

## Rehab Technique Offers New Option For Maine Stroke Patients

By Jerry Harkavy

An innovative rehabilitation technique that enabled a young Portland boy who suffered a stroke prior to birth to improve mobility of his left arm and hand could prove beneficial to older patients in Maine who have had a stroke.

Thanks to the efforts of an occupational therapist in Portland, five-year-old kindergartner Joseph Miller has made substantial progress, is playing basketball and, in his father's words, is doing "exceptionally well."

Joseph's father, Joe Miller, credits his son's success to the work of Barb Leslie, an Occupational Therapist at New England Rehabilitation Hospital who took it upon herself to travel to the University of Alabama in Birmingham (UAB) in October 2009 for a week of intensive training in constraint-induced movement therapy, or CIMT.



Five year old Joseph Miller learning to ski at Lost Valley in Auburn, Maine.

"The more tools you have in your bag, the better off your patients are," Leslie said. "It's not a magical cure. If somebody has had a stroke and goes through this protocol, it's not going to make their arm 'normal.' But it will give them a really good functional return."

The technique forces patients who have lost motor function in an arm, leg or hand as a result of a

stroke or traumatic brain injury to make use of that limb instead of continuing to rely on the unaffected limb on the opposite side.

CIMT was an outgrowth of experiments conducted at UAB on monkeys whose nerve fibers were cut so they lost sensation on one side, prompting researchers to restrain the "good" side to make the subjects depend on the weaker limb.

In Joseph's case, Leslie placed his right arm in a cast for three weeks before taking him through a rigorous program of therapy designed to enhance function on the affected side. The program involved repetition of motor patterns with increased intensity and frequency over a set period of time.

Adult patients usually wear a mitt that is removed between therapy sessions to avoid potential balance and walking issues. In contrast, Joseph's cast remained on during the entire three weeks.

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## SMAA's Truslow Center Offers Day Care Option For Elderly And Disabled Adults

By Jerry Harkavy

Monday had been listed on the schedule as "Wear Red Day," so it was no surprise that most of the men and women seated in a circle around the piano in the large and airy activity room at Truslow Adult Day Center in Saco had donned their favorite red shirts, sweaters--and in one case--slacks.



A satisfied daughter with her mother, who attended the SMAA's Truslow Center for close to six years.

They had gathered for a Valentine's Day performance by music therapist Susan Reid, who captivated her audience of 20 by singing love songs that spanned the decades from time-honored George Gershwin and Irving Berlin standards to early Elvis and Reba McEntyre.

As Reid performed an enthusiastic, upbeat "You Are My Sunshine" or eased up on the tempo with "I'll be Loving You, Always," the audience made up primarily of people with memory impairment chimed in without skipping a beat.

"Music is a great communicator," Reid said after her hour-long show. The former professional opera singer who went on to perform in musical comedies selects tunes that strike a chord with her listeners and are sure to bring back memories.

Special events such as Reid's monthly appearances help liven up the atmosphere at Truslow, one of a few dozen adult day care facilities in Maine and thousands across the country. They offer a safe, secure and caring environment for those

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### Southern Maine Agency on Aging

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## From the Director's Desk

### Governor's Proposed Budget Cuts Will Affect 40,000 Low-Income Seniors

Governor LePage's proposal to reduce MaineCare (Medicaid) eligibility to the Federal Poverty Level (FPL) will affect about 40,000 elderly and disabled Mainers who will lose all or some of the help they currently receive with the costs of Medicare premiums, co-payments and deductibles, including prescription drugs.

For example, an elderly couple with \$1,839/month of income (185% of FPL) could see their out-of-pocket cost for Medicare premiums and deductibles increase by as much as \$700 to \$1,000 per month as soon as July 1st.

Federal law gives states the option to expand Medicaid eligibility to help low-income people who have



high medical expenses. Maine has used this flexibility to help low-income seniors to obtain the medicine and health care that allows them to manage their chronic health conditions and avoid hospital care. Inevitably, removing access to affordable medications will result in avoidable emergency room admissions, greater use of municipal ambulance services, more unfunded "charity care" costs to hospitals, and potentially greater MaineCare expenses, if declining health conditions require nursing home care.

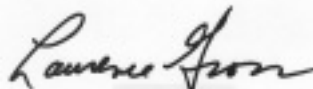
It is very important that your local legislators understand the costly consequences of withdrawing prescription and health care coverage from low-income seniors. Remind them that Social Security payments have not increased for the

past two years, despite increasing food and heating costs. Speaking to your state Representative and/or Senator and sharing this information will help them make an informed decision when they vote on next year's state budget.

Another proposal from the Governor calls for charging a 4% "premium" (more accurately, a caregiver tax) to low-income seniors and families served by several state-funded, home-based care programs.

Because the legislature may substitute other reductions to replace those proposed by the Governor, we will not have a clear picture of the effect at SMAA until late May.

In the meantime, spring flowers and tree blossoms are on their way!



Laurence W. Gross  
Executive Director, SMAA



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## The Finebergs Celebrate a 70-year Milestone

For Louis Fineberg, his vision of his 70th wedding anniversary on December 9 was simple: a photo with his wife Tina and a piano performance by his long-time physician Dr. Mark Braun. The Finebergs live at Scarborough Terrace where the staff helped to make his dream a reality by creating a reception complete with an anniversary cake and balloons. The staff also coordinated with Dr. Mark Braun to close his practice for an hour and give a special surprise performance for the couple. It was a day marked with emotion and celebration with not a dry eye in the house.



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## Senior Moments

by Hunter Howe  
Pure Imagination



As I age, I feel I'm caught in a taffy tug of sorts. One tug pulls me toward relentless activity. Another tug pulls me toward the quiet zone.

When I succumb to the latter tug, that is to retreat from the noise of everyday living, I read. *The Oxford Book of Literary Anecdotes* reveals that when Sir Walter Scott returned to Abbotsford to die, and was wheeled into his library, he burst into tears as he beheld those life-long friends upon his bookshelves. I'll have to admit, I've sat in my own den surrounded by my own friends and wondered what will happen to them when I join Sir Walter.

John Russell, an American art historian and critic had thoughts similar to Sir Walter Scott. He wrote, "I cannot think of a greater blessing than to die in one's own bed, without warning or discomfort, on the last page of the new book that we most wanted to read."

Pure drama. For some, melodrama. Groucho Marx once said: "Outside of a dog, a book is a man's best friend. Inside a dog, it's too hard to read." A dog and a book, like beer and a pizza, work together. Add a quiet room, a comfortable chair, and a cup of hot cocoa. Slip on a pair of warm moccasins. Or, withdraw to the public library. No noise please—a finger waving shush from the librarian who is the keeper and defender of the book and the sacred calm of this great institution.

Each day, I open my mailbox expecting bills, dreaded financial statements, an IRS audit, or a jury duty notice. Every two months it's there, the latest edition of "Bookmarks Magazine." Like a tasty desert, I tackle it turning the pages with gleeful anticipation. I mark those delights that attract my attention and add them to a list I keep in my wallet. The best part is yet to come, the trip to the bookstore.

Sometimes, I stop and scan the names of the famous writers and po-

ets: Hemingway, Stevenson, Twain, and Frost, all ready to lead us, like a northern Maine guide, away from the noise and mental torture of everyday life. Sounds like a best seller, *The Great Book Escape*. John Updike wrote, "I want to write books that unlock the traffic jam in everyone's head." Here's to John!

The pleasure is in the purchase. Later, I lie in bed enveloped in flannel sheets, eyes struggling to ward off imminent sleep, fighting to read one more line. Like a suspenseful movie, I don't want it to end. But it does. I close my current book, hold it for a long moment, and even give it a soft reassuring pat as I would a sleeping child.

You might write your name inside the front cover, date it and jot down the town you live in. Kind of like a book grave marker.

Flash forward in time. It's 2075. A young lad combs through a used bookstore in a crumbling down barn on the Maine coast. There are hundreds of shelves holding worn, dusty books waiting to be read again. His fingers find a tattered paperback with an interesting title. Inside the front cover, he discovers a name, a date and a town. And, he wonders, who was that person?

## Dance Class for People with Parkinsons

A dance class specifically designed for people with Parkinson's disease will be offered at the Mid Coast Senior Health Center, 58 Baribeau Drive in Brunswick on Thursdays, March 31, April 7, 14 and 21.

The classes, from 9-10 AM in the Community Room, are a combination of being led in dynamic movements, accessible dance steps and opportunities to experience one's natural movement and creativity, according to Katie Tranzillo, instructor.

Registration is \$20 for the four weeks; scholarships are available. Call Susan VanNote or Marlise Swartz at 729 8033 for registration. Space is limited.

## BOOK REVIEW

### Let the Great World Spin by Colum McCann (2009)

Book Review by Don Caouette

On a late summer day in 1974 an aerialist named Philippe Petit performed live 110 stories up in the air between the twin towers of the World Trade Center in New York City. As he hopped, skipped and danced a quarter of a mile up in the air, down on the ground thousands of people stood in awe at this so called "artistic crime of the century." Mr. Petit later recounted his exhibition and the six years of preparation it took him to do this act in his award winning documentary, "Man on Wire."

You might think this would be the main theme of Colum McCann's book, but it only serves as a way to enter the world of some of the people on the streets below. McCann is insightful at understanding each of his characters as he shows us what these people are going through in their daily lives. In comparison with the post 9/11 years, 1974 was a fairly innocent time. None the less, during this period there were some disturbing events people had to confront: such as the soldiers coming home from Vietnam along with the mixed emotions of many Americans concerning the war, the prevalence

of crime and drugs on city streets, and the eventual resignation of Richard Nixon as President in the wake of the Watergate scandal.

Within this framework, McCann's characters seem so real you forget they are fictional. There is Corrigan, the radical young Irish monk who devotes his life to helping the less fortunate of the city. There is the wealthy, bereaved woman named Claire who discovers that she has more in common with her black servant Gloria, who has also lost a son in the war, than she does with her wealthy Park Avenue friends. There is the young artist named Lara who discovers a more meaningful world as a result of an automobile accident with Corrigan's brother, Ciaran. And then there is Tillie, a 38-year old prostitute, who tries her best to keep her teenage granddaughter from following in the same footsteps as herself and daughter. All of these characters are connected in some way and together they provide some unforgettable voices during that time in our country's history.

Colum McCann's novel is 20-30 pages too long but definitely worth reading. You will find his story at times heartbreaking and depressing, but in it there is also joy, as he succeeds in providing a masterful portrait of the city and its people.

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## Door to Door Scams: Right here in Maine

By Jessica Wood, Investigator  
Key Corporate Investigations

Taking advantage of aging populations regrettably is something that occurs with regularity—not only across the globe, but right here at home in Maine. While many of us would like to give others the benefit of the doubt and/or assume these vicious acts occur in metropolitan areas, ultimately we must ensure we are looking out for our own protection even if we don't think it will happen to us. Today I will provide two very recent, yet similar examples of scams targeted at seniors in Maine occurring in the winter months. You may notice although a winter storm may entice most to stay inside, scam artists see opportunity. Both of my examples occurred during the Christmas weekend storm.

In the first instance, two of our clients were approached by two young men to shovel their roof and clean out their chimney. Of course, both of these undertakings require considerable effort and so the victims felt the offer was generous since they would be unable to carry out the work on their own. After completing the shoveling, the fraudsters asked for a check to cover the work—including the yet to be completed work. Since the scam artists already had access to the victim's garage and had knowledge of the layout of the property, they took it upon themselves to steal a generator and a ladder. Before the victims had an opportunity to discover the missing items and come to the realization the men were not returning



to complete the additional work, their check (exceeding \$3,000) was already cashed. Victims are not only out the money, but also a generator and an expensive ladder.

The second example is demonstrative of how a fraud artist may exhibit diligence and patience in his scam. Another one of our aging clients was approached by a contractor to complete home repairs this past summer. Over the course of several months the contractor had allegedly completed various projects on the victim's home but most recently raised a red flag when the client's nephew discovered a note from the contractor asking the victim for \$18,000 to assist with starting up a business. After completing some research, the nephew learned our client had made two sizable recent payments to the contractor for fixing her generator—the same generator that failed to work after the 2010 Christmas storm. The nephew likewise discovered the contractor had attempted to interest the client in an \$18,000 investment. Considering alone the most recent payment towards fixing the generator, the client lost out on over \$1,500—not including any of the other checks written for these so called "home repairs."

Bottom line: Wait until someone completes work prior to providing payment for a service. If in the event you do become a victim of a scam, notify local authorities. If you have provided payment such as a check likewise notify your bank in an effort to document the event and assist law enforcement in their investigation.

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### Mission Statement

Improve the physical, social, emotional and economic well being of older adults living in southern Maine (Cumberland and York counties).

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



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Registration is required. Call 396-6500 in the Portland area or 1-800-427-7411 to sign up. Seminars are two hours long, beginning at 10:00 a.m. Locations include, Scarborough, Springvale and Windham.

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**Protecting Yourself from Medicare Fraud or Identity Theft**

**Protect – Detect – Report**

By Carol Rancourt, Medicare Coordinator Southern Maine Agency on Aging

On January 20 Senior Medicare Patrol volunteers from the Southern Maine Agency on Aging attended a training on Medicare Fraud. Four of those who attended the training have agreed to become Volunteer Fraud Investigators for SMAA. At the training they learned that today's world is not always the pleasant place we all would like it to be. Not only are we all struggling to make ends meet in these difficult financial times, but we need to be aware that unscrupulous people are more than ever trying to take your identity and what you have. One of the most accessible gateways to identity fraud is your Social Security number and your Medicare number. These numbers give crooks a clear road to your personal information.

We at SMAA and the Senior Medicare Patrol are asking you to:

**Protect**

It is vital that you protect your Social Security and Medicare numbers just as you do your credit card numbers and bank account information.

Never give your number out to a stranger.

Rip up or shred your Medicare and other health care papers before throwing them away. Crooks go through the trash!

Pick up your mail as soon as you can. Crooks have been known to steal mail right out of mail boxes to get those numbers.

**Detect**

Review all of your medical bills and Medicare Summary Notices for possible mistaken charges.

Keep track of medical visits and treatments.

Look for things like charges for services never received, billing for the same thing twice and services not ordered by your doctor.

**Report**

Call your doctor or health care provider with questions about your bill or statement. If you are not satisfied with the explanation, call SMAA's Senior Medicare Patrol (SMP) at 396-6500 or 1-800-427-7411.

Finally, remember Medicare does not sell anything. Medicare will not call you to verify or ask for any personal or financial information. It is shrewd to be rude! If you have an uncomfortable feeling about a phone call or feel pressured to do something you don't want to do, just hang up.

If you would like to consider becoming a volunteer with SMAA's Medicare Patrol, call Kathy Baxter at 396-6518.

**Another Telephone Scam Reported**

Submitted by Sara Forgione Resident Service Coordinator Avesta Housing

A resident called me recently to report something that she experienced. She had received a call from "Medicare Pharmacy." The person on the phone asked her some questions, and then said she was eligible to receive some items for free based on her medical history. She was told she was eligible for a new talking diabetes test kit. The person then said that they just needed to verify some information and switched her to another person. At this point she was asked her social security number and other identifying information.

She said the call seemed professional and very typical of talking to an agency. After she got off the phone she started questioning some of the information. She tried to call the number back and it was disconnected. She has informed the police, Social Security, Medicare and her bank.

I wanted to share this information with as many people as possible, because I am sure other people are going to be targeted.

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## Driving as We Age

Kate Cole Fallon, MS, LCPC  
Caregiver Advocate

It's a moment family members dread: asking someone to stop driving. A driver's license is a symbol of independence. Giving up a license is an emotional choice as much as a practical one. If you are concerned about someone's driving, or even your own, there are strategies you can employ. It may not necessarily be the end of the road.

Aging is not necessarily a reason to stop driving. There are many excellent older drivers on the road. Although older drivers are less likely

to cause accidents, there is a greater chance of sustaining serious injury when in an accident. As we age, our bodies are frailer and less capable of tolerating the impact of an accident. Unfortunately, because some accidents involving older drivers make headlines, some people assume that all older drivers are dangerous.

Aging sometimes brings health and mobility issues that may compromise effective driving. Inability to turn one's head, difficulty holding the wheel and neuropathy leading to lack of sensation in the feet, are just a few issues that may impede driving ability. Vision and hearing problems also pose hazards. Not being able to read road signs or hear sirens puts all drivers at risk.

People are living longer with chronic health conditions. Many of these conditions pose little danger when well managed. Being sure to monitor chronic illness, along with having vision and hearing checks, are critical for all drivers. Any change in health status or medications indicates a need to reevaluate driving status, and perhaps limit driving until a doctor determines health is stable again.

Dementia poses unique challenges. In its early stages, dementia is not necessarily a reason to stop driving. However, as it progresses, dementia compromises decision making, and cognitive loss may lead to drivers getting lost or being confused about the rules of the road. People may have difficulty keeping their attention focused on their driving. Safety is of utmost importance and must guide all of us in limiting driving appropriately.

There are options for us as we age besides giving up the keys. There are adaptations for cars that will minimize risk when mobility is an issue and increase both comfort and safety. An Occupational Therapist can help identify modifications specific to your needs. Agreeing to limits on driving may also be a good way to incrementally reduce the hazards of driving. Avoiding driving in bad weather, at twilight and during rush hour are good places to start. AARP and AAA offer driver refresher courses for mature drivers, which are helpful and may reduce insurance premiums. These courses

may also be available online and taken in privacy at your own pace.

As we age, a higher percentage of accidents occur while making a left turn into oncoming traffic. Judging distance and the speed of oncoming vehicles can be a challenge, but we may be able to plan routes around this.

If you want to learn how someone else is really doing on the road, ride along with them. Are they hesitant, are others honking at them, are they stressed? Consider compromise and creative solutions before assuming the license needs to be "retired." Identify transportation alternatives before driving becomes a crisis. Don't assume you have to be the "bad guy" if you are concerned about someone's driving. Engage a health care provider or trusted friend to share in this conversation. Always remember, safety first.



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## Savvy Caregiver Classes Continue

Savvy Caregiver is a training program for family caregivers of people with dementia living in the community. Because we know that people often take on the role of caregiver without any preparation or training, Maine's Agencies on Aging and the Alzheimer's Association are offering this program statewide, through a grant from the Administration on Aging.

This program helps family caregivers develop knowledge, skills, and attitudes to make taking care of a person with dementia easier. As part of the grant, we will be collecting data to add to the research on this program, by asking participants to complete pre- and post-questionnaires. So far, feedback from caregivers who have taken the class has been overwhelmingly positive.

We have classes coming up in Casco, Kennebunk, Scarborough and Kittery, and are working on plans for Portland, and Windham. Pre-registration is required. You can find details in the "Senior News" caregiver class schedule, on the SMAA website ([www.smaa.org](http://www.smaa.org)) or you can contact Ann O'Sullivan or Kate Cole Fallon at SMAA (1-800-427-7411).

We are particularly grateful to the Huntington Common Fund for their sponsorship of sessions serving residents of York County, and to Home Instead Senior Care of York County for their support of the series in Kennebunk.



## Caring For Aging Family Members

### Support / Discussion Groups

**Y**ou're not alone! Connect with other caregivers in a safe setting. Find out what's working for other people.

**Biddeford:** For caregivers of people with dementia. **NEW DAY:** 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 229-4308.

**Bridgton:** 2nd Wednesday of the month, 1-2:30PM, at the Bridgton Community Center. Contact Ann O'Sullivan at 1-800-427-7411 x 541. Respite care is available on site.

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

**York:** Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, from 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700.

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

### Kinship/Grandparent Support Group

Sanford: Wee Care, support and discussion for kinship parents and grandparents helping to raise children, 2nd Wednesday of the month, 5:30 – 7:00 PM. Supper and child care available. Contact Thea Murphy at Trafton Senior Center at 457-0080.

### On-Line Discussion And Support Group

Online support group: This private Yahoo! message board is available 24/7. If you are caring for an aging family member or friend, and you have Internet access, please join us! Contact Kate at SMAA, 1-800-427-7411 or online@smaaa.org.

## Help For People Helping Aging Family Members

**A**re you assisting an older adult? Do you spend time helping with errands, household chores, finances, meals, health care or personal care? If so, then you are a family caregiver. The Family Caregiver Support Program can help support you as you help someone else.

### Class Schedule 2011

April 4, 11, 25, May 2, 9 and 16, 1-3PM: **Savvy Caregiver.** Senior Center at Lower Village, Kennebunk. Contact Kate Cole Fallon at 1-800-427-7411 x 558 to pre-register (required).

April 21, 28, May 5 and 12, 5:30-7:30PM: **Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register.

April 27, 6-7:30PM: **Options for Older Drivers.** Windham Adult Ed, Windham. Call 892-1819 to register.

May 3, 10, 17, 24, 31, and June 7, 5:30-7:30PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

May 31, June 7, 14, 21, 28 and July 5, 1-3PM: **Savvy Caregiver.** The Gathering Place, Kittery. Contact Kate Cole Fallon at 1-800-427-7411 x 558 to pre-register (required).

July 6, 13, 20, 27, August 3 and 10, 9:30-11:30AM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

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

## "Putting the Puzzle Together" Series Offered in Scarborough

**S**outhern Maine Agency on Aging will offer "Putting the Puzzle Together: Getting Ready to Offer Information, Care, and Support to Older Family Members and Friends," a 4-part series for family caregivers, at the SMAA office in Scarborough. The classes are to help people who are currently providing assistance to older adult family or friends and those thinking ahead.

The course meets in 4 two-hour sessions, April 21 and 28, and May 5 and 12, from 5:30 to 7:30PM. Please plan to attend all four sessions. Topics covered are:

- Understanding Geriatric Health
  - Resources, Supports, and Living Options, which includes community-based services and living alternatives
  - Legal and Financial Issues
  - Making It Work, which covers family communication, caregiver coping, and action strategies
- Flyers for the programs are available on the Family Caregiver Support Program page of the SMAA website, [www.smaaa.org](http://www.smaaa.org).

There is no charge, but pre-registration is required. The deadline is Monday, April 18. Contact the Family Caregiver Support Program at 1-800-427-7411 to register or for more information.



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## A New Year, A New Day

Susan Gay, Registered Dietician  
Nutrition Coordinator, Hannaford

What was your New Year's resolution? Did you declare exercising more? Promise to become a volunteer to help others? Decide to learn something new? Our individual goals may differ; however, the intent for a positive outcome is mutual! My personal favorite is the pledge to pay closer attention to one's health with emphasis on a healthy diet!



Americans are alarmingly obese, now thought of as an epidemic. Better nutrition improves or prevents chronic disease by making our lives healthier and improving our ability to have active lives! The U.S. Department of Agriculture and Health & Human Services have recently put forth new dietary guidelines to help improve our health. Here are some highlights to help enrich your food choices.

1. Load up super foods. Having lots of colorful fruits and vegetables in our kitchens will not only give us the incentive, but the opportunity to provide quality to our meals and snacks. If you live in a facility where meals are prepared, or eat out often, opt for nutrient rich veggies instead of the salt and fat laden fries. If dessert is a must, enjoy the natural sweetness of fresh fruit vs. the artery clogging alternative! These healthy options can provide more fiber for a healthy digestive system and potassium for better blood pressure management.

2. Whole is always better! It's no news flash that eating whole grains is healthier. Some labels claim "5 whole grains per serving" or "made with whole grains." But if "whole grain" isn't the first ingredient listed, there's a better choice out there that hasn't processed out its natural goodness like the protective antioxidants and fiber.

3. Don't forget dairy. Low fat dairy that is! Calcium and Vitamin D are important for bone health and Vitamin D has been positively associated with heart health, cancer protection, reduced diabetes risk and more. Also, milk and yogurt contain Vitamin B12. This vitamin is essential for healthy blood cell formation, nerve tissue function and brain function including memory. Aging alone puts us at a higher risk for deficiency, which can have serious effects such as numbness and tingling in the feet, anemia, confusion, weakness, balance issues and more. Other good food sources of Vitamin B12 include lean beef, poultry, fish, sardines and fortified cereals.

For more nutrition information, join me at Hannaford for a "Healthy Foods Tour" and make this the year to achieve good health by eating well!



This advertorial is paid for by Hannaford for the benefit of "Senior News" and its readers.

## Why I Love and Hate Computers

### Booking an Airline Ticket

By Louise Hirshberg



"I am so dumb." This self-abusive vocabulary snuck into my life after I turned 65, and I blame it on the computer and "modern" technology. Today I can freely say I hate and love my computer. I miss the "good old days" when I dialed seven numbers on the telephone and a smooth speaking operator happily took my order, filled my needs without my going through 10 minutes of a computer saying, "Just need to ask you a few questions before we get started," and then, 15 minutes of horror music.

Example: I am taking a one-week vacation in Florida. I am an intelligent woman, I tell myself, and can book my own reservations on line just like my adult children. Easy. I go to the American Airlines web site, where I have mileage points. Problem One. I can't find out how to redeem my points as well as book a flight, so I **do what I always did**, dial American Airlines on the phone. I am able to read most of the Sunday "Times" while on

hold...that is good. Finally, Henry, after asking five minutes of the same questions I've already told the computer, tells me to look for the button that says redeem. "Dummy," I tell myself, why did I not see "redeem" 20 minutes ago, before I placed the call. Kind Henry stays on the line cheering me on while I nervously poke out my information, key by key. Terrific, I find a plane and a seat. I am brilliant. I'll make my kids proud, and I'm good to go, or so I thought. Thanking Henry for talking me through this maze we hang up as I feel bold enough to complete the reservation myself. I check the button to place my order. Bam, my heart sinks as the screen screams "Error" at me, but it doesn't tell me what the error is. Determinedly, I poke in all my information once more, finding the plane, and filling in where there are red stars. Damn, Damn, Damn. "Error" shouts out at me—with the inferred message, dummy. So I **do what I always did**, call the airline.

I knit eight rows on my sweater until charming Linda comes on the line. Sadly she is unable to fix my problem but transfers me to the email specialist, Valarie. Ten rows later—I do like speaker phone, which allows me to be able to multi-task—Valarie asks if I have a Mac? The error message, "Might be your server," she states.

I hate to let her know what kind of an idiot she is dealing with but I have to ask, "What is a server?" Valarie gets rid of me fast, by explaining it is an Apple problem not American Airlines. So I **do what I always did**, call Apple.

The sweater is growing with each phone call. We do the dance of "Just need to ask..." then horror music and finally Dan picks up and tells me it is American Airlines' problem. I call back American Airlines... more knitting, more music,

and eventually George, who tells me I have to rewrite the reservation and push the HOLD button so it will not disappear again. George stays on the line while I fill in all those red stars. Hooray! I now have a reservation on hold for five days. Terrific, five days to torture myself trying to get this on-hold ticket into a usable e-ticket. So I **do what I...** and call back Apple. This time I find a woman who actually admits that my Apple Safari server is no longer compatible with American Airlines. Oh, why didn't someone tell me this two hours ago. I go to bed.

Day two, with the suggestion of either Valarie, or Ethan, or some one of the lovely young people I have talked to, I try to download Firefox all by myself. Proudly, I think, I accomplish this and I see the icon of a fox and fire...high five gal, but when I try the "Hold Reservation," Firefox disappears into cyber heaven and "Error" shows up once again. In defeat, I give in and email my hold reservation to my daughter and beg her to try. That doesn't work.

Day three, knitting and a cup of herbal tea in hand, I call American Airlines... "How can I just PLACE this bloody reservation," I cry. "If we place it, it will cost you." "Why should I pay when it is your fault? Get me your supervisor." Alice is lovely and she does try and help me but now my tears of frustration are seeping down my face and I can barely see my screen. I give up. Please, please, please place this damn reservation so I can take this short trip before the making the reservation is longer than the actual trip.

Not that easy, her computer cannot take the reservation but she transfers me to Sonja. More tea, knitting, and horror music. At this point, I can barely talk between sobs. But for \$20, Sonja manages to extract my information and place the reservation. I love Sonja.

Please let me remember, next time spend the \$20 and save the many hours of frustration and feeling so dumb.

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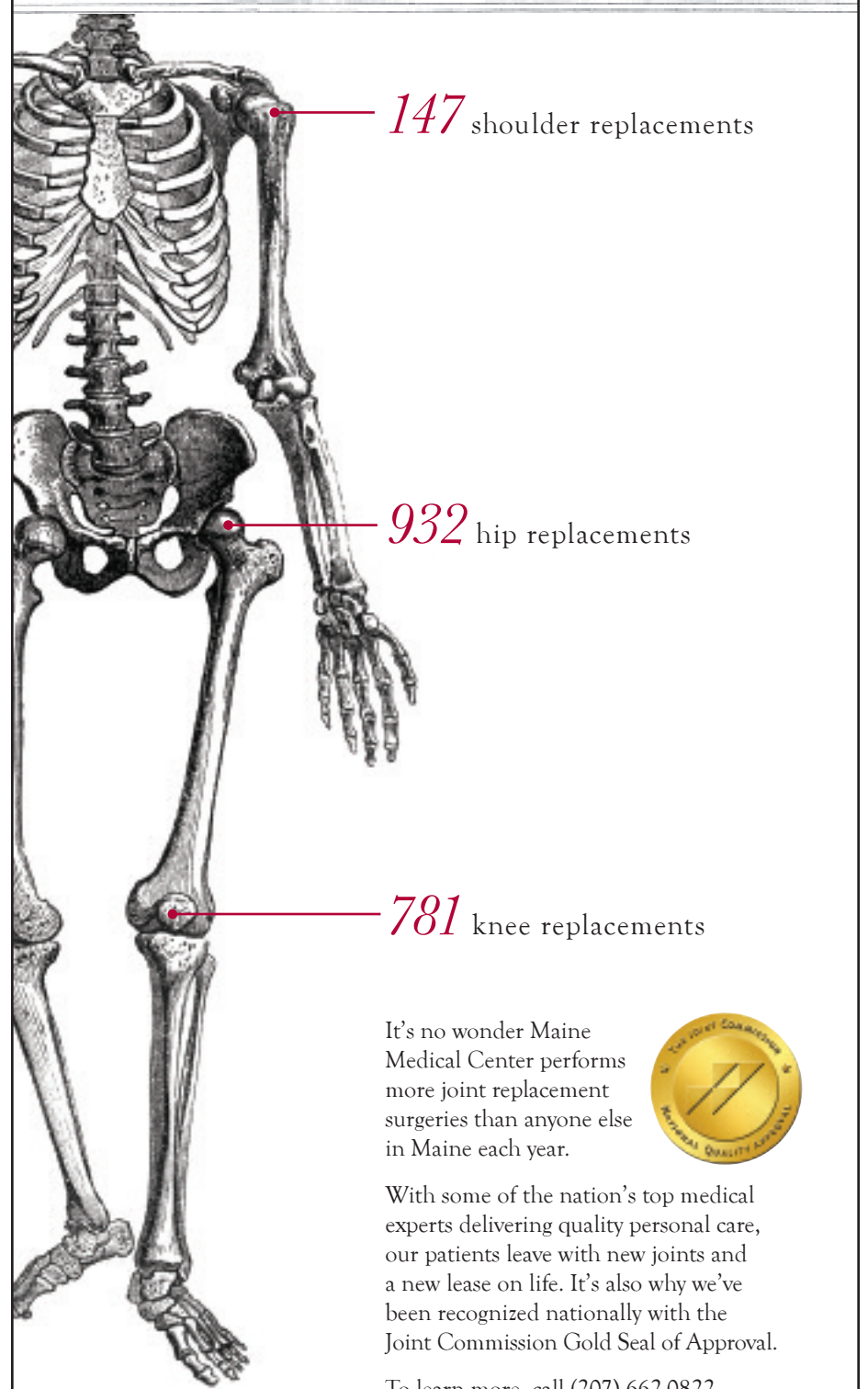
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Please contact Peg Brown, Director of Development, to discuss your interest in planned gifts and to answer any questions you may have at 207-396-6590 or mbrown@smaaa.org.



Gloria Jean sings for a crowd.

## Grand Opening "Spring Fling" in Kittery

Southern Maine Agency on Aging is planning a big Grand Opening on Tuesday April 29 at the new Kittery Community Center at 120 Rogers Road in Kittery. Entertainment will be provided by Gloria Jean and Bobby Lee. Gloria Jean has won Maine Female Vocalist of the Year for six years. Bobby Lee has won Male Vocalist of the Year several times and Senior Entertainer of the Year in 2010. Gloria Jean was also named Entertainer of the Year for five years and has been inducted into the Maine Country Music Hall of Fame.

Music begins at 10:30AM with dinner to follow. Turkey dinner with all the fixings served by Al's Catering of Scarborough.

All of this for a suggested donation of \$5 for Seniors 60 and over and \$7 for those under 60.

Come help us celebrate our new location. Meet new people and bring your friends. Door prizes will be drawn. Hope to see you there! For reservations, please call Elaine or Patty at 475-7399. Their hours are 7:30 to 11:30 or leave a message.



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### Meals on Wheels Coordinators Retire— 29 Years of Combined Service

Anne Bain, South Portland site coordinator for the last 22 years, and Helen Trefethen, who headed up the Pride's Corner Meals on Wheels distribution location in Westbrook for the last seven years, were honored at a surprise retirement party on January 6.



## Information for seniors and their families

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## A Flower Garden

### One of the Best Mother's Day Gifts Ever

As part of my Mother's Day present, Glenn and Linda planted a garden for me outside my front door and it has given me many hours of enjoyment," says Elaine Cross. Linda and Glenn Nerbak of South Portland, Maine planted the flower garden as a Mother's Day gift

in 2010. The following is a poem Elaine wrote after the first four months with her new garden.

### My Garden

By Elaine Cross

They stopped by to see me  
On a Sunday back in May  
I asked, "What's happening?"  
Their answer, "Happy Mother's Day."

Then he started digging,  
Sifting out grass and weeds.  
She followed him with potting soil,  
Small plants and flower seeds.

Then they put up a white picket fence  
And a bee on a welcome sign.  
I smiled at them gratefully,  
And said, "Oh, that's just fine."

The pleasure that it brings me  
I haven't the words to say.  
As I open my blinds each morning  
The beauty takes my breath away.

Now four months have passed  
Since that early day in May.  
I water my garden faithfully  
While they keep the weeds away.

So don't buy your mom a book to read  
Or candy she may have to sneak.  
Don't buy her fresh cut flowers  
They'll be gone in one short week.

Plant a small garden if you can  
You don't need a lot of room.  
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## News from Meals on Wheels

By Jo Ann McPhee

Liz Engel, who has been a Floating Coordinator, has accepted the position of Site Coordinator for Meals on Wheels distributed from the People's Methodist Church in South Portland. She is filling the position that became vacant with the retirement of Anne Bain. This location serves people in Portland, South Portland, Cape Elizabeth and Scarborough.

Holly Mason has accepted the position of Site Coordinator for the new Portland/Westbrook location at the former middle school on Bridge Street in Westbrook. Holly fills the position that was held by Helen Trefethen who has retired. Holly manages delivery routes in Westbrook, Falmouth, Portland and Gorham.

We will miss Anne and Helen but we are pleased that Elizabeth and Holly have joined the Southern Maine Agency on Aging's Meals on Wheels program.

Volunteers are always needed to help deliver meals, and right now especially in the towns of Hollis, Buxton, Standish, Waterboro and the Berwicks. Volunteering is a gratifying way to spend some time with people who are no longer able to cook or get out of the house easily. You will be paid mileage if needed. For more information, call the Meals on Wheels hotline at 1-800-400-6325.

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## SMAA's Truslow Center Offers Day Care Option

continued from page 1

who come to the program for many reasons including dementia or developmental disabilities. With the support of the center people can remain in the familiar surroundings of their home and avoid or postpone placement in residential facilities.

The program at the nonprofit center is designed to provide participants with mental stimulation, social interaction and recreational activities that can engender a greater sense of well-being during a period of physical and/or cognitive decline.

Just prior to Reid's performance, and after a chicken pot pie lunch, clients took part in a series of exercises in which a cheerful and enthusiastic recreation coordinator led them through the motions of throwing snowballs, playing the drums and chopping wood. Various activities are scheduled throughout the week, ranging from bingo and trivia games to craft projects and concerts.

Truslow is operated by the Southern Maine Agency on Aging to serve adults in York and Cumberland counties. Most of the participants are from Saco, Biddeford and Old Orchard Beach, where the center runs a bus with a hydraulic lift for wheelchairs to transport clients to and from the program. The bus makes two or three trips a day.

The center, named for physician John B. Truslow, a SMAA Advisory Council Member and advocate for elder independence, is licensed to accommodate 36 participants, although Debra Thomas, the center's program manager, said there are 20 to 25 participants each day.

"Many people bring their parents to us while they work during the day," Thomas said. "In other cases, a spouse needs time to take care of themselves."

Truslow is open from 8AM to 5PM Monday through Friday and some participants spend the full five days at the center. Others attend two or three days a week.

The population served is made up of a variety of ages. Most participants are seniors but there are a handful of younger people who are physically or developmentally disabled. Because women tend to outlive men, adult day care facilities usually attract a higher percentage of women.

That's not the case at Truslow, where many of the participants are veterans, whose fees are covered by the Veterans Administration. Other clients may be funded through MaineCare, long-term care insurance or other government programs and some pay privately for the service. The hourly charge is \$14.

Children and spouses of those who attend the center say the facility offers a safe environment that can in some cases delay the need for placement in a nursing home or assisted living.

Marcel Gendron, 83, of Old Or-

chard Beach, a retired foreman at the West Point Pepperell textile plant, began attending Truslow a couple of days a week but is now there five days a week, seven hours a day.

"I know he's safe when he goes there. They're locked in, and I'm not afraid that he's going to walk out," said Jeannette Gendron, his wife of 64 years. "We don't want to put him in a home. We're doing everything we can to avoid it."

Another participant with Alzheimer's, Edgar Underkofler, 83, resides with his wife in an assisted living facility in Biddeford but began going to the Truslow Center five days a week late last year. His son, John Underkofler of Scarborough, said his father enjoys his time there and believes he is headed to work when the bus picks him up each morning.

"When he gets there, he says, 'How can I help?'" John Underkofler said. "They'll let him fold laundry or set tables and things like that. And he'll come home and talk about it like he was setting things up at work."

Relatives spoke glowingly of the care that the center provides their loved ones, a testament to the work of the staff and volunteers. Volunteers visit from time to time to play games, help out with arts and crafts or simply talk one-on-one with those who attend. Among the volunteers are "Garden Angels" from the University's Cooperative Extension, who help participants work in the center's raised-bed gardens.

All Truslow staff members, which include a registered nurse, undergo a training program to gain certification in the Alzheimer's Association's "Best Friends" approach to dementia care. The program is based on the values and elements of friendship, respect and compassion as a key toward providing care for those with dementia.

Even a brief visit to Truslow highlights the caring and enthusiasm that staff members have for

work that can be difficult and frustrating. "They really have to want to be here," said Thomas, who has spent her career in geriatrics and has been at the center for five years.

The Truslow Center offers tours and a free trial visit. To reach the center on Lincoln Street in Saco, call 283-0166.

## Funds for Adult Day Services are Available Immediately

The Southern Maine Agency on Aging's Truslow program will help families access potential funding that is currently available for people who would benefit from day services, even if their income and assets exceed the MaineCare guidelines. If you are a veteran, you may qualify through the Veterans Administration. The Truslow staff will answer your questions and point you in the right direction.

Veterans and non-veterans alike may qualify for other funding. Call Truslow at 283-0166 for more information and an application. The funds are currently offered in the form of reimbursement to licensed providers like the Truslow Adult Day Health Center in Saco, which operates Monday through Friday from 8:00 to 5:00. For information about adult day services outside the Saco area, contact Southern Maine Agency on Aging and speak with a resource specialist at 1-800-427-7411.

## Prescription Drug Take Back Day

Saturday, April 30, 2011  
at Local Police Headquarters

Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that a majority of abused prescription drugs are obtained from family and friends, including the home medicine cabinet.

In an effort to address this problem, the first ever National Prescription Drug Take Back Day was held September 25, 2010. The purpose of this event was to provide a venue for persons who wanted to dispose of unwanted and unused prescription drugs. This effort was a huge success in removing potentially dangerous prescription drugs, particularly those that are addictive or psychoactive, from our medicine cabinets.

During this event, Maine police and volunteers collected 7,820 pounds of prescription drugs ranking Maine #1 in the U.S. collection effort based on population.

For Maine residents who are unable to participate on April 30, there is a statewide prescription drug mail back program. Further details on this program and the location sites for mailers can be obtained by going to the website [www.safemeddisposal.com](http://www.safemeddisposal.com) or call your local pharmacist or police department.

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## Nine New Volunteer Leaders "Living Well for Better Health"

Talk about an experience that bonds people to one another! Nine new leaders spent four days together (over the course of several weeks) learning and practicing one of the best tools known to help people take charge of their health and wellness. The tool is "Living Well for Better Health," an award-winning workshop for people with ongoing or chronic health issues.

Now almost everyone has changes they'd like to make in their everyday lifestyle that would or could improve their health. This program teaches participants to make an action plan and do whatever it takes to meet the short and long-term goals in their plan. It is hard to take on changes by ourselves! So why not learn a proven way to make changes that will improve your health in a supportive setting.

SMAA Living Well Master Trainers, Priscilla Platt, Lillian Scenna and Liz Weaver led the four-day training. The new leaders are now busy leading or helping to set up the six-week workshops in various locations including Maine-Health Learning Resource Centers

in Scarborough and Falmouth, the Minority Health Program and Portland Community Health Center Partnership.

The next Living Well Leader Training will take place at the SMAA main office in Scarborough in March. For more information about any upcoming workshops or training, contact Anne Murray at 1-800-427-7411, ext. 529.



Pictured here is the group of Living Well volunteers and their trainers,\* who completed leader training in January. They are now ready to lead Living Well workshops. L to R, back row: Deqa Ahmed, Asha Suidan, Mary Ann Larson, Alison Hickey, Nelida Berke, \*Liz Weaver, Colleen O'Connor, \*Priscilla Platt, and Kolawole Bankowle. Front row: \*Lillian Scenna, Olga Schimmer and Sister Patricia Pora.

Casco Bay YMCA  
14 Old South Freeport Rd., Freeport  
To register: 865-9600  
April 26-June 7, Tuesdays, 1-3:30PM

Gorham Recreation, Apr.-June, TBD

Westbrook Family Medicine  
Westbrook Community Center  
426 Bridge St., April 27-June 1  
Wednesdays, 1-3:30PM

## A Matter of Balance Classes

### Open to the Public\*

Falmouth Learning Resource  
5 Bucknam Rd.  
Falmouth Call 885-8570  
March 23-May 11, 2011  
Wednesdays, 1:00-3:00 pm

Nasson Community Center  
457 Main St.  
Springvale  
April 11-May 31, 2011  
Mondays, 10-12

Pineland YMCA  
25 Campus Dr. #100  
New Gloucester  
April 28-June 9, 2011  
Thursdays, 1-3

Southern Maine Medical Center  
Webber Building  
Biddeford  
May 6-June 24, 2011  
Fridays, 10-12

\*Call Anne Murray at 1-800-427-7411, Ext. 529 or 396-6529 to register or for more information.

*"I'm looking forward to the training sessions. Since I began living in this area just about a year ago, I have participated in several offerings/opportunities through SMAA and am very impressed with the wide spectrum and excellent caliber of these offerings. I continue to be a delighted participant!"*

— Jane Hurst  
Signed up for "Living Well for Better Health" Leader Training in 2011.

## Living Well Workshops Open to the Public\*

MaineHealth's Learning Resource Center  
272 Congress St., Portland  
To register, call 874-1111.  
March 29-May 3  
Tuesdays, 2:00-4:30PM

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## Savvy Traveler - Europe

By Elizabeth Margolis-Pineo



**O**ur backpacking days are behind us, but we're not interested in the early bird buffet quite yet. Here are a few tips that keep us road-worthy:

**Aim for the off-season.** March/April and October/November — you'll avoid crowds, heat, expensive airfare and hotels.

**Scout bargains online.** Not comfortable booking on the internet? Call the airline for booking. You may pay \$25 extra but it is worth it.

**Get travel insurance.** Seniors pay more for travel insurance, but are more likely to use it. My husband and I use Access America ([www.accessamerica.com](http://www.accessamerica.com)).

**High-quality rolling suitcase** — we recommend swivel wheels!

**Not too big!** If you can't manage it, don't bring it. Seriously.

**Check your bag.** Again, lugging is a nightmare. I forgot this rule myself last week and my shoulder is killing me.

**Pack a full supply of prescriptions** and 5-days in your carry-on. No airline wants to "lose" a bag. After 5 days they have to compensate you.

**Leave plenty of time.** Rushing is stressful. If your connecting flight is close, ask airline personnel to assist you.

**Book aisle seats or upgrade.** *Everything they say about the cramped seats in coach is true.*

**Stay hydrated and stretch** but be conscious of flight attendants' path. You don't want them annoyed at you — 'nuf said.

**Read reviews.** Look for a three- or four-star hotel that is reasonable, clean and comfortable. Make sure your hotel has an elevator, or "lift."

**Three stars and up.** I don't recommend hostels for seniors.

**Stay in the center of the action.** Hotels in the center give you access to sights and attractions. Plus, cab fare isn't too bad if you run out of steam.

**Go native.** Try a home exchange: [www.homeexchange.com](http://www.homeexchange.com). It's inexpensive, and, surprise! Your exchange doesn't have to be concurrent. Check out the listings for seniors.

**Take the bus.** Best to be above ground in a new place. Broken escalators can stall even the savviest of travelers.

**Rent a car** with GPS (essential!) when in the countryside for an extended stay. Highly recommended: Auto Europe, right here in Portland.

**Get your license.** AAA will issue an international driver's license for around \$20 in 15 minutes. Bring your own headshot (2 copies) and it's even cheaper.

**Immerse yourself.** Upon arrival, a bus tour is a relaxing way to get your bearings. Sitting in a sidewalk café always boosts our confidence.

**Senior discounts!** Showing your passport can snare discounts on sightseeing, attractions, concerts, rail and boat trips — it pays to ask!

**Keep smiling!** A smile is the best tool you have on the road.

## Rehab Technique Offers New Option For Maine Stroke Patients

continued from page 1

Joe Miller had learned about constraint therapy through his own research and was preparing to take his son to Alabama in the hope that it would be helpful. Leslie, it turned out, had been interested for some time in the technique and volunteered to travel there for training.

"It was a stroke of luck and God's grace that we found her," Miller said. "She brought the protocol back, and Joseph was the first to benefit from the program."

Because spontaneous recovery may occur among some patients with stroke, Leslie said, they generally wait six months before undergoing CIMT. Still, Leslie said many of the principles of the technique, such as repetitive use, are applicable to all her patients.

Although the technique would seem to hold promise for older patients, including seniors, coverage from private insurance and Medicare remains a gray area.

Don McLeod, a Medicare spokesman in Washington, D.C., said there is no national policy, which leaves coverage decisions up to the local contractors who process and pay claims. Likewise, there is no uniform policy among private insurers, leaving it to individual carriers to determine whether CIMT is covered and for how much.

## Living Legends 6 Musical Variety Show

Sunday, April 10th 2:00PM  
Catherine McAuley H.S.  
Stevens Avenue, Portland



**L**iving Legends star line-up includes Kathy Ball, Ellen Tucker, Father Frenchie, future legends Emily Bashier Davis, Casey Hutchinson and Molly Olsen and a guest appearance by Birdie Googins, also known as The Marden's Lady.

Tickets are \$15 for reserved seating, \$10 general admission and can be purchased by calling PROP at 207-773-0202. Remaining tickets will be available at the door. Proceeds will benefit PROP's Foster Grandparent and Senior Companion Programs.

## 55+? Time to right-size?



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Opening early next summer in downtown Westbrook—on the River Walk, near everything—brand new, one and two person apartments in 24-hour maintained, smoke-free building. Community space, on-site laundry, and assigned off-street parking. Your cat will be welcome.

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We can send you details when they become available if you add your name to the Spring Crossing interest list:  
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From Jo Dill's Notebook

25th Anniversary

As we begin celebrating our Anniversary, I would be remiss if I did not thank Anita Chandler for all of her years of service to the Maine Senior Games.

Thanks to Anita and to all the past board members, event coordinators and volunteers for keeping the flame going. Your work is so appreciated!

New Logo

Maine Senior Games has a new logo! We acknowledge the many years of support from the Southern Maine Agency on Aging by incorporating its name into our logo.



2011 Schedule

**Opening Ceremonies:** July 31, Sea Dogs, Portland, Noon, Sun.  
**Track & Field:** August 6, Scarborough HS, 1PM, Sat. (Rain date: August, 7)

**Men's Softball:** August 13, Wainwright Fields, S. Portland, 9AM, Sat. (Rain date: August 14)

**Golf:** August 16, Toddy Brook, N. Yarmouth, 8:30AM, Tues. (Rain date: August, 17)

**Horseshoes:** August 20, Deering Oaks, Portland, 9AM, Sat. (Rain date: August 21)

**Triathlon:** August 21, Tri for Preservation, Cape Elizabeth 7:30AM, Sun.

**Archery:** August 28, Lakeside Archery, N. Yarmouth, 9AM, Sun.

**5 K Road Race:** August 28, LA Bridge Run, Auburn, 9AM, Sun.

**Tennis:** September 8, Men's Singles/Doubles Racquet/Fitness Center, Portland 9AM, Thurs.

**Tennis:** September 9, Women's Singles/Doubles/Mixed Racquet & Fitness, Portland, 9AM, Fri.

**Basketball (Women's):** September 10, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sat.

**Hot Shot/Foul Shoot:** September 10, Cape Elizabeth HS, 3PM, Sat.

**Basketball (Men's):** September 11, Cape Elizabeth HS, 8:30AM, Sun.

**Table Tennis:** September 16, Pineland YMCA, 9AM, Fri.

**Swimming:** September 17, Greely HS, Cumberland, 12:30PM, Sat.

**Cycling:** September 18, Kennebunkport Bicycle Co, 9AM, Sun. (Rain date: September 25)

**10K Road Race:** September 18, Portland Trails, 9AM, Sun.

**Bowling Candlepin Singles/Doubles:** September 22, Big 20, Scarborough, 10am/1PM, Thurs.

**Racquetball:** September 24, Racquet & Fitness Center, Portland, 9AM, Sat.

**Bowling 10 Pin Singles & Doubles:** September 25, Yankee Lanes, Portland, 10AM, Sun.

Sponsorships/Donations

Thanks so much to Martins Point, our Platinum Sponsor; Piper Shores and Anthem our Gold Sponsors; Aging Excellence, our Silver Sponsor; Goodwin's Chevrolet, Ellsworth Rundlett, Esq., and Farm Family Miller Associates, our Bronze Sponsors for the 2011 Maine Senior Games.

Thanks also to all of the athletes who so generously donated to the MSG 25th Anniversary. It is very much appreciated. It's not too late to donate! Send your donation to: Maine Senior Games, 136 US Route One, Scarborough, ME 04074. Donations are tax-deductible.

Explore Maine Senior Games Day

Join the fun on June 5th (rain date June 12th) at Scarborough High School when Maine Senior Games and Easy Adventures will host an "Explore Maine Senior Games" Day. This will be your chance to try a new event, get new tips on your event, learn about the Maine Senior Games and what it has to offer, rules, handouts, snacks and much more! No competition! Sports offered: track & field, women's softball, triathlon, horseshoes, basketball foul shoot/hot shot, archery and tennis. Registration fee \$10. Register online at [www.mainesrgames.org](http://www.mainesrgames.org) or contact Jo at [jdill@smaaa.org](mailto:jdill@smaaa.org) or call 396-6519.

National Senior Games

Many senior athletes from Maine will be heading to Houston, Texas in mid-June for the National Senior Games. The National games are held every other year in a major city in the U.S. We'll be going to Cleveland, Ohio in 2013.

Triathlon

Our event will take place with the Cape Elizabeth Land Trust's "Tri for Preservation" on Sunday August 21st. The cost is \$75, which includes a day pass to Crescent Beach State Park. It is a 7:30 AM start. The distances are: 500-yard swim, 14-mile bike ride and 5K road race. The ocean swim is in Kettle Cove where the waters are calm! If you have always wanted to try a triathlon this is it! Registration is open! They will be offering \$5 off the registration fee for athletes who register by March 21. Go to [www.active.com](http://www.active.com) or [www.trifind.com](http://www.trifind.com)



# A Passion for Running Fast: Derry Rundlett and Maine Senior Games

By Peg Brown  
Board Member  
Maine Senior Games

**D**on't ever suggest to Derry Rundlett that at age 65 it's time to slow down. Speeding up to shave seconds off his times to win has been his passion since he was a seventh grader at King Middle School in Portland and then a member of the Bowdoin College Cross Country Team.

"I tried out for the track team in 7th grade, but was not even good enough for a uniform. Undaunted, I ran in my jeans, t-shirt and sneakers on the track at Fitzpatrick Stadium. My classmates in the stands asked me why I didn't have a uniform—it was very embarrassing.

Almost 50 years later I ran in the National Corporate Track Meet for the City of Portland, my home town team, in the relay doing the 200 meter dash at that same stadium. We took the silver medal in that event and I received my medal in a ceremony on the track, standing in almost exactly the same spot in which I stood that day in June 1959 when I was so embarrassed



not to have a uniform. From that moment on, the Fitzpatrick Stadium, where many Maine Senior Games track meets were held, is like a shrine to me where I feel comfortable, proud and at home."

Well into his career as a senior partner in the Portland law firm of Child, Rundlett, Fife, and Altshuler and a certified Civil Trial Specialist, Derry began to compete and win medals in Maine Senior Games. What a thrill to not only win medals in the 100, 200, and 400 meter dashes in his age group, but then to go on to the National Games and find that he could be competitive against the best. The first National Senior Games he participated in was Baton Rouge, Louisiana in 2001. He took a sixth-place ribbon in the 400, the only race he ran that year. At the National Games in 2003, 2007 and 2009 he competed in the 100, 200 and 400 dashes. [The qualifying age for Maine Senior Games participation is 50.]

His performance in a relay team at the 2009 Nationals in Palo Alto, California remains a thrilling

memory: "I had failed to place in the 400 by one place, and the former world champ in that event, Roger Pierce, encouraged me to come the last day of events to see if he could get me on a relay team for the 4 by 100. We asked several teams from various states, and I was getting turned down right and left for various reasons—wrong state, too slow, too old, etc.

I felt like a child in a sandlot pick-up game with no one interested in me. Finally Roger took me to a team from Florida and they asked my time in the 100. I fudged it by a second or so and they appointed me anchor man on the team, the final runner. When I got the baton I noticed only two people ahead of me on the track, my friend Roger running in first for Massachusetts and a guy from Pennsylvania.

Knowing I had a chance at the bronze medal I took off and ran perhaps my best 100 ever. I heard the announcer say that the guy coming

up on my rear would not catch me. We won the bronze! My teammates treated me like a hero and the four of us stood on the podium to get our medals while they played the Olympic theme song. My friend Roger reached over and we shook hands—one of the greatest athletic memories of my 50-year career.

Aside from my law practice and my family, nothing means as much to me as Maine Senior Games. It has made a lot of my dreams come true—winning a national medal, competing against the best in the country. Without Maine Senior Games I wouldn't be as physically fit as I am. It has become a very important part of my life. Weight lifting, hiking, cross country and downhill skiing, golfing, all these activities keep me in shape for the summer Games. As long as I'm still running now, why should I retire? And if by some grace of God I can still walk around the track when I am 90, I will consider myself a most fortunate man."

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Built in 1988, Larrabee Heights has 36 two-bedroom apartments situated on a hill overlooking Westbrook Housing's Larrabee Woods and Larrabee Village. Rent is \$895 per month, not including utilities (except water and sewer).

Each apartment has its own private entrance and includes a living room, full kitchen (with great amenities including dishwasher and garbage disposal), and bathroom. Each unit has a washer/dryer hookup and an attached one-car garage.

Larrabee Heights is located on a quiet cul-de-sac behind Main Street in Westbrook.

Designed for active seniors who want a larger apartment and the convenience of their own garage parking, this community will soon have you calling Larrabee Heights "home."



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### The Tip of the Iceberg

There are hundreds of volunteer opportunities available for people age 55 and over through RSVP. The ones listed below are just "the tip of the iceberg."

### Cumberland County

- Volunteers are needed to work with the United Way to recruit other volunteers for area non-profit organizations. This is a great opportunity to use your knowledge of your community.
- Become a class coordinator for a nutrition and cooking education program for low-income families. Duties would include grocery shopping for the class, assisting with the class, and set-up and clean-up. You would be working with a professional chef and a nutritionist. Placement would be close to where you live.
- A Portland area elementary school is looking for a library assistant to help shelve books, as well as someone to provide math and reading support to students. The teacher will provide training.

- Here's an opportunity to learn about a new culture by becoming an American friend to a newly arrived refugee family. You would be volunteering once a week to help acculturate this family to the Portland community. Knowledge of their language is not necessary.
- A senior independent living group could use your skills. You can choose from the following: flower arranging, leading a crafts class, leading a discussion group on books, travel or current events, or lead a sing-along. The facility could also use volunteers to help on van outings.
- If you enjoy assisting in an office with tasks like filing, answering the phone, entering data on the computer or photocopying, there are placements for you.

If any of the above opportunities interest you, or you would like to learn more about other ways you can help others, call Priscilla Greene for more in-depth information. You may reach her at 396-6521

or 1-800-427-7411 Ext. 521. Or you may email her at pgreene@smaa.org.

### York County

- Volunteers are needed to work with the United Way to recruit other volunteers for area non-profit organizations. This is a great opportunity to use your knowledge of your community.
- A nursing home in Saco is looking for volunteers to help with activities, including a piano player who can entertain the residents. Nursing homes in other communities are also looking for help.
- Non-profit child care centers and Head Start Programs are looking for volunteers who can come in and read to the children. Generally, this would be a once-a-week volunteer opportunity.
- The Biddeford Saco Chamber of Commerce is looking for volunteers to greet and assist passengers at the Saco Train Station. Daytime and evening shifts are available.
- A children's service organization with multiple locations is looking for volunteer mentors.
- A museum in Saco and a trolley museum in Arundel are both looking for volunteers to help out in a variety of ways. Call to learn more.
- Thrift stores in Kittery and York could use your help.
- There are volunteer placements in several nonprofit art galleries and museums in southern York County.
- Les Chanteuse is a group of RSVP volunteers who entertain at nursing homes, hospitals and assisted living centers in southern York County. Vocalists and instrumentalists are welcome to join.

To learn more about these and many other volunteer opportunities,

if you live in southern York County, contact Deborah Levine at (603) 205-4073 or dlevine12@yahoo.com. If you live in the rest of York County, contact Ken Murray at 1-800-427-7411, Ext. 520 or by e-mailing kmurray@smaa.org.

## New Volunteer Hotline

**Help Older Adults with Their Independence. The Rewards are Amazing!**

Southern Maine Agency on Aging has a long history helping people age 60 and over live full and independent lives. We have done that by providing clear, objective information and a variety of services. Volunteers have always been key to our success. Here are some of the many ways you could help as a volunteer:

- Help Seniors with Everyday Finances as a bill-paying assistant
- Deliver Meals on Wheels
- Shop for Groceries for a Senior
- Lead a Group to Help Seniors Improve their Balance
- Lead a Group to Help People Cope with Chronic Illness
- Help Organize Maine Senior Games
- Support Residents of Larrabee Village in Westbrook by Leading Activities, Visiting or Grocery Shopping
- Help with Activities and Events at Truslow Adult Day Center in Saco
- Become a Medicare and Health Insurance Advocate
- Help Provide Information & Resources to Seniors
- Put Your Office Skills to Good Use at SMAA

To learn more, call the Volunteer Hotline at (207) 396-6525.



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Medicare, MaineCare and most private insurances accepted. Wheelchair fitting and training clinics available.



## People Age 55 And Older Have Even More Ways To Help People Of All Ages Through RSVP

**S**outhern Maine Agency on Aging (SMAA) is the sponsor of the Retired and Senior Volunteer Program (RSVP) in Cumberland and York counties. RSVP is a national program for people age 55 and over who want to serve their communities by volunteering. In RSVP, you may help seniors by volunteering with SMAA, but you also have many additional volunteer opportunities with other nonprofit and healthcare organizations.

For opportunities in Cumberland County contact Priscilla Greene at 396-6521 or 1-800-427-7411 Ext. 521. Or, email her at [pgreene@smaaa.org](mailto:pgreene@smaaa.org). For opportunities in southern York County, contact Deborah Levine at 603-205-4073 or email her at [dlevine12@yahoo.com](mailto:dlevine12@yahoo.com). For opportunities in the rest of York County, contact Ken Murray at 396-6520 or 1-800-427-7411 Ext. 520. Or email him at [kmurray@smaaa.org](mailto:kmurray@smaaa.org).

## New Volunteers

**T**he following people have given us permission to let you know that they recently became SMAA and/or RSVP volunteers. Welcome to you all, and thank you for sharing your gifts with others through volunteering.

James Baker  
Jan Baker  
Ted Baker  
Andrew Brien  
Deborah Cadigan  
Jennifer Colson  
Ellen Farber  
Lynn Gass  
Jerry Harkavy  
Doris Harris  
Joanne Jaccaci  
Lori Martin  
Sandra Nason  
Joanne Neithercut  
Linda May Pitman  
Joseph Skvorak  
Randall Spofford  
Patricia Weiss  
Susan West

## New RSVP Station Locations

**T**he following organizations recently became an RSVP volunteer station. We welcome them to the RSVP network and look forward to working with them to develop meaningful volunteer assignments for many years to come.

The Table of Plenty  
York Community Services  
Association

## SAVE THE DATE Volunteer Recognition Events

**O**nce again Volunteer Recognition Luncheons will be held to honor RSVP volunteers, no matter where they serve, and all Southern Maine Agency on Aging volunteers. Choose the Luncheon location and day most convenient for you.

**Tuesday, April 12, 2011**  
11:00 AM to 2:15 PM  
Mousam View Place  
(The former K of C Hall, behind  
Pizza by Paras)  
47 High Street  
Sanford, Maine

**Thursday, April 14, 2011**  
11:00 AM to 2:15 PM  
Italian Heritage Center  
40 Westland Avenue  
Portland, Maine

All RSVP volunteers, RSVP Station Supervisors and Southern

Maine Agency on Aging volunteers are invited to attend. Invitations will be mailed in March.

There will be no bus transportation available this year. However, if you need assistance with transportation, let us know and we will

see if we can link you up with someone else who is coming from your community.

Mark your calendars now to attend a Volunteer Recognition Luncheon during National Volunteer week this coming April!

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William Holt, MD



Bruce Cassidy, MD



Robert Daly, MD



Samuel Solish, MD



Scott Steidl, MD, DMA



Jordan Sterrer, MD



Jackie Nguyen, MD



Ravi Shah, MD



Elizabeth Serrage, MD  
*Emeritus*



Ruth Stevens, OD, MBA



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