and practice your balance. The program includes both seated and standing exercises, but a seated option will be demonstrated for all exercises.

#### Qigong – Thursdays 2:00-3:00

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

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

### Scheduled Programs – Registration required.

Programs have a specific start and end date, and it's recommended that you attend as many sessions as possible. All Tai Chi class listings, as well as other health and wellness promotion programs throughout Maine can be found through Healthy Living for ME.

#### Tai Chi – Intro

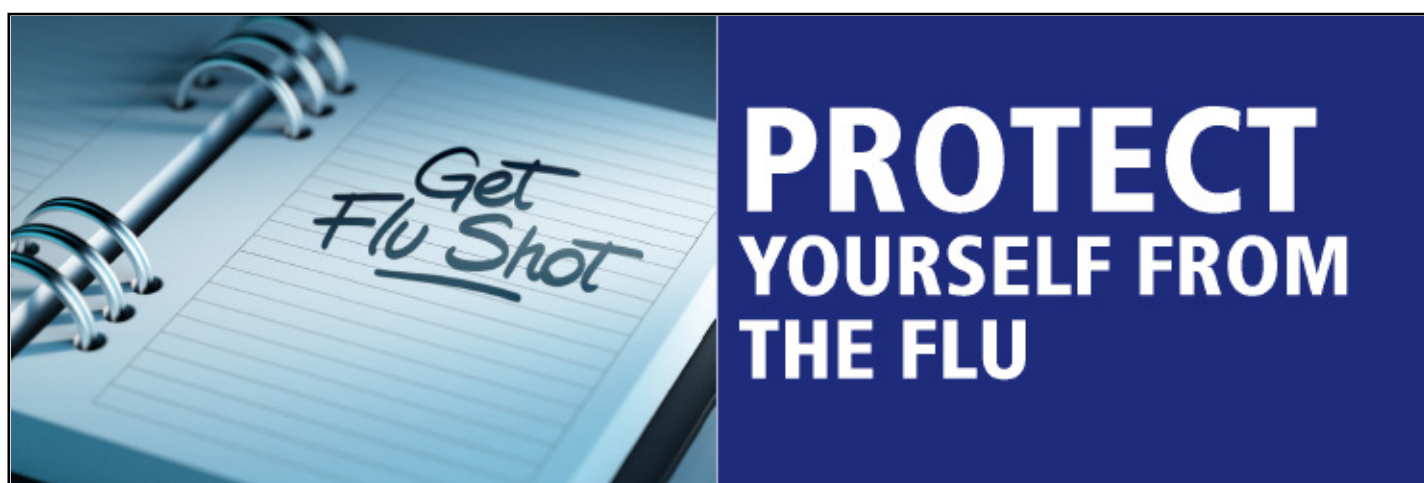
- January 11 - April 1  
Monday/Wednesday 1-2PM – **Register now!**
- January 12 - March 25  
Tuesday/Thursday 9-10AM – **Register now!**

#### Tai Chi – Deepening

- January 11 - March 10  
Monday/Wednesday 9:30-10:30AM
- January 12 - March 11  
Tuesday/Thursday 9-10AM

### A Matter of Balance – Virtual Program Coming Soon

The A Matter of Balance: Managing Concerns About Falls program has been a long-time, and well-loved offering of the Southern Maine Agency on Aging. However, classes have been on-hold over the last several months pending approval of an updated model for virtual programming. A virtually-run model has recently received approval and SMAA is looking to begin offering A Matter of Balance online in the spring months. If you would be interested in participating in a virtual AMOB class, please contact us at [agewell@smaa.org](mailto:agewell@smaa.org), or 396-6578.



This year, getting a flu shot is more important than ever. Here's what you need to know to help you and your loved ones stay safe and healthy this flu season.

#### The best way to prevent the flu is to get a flu shot.

The flu is a serious illness – getting the flu shot helps lower the number of hospital visits and deaths. If you get your flu shot, you'll help keep yourself from getting sick and the flu from spreading to others. The flu spreads in the fall and winter, and the virus reaches its peak October through February. You can get a flu shot at your doctor's office, local pharmacy, and clinics. These places have special measures in place to help keep you safe. When you go to get your flu shot, don't forget to wear your mask.

#### Medicare covers the flu shot.

Medicare Part B (Medical Insurance) covers one flu shot per flu season. You pay nothing for a flu shot if your doctor or other health care provider accepts assignment for giving the shot.

#### Some people have a higher risk of getting sick from the flu.

People who are 65 and older are at high risk of having serious health complications from the flu. Young children, pregnant women, and people with certain health conditions are also at high risk.

#### There are preventive measures you can take to avoid the flu.

To help prevent the flu:

- ✓ Wash your hands
- ✓ Avoid touching your eyes, nose, and mouth
- ✓ Stay home when you're sick
- ✓ Clean frequently touched surfaces

#### Learn more about preventing the flu.

If you have questions about the flu:

- ✓ Talk to your doctor
- ✓ Visit [cdc.gov/flu/season/faq-flu-season-2020-2021](https://www.cdc.gov/flu/season/faq-flu-season-2020-2021)
- ✓ Visit [Medicare.gov/coverage/flu-shots](https://www.Medicare.gov/coverage/flu-shots)



You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.Medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.



# VOLUNTEER SERVICES & RSVP

*"An Invitation to Make a Difference"*

## Keeping Volunteers Safe: COVID-19 Procedure Review

As more cases of COVID are reported in Maine, SMAA Volunteer Services is committed to ensuring that all volunteers out in the community are continuing to follow strict safety protocols that have been in place since mid-March. Meals on Wheels volunteers in particular have been diligent about following these guidelines, and recently received a letter reviewing safety protocols. Meals on Wheels Site Coordinators have been advising volunteers of these policies for months now, and they are readily available at each Meals on Wheels site.

Meals on Wheels volunteers are required to be:

- Wearing masks at all times
- Maintaining 6' of distancing when able
- Asking volunteers not to report when feeling ill, as well as continuing to ask our staple questions below.

- Keeping contact with clients to a minimum by practicing a quick "hand-off" of meals at the door.
- Reporting COVID exposure or a positive test immediately
- Keeping traffic within the sites to a minimum. Some sites are only doing outdoor pickup for the volunteers to keep distance to a maximum.

### If you are a SMAA/RSVP volunteer, please answer the following questions:

- Have I traveled out of the state/country during the last 30 days?
- Have I been around anyone who has traveled out of the state/country during the last 30 days?
- Have I exhibited any symptoms of COVID-19 (as defined by the CDC)?

- Has anyone close to me exhibited any symptoms of COVID-19?
- Have I NOT been following health and safety protocols (as defined by the CDC)?

If you answered yes to any of these questions, we request you speak to your Volunteer Supervisor before continuing to volunteer.

## SMAA Volunteer Engagement: Expanding through Virtual Training

While the pandemic has limited our ability to engage with volunteers in-person, Volunteer Services has found a small silver lining by offering unique opportunities through virtual trainings/presentations. No longer limited by logistics (room availability, parking, or even location), we have been able to bring in qualified speakers to discuss pertinent topics. The most recent presentations included "Every Day Cyber Safety" with featured speaker Dr. Lori Sussman (USM) and "Coping with COVID" from Greg Marley at NAMI.

As we gear up to face a dark winter amidst the pandemic, Volunteer Services is looking to you – volunteers, clients, supporters, and friends, to give us feedback on potential topics/areas that are important to you. The virtual aspect of these engagement meetings allows to look outside the box, and bring in experts who don't necessarily live and work in New England. We hope that you will share your voice as we strive to offer more ways that connect our volunteers to SMAA and our mission. Please contact us at 207-396-6525 or volunteer@smaaa.org.

## Tech Pal Pilot Project Update

SMAA's Tech Pal Pilot Program is going very well. We are partnered with the National Digital Equity Center's (NDEC) Maine Digital Inclusion Initiative and have now trained 7 volunteers as Tech Pals. Currently, we have a dozen recipients of the tablet computers that we are using in a pilot project. We have capacity for up to 20 clients, over the age of 70, who currently do not have access to the internet. (We refer those under age 70 to a similar program called UNE's Telehealthy Program.) These tablets are designed to provide access to common applications such as video conferencing with family/friends, email, on-line tools, telemedicine services, etc. The primary purpose of this initiative is to connect older adults, through the internet, to promote health and well-being and combat social isolation. Not only will this pilot project address the access/cost issues related to connecting to the internet, it will also very importantly address another major barrier, which are the challenges relating to learning how to use current technology. Many older adults find the technology to be too complex and confusing, which is why SMAA is focusing on training interested volunteers to be "Tech Pals". Each volunteer spends time with the participant via Zoom, usually a few hours per week at the beginning. We are extremely grateful for these volunteers who have established great connections with the tablet recipients. If you have an interest in helping older adults get connected or would like more information on becoming a Tech Pal volunteer, please contact Doug Wilson (dwilson@smaaa.org).

### Face Masks Available

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

# STAIRLIFTS

## Features

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



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Anna, Portland

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

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[seniornews@smaaa.org](mailto:seniornews@smaaa.org)



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

# REPORT TO THE COMMUNITY 2020

## Message from Leadership

Dear Friends,

Wow! What a year 2020 was! Writing this letter a year ago, who could have predicted the myriad of challenges and changes the upcoming year would bring to SMAA and to the older adults and families we serve in southern Maine? And yet, despite a relentless barrage of pandemic-induced challenges in the form of increased social isolation, food insecurity, financial ups and downs and overriding health concerns, SMAA has weathered the storm and is ready to meet the coming year with renewed confidence in our ability to continue to meet the ever-changing needs of our constituents.

During our fiscal year 2019-20, SMAA served more than 21,000 older adults in Cumberland and York counties, delivering programs and services ranging from Meals on Wheels, Tai Chi classes, Savvy Caregiver classes and support groups, Medicare seminars and one-on-one counseling sessions, volunteer training and many others. Our dedicated corps of 507 volunteers provided nearly 30,000 hours of service to the Agency—the equivalent of 14.5 full time employees. Without this passionate group of talented individuals, SMAA would not be able to deliver the same level of service in our communities.

On March 16, 2020, in an abundance of caution, SMAA temporarily closed its Scarborough office to visitors in response to the COVID 19 spread. All of us at SMAA expected

we would be working remotely for a few weeks while the CDC and healthcare workers battled the disease and then life would return to normal. As you know, a couple of weeks turned into months and has now been almost a year.

Pivoting immediately to embrace new technology and convert programming to a digital platform happened quickly and with great resolve that no client be left unsupported in this unprecedented time of increased isolation and fear. Our volunteers and staff rose to the challenge of keeping Meals on Wheels deliveries going with new safety protocols adopted to keep clients, volunteers and staff safe as demand for meals increased by 30% over the past year. In 2018-19, SMAA was serving approximately 750 clients in southern Maine and delivering nearly 1000 meals per week. Since March of 2020, those numbers climbed to serving 1100 clients an average of 5000 meals per week! More than 200 new volunteers were recruited and trained to help keep programs and services thriving despite the pandemic.

In light of the continued health risks posed by the pandemic, adult day programming at the Sam L. Cohen Center was initially suspended in March. After weeks of rigorous planning by the Center staff and the adoption of new health and safety protocols established in conjunction with the Maine CDC guidelines, the Center re-opened for a small number of members and their families at the end of July. Unfortunately, the rise in COVID cases in York and Cumberland Counties in late 2020 necessitated suspending adult day programming at the Sam L. Cohen Center again for the foreseeable future.

Technology played a critical role in how SMAA staff were able to keep in touch with clients, volunteers, donors and community partners during this past fiscal year. Staff and volunteers quickly learned the ins and outs of ZOOM meetings and found innovative ways of presenting classes and

workshops to clients and other community members. The third annual Charting the Future event, held in September, attracted a virtual audience of nearly 300 interested participants who signed in to hear Dr. Nirav Shah, the Director of Maine's CDC, talk about the challenges of aging in a COVID-19 world, and Judy Johansen, Clinical Research Ambassador at Massachusetts Alzheimer's Disease Research Center at Massachusetts General Hospital. The virtual event raised nearly \$62,000 to support SMAA's programs and services.

We are so grateful for the overwhelming support of individuals, foundations, and community partners who helped us raise more than a million dollars in Annual Fund support during our fiscal year 2019-2020. Now, more than ever, those dollars raised have ensured that no older adult needing assistance with food insecurity will have to wait for meals to be delivered to them or those needing help with other critical issues will not receive the information and assistance they need. Thank you to the 1,622 donors who made 2019-2020 SMAA's most successful fundraising year ever.

As we move into the New Year, the Southern Maine Agency on Aging will continue to pursue our mission to be the focal point in Cumberland and York counties for resources, services and information to empower older adults, adults with disabilities, and their care partners to live to their fullest potential.

Thank you for your continued support and for helping create better days for older adults in southern Maine.

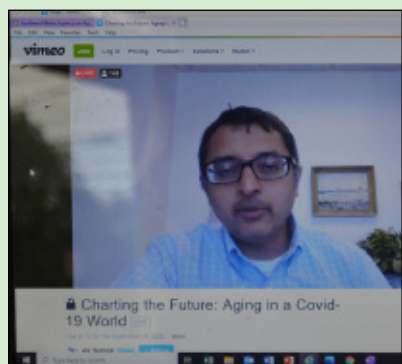
Sincerely,

Megan Walton  
CEO

Mary Jane Krebs  
Chair, Board of Directors

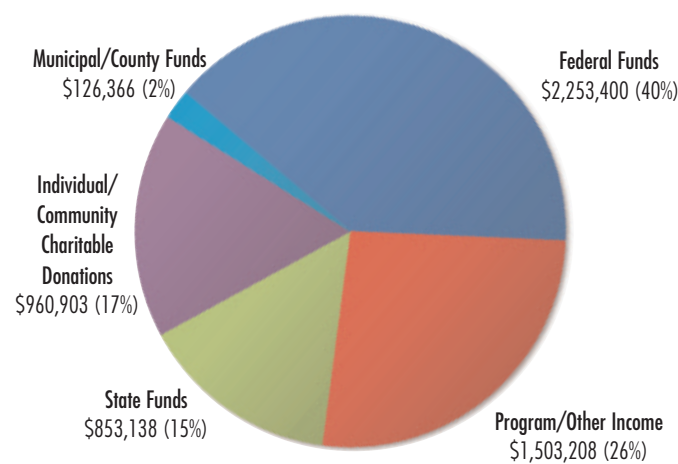
## Accolades & Milestones

- SMAA achieved the SAGECare Silver accreditation for 2020. In 2019, SMAA achieved a Bronze level. We are proud to achieve the higher, Silver level for 2020 and of our increased staff abilities and continued support of LGBT older adults.
- Over 380 people registered for the third annual Charting the Future: Aging in a COVID 19 World event. This year was a virtual event that highlighted the present challenges that seniors in Maine face due to the spread of the Coronavirus.
- Ashley Perrone, Biddeford Meals on Wheels Site Coordinator, was named the third 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 employees celebrated the following service milestones: Lori Campbell celebrated 30 years and Marilyn Durgin and Linda DeLapp both celebrated 20 years. Thank you for your service!

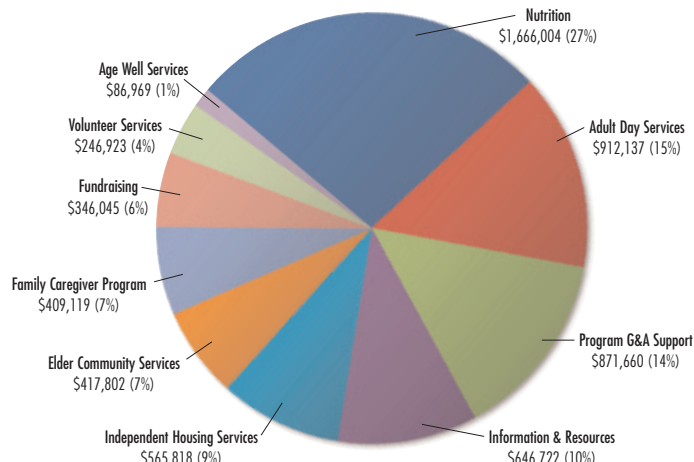


The third annual Charting the Future event in September went virtual this year with 300 guests tuning in to hear Dr. Nirav Shah, Director of Maine's CDC, talk about Aging in a COVID-19 world.

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 2021 by contacting SMAA.

## BOARD OF DIRECTORS 2019-2020

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SECRETARY: Denise Doyon  
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Beverly Soule

## Community Partnerships

- SMAA completed a partnership with MaineHealth Cardiology to assist 72 high-risk patients in York and Cumberland counties who have chronic heart failure. SMAA delivered heart health food directly to the patients' homes and worked closely with the patients on a personalized plan that is designed to help them thrive in their home and community.
- SMAA has continued to grow our relationship with the Harvard Pilgrim Healthcare Foundation. Their support has provided us with the resources to adapt and continue to provide our Agewell programs through the pandemic.
- SMAA would like to express an incredible amount of gratitude for the continuing support we've received from the southern Maine community because of COVID-19. Since March 2020, many foundations and businesses contacted SMAA offering to support us during this challenging time. Knowing that this pandemic is hitting our elders especially hard, these generous organizations wanted to help support the greatest needs we are facing. Thank you to all of our community partners!



SMAA nutrition staffers Ashley Perrone and Lily Lavoie-Sirois are ready to deliver curbside Meals to Go at the Sam L. Cohen Center.

## Volunteer Highlights

Last year, 507 volunteers donated 29,761 hours of service or the equivalent of 14.3 full-time employees. The value of their service is \$809,000 based on a recent Independent Sector report that rated volunteer time in Maine as providing a value of \$27.20 per hour.

With all of the programming adjustments needed to serve clients during COVID-19, this last year more than ever, our volunteers were an essential part of our ability to serve older adults in southern Maine. This year:

- 264 Meals on Wheels volunteers delivered over 218,000 meals
- 34 volunteers joined a Volunteer Emergency Response Team (AVERT). This group of volunteers was trained and are ready to assist deliver, package and set-up meals as part of our emergency preparedness plan.
- 104 Phone Pal volunteers helped combat senior isolation

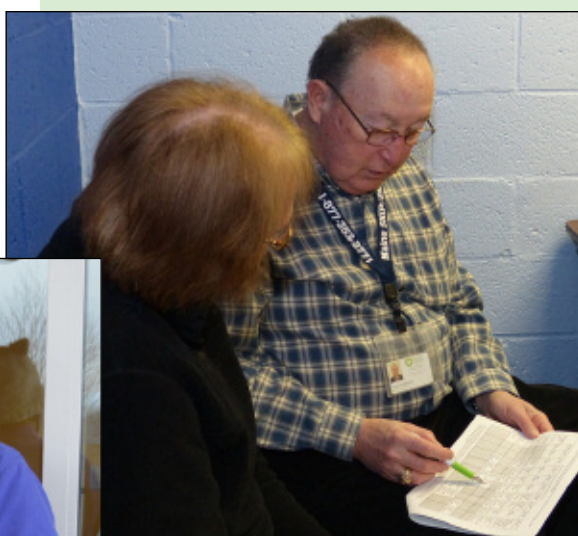
### Retired and Senior Volunteer Program (RSVP)

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

Last year, 435 RSVP volunteers donated 27,279 hours of service or the equivalent of 13.1 full-time employees with a value of \$724,000.

## Enhanced Services in the Community

- Since the start of COVID, we have held 16 "Meals to Go" events throughout southern Maine, including Kittery, Biddeford, Kennebunkport and Scarborough. These events served approximately 1,000 meals. We have four more events currently scheduled in December and January.
- SMAA reduced the price of our Simply Delivered meals program to help individuals receive health meals while encouraging social distancing. This price reduction helped serve 122 clients over 4600 meals.
- SMAA adapted its Medicare counseling options to include virtual programming such as an on-demand, self-directed Welcome to Medicare Seminar, a volunteer-led virtual Welcome to Medicare Seminar, and virtual one-on-one counseling appointments. Additionally we created new virtual educational opportunities for Medicare clients including eMedicare – Medicare Plan Finder Seminar and Medicare Basics – What You Need to Know.



Medicare volunteers, including Fred Ronco, were able to pivot to virtual one-on-one counseling sessions during 2020 Open Enrollment and were able to schedule more than 800 appointments to assist community members.

- SMAA re-envisioned the Agewell programs to offer a variety of wellness classes to support physical, mental and social health during this challenging time. Our updated programming included Guided Relaxation, Yoga for Healthy Aging, Laughter Yoga, Gentle Exercises, Qigong, and Coffee Talk.
- SMAA established a Volunteer Emergency Response Team (AVERT). This group of volunteers was trained to assist, deliver, package and set-up meals as part of our emergency preparedness plan. This team successfully responded to Meals on Wheels needs during the pandemic in March/April. Additional teams are being planned for FY20-21.



Biddeford Meals on Wheels volunteers pose with site manager Ashley Perrone before delivering meals and Valentine's Day roses provided by a legacy gift from Lorraine Merrill.



Donor Relations Manager Liz Thompson promotes the Subaru Share the Love event that raised more than \$5,000 for Meals on Wheels.

**THANK YOU** for your outstanding generosity and commitment to ensuring the independence and well-being of older adults in southern Maine. We gratefully acknowledge the generosity of 1,622 donors who made gifts from October 1, 2019 to September 30, 2020 to our Annual Fund. You gave \$1,070,058 in critical operating support, touching the lives of more than 21,000 older adults in southern Maine.

### MERRILL LIFETIME GIFT SOCIETY

Total lifetime giving of \$1,000,000+  
Lorraine Merrill\*

### BETTER DAY SOCIETY

Planned or Endowed Gifts

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Marjorie E. Allen\*  
Selma W. Black\*  
Wallace E. Camp Sr.  
Murray C. Cott\*  
Mr. Charles J. de Sieyes MD Ms. Carol Ward  
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Prouts Neck Association  
Barbara Rich  
Scott and Renée Russell  
Jeff and Susie Saffer  
Senior Planning Center  
Donna and Jon Shaw in memory of Amy Dentio  
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Kenneth Spier and Joan Leitzer MD  
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Town of Kittery  
Town of Limerick  
Town of Naples  
Town of North Yarmouth  
Town of Old Orchard Beach  
Town of Shapleigh  
University of New England  
Judith and Tom Watson  
in honor of Claire Pileski  
Whetzel Family Charitable Trust  
Blake and Gibson Wilkes  
Eddie Woodin

Laurence Gross and Barbara Colby  
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Harvard Pilgrim Health Care  
Dwight Havu  
Liz and Dwight Havu  
Donna L. Hazard  
John and Mary Holland\*\*  
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OceanView at Falmouth  
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Bill and Tina Pratt  
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Raymond Lions Club  
Ed Reed and Marilyn Lalumiere  
Sheila Reid  
Paul F. Robinson  
Susi Eggenberger and Doug Rogers  
Ray Ronan in honor of my niece,  
a front line nurse at Maine Med  
Jeff Reinold and Priscilla J. Rowe  
Sabre Corporation  
Scarborough Lions Club  
William Shain  
Donald W. and Susan H. Sharland  
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**Volunteer Dave Harrison has been delivering the Senior News to locations all over southern Maine for more than 12 years. On hiatus due to COVID 19, we're looking forward to printing Senior News again when it is safe to resume distribution.**

### VISIONARIES (\$10,000+)

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A component fund of the  
Maine Community Foundation  
Kittery Lions Club



**Although staff are currently working remotely, SMAA is still open for business via phone and digitally. Staff are still providing classes, workshops, insurance counseling, family caregiver assistance, information assistance, Meals on Wheels and more programs and services. Call or visit the website for more information.**

### STEWARDS (\$100-240)

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in memory of Marc Dugre  
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 Prudence Bean  
 Norman Belair  
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 Nicholas Beram  
 Tom and Marjorie Berman  
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 Val and Dave Blais  
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 Constance Bisson  
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 Patty Blankenship  
 Richard and Sally Boardman  
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 Valerie Boisvert  
 Louis and Cynthia Bona in memory of  
 Teresa Thompson  
 Ms. Sherrill Bonin  
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 Eleanore M. Irish  
 Brenda Faye Boothby  
 Reggie Borgoin  
 Colette and Roger Boucher  
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**Command central for SMAA's 2020 virtual Charting the Future event featuring Dr. Nirav Shah, Director of Maine's Center for Disease Control.**

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 Jim Otis  
 Harold and Claudia Pachios  
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 Mr. and Mrs. Richard Pelletier  
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 in honor of Terrance L. Bagley  
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 in memory of Teresa Thompson  
 Horst and Christine Plendl  
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 Paul L. Poulin  
 Carolann Present  
 Linda Pulsifer  
 Eileen M. Purdy  
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 Penelope Cohen and Gilbert Roberts  
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 Catherine and Charles Robie  
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 Maria Romano in honor of Janet and  
 Ralph Pelletier  
 Alice and Alan Roper  
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Patricia Croston in honor of my parents  
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**Nutrition Manager, Renee Longarini accepts a check from Kathy Moore, Branch Manager at Northeast Federal Credit Union from their Fighting Hunger Campaign.**

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Mary E. Harmon  
Katherine Harrelson in honor of  
Laureen M. Harrelson  
Amy Harris-Ohr  
Paula Harvey  
Carol and Thomas Haskell  
Estelle Haslam  
Joan Hatch  
Betty Hauptman  
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 Alton Palmer\* in memory of Alton Palmer  
 Marie Palmer in memory of Alton Palmer  
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 and Family and Michele and Bob Rozniak and  
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 Linda and Robert Russell  
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**THE SOUTHERN MAINE AGENCY ON AGING WOULD LIKE TO THANK THE FOLLOWING PEOPLE WHO MADE GIFTS IN MEMORY OF LOVED ONES DURING THE FISCAL YEAR ENDING ON SEPTEMBER 30, 2020.**

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