

Silver Spurs Program Promotes Healthy Living and the Healing Power of Horses

By Susan R. Foote

When Beverly Lister was told she had progressive cerebral ataxia nine years ago, the 52 year-old took action. Having ridden horses as a child, she decided that literally getting back in the saddle would help her with the de-

pression she was experiencing as a result of the diagnosis. A call to the Equest Therapeutic Riding Center in Lyman, Maine, convinced her she had made the right decision.

"I did not want to be treated like a patient or a cripple. From day one I was welcomed with an understanding of my illness and overwhelming support," says Lister. "The people there have become just like my family."

Since its inception in 1998, the Equest Therapeutic Riding Center has had a history of working with children and adults with special needs. In 2010 it created the Silver Spurs program for older adults facing age-, injury-, disease-related, or developmental disabilities. Silver Spurs instruction in-

continued on page 2



Visiting Charleston, South Carolina

By Cecile Thompson

We stepped from a cool airport lobby into a cocoon of southern warmth... lush greens and shades of pink, truly a welcome greeting for first-time visitors to Charleston, South Carolina. Our lodging was in the very walk-able historic district. No car for us! We stayed in a carefully restored 1700s warehouse located near a Spanish-style courtyard complete with fountain, red and orange hibiscus and benches available for enjoyment of the plaza.

With a convenient and accommodating visitor center, and free trolley system, we were good to go! First on our list was a visit to the center for information and a short film on the history of Charleston. It is a fairly large city, but our inter-



ests were in the older, historic district, and we were right in the middle of it!

Our days were planned around the hot-for-us mid-day heat (Charleston boasts sun every day) and wandering to see as much as we could. Walking the tree-lined streets we were amazed at the ele-

gance and opulence of the antebellum homes, beautiful gardens and tall fences of intricate hand-forged iron work and ornate gates. Charleston is a city with public parks and open areas, many with welcoming fountains or wading pools with children frolicking and cooling off in the afternoon heat. Restaurants are plentiful. You can

continued on page 4

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From the Director's Desk

As I mentioned in our Annual Report to the Community in the last issue of Senior News, the Southern Maine Agency on Agency has an outstanding record of using technology, innovative thinking and partnerships to reach a growing population of older adults in southern Maine.

Knowing that health and well-being is directly linked to longevity and quality of life, we continue to expand our relationships with health-care providers. Here are some of our exciting partnerships that I believe will help SMAA continue to make a real difference to older adults:

- SMAA Resource Specialists work closely with the physicians and nurses of **Intermed, Maine Medical Center's Physician**



Health Organization and MaineHealth to link patients with important health, social and financial benefits;

- Working with **primary care practices, adult education departments, immigrant community leaders** and the **YMCA**, people with multiple chronic health impairments learn skills to manage their conditions by attending SMAA's award-winning "**Living Well for Better Health**" workshops.
- This month we officially launch the Care Transitions Intervention Program, which helps Medicare beneficiaries avoid complications that can result in hospital readmissions. Working with our partners, **MaineHealth, Southern Maine Medical Center, Maine Medical Center, Mid-Coast Hospital, Miles Hospital, PenBay Medical Center**, and our AAA affiliate, **Spectrum Generations**, we plan to help 5,800 Medicare patients avoid

costly and unneeded hospital readmissions this year.

- **Martin's Point Health Care, Spectrum Medical Group** and **Falmouth Orthopaedic Center** provide important sponsorship support for two of our key programs that keep people well and active: **Maine Senior Games** and **Meals on Wheels**.
- **OceanView Retirement Community** recently invited SMAA to collaborate on an exciting expansion of their Falmouth campus. OceanView recently acquired two former school properties from the town and will be redeveloping them for elder housing, medical offices, and community programs. SMAA has been offered space in the former Lunt School to develop a new adult day health center similar to our Truslow Center in Saco. We are actively exploring the opportunity to bring a much-needed service to Falmouth. I look forward to sharing more information as our plans develop.

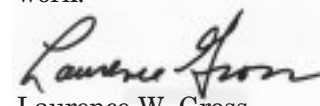
SMAA's 2012-2016 Area Plan

Every four years, SMAA prepares a regional plan for the Maine Office of Elder Services that outlines the priority needs of older adults in York and Cumberland counties. This "Area Plan" established a number of goals and strategies that SMAA's Board of Directors and Advisory Council believes will make the best use of the federal and state dollars entrusted to us to improve the lives of older people living in southern Maine. Our Area Plan will have four broad goals:

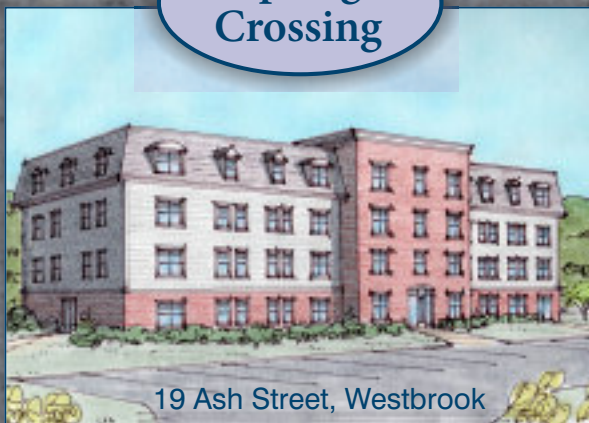
- Help elders and families make informed decisions and easily access health and long-term care options;
- Help seniors remain safely in their homes with community-based services and supports for family caregivers;
- Help elders remain active and connected to their communities through employment, civic engagement and evidence-based disease and disability prevention programs; and,
- Protect the rights of older adults and improve the response to elder abuse.

SMAA's Area Plan is currently being prepared and will be presented for public reaction in April. We look forward to sharing it with you.

Thank you to all of you who keep in touch with us and support our work.


Laurence W. Gross
Executive Director

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If you—or someone you know—would like to be placed on the interest list, please call Deborah: (207) 854-6856



Silver Spurs Program
continued from page 1

cludes grooming, yoga, adaptive horseback riding and carriage driving. Lister and 12 other men and women, including three United States Veterans, received financial scholarships enabling them to participate, thanks to a matching grant from the Huntington Common Charitable Fund of the Kennebunk Savings Foundation and the support of individual donors and other contributions.

A typical Silver Spurs riding session includes a nationally certified therapeutic riding instructor, a professional horse handler, and two trained volunteer sidewalkers. The team is responsible for ensuring each student's experience is therapeutically safe and effective, focusing on educational and physical gains. With age often comes social isolation due to the loss of family contacts and peers. As a Silver Spurs participant, Lister and the other riders benefit from improvements in strength and balance, as well as the camaraderie found in newly forged friendships.

The Equest Therapeutic Riding Center changed its name to Carlisle Academy Integrative Equine Therapy & Sports in 2011, continuing the tradition of offering equine therapy while expanding into recreational riding and training programs as well. The Equest Foundation, the charitable partner of Carlisle Academy, awarded nine Silver Spurs scholarships last year to Lister and eight others including a rider who is legally blind and dependent on a walker. Able-bodied riders also joined the Silver Spur program in 2011, sharing encouragement and accomplishments during the sessions.

"I am eternally grateful for this opportunity," says Lister. "Silver Spurs is a very upbeat group, and it has certainly added to the quality of my life."

To learn more about the Silver Spurs, please visit www.carlisleacademymaine.com (985-0374) and www.equestfoundation.org (467-3242).

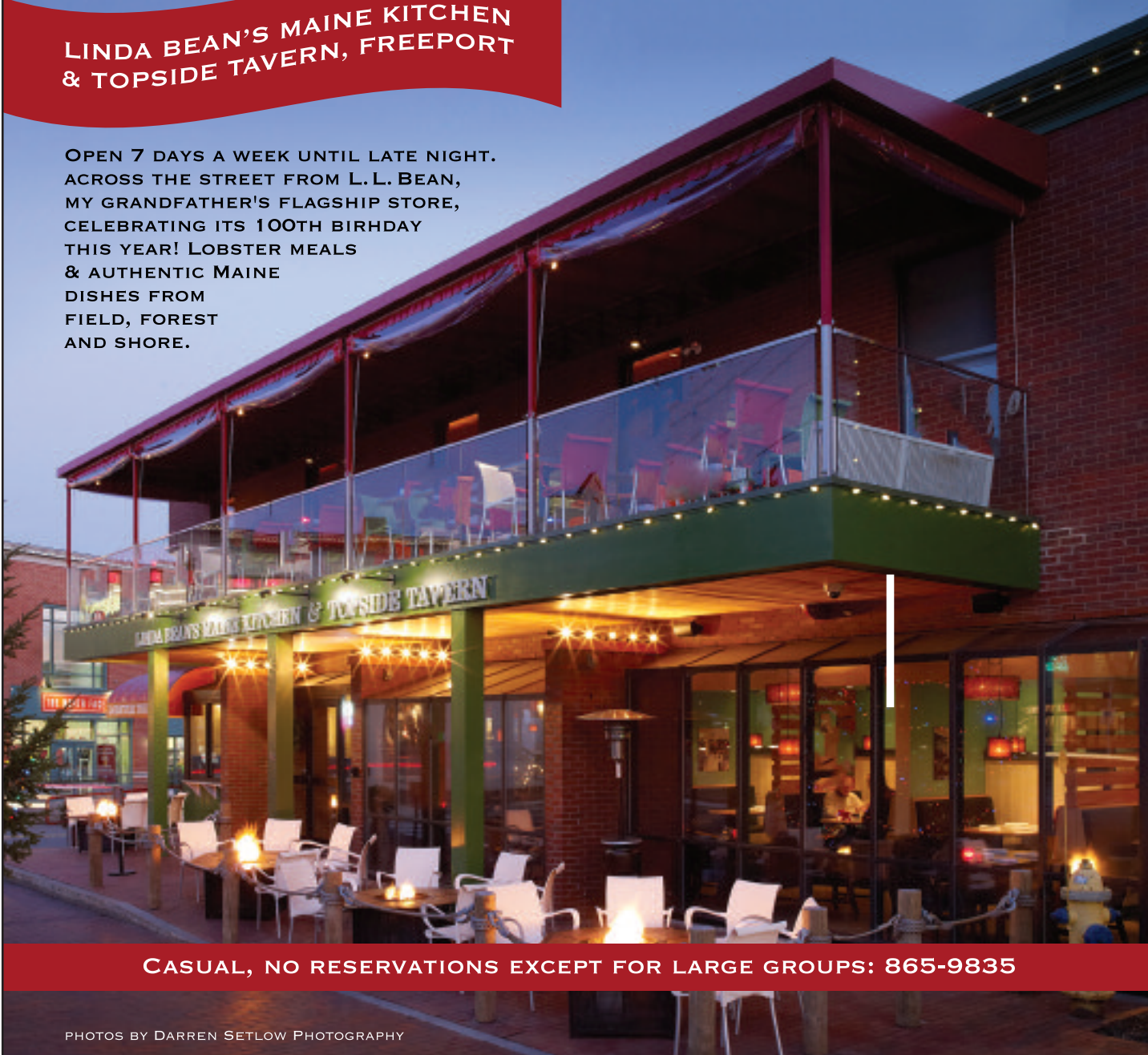
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The Bombardier, Part II

By Hunter Howe

This is the second of a four-part series. In World War II, Dean Whitaker, like many other Americans, answered the call to duty ultimately flying 20 missions in a B-17 Flying Fortress over Hitler's Germany.

Part One, accessed by going to SMAA's website and scrolling down to Senior News, focused on the years 1941 to 1944, covering Dean's late teens, enlistment and training.

By the spring of 1944, President Roosevelt's promise of 50,000 airplanes a year was being fulfilled while flight schools taught thousands of pilots, bombardiers, navigators, gunners and mechanics.

In May 1944, after completing gunnery school and bombardier-navigator training, Lieutenant Whitaker was sent to Rapid City Army Air Base in South Dakota. Here, he became a part of "Newman's Crew," named for pilot Herb Newman. The 10-member team trained on a B-17. Due to heavy casualties of people and planes, replacement crews were desperately needed.

In July, they joined the 398th Bomb Group, 603 Bombardment Squadron, Eighth Air Force, headquartered in England.



Dean found himself in an ethnic melting pot of men from all over the U.S. including Poles, Italians, Jews, and Yankees who were draftsmen, textile workers, coal miners, ballplayers, English teachers, civil engineers, cops, and actors including Jimmy Stewart, who flew as a command pilot.

These men wondered if they'd measure up, perform well, face the challenge and handle the fear.

They'd fly from bases scattered all over England in planes called "Fertile Myrtle III, Joker, Honky Tonk Sal, Idiot's Delight, Leapin' Lizzie, Outhouse Mouse and Mr. Lucky. They confronted enemy fighters, flak, human error, mechanical malfunctions and foul weather. They targeted towns called Regensburg, Schweinfurt, Merseburg, Ludwigshafen, Helmstadt, Cologne and Hamburg."

They flew for their country, for human-kind, for freedom.

On August 8, 1944, Dean's crew

was assigned its first mission, a low-level saturation bombing at 13,000 feet over Caen, France. "The ready room held about 400 anxious and nervous flyers. Smoke filled the room making it look like the outside, where the English fog had settled in."

After the preflight briefing, the crew assembled under the wing of their silver plane for a moment of silent prayer. "Our crew was fairly religious. The prayer gave us confidence."

"The minute we crossed the German line, we were greeted by a sky full of hot metal from the enemy guns. One of the worst sights a flyer can see is witnessing a plane flying next to them explode. I knew we were in trouble. Blasted with flak hits (I could smell the hot metal hitting the aluminum), one engine was lost, another was losing oil pressure.

"I got a face full of Plexiglas and hydraulic fluid when the nose was shot out. The red fluid also covered the navigator, Bill Frankhouser."

Somehow the crew staggered home, landing without brakes. The battered B-17 had too many holes to count. With a main spar in the wing and two engines shot out, the plane was scrapped for parts.

The recently deceased Andy Rooney, most known for his weekly segment on CBS News' 60 Minutes, wrote for the military's *Stars and Stripes* during the war. Assigned to the Eighth, he wrote: "A bomber would have to make a crash landing; the wheels could not be brought down. The ball turret cage had jammed. We watched as this man's life ended, mashed between the concrete pavement of the runway and the belly of the plane. I returned to London that night shaken and unable to write the most dramatic, the most gruesome, the most heart-wrenching story I had ever witnessed."

When Dean's crew returned from their second mission to Cologne, Germany, "there were many holes in the plane." They'd learn that this was going to be a standard occurrence. Danger danced with each mission.

"Cramped, cold and noisy, it wasn't fun. We generally flew 150 mph at 27,000 to 30,000 feet. At this altitude, the German 88s were less accurate. The temperature averaged 30 degrees below zero forcing us to periodically fire our guns so the oil in them wouldn't freeze up. With our earphones on, the sound of the four engines was a dull low roar; with the earphones off, the sound was a deep roar. We usually carried a load of ten incendiary and five high explosive 'big boy' bombs.

"We wore flak suits over our

continued on page 11



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Visiting Charleston

continued from page 1

find any cuisine you choose, including bay shrimp, crabs and the famous low country fare.

A carriage tour took us past Charleston College (1770) and the Citadel (1842), down narrow streets to the Battery—a lush park overlooking Charleston Harbor with Fort Sumpter beyond. Around the corner in colorful “Rainbow Row” are small pastel-painted stucco homes built in the 1700s as merchants’ shops with homes over them, and a favorite of artists today. One warm evening we took a ‘ghost tour’ thru some of the old church graveyards—heard some interesting stories, but saw no ghosts!

Built to give relief from the intense Carolina heat, homes near the harbor are narrow and long to catch cooling Gulf Stream breezes. Both city and plantation homes open to the public are preserved or restored in the style they were built. Kitchens are at the back or in a

building away from the house to keep the homes as comfortable as possible. All have slave quarters.

Plantation owners’ homes, with sprawling verandas and two-story porches, are the center of the plantations. They are reached by long sweeping driveways far from the then-dusty roads. One plantation is reached by a half mile long road lined with a canopy of mature oak trees. Grounds are softened by acres of gardens of all sizes and styles—including azaleas, magnolias, antique roses, camellias and dogwood like we saw in town. The main crops were rice, cotton or indigo. At Magnolia Plantation, (built in the 17th century and occupied by one family since 1676) we found a grove of old oak trees dripping with Spanish moss that afforded welcome shade as we wandered the gardens. On a guided tour around the old rice fields, we learned how the prized Carolina rice (‘Carolina Gold’) was grown and harvested by slaves, and surprised an alligator basking in the reeds. We saw cotton growing

and a demonstration of sweet grass weaving. The sweet grass baskets are a favorite souvenir for visitors today.

The southern charm, hospitality, history and the flower gardens always in bloom beckon, “Come again!” Not a bad idea.

Volunteer Writer **Cecile Thompson** can be reached at Crt1608@aol.com.

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From Jo Dill's Notebook



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2012 Schedule

Track & Field: July 21, Scarborough HS, 10AM, Saturday

Horseshoes: August 18, Deering Oaks, Portland, (Rain date: August 19) 9AM, Saturday

Triathlon: August 19, Tri for Preservation, Cape Elizabeth, 7:30AM, Sunday

Golf: August 21, Nonesuch River, Scarborough, 8:30AM, Tuesday

Archery: August 26, Lakeside Archery, North Yarmouth, 9AM, Sunday

5 K Road Race: August 26, L/A Bridge Run, Auburn, 9AM, Sunday

Tennis: September 6, Men/Women Singles, Men's Doubles Racket/Fitness, Portland, 9AM Thursday

Tennis: September 7, Women's Doubles, Mixed, Racket/Fitness, Portland, 9AM, Friday

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

Basketball (Women's): September 15, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Saturday

Hot Shot/Foul Shoot: September 15, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday

Basketball (Men's): September 16, Cape Elizabeth HS, Cape Elizabeth, 9AM, Sunday

10K Road Race: September 16, Portland Trails, 9AM, Sunday

Swimming: September 16, Cape Elizabeth HS, Cape Elizabeth, 10AM, Sunday

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

Table Tennis: September 21, Pineland YMCA, 9AM, Friday

Pickleball: September 22, Racket/Fitness, Portland, 10AM, Saturday

Racquetball: September 22, Racket/Fitness, Portland 9AM, Saturday

Bowling 10-Pin Singles/Doubles: September 23, Yankee Lanes, Portland, 10AM, Sunday

**Save the Date
Explore Track and Field**

Not sure if the "Games" are for you? Try us out on Sunday, June 10th at Scarborough High School. "Explore Track and Field" is a day for those wanting to try a new event, have a chance to practice or to see what the Maine Senior Games are all about! Events will include: 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Race Walk, 1500 Power Walk, javelin, shot put, discus, long jump, high jump and triple jump. Come see what all the buzz is about! No pressure— just a chance to learn more from experienced competitors, get training tips from coaches and who knows, you may want to try the Maine Senior Games on July 21! Register for our Explore Track and Field Day online www.mainesrgames.org or call Jo 396-6519.

Race Walk vs. Power Walk

Competition in both Race Walk and Power Walk will be MSG events in 2012. The difference between the two:

In race walking, the athlete's back toe cannot leave the ground until the heel of the front foot has touched and the supporting leg must straighten from the point of contact with the ground and remain straightened until the body passes directly over it.

Speed is the key in power walking. Walk with your back straight, not leaning back. Bend your arms so they are parallel to the ground and push them back and forth, not across your body, keeping your hands cupped but not in fists.

At the National Senior Games in 2013, Power Walk will be demonstration only and Race Walk will be a medal event.

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Meet Ed

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Are you helping an older adult manage bills, prepare meals, manage medical services? Do you help with bathing or dressing, household chores, transportation to appointments, or companionship? Are you a senior who is raising someone else's child? **Then you are a Caregiver.**

Is caring for an older loved one leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

Family caregivers are the backbone of elder care in Maine and across the U.S. Thank You!

Community Education Offered Free and Open to the Public in Westbrook

The Family Caregiver Support Program is continuing to partner with the Westbrook-Warren Congregational Church to offer classes of interest to older adults and family caregivers. Some are scheduled to follow the weekly community luncheon held at the church, and others are planned for evenings, to make it easier for working caregivers to attend.

Here's what's coming up:

Thursday, May 3, 1-2PM
(following luncheon):
The Process of Grief

Whether you have recently lost a loved one, anticipate losing one, or lost someone long ago, grief is a difficult journey. This workshop is an opportunity to look at how people grieve, as well as typical reactions we have to loss. Learn to recognize when to get help, how to help others who are grieving, and what to do that may help you to process your loss so you can begin to move forward with your life.

Monday, May 7, 6-7:15 PM:
Caregiving from a Distance

Many of us live too far away to offer in-person help to older adults we care about. Yet, there are many ways that we can help them stay independent and safe. This class will talk about the challenges of long

distance caregiving and offer strategies and ideas to make it work better.

All classes are free and open to the community and pre-registration is not required. The church is located at 810 Main Street in Westbrook. In the event of questionable weather, please call 854-9157 to check on class cancellation. We hope to see you there!

Caregivers and Physicians: Communication for Better Health Care

Ann O'Sullivan, OTR/L, LSW

Family caregivers often find ourselves acting as the historian, reporter, observer, and go-between with the person we are helping and that person's doctors or other healthcare providers. Are there strategies that can make this work better?

The National Patient Safety Foundation recommends that you include three important questions at every visit to a doctor ("Ask Me 3"):

- What is my / my person's main problem?
- What do I / we need to do?

- Why is it important for me / us to do this?

Here are some other tips for making the most of time with a health care provider.

Be prepared. Bring along a list of all conditions and medications, including those being managed by other physicians. Some people keep a list like this in an obvious place, like on the refrigerator door, in case it's needed in an emergency. A "File of Life" form is available on the SMAA website (www.smaa.org) for this.

Write down specific questions about the person's health, when they occur to you and bring the list to the visit. Let the doctor know you have questions at the beginning of the visit so that he or she can plan the time accordingly.

Questions that caregivers might ask could include

- What is causing the symptoms?
- Will the symptoms go away?
- How long might they last?
- What tests are needed to find the cause of this condition?
- What is the treatment?
- Are there alternative treatments we could consider?
- Would medications (prescription or over-the-counter) be helpful?
- Are there diet and lifestyle changes we could be making?

Providers, patients and family caregivers can all communicate and collaborate respectfully. Listen carefully and ask for clarification if you don't understand something. Speak up if you don't think the

provider is getting needed information. Consider taking notes and make sure you are absolutely clear about the information you receive before you leave the office. Find out what will work best to get answers if you have more questions. Who should you speak with? How might you contact them?

In this era of privacy concerns and HIPAA, it is important to remember that, unless the patient objects, providers can talk with others involved in their care. (The SMAA website has an excellent explanation of the rules, provided by the United Hospital Fund.) If there is a limitation to a provider being able to talk to a caregiver (facility policy or patient objection, for instance), you can still express your concerns by letter, phone, email or in person, and providers can listen. Communication of important information is a key to effective health care.

Facebook Page

The Family Caregiver Support Program has entered the world of social media with a Facebook page! "Like" us and receive updates about classes, groups, events and news right on your own page. Start at the FCSP page at www.smaa.org and click on the "Like" button. If you use Facebook, join us! Or, visit our website as classes and tip sheets are updated regularly!

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- **RESIDENTIAL CARE** We offer award winning residential care with private rooms. For those who want companionship, we will help match you with a roommate to share living space and expenses.
- **SENIOR DAY SERVICE** Get a well-deserved break. Consider Senior Day Service. Take time on your own while we provide a dignified and meaningful experience for your family member. It is more affordable than you think!

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Caring For Aging Family Members

Support/Discussion Groups

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

Biddeford: For caregivers of people with dementia. 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. Respite reservation needed.

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

Scarborough: 2nd Monday 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, 6-7PM. 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

Class Schedule 2011-2012

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

March 21, 5:30-7PM: **Beginning Planning for Eldercare.** Crooked River Adult Education, Casco. Call 627-4291 x21 to register (required).

April 10, 6PM-7:30PM: **Caregiving, Stress and Self-Care.** York Adult Education, York, ME. Call 363-7922 to register (required).

April 25, May 2, 9, 16, 23, and 30, 6-8PM: **Savvy Caregiver.** Wells-Ogunquit Adult and Community Education, Wells. Contact Kate Cole Fallon at 1-800-427-7411 x558 to pre-register (required).

May 3, 1-2PM: **The Process of Grief.** Westbrook Warren Church, Westbrook. Open to the community.

May 7, 6-7:15PM: **Caregiving from a Distance.** Westbrook Warren Church, Westbrook. Open to the community.

May 18, 25, June 1, 8, 15, and 22, 9:30-11:30AM: **Savvy Caregiver.** Bridgton Community Center, Bridgton, Contact Ann O'Sullivan at

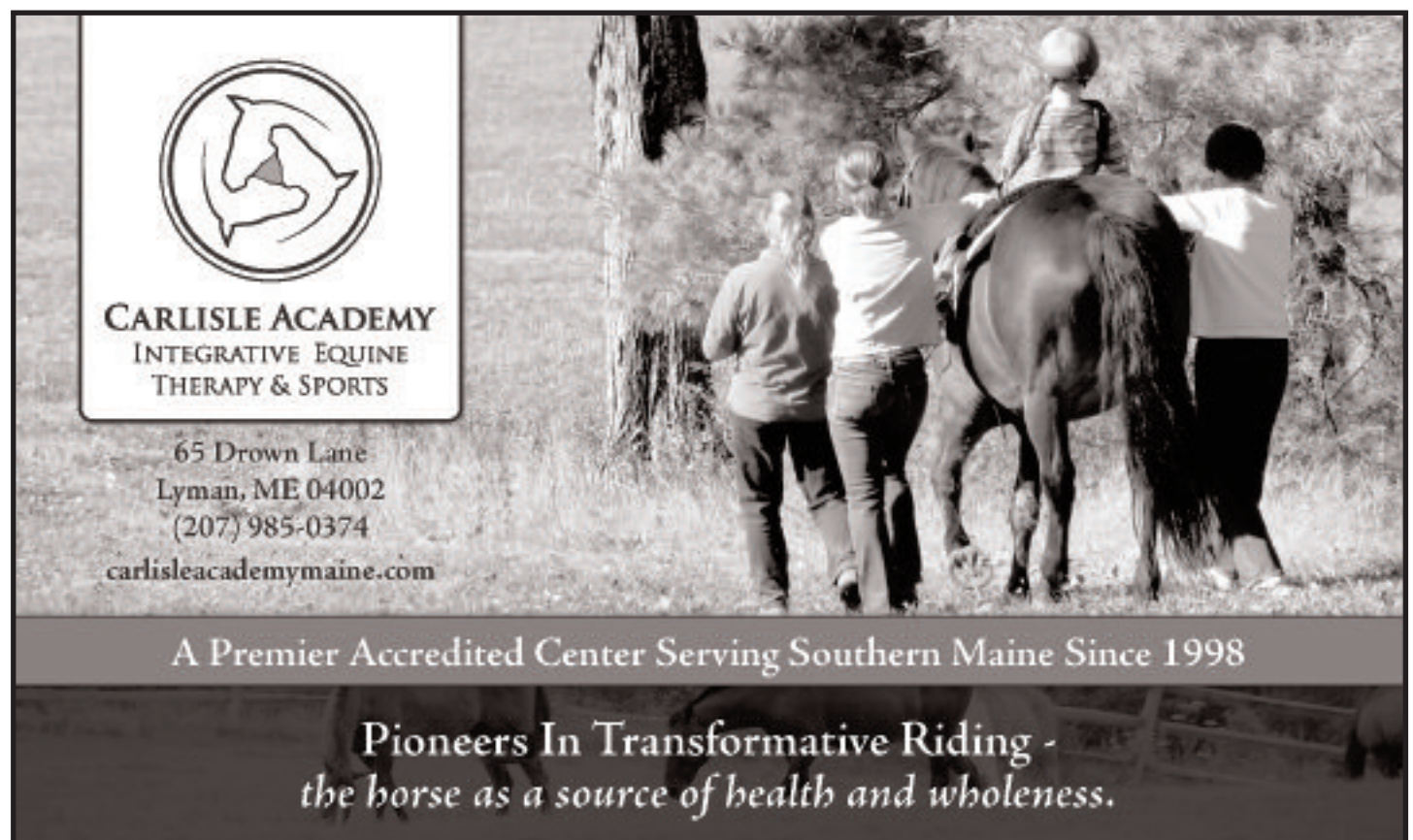
1-800-427-7411 x 541 to pre-register (required).

June 5, 12, 19 and 26, 5-7PM: **Putting the Puzzle Together.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

June 7, 14, 21 and 28, 4:30-6PM: **Ongoing Loss While Caring for Someone with Dementia** discussion group. Southern Maine Agency on Aging, Scarborough. Contact Kate Fallon at 396-6558 to pre-register (required).

July 12, 19, 26, August 2, 9 and 16, 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.



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My Mother's Kitchen

By Susan DeWitt Wilder

Yesterday I grabbed one of my two wooden spoons, the ones I've used for more than 20 years, and rubbed the smooth wood under my thumb.

I thought of my mother's worn wooden spoons and again acknowledged that I'm recreating her kitchen—the large white mixing bowls, the red wood-handled wire pastry blender. I'm collecting Manhattan-ware bowls and the glasses with pheasants. I've now replaced the silver-topped English jam jar I broke as a child.

Then I realized my three sisters are doing the same.

When we gather in Maine in the summer we head for the collectibles stores and the treasures we find are those we grew up with. One sister collects restaurant ware and casserole dishes from the 50s, another aged cast-iron fry pans, and we all look for the one bowl that will complete our sets of primary-colored Pyrex mixing bowls. A gift of a vintage Penguin ice bucket to our youngest sister last summer brought screams of joy.

Now when I visit my mother's

kitchen I never know where I'll find those well-loved tools. Her Alzheimer's disease has progressed to the point where putting away the dishes is a frustrating guessing game.

My father has moved into the kitchen and taken over the cooking. He's reading cookbooks and he's calling his daughters for recipes.

Last summer he'd call with the weekly tallies of the number of quarts of beans frozen, the quarts of blueberries picked and turned into jam, the plentiful rhubarb that became sauce, all with a pride we'd never seen as the gardening, cooking, canning, and freezing to feed our family of seven had all been done by my mother.

But it's more than pride I see. They can spend time together in the garden and later in the kitchen because it's familiar to her and safe.

Between the hours my father spends looking for her hearing aids, helping her pack for the trips he loves to take, getting the everlasting laundry done, worrying that she's left the house, and treading lightly to ensure his care doesn't transgress her desire to do it herself, he's making her happy.

My father has never taken a care-giving class, but he's a remark-



Although my mother tries to cover up, it's clear she doesn't remember the names of her grandchildren and her sons-in-law, and we lard our phone conversations with names so she can maintain face. So my sisters and I are surrounding ourselves with the familiar from our mother's kitchen as we become unfamiliar to her.

My kitchen is full.

I don't need another cutting board in the shape of a pig. And, although the pie-crust-making gene skipped over me, not only do I have one red-handled wire pastry blender, I have two. It's taken me a long time to understand that there aren't enough sets of nesting Pyrex mixing bowls in the world to hold our feelings of loss.

Susan DeWitt Wilder lives in Scarborough and is the Foundation Relations Manager for the Southern Maine Agency on Aging. She can be reached at swilder@gwi.net or 207-883-6050.

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HEALING CONVERSATIONS

Change Relationships as You Change Conversations

By Joan W. Chadbourne, EdD



Healing Conversations enhance and mend relationships. They allow expanded understanding of each other. They invite us out of the isolation and separation inherent in the human condition into loving connection. They create opportunities for miracles.

Nancy was committed to caring for her angry and critical mother. She remained steadfast, loving and hopeful, but there was no positive change. Frequent thousand mile trips to be with her mother didn't help. When she got the call announcing that the end was near, she went, not knowing what she'd find.

Her mother greeted her with, "I love you and don't know how I could do this without you." Nancy had never heard those words before. The magical shift that death's urgency can bring had occurred. They had a week filled with love and appreciation; the closest they'd ever been.

Healing Conversations can be spontaneous or planned, structured or free flowing. In our book *Healing Conversations Now*, Tony Silbert and I have defined a specific process that answers the question, "What do I say?" It creates an opportunity for more meaningful connections; it facilitates difficult conversations especially those involving end-of-life issues. The process is successful with any relationship; this book focuses on elders and dying.

The Essence of Healing Conversations:

- Be Curious
- Ask Questions to Connect
- Listen to Understand

Be Curious: Who is this person you call mother, father, sister or brother? What have they experienced that has made them who they are? What do they cherish? Who are they beyond their roles?

If we are curious about the person, if we are willing to let go of what we think we know about another, we discover a whole person. Tony learned of his mother's love for travel and wondered if his own wanderlust came from her. I appreciated my mother who radiated pure love and drew strangers to sit reverently at her deathbed. Before this final illness, she had repelled people.

If we think we know who they are, we limit opportunities to expand our understanding. If we think we know what is best for the other, we remain separate. If instead, we are curious about this person and his or her life experience, we invite

sharing we never thought possible. We hear stories and gain a deeper understanding of who they are.

Ask Questions to Connect: Statements set boundaries. Questions invite interaction. Appreciative questions engage and energize. They ask about life's positive experiences and highlights; they request the answer as a story about a particular situation or event. The form is important. People relive and share the best of their lives with us as we listen. They come to life while sharing. Each question is an invitation to see themselves anew, and to connect in a meaningful way.

Mary Lou dreaded visits to her mother who endlessly repeated the same boring stories. When Mary Lou came with a recorder and a list of prepared questions about her mother's life, the relationship shifted. She asked her mother what she was curious about and began to appreciate her as she heard different life stories. Her mother softened as she was heard for the first time.

(For a list of appreciative questions email Joan@HealingConversationsNow.com and write "Free Questions" in the subject line.)

Listen to Understand: The commitment is to see the world through the eyes of the other, to acknowledge their perspectives and experiences. To do so we must let go of our judgments and beliefs; they separate us and accentuate differences. Instead of telling, ask. What is their experience? How do they see this situation? What do they value, want and need?

Pam knew her father as a drunk and a burden. In an effort to understand him better, she took him on a trip to Normandy where he'd been a 23-year-old soldier on D-Day in WWII. As she listened to his stories of death and dismemberment, she realized that living through that

war experience, then coming back to Pleasantville, USA was crazy making. No wonder he turned to alcohol. She began to forgive him for his alcoholism. She asked more about his life and reflected, "By doing so, I gained a sense of connection to my real father."

In summary, Healing Conversations require courage and intention to be present and imagine a more loving relationship. As we take the perspective of the other, we are more empathic. The focus is on understanding this person in a new way. If we allow our curiosity to direct our attention and inquire about what we notice, we open doors. Questions invite people to open and share more


of themselves. When we listen without judgment and assumptions, we may experience the relationship we always wished was possible.

*Joan W. Chadbourne integrated her professional work as professor of counseling psychology and organization consultant with her deeply personal and spiritual experience of her parents' deaths to formulate "Healing Conversations." Joan is a hospice volunteer and co-author of **Healing Conversations Now: Enhance Relationships with Elders and Dying Loved Ones.** She is available as coach, trainer, and speaker on the topic. Call 207-828-1339 or email Joan@HealingConversationsNow.com.*


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MEDICARE 101 • WORD SEARCH

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FRAUD	MSN	OPEN ENROLLMENT
PDP	PREVENTIVE	SSN
FORMULARY	WELLNESS VISIT	SOCIAL SECURITY
DEDUCTIBLES	SIXTY FIVE	
MEDIGAP	VOLUNTEERS	

Medicare 101 Definitions

Submitted by Medicare Specialists **Annette Fournier, Vicki Durrell** and **Mary Hadlock** from the Southern Maine Agency on Aging. To review your Medicare insurance, call 207-396-6500 to speak with a Resource Specialist at SMAA.

Fraud: When a merchant or health-care provider intentionally falsifies information or deceives Medicare.

PDP: Prescription Drug Plan or Part D of original Medicare.

Formulary: A list of the medications covered by a prescription drug plan. Make sure your medications are on your drug plan's list.

Deductibles: The amount you must pay for health care or prescriptions before Medicare or your Part D plan begins to pay.

Medigap: (Medicare Supplement Insurance) policies. Insurance sold by private companies which help pay for the "gaps" in Medicare Part A & B coverage, like deductibles, coinsurance and copayments. These companies must follow federal and state laws that protect people with Medicare.

MSN: Medicare Summary Notice. If you receive a Medicare-covered service, you will get a MSN in the mail every three months. READ IT CAREFULLY. This notice is not a bill.

Preventive Visit: ONE TIME "Welcome to Medicare" visit covered by Medicare only during the first 12 months of Medicare B coverage. This visit covers a review of your health, education and counseling about preventive services.

Wellness Visit: If you have had Part B for longer than 12 months, you are eligible for a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk factors. Medicare covers this visit once every 12 months. This is not a complete physical exam.

Sixty-Five: The number before 64 and after 66. Also the age most people become eligible for Medicare.

Volunteers: All of SMAA's Medicare Volunteers receive extensive training and are ready to help.

Open Enrollment: Every year from October 15 to December 7. During this time anyone can join, switch, or drop a Medicare drug plan (Part D) or Medicare Advantage Plan. Call us at SMAA for an appointment to review your plan.

SSN: Social Security Number. Guard against identity theft by keeping your SSN safe including your Medicare card.

Social Security: The web site or office where you can get a replacement Medicare card; change your address or name; get information about Medicare Part A and/or B eligibility, entitlement; and enrollment.

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The Bombardier
continued from page 3

lamb skin leather flight suits. The flak suit prevented you from fully wearing the parachute properly—not an ideal situation.

“We tried not to let fear overtake our thoughts, especially after learning where we’d fly. I wasn’t afraid the whole mission. I tried to focus on getting the job done. The fear came only in specific instances.”

Joe Bennett, a P-47 and P-51 pilot said, “Fighter pilots got a lot of attention, but my hat is off to the bomber crews. It takes grit and guts to crawl in a bomber day after day especially after seeing the hits they took.”

Bob Andrews, another flyer, complained, “Now, movies romanticizing combat tug at my heart ... They cannot possibly depict the discomfort of a snot-filled oxygen mask or the feeling of futility you have trying to use a frozen relief tube.”

Regarding movie lingo, Dean said, “We never used the words ‘bombs away’ or ‘let’s go home.’”

On one mission, Dean’s crew almost ditched in the English Channel. “We started to throw out everything that wasn’t nailed down and at 10,000 feet, to everyone’s joy, the plane leveled out.” On another, they lost an engine. “Returning with no fighter escort was always a scary deal.”

They continued on bombing dock facilities at Kiel near the North Sea and the chemical facilities at Ludwigshaven in the Rhein Valley. After a return mission to Ludwigshaven, Dean learned that Jack Sauer, his best friend from California, had been killed by flak in another plane.

On Mission Nine, they bombed Eindhoven, Holland where Allied troops were surrounded by the Germans. This action was later shown in the movie, “A Bridge Too Far.”

Other targets included Hamm, Munster, Kassel and Neubrandenburg, Germany. “Many of these missions lasted anywhere from four to nine hours. These Eighth Air Force target selections meant that we were making a big effort to disrupt German troop movements and supplies and to damage railway yards.”

On Mission 15, they bombed the ball bearing plant at Schweinfurt. “Talk about heavy flak, we saw it that day.” They bombed Cologne again. “Always a rough target, we were in solid flak for 18 minutes.” The next missions brought them over Hanover and Munster.

On November 2, 1944, their 20th mission, the crew faced another daunting task. “Walking to the mess hall was a somber affair, not looking forward to the usual breakfast of coffee, eggs and toast. Dread silence prevailed when the Operations Officer entered the briefing room. Moans and groans arose from the assembled flyers when they saw the red yarn on the target map pointing to Merseburg located near



the center of Germany. The synthetic oil refinery there was vital to Hitler’s war effort. We knew it would be well-defended.”

By this time, Dean, the youngest member of the crew at 19, had assumed the duties of navigator. After takeoff in their plane Knockout, they joined up with other Groups. “You can imagine what the skies looked like with about 500 heavy bombers. Under the belly of our B-17, I looked back to see the coast of England, vanishing from sight, wondering if we’d ever see it again.

“Being a positive thinker, I thought someone has to come back; they can’t shoot us all down.

“Flying across the Channel, 36 planes started to test fire their guns. This amounted to 300, .50 caliber machine guns being fired at one time. I think we might have lost a few planes due to this.

“Scary! Imagine a 1,000 airplanes trying to lineup in groups of 36, spaced two minutes apart in pitch-black darkness and over an exact spot on the English Channel, at a precise time...you get a feeling for the high risk of collision.”

Streams of bombers with the protective cover of fighter planes converged on the Leuna Synthetic Oil plant. “WHAT A SIGHT! Flying at 150 mph, we were the last group over the target, which was no blessing for us. The Germans were getting more accurate with their guns, as witnessed by the B-17’s going down in flames ahead of us. We started the run...flak was everywhere...sometimes so close you could hear the dull thud of it exploding. Smelling burning metal, I knew we’d been hit.”

A pilot in another squadron described the flak as heavy enough to go out and walk on.

“The sudden release of a belly full of bombs gave the B-17 a new surge of life and it shot up a few feet, which increased its speed about 10 knots. No sooner had we cleared the flak area, a cry of ‘BANDITS’ erupted over the intercom.

“Being at the tail-end of the formation, the German fighter planes, Focke Wulf 190s, hit with their 20 mm cannons. The tail gunner was giving us a blow-by-blow account of what was going on. Sitting in the nose, the attack coming from the rear, all I could do was watch and listen. Crying out over the intercom was the tail gunner saying he’d been hit. About his time, all Hell broke loose. Apparently our tail got shot off and the plane was going every way but straight and then the odor of a burning airplane was apparent.

“We called for P-51 fighter sup-

port. The 51s had the ability to go deep into Germany. But before they reached us, we suffered a hit in the astrodome and the tail gunner Bill Jones took a hit that killed him.

“At 27,000 feet, realizing that we were out of control, Herb Newman gave the order to ‘BAIL OUT’.

“I headed for the nose escape hatch where I exited the plane with my flak suit still on. As soon as I hit the slipstream, falling at 160 knots, the flak suit was ripped off. I was then free to put the rest of my chute on. Trying to do this while falling toward the ground was like a bad dream of trying to get out of the way of a train, but not being able to move. As I entered a layer of low stratus clouds, I knew it was now or never, I had to pull the ripcord.

“Being half dazed from lack of oxygen, it seemed as if I was floating through air. This abruptly was broken by the sound of rifle fire and bullets zinging by.

“Looking down, I could see a couple of Germans shooting at me. Also, there was some kind of a camp to one side of a field I was heading for. To my amazement, I heard cheering coming up from people inside the camp. To my surprise, this turned out to be a POW camp that housed English soldiers who had been captured at Dunkirk in 1940.

“Before I hit the ground, a Ger-

man soldier came running out of this camp and stopped the civilians from shooting me. Landing hard, I was dazed for a few minutes but when I looked up the German soldier was standing over me with his rifle arguing with the civilians not to shoot me. Following his instructions, I picked up my chute and went to the camp, which was about 50 yards away from where I’d landed.”

Within a few minutes three other surviving crew members were brought into the camp.

According to different investigators, they found out that pilot Herb Newman, radio operator Melvin Cohen, gunners Leroy Kucharski and Anthony Perry were murdered, either clubbed, shot or stabbed by German civilians. Then the Germans buried them in paper bags along with the corpse of Bill Jones, the tail gunner whose remains were found in the wreckage of the Knockout.

A POW, Dean was now a resident of Stalag Luft III.

Note: Sources for the above included interviewing Dean and researching his war memoirs, Gerald Astor’s book, *The Mighty Eighth* and Militay.com

In Part Three, as Dean relates, “Now comes the POW part of my Air Corps career.”

Readers may contact volunteer writer, Hunter Howe, at grayowl@maine.rr.com.

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Why I Give...

Judith Stone, MSN, RN
Portland, Maine



As a nurse I have always had a passion for the care and well-being of the elderly. I carried that passion with me throughout my career and while at Maine Medical Center, I had the opportunity to collaborate with the Southern Maine Agency on

Aging's leadership. In an effort to address some senior care needs within the greater Portland community, I learned about the Southern Maine Agency on Aging (SMAA) and was very impressed with their personnel and with the good work of the organization.

Since that time, I have been privileged to work on a number of community initiatives related to senior services and have always found that SMAA is at the table and critical to

the success of the programs. The Agency's dedication to all aspects of senior life is evident in all they do and its staff is caring and compassionate. The community is blessed to have such an active and viable force working on behalf of its citizens.

For these reasons and countless others, I see SMAA as an invaluable community resource and most worthy of supporting. I know it will be there when I require some of its many services.

Thank you, SMAA!

Understanding Estate Documents with Edward L. Zelmanow, Esq.

The need for wills, living wills, healthcare proxies and power of attorney will be explained.

Gorham Adult Education,
Middle School, 106 Weeks Road,
Tuesday, March 27, 6-9PM.
Fee is \$15. Register at 222-1095.

mPower loans

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If money stands between you and the adaptive equipment you need, the mPower program may be the solution.

mPower is more than an ordinary loan program. mPower loans are made at low-interest rates with longer repayment schedules, reducing monthly payments. Loans are available from \$250 to \$100,000.

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Celebrating Life

SolAmor Hospice focuses on improving the quality of life for patients diagnosed with a life-limiting illness. Our dedicated staff members help ease pain while providing emotional and spiritual support for patients as well as their families and caregivers.



Our approach to care is as individual as each person we serve.



Volunteer!

Training sessions:
March 13 - April 12,
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5:30 - 8 p.m.
23 Spring St., Suite C,
Scarborough
www.solamorphospice.com

Call us to find out more! (207) 761-6967

What Your Dollars Do Support Meals on Wheels

If you have been a patient in a Maine hospital, chances are your admitting physician has relied upon the expertise of Spectrum Medical Group (SMG). SMG is a Maine-based, physician-led organization of more than 200 specialists

and staff. Board certified physicians provide care and treatment in the specialties of pathology, anesthesiology, pain management, radiation oncology and radiology services including vascular and interventional care.

Spectrum Medical Group has been a partner and friend of the Southern Maine Agency on Aging since 2006, when then SMAA Board

Chair Don McDowell and Development Director Peg Brown visited its CEO. Each year physician committees review proposals and decide how to support services that will help improve the health of Maine people. For the last four years Spectrum Medical Group has made major gifts for SMAA's Meals on Wheels Program.

This year SMG intends to make a gift of \$3,000 that will provide 460 meals—enough, for example, to provide all the meals for an entire year for our recipients in Windham, or for those in the towns of Old Orchard Beach and Wells combined.

Physicians know that a balanced and nutritionally complete

diet can reverse many of the effects of poor nutrition or even prevent disease or illness outright. SMAA's Meals on Wheels Program provides balanced meals and meals with special preparation for the dietary needs of seniors with chronic health conditions or who have difficulty with chewing or swallowing.

We are grateful to Spectrum Medical Group for their quiet, behind-the-scenes financial support and for providing quality healthcare in Maine.

For more information about how to support Meals on Wheels, contact **Peg Brown** at the Southern Maine Agency on Aging at 396-6590 or mbrown@smaaa.org.

Free Assistance from Southern Maine Agency on Aging Benefits Specialists in Biddeford, Windham, and Westbrook

Get help with tax/rent rebate, fuel assistance, prescription drug assistance, Medicare savings, food stamps, and more...

In **Biddeford**: **Linda Sprague Lambert** is available Mondays, Tuesdays, and Wednesdays at the McArthur Library. Call Linda directly at 776-4759 for an appointment.

In **Westbrook**: **Owen O'Donnell** is available Wednesdays at the Westbrook Community Center on Bridge Street. Call the Agency at 396-6500 for an appointment.

In **Windham**: **Owen O'Donnell** is available Tuesdays at Our Lady of Perpetual Help at 919 Roosevelt Trail. Call the Agency at 396-6500 for an appointment.

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

Free assistance is available to people 60 and older and to those under 60 with a disability.

If you live in other towns, call the Southern Maine Agency on Aging at 396-6500 for information or for an appointment.



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Scarborough, Maine



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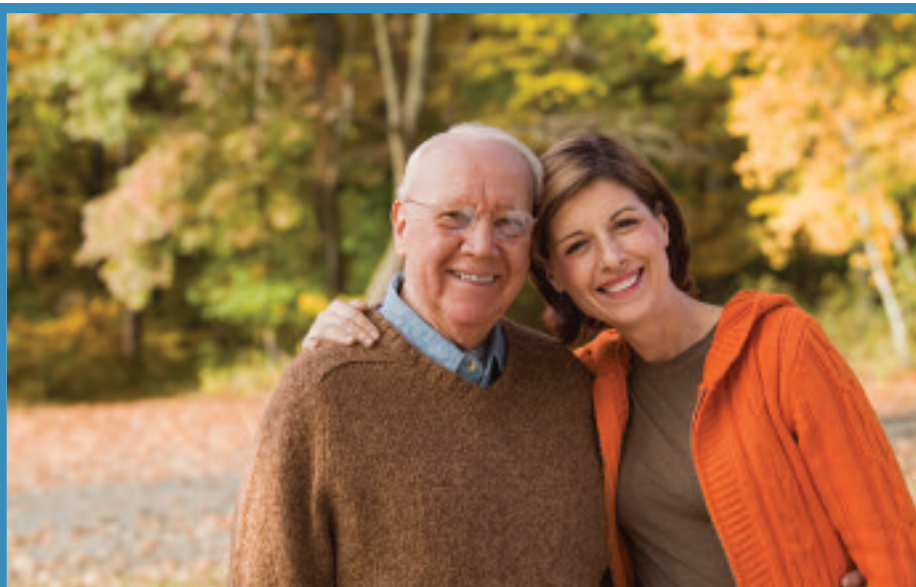


Hospice of Southern Maine
When each moment counts

866-621-7600
hospiceofsouthernmaine.org

If you or a loved one has been diagnosed with a life-limiting illness and you're not sure what your options are, call Hospice of Southern Maine. We will collaborate with your physician to ensure your wishes are known.

Contact us today to learn more about the care we provide through our home program and Gosnell Memorial Hospice House.



Information for seniors and their families

Looking for information on senior communities, activities or services? Check out

www.MaineSeniorGuide.com

your free on-line resource for senior products, services and information in Maine.



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Volunteer as a Foster Grandparent or Senior Companion

The Opportunity Alliance has openings in its Foster Grandparent and Senior Companion programs throughout York and Cumberland counties.

By joining one of the programs, men and women age 55 and over, can make a difference in someone's life while having a great time and earning a little extra money. Foster Grandparents volunteer with children in schools, child development centers and with families. Senior Companions are friendly visitors to other seniors who are living independently in their own homes.

In return for volunteering Foster Grandparents and Senior Companions who meet income guide-

lines receive a tax-free stipend, mileage reimbursement and other benefits that do not affect Social



Security, food stamps, LIHEAP or subsidized housing eligibility.

Call today to learn more about the Foster Grandparent and Senior Companion programs at 207-773-0202.

THIS IS WHAT OUR VOLUNTEERS SAY...

Foster Grandparent: "Since I've started volunteering in this school I have been less depressed and more excited to get up. This has been a very rewarding experience in my life and has helped so much by keeping me a useful part of the community and not a recluse!"

Senior Companion: "I am a home visitor to those who without a visit would see no one all week. This program keeps me from depression, loneliness, and even some health problems, while also helping those I visit with the same tendencies. It (visiting) gives me something to look forward to."

Our Brains Can Heal and Adapt

March is Brain Injury Awareness Month

No one has all the answers regarding brain injury. Brains do not heal like broken bones. The Brain Injury Information Network (BIIN) of Maine offers understanding and hope, increasing awareness and understanding of the effects of brain injury through information, experience and assistance.

An injury to the brain can happen to anyone at any time. More than 10,000 Maine people experience a brain injury each year. Brain injury is the number two killer of seniors, due mostly to falls.

Here are some facts:

- A concussion is a brain injury.
- Significant brain injury may not show up on CT scans or an MRI.
- Recovery and adjustment take place over months and years.
- A person with a brain injury can look healthy.
- Some learning disabilities and psychiatric illnesses are often misdiagnosed brain injuries.

For more information, contact the BIIN of Maine at 1-888-893-0123 or visit www.biin.org or email mcooper@biin.org. If you are stuck and don't know where to turn for services, contact your local area agency on aging in Maine by calling 1-877-353-3771.

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Senior Moments

By Hunter Howe

Supplements, Suppositories and Shakespeare



We may thrive on supplements. Supplements are hot, suppositories are not.

Senior folk like us frequent all the right places, not necessarily country clubs or yacht clubs, but The Vitamin Shoppes and health food stores. Here, we speed read through highly touted nutrition books and scan the myriad of information available on our computers. We hope, even though the stock market debacle has hindered our lifestyle, that supplements will still improve our longevity.

Concerned about my own life span, I remembered learning about Ponce de Leon and his search for the Fountain of Youth in Florida. I pondered this and wondered if all the gray heads in Florida went there to prolong their own time on earth.

I must admit to some skepticism over the mad scramble for supplements. My aging brain is overwhelmed by scientifically blurring proclamations such as, "Recent studies show or a panel of experts reveal ..." But, when I saw a supplement booth right next to the blueberry jam emporium at a local fair, I thought maybe it was time to research the complex subject of living well and living to a ripe old age.

After all, there must be more than gulping supplements to increase one's longevity. No, something was missing and it sure wasn't suppositories.

I know when I'm in over my head. So, I decided to seek advice from my friend Fergus. Although I do turn up the Baloney Meter when consulting with Ferg, a Down East raconteur of sorts, he does possess unusual common sense. Still chugging along at age 92, who can argue with Ferg's longevity.

While wolfing down his Wheaties one morning, Ferg suggested that I hire a nutritional consultant, a computer specialist and, for good measure, a witch doctor.

Although skeptical, I decided to give it a try. The nutritional consultant bored me with lectures on the food pyramid. The computer specialist presented me with a gigantic spreadsheet that projected I'd increase my life span by an additional two years, nine months and seven days. That meant I'd endure a smorgasbord of passion flower (is that like Viagra?), St. John's wort, uva-usi (sounds like a Czechoslovakian machine gun) and ginkgo biloba—all for a lousy two plus years of life. I don't know...

Say what? I did like the comments regarding immortal mush-

rooms and growing your own sprouts and garlic. Garlic does keep the neighbors away.

Reluctantly, I shared my ordeal with Ferg. Grabbing his Gatorade, he listened intently but I detected befuddled amusement. With a sly grin, he asked about the witch doctor. "I passed on his donkey dung stew and when he overdosed on a tantalizing tofu burger, I bolted." Ferg threw me an Archie Bunker to Edith scowl.

"That's silly."

"Maybe so," I countered, "but the actress Shirley MacLaine, in a Boston hotel interview, once revealed, 'Next time around I'll be sillier.'" Say, what's wrong with a little silliness among friends and family and even strangers, anyway?

I told Ferg that I decided to follow an old adage, when in doubt, simplify, kind of like reaching for the duct tape or baking soda. William Shakespeare wrote in *The Taming of the Shrew*, "And, frame your mind to mirth and merriment, which bars a thousand harms and lengthens life." Now how simple is that.

Ferg smiled. "Aha, now you're getting somewhere, the missing part. It's the French. You heard it right—I know we're periodically down on France, sour grapes and all, but please don't discard the wine. You see, the land of culinary delight has a low rate of heart dis-

ease. It's attributed to the red wine and called the French Paradox. Just follow what Louis Pasteur said, "Wine is the most healthful and most hygienic of beverages."

Hmm. I didn't know whether to turn the Baloney Meter up or down. But again, Ferg is 92.

I shrugged my shoulders and shot him a don't-mess-with-me stare. Then, I headed to my favorite diner and ordered the cauliflower, apple, yam and broccoli casserole and high protein soy cookies, savoring this scrumptious feast with a glass of red wine.

While sipping, I thought about what W. C. Fields once quipped, "What contemptible scoundrel stole the cork from my lunch?"

I had another thought. Some seniors improve with age. Some wines improve with age. May they age well together. Works for me. No letters please saying that I'm advocating alcohol. My editor might pass out. This is just a portion of my life longevity plan.

Hey, I'm not trying to lynch the supplement sheriff. I'll still pop a few supplements, exercise, devour my veggies and even follow Shirley's silly advice. But, I'm sure going to enjoy more mirth and merriment with my buddy Ferg, in his new wine cellar.

Here's to Billy Shakespeare. Cheers!

Readers may contact Hunter at grayowl@maine.rr.com

Being Smart About Identity Theft with Jane Mullen

Identity theft is the leading consumer complaint and the fastest growing crime being committed against seniors in the U.S.

South Portland Adult Education, SPHS, 637 Highland Ave., Room 119-B, Tuesday, May 1, 4-5:30PM.

Free. Register at 347-3389.



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A Matter of Balance

Are you concerned about falling?

Do you restrict your activities because of falling concerns?

Are you interested in improving your balance, flexibility and strength?

Are you age 60 or older, ambulatory and able to problem-solve?

A Matter of Balance is a nationally recognized program designed to help you manage falls and increase your activity levels. The workshops are given in two-hour sessions once a week for eight weeks.

You will learn to:

- View falls and fear of falls as controllable
- Set realistic goals for increasing activity
- Make changes to reduce falls at home
- Exercise to increase strength and balance

Spring 2012 Class Schedule

Wednesdays, 1-3PM, March 21 - May 9, MaineHealth LRC, Falmouth Classroom, 5 Bucknam Road, Falmouth

Tuesdays, 1-3PM, March 27 - May 15, Westbrook 55+ Center, 22 Foster Street, Westbrook

Thursdays, 1-3PM, April 26 - June 7, Pineland YMCA, 25 Campus Drive, Suite 100, New Gloucester. Call 207-688-2255

Tuesdays, 2-4PM, May 8 - June 26, Southern Maine Agency on Aging, 136 U.S. Route One, Scarborough.

Additional workshops being formed in greater Portland and York county. Call for details.

Volunteer Coach Training

Saco Central Fire Department, 8am to 12 noon each day, April 5 & 6

To register or for more information, contact Jessica LeBlanc at 207-396-6583 or 1-800-400-6325, jleblanc@smaaa.org

Living Well for Better Health Workshops

Re-imagine your life.

Got something you want to change about the way you manage your health?

Tired of being tired, anxious, or in pain?

Try something new. Learn about handling pain and fatigue, eating well, fun ways to get active, and tips for talking with your doctor and family. Design a personal action plan. Developed at Stanford University, this safe, supportive, workshop can help you take control of your problems and restart your life. Open to adults of all ages. Caregivers also welcome to attend. Sponsored by Southern Maine Agency on Aging, workshops are given in 2 1/2 hour sessions once a week for six weeks at convenient locations throughout Cumberland and York counties.

2012 Spring Schedule

Wednesdays, 9:30AM-12 noon, April 11 - May 16, MaineHealth LRC/ Scarborough, 100 Campus Drive, Scarborough. Call 207-885-8570

Fridays, 9:30AM-12 noon, April 13 - May 18, MMC Family Medicine, LRC/Falmouth Classroom, 5 Bucknam Road, Falmouth

Tuesdays, April 24 - May 30, 2-4:30PM, MMC Family Medicine, 272 Congress Street, Portland

Tuesdays, 1-3:30PM, April 24 - June 5, Casco Bay YMCA, 14 Old South Freeport Road, Freeport. Call 207-865-9600

Wednesdays, May 2 - June 6, 3-5:30PM, Southern Maine Agency on Aging, 136 US Route One, Scarborough

To register or for more information, contact Jessica LeBlanc at 207-396-6583 or 1-800-400-6325, jleblanc@smaaa.org.

VISIT OUR WEBSITE
www.smaaa.org

Mastering Successful Transitions

Biddeford Adult Education,
189 Alfred Street, 2nd Floor,
Biddeford

March 28, 6PM

Home Health and Safety:
Gentiva Home Health Care

Gentiva provides visiting therapists and nurses and Safe Strides, a home-based fall prevention program. One out of three people over age 65 will fall—let's make sure you're not one of them.

April 4, 6PM

Medicare Basics:

Michelle Matt, LSW, Senior Advocate at Goodall Hospital

This session will review the basics of the Medicare program including enrollment, benefits, and explanation of the various prescription and health insurance options available, as well as an overview of state subsidies that help pay Medicare premiums.

April 11, 6PM

Navigating the Maze of Elder Care Living Options:

Mary Keefe, Senior Care Specialist

The aim of this presentation is to help you to make an educated decision. Considering so many senior options can be overwhelming. Forward planning can eliminate chaos when faced with making decisions during a crisis.

April 25, 6PM

Planning for MaineCare Eligibility:

Barbara S. Schlichtman, Esq.

This session will help you understand the MaineCare rules for assisted living and nursing home care. You will also learn about planning opportunities, important documents that every person should have and whether you are making accidental gifts.

May 2, 6pm

Medication Management:

Angela McGarrigle, RPh

This class will aid and inform individuals, families and caregivers in medication management to im-

prove knowledge and organization of medications for improving a person's health, safety and well-being.

May 9, 6PM

The Secrets of Home Care

Success:

Johanna Gilland, MA, CCCSLP and David Gilland, Certified Senior Advisor

Caring for aging loved ones can quickly become overwhelming. Maintain your health without sacrificing the quality of care your loved ones deserve by learning caregiving tips and resources. We will provide an overview of the caregiver, challenges of family caregiving, rewards of providing care and available resources.

Please join us by registering with Biddeford Adult Ed (207) 282-3883. www.biddeford.maineadult-ed.org

Baby Boomers Guide: Talking With Your Parents About Aging

A free, community education workshop.

Are your parents over 70? Have you asked them about their long-term care plans? Do you know what their funeral preferences are? These are not easy topics to approach with your parents, but they are important. Join us to acquire the tools and knowledge needed to begin the conversation. You will receive detailed planning guides to show you and your parents the important steps to take, as advised by the professionals. Learn to step in thoughtfully without stepping on toes!

Join us on Wednesday April 18, 6-7:30PM, at the Falmouth Memorial Library, 5 Lunt Road. Please call 210-6498 to reserve your space. The workshop is sponsored as a community service by Beach Glass Transitions; Jones, Rich & Hutchins Funeral Home; and, Lindquist Funeral Home.

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MEALS ON WHEELS FRIENDRAISER AT THE SEAGRASS BISTRO



Steve Bachelder and Debbie Strachan of Yarmouth join Ted Trainer, Director of Healthy Aging of the Southern Maine Agency on Aging, at the Meals on Wheels Friendraiser on February 27 at The SeaGrass Bistro in Yarmouth. [photo by Diane Hudson]



Manny Morgan, member of Event Committee, with Alice Mellin at the SeaGrass Bistro. Many thanks to chef Stephanie Brown and her staff for a lovely evening in support of Meals on Wheels. [photo by Diane Hudson]

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Scarborough Pet Quarters 2nd Tuesday of every month 11AM-1PM, 885-5005



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Volunteer Day at SMAA's Community Café in Westbrook

Visitors to the Portland-Westbrook Community Café were greeted with warm weather, tasty food and five welcoming smiles on January 24th. The Southern Maine Agency on Aging's nutrition department and Martin's Point Health Care employees have

teamed up to serve food at SMAA's Community Café one day a month.

SMAA's Community Cafés offer people age 60 and older a sociable way to enjoy a delicious and nutritious lunch, while also providing an opportunity for people to come together to meet new friends and maybe even see old friends. Family, friends and neighbors can come together to dine, to volunteer or both!

Many thanks to Tammy Libby, Sheila Creighton-Gelinas, Sheila Stovall, Ryan McKeown, Michelle

Camacho, and Martin's Point Health Care for supporting their employees involvement in the community!

Interested in attending or volunteering at the Portland-Westbrook community café? Call 878-3285.

SMAA's food programs are on Facebook. "Like" us to learn more about volunteering, about our nutrition programs, or to share and connect with people in your community. <http://www.facebook.com/smaamow>

Go Out to Lunch at a Community Café

Supported by the Southern Maine Agency on Aging.

All Community Cafés listed below open at noon. Please call specific location to make a reservation.

BIDDEFORD

Open Monday-Friday

J. Ross Martin Comm. Center
189 Alfred St, Biddeford, 283-2477
Call between 7:30 AM-12:30PM

KENNEBUNK

Open every day except Wednesday.

124 Ross Rd., Kennebunk, 985-2588
Call between 8AM-12:30PM

KEZAR FALLS

Open 2nd & 4th Tuesday.

Sacopee Valley Rescue Barn
17 Allard Circle, Hiram, 625-4057
Call between 8AM-11:30AM.

PORTLAND-WESTBROOK

Open last Tuesday of the month.

Westbrook Community Center
426 Bridge St. Westbrook,
878-3285
Call any day 8AM-1PM

SANFORD

Open 3rd Tuesday of the month.

Nasson Community Center
457 Main St, Springvale, 324-5181
Call between 8AM-12NOON

SOUTH PORTLAND

Open every Thursday.

Peoples Methodist Church
310 Broadway, SouthPortland,
767-2255
Call between 8AM-1PM

WINDHAM

Open every day except Wednesday.

Unity Gardens, 124 Tandberg Trail
Rt. 115, Windham, 892-3891
Call between 9:30AM-1PM

YARMOUTH

Open every Tuesday and Friday.

Masonic Lodge, 20 Mill St.,
Yarmouth, 846-6693
Call between 9AM-1PM



Pictured from Martin's Point Health Care (L-R) are Tammy Libby, Sheila Creighton-Gelinas, Sheila Stovall, Ryan McKeown, Michelle Camacho and from SMAA, Laurie McFarren.

Dietetic Students Visit SMAA Cafés

By Jo Ann McPhee, Nutrition Manager, Southern Maine Agency on Aging

We are very fortunate to have had students and an instructor from the Southern Maine Community College's (SMCC) Dietetic Technology program visit a few of our Community Cafés. Not only do the students gain valuable experience as they prepare and deliver their talks, our guests have the opportunity to hear about some of the latest theories in human nutrition.

For instance, while community café clients enjoyed a catered meal of corned beef, cabbage, potato, and vegetables, they also got to learn the "Facts on Fiber," presented by SMCC Dietetic Technology student Angela Verrill.

On March 8, Anne L'Heureux an instructor at SMCC, talked about the importance of maintaining adequate hydration for maximum health benefits at the South Portland Community Café while our guests enjoyed a catered meal of meatloaf, mash potato and vegetables.

See the schedule of SMAA's Community Cafés elsewhere on this page.

TO VOLUNTEER FOR MEALS ON WHEELS OR CAFÉS, CALL 1-800-400-6325.

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\$1400 Rent includes utilities (heat, electricity, gas fireplace).

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What Everyone Should Know About Electronic Medical Records

Rachael Blake, MD,
Geriatric Fellow
Maine Medical
Center, Portland,
ME



Why doesn't everyone use an EMR?

Although many physicians are now using an EMR, the vast majority of medical records are still maintained on paper. The transition from paper to computerized records is costly. Many physicians' offices and hospitals simply cannot afford to make this switch. It requires a great deal of time and training for staff and physicians.

There are many different EMRs. No EMR is perfect for everyone. In an ideal world, all physicians would utilize the same system so that medical information could be seen by you and all of your providers. In reality, there are often multiple programs in use, even within a single healthcare system.

Is my medical information safe?

There is always a risk that medical information, both on computer and on paper, may end up in the wrong hands. There are very strict privacy laws in place and every effort is made to protect your privacy. In most systems, only providers who are directly involved in your care are granted access to your record. An electronic log is kept of every person who views your health information.

What is an electronic medical record?

An electronic medical record (EMR) is a medical record stored on a computer to help in the care of patients. EMRs have existed for more than 30 years. The most basic EMRs function simply to store type-written information, such as notes of visits with your doctor. They can also keep lists such as medications, allergies and past medical history. Many EMRs also store information such as lab results and x-rays.

Over time, the technology has become more advanced. Today's EMRs allow your doctor to track and fax prescriptions for medications, check for drug interactions, identify when you are due for common screening tests and print educational materials. EMRs can help your doctor communicate with office staff and other providers. Many EMRs now allow patients to see their own records, which is sometimes called a patient portal.

Why should I care if my doctor uses an EMR?

An effective EMR can offer many advantages. It can decrease costs by decreasing unneeded tests. It can allow providers in the hospital to access your records quickly, even late at night or on weekends. This allows them to review your health issues and medications and can be especially helpful in a medical emergency.

If you have questions about your medical information and how it is stored, don't be afraid to ask your doctor. Regardless of how your records are kept, it is always good to carry an updated copy of your medication list, medical problems and allergies in your wallet in case of emergency.

VISIT OUR WEBSITE
www.smaa.org

Shelf Life

By Don Kopp

Me: I feel out of date—like glass milk bottles, flat tops, Chevrolets with tail fins, 45 RPM records, pet rocks, rotary phones, bell-bottoms, and Ed Sullivan. It seems everyone is iTuning, Facebooking, Skyping and Twitter tweeting, but I can't figure out why.

My shelf-life label? "Best Used Before 21st Century."

My Friend: Wait! Go back to those Chevys—classic good looks, exciting, powerful, highly prized, sought out and admired, and more and more valuable over time... you know, like us.

Me: And pet rocks?

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SMAA Community Services News

Annmarie Rotolo has accepted the position of Coordinator for the Community-Based Care Transitions Program with the Southern Maine Agency on Aging. SMAA is one of only seven organizations in the country to be funded by the Centers for Medicare and Medicaid to help reduce hospital read-

missions among Medicare beneficiaries with chronic health conditions.

Annmarie is a licensed social worker who holds a Bachelor's of Science with a major in Social Work from Syracuse University and a Master of Social Work degree with a concentration in organizational and community practice from the Uni-

versity of New England. When SMAA became a designated Aging & Disability Resource Center in 2009, Annmarie was hired to train SMAA staff on resources for disabilities and to conduct community outreach to acquaint residents with the wealth of information and resources available through SMAA. Prior to her employment with SMAA, Annmarie worked in both Maine and New York states serving children and adults with disabilities in a va-

riety of settings. Annmarie can be reached at 207-396-6544 or arotolo@smaaa.org.



Annmarie Rotolo, MSW, BSW, LSW

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From the Mail

To my dear friends,

Sid and I want to wish you all a very Merry Christmas for you and your families.

I have been truly blessed this season with the help of all of you. To work my way through the holiday season and continue to engage my passion for music would not have been possible without SMAA and you.

So, thank you and God bless.

Ginny & Sid H., Bridgton, Maine



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Why the Double Standard?

A 20-year, \$9 million tax break for Walmart, and the Governor proposed cutting MaineCare?

By John E. Nale, Elder Law Attorney
President, Maine Association of Area Agencies on Aging

When I testified before the Legislature in opposition to the Governor's proposed cuts to MaineCare, I was assigned number 70 of the more than 400 people who testified. Just before they called my number, the hearing clerk announced that they would be taking out of turn a person who needed special accommodation. As the hearing clerk adjusted the microphone at a lowered handicap accessible podium, a young woman in a wheelchair motored herself to the front. She was severely physically handicapped—but not mentally. She could hardly lift her head to speak into the already lowered microphone. She held her handwritten notes between her twisted fingers and limp arms. After identifying herself she explained how her MaineCare benefits helped her to remain in her home, how caregivers came in to help her get out of bed in the morning and to help her toilet, bathe and dress. Sitting next to her, I listened and watched intently. We were all seeing and hearing firsthand how changes in the budget would result in real changes in the lives of real people.



break. I was also told they had been receiving the tax break for the past 15 years and it was good for another five years at \$450,000 per year.

When it comes to balancing the budget shouldn't we also look at lost revenue sources? We don't have to only cut basic safety-net benefits. We could also consider cutting excessive tax breaks. We don't have to take away what little some people have so that those who already have a lot can have a lot more. It doesn't always have to only be about money; social justice should fit in there somewhere.

Why don't we tell Wal-Mart, just like we tell the young woman in the wheelchair who can't get out of bed in the morning on her own, that we can no longer afford their \$450,000 per year tax break; that they'll just have to get by without it; that they don't really need it anyway, that they're just milking the system, etc. Why do we only make the young woman in a wheelchair come to the podium and beg for help? Why don't we make (ask) the big international corporations and other corporate welfare folks to come to the podium and explain (beg) for their welfare benefit? After all, according to "Forbes Magazine," the Wal-Mart family alone is worth \$93 billion. This \$450,000 per year tax break is only a drop in the bucket for them; they'll never miss it or need it. Who's milking the system? Why the double standard?

On the way home from the hearing I called our City Hall to ask if the Wal-Mart shopping center in Waterville was still receiving a tax break under a TIF (Tax Increment Financing Agreement). I was told that under the TIF they were still receiving a \$450,000 annual tax

The ABC's of DVT

By Dr. Cindy Asbjornsen

March is DVT Awareness Month. DVT is Deep Vein Thrombosis, or a clot in the deep veins of your leg.

The average person's deep vein system carries about 80% of blood from the feet back up to the heart. Deep veins are located toward the center of your leg under the muscles. The system is under a great deal of pressure, because each time you take a step, the muscles around the deep veins squeeze these veins and force the blood "uphill."

A clot in a deep vein can be dangerous because the high pressure could cause the clot to "let go," or break free from the vein wall and enter the blood stream. The clot could then travel up through the legs, through the major vessels in the abdomen and into the vena cava, the large vein that empties directly into the heart.

The heart would immediately pump the clot to your lungs, which would act like a filter and catch the clot. This is called a pulmonary embolism (PE). A PE can be asymptomatic or fatal, depending on the size and location of the clot. If your heart has any wall defects, the clot could travel to the brain (instead of the lungs), resulting in a stroke.

DVT can occur without symptoms but, in most cases, the affected area will be painful, swollen and red, and the superficial veins may be puffy. Consider these sensations a

warning sign! Even a muscle cramp that feels especially sharp and painful can be an indication of a DVT.

DVT is a medical emergency, so any symptoms should be regarded as a DVT until proven otherwise, especially if you're in a risk category.

The incidence of DVTs is higher in older people because of three main risk factors: 1) trauma to any blood vessel due to surgery, or even bumping into something, 2) decreased blood flow, if mobility is limited; and, 3) an abnormal tendency toward blood clotting.

As people age, their veins become less elastic and more likely to "leak," especially superficial veins. Older people are also more likely to become immobile as the result of surgery or injury (such as a hip replacement). For these reasons, there is an increase of varicose veins in the elderly population. As the condition progresses, it puts people at risk for other problems, including DVT.

The good news is that superficial venous disease can be fixed with minimally invasive procedures. And if treatment can help keep away problems like DVT, it's certainly worth considering.

Join Dr. Asbjornsen, founder of the Maine Phlebology Association and the Vein Healthcare Center, on Wednesday, March 21, from 2-4 at the main office of the Southern Maine Agency on Aging for a seminar on vein health and DVTs, free and open to the public. DVT screenings will be available. Registration is required, so please call 207-221-7799.

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VOLUNTEER CONNECTIONS RSVP

"An Invitation to Make a Difference"

CATCH Healthy Habits: Change a child's life, one celery stick at a time!

by Ken Murray, Director of
Volunteer Services

CATCH Healthy Habits is up and running and needs your help. CATCH Healthy Habits is an after-school program that brings teams of volunteers age 50 and older together with kids in the greater Portland area to learn about good eating habits and to play active games. Obesity rates have more than tripled among children ages 6-11. By participating in CATCH Health Habits, you'll have fun, stay active and help fight obesity. It's good for kids, good for you and good for the community.

There are many ways to help kids get healthy. First, volunteers are desperately needed to work with children in the programs we wish to



start this spring. You can lead fun, active games, share healthy snacks, and learn about good food choices with kids in grades K-5. Sessions meet weekly for an hour, are based on a curriculum that is all prepared, and training is provided.

There are also ways to help behind the scenes. We need volunteers who can take photos to help publicize the program, help the CATCH Health Habits Coordinator coordinate and expand the program, or help collect data on how the kids do in this program.

Canal School in Westbrook is one of the first sites to launch CATCH Healthy Habits in Maine. CATCH Healthy Habits fits in well with the school's own priorities. The Coyotes at Canal School were recently awarded the Bronze Award in the Healthier U.S. School Challenge recognizing the school's efforts with the Let's Move! Campaign to combat childhood obesity. The school worked on improving their school lunch program and classroom instruction on nutrition, and provided additional physical activity time. Only 2% of schools in the country have reached this level of achievement! Their dynamic principal Vickie Hebert together with school staff have challenged themselves to

reach the criteria for the Silver Award. Thanks to SMAA volunteers Elba Parr and Olga Schimmer and the school's teacher, Mrs. Mains who is volunteering her time, Canal School is one step closer to reaching the Silver Level. Congratulations, Coyotes, on your dedication and determination to improve your nutritional and physical health!

To learn more about CATCH Healthy Habits, I urge you to contact our CATCH Healthy Habits Coordinator Sharon Schulberger by calling 396-6523 or emailing her at sschulberger@smaaa.org.

The Tip of the Iceberg

Join Spring Training! Sign up to train for a new, interesting volunteer opportunity. 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

- This is a call for all Scarborough residents to support your local businesses. Needed are volunteers to be a member of a committee to help build community involvement in this endeavor.
- An assisted living facility is looking for help with their special events programs. Assistance with setting up, decorating and serving is needed. There is also an opportunity to assist with resi-

dents who have special needs.

- Here's a chance to work with a group who are studying to become U.S. citizens. Some need extra help with reading and writing English.
- Share your art skills by teaching others. Several opportunities exist where basic skills and ideas would be most welcome.
- How many of you men out there enjoy discussing current events or doing some basic woodworking? There is a facility looking to start a men's group that needs your expertise.
- Gardeners—how about lending your green thumb to teach others how to plant a garden in a long term care facility? Other nonprofit agencies are looking for help in maintaining their plantings.

For more in-depth information on the opportunities above, or to learn about other volunteer opportunities, please call or email Priscilla Greene, at 396-6521 or 1-800-427-7411 Ext. 521, or pgreene@smaaa.org.

York County

- Southern Maine Agency on Aging's Truslow Adult Day Center in Saco needs greeters, office helpers, a men's group leader, a lunchtime aide, help with various activities and even a volunteer manicurist. There are lots of opportunities. Call RSVP for more information.
- Meals on Wheels drivers are needed once a week on Mondays, Tuesdays, Thursdays or Fridays. The time commitment is about two hours from late morning to early afternoon.
- Some homebound seniors also need a volunteer to shop for their groceries once a week. Schedules are flexible and you choose in what communities you would like to volunteer.
- A couple of museums are looking for helping hands.
- Hospitals in Sanford and York have asked us to help them find volunteers. Call RSVP for more information.
- A number of nursing homes and assisted living centers are looking for volunteers to help with activities or visit residents. Even though these are group settings, residents may be lonely and would enjoy a friendly visitor.

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@smaaa.org

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New Volunteers

The following volunteers joined us through the end of January 2012. Welcome to you all, and thank you for sharing your gifts with others through volunteering.

Jane Ashley	John Jackson	Melinda Plastas
Stanley Baker	Wendy Joy	Nancy Sarnacki
Carole Barber	Ann Laselva	Suzanne Schmitt
Suzanne Barmore	Charlene Leone	George Silverman
Alyssa Barton	Shawn Leyden	Julia Small
Karen Bouthot	Denise Macaronas	Kathleen St. Jeanos
John Coleman	Gertrude Martin	James Staley
Peter Curry	Hank McCarvel	Patricia Staley
Nathan Davis	Pamela McLaughlin	Dianne Turpin
Kimberly Drew	Terence McNamara	Barbara Walsh-Quandt
Cheri Emmons	Beverlea Meadow	Bethany Whittemore
John Emmons	Mary Ann Molloy	Sandra Wilson
Bess Englehardt	Ethel Murphy	Barry Wolfson
Jean Fox	Elba Parr	Jeanne Wolfson
Steven Goodman	Juliet Perry	

New RSVP Stations

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The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live.

— Ethel Percy Andrus

"When I'm visiting a patient in their home, I feel like I get the broader picture of their everyday life and struggles."
— Christie Blanchard RN

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Informational Meetings Held in Kittery

On January 10th Julie Perreault, Branch Manager for Kennebunk Savings Bank, and Pat Holmes, Manager of Meetinghouse Village Assisted Living, both in Kittery, hosted Ken Murray and Paddy Clark for a presentation for Meetinghouse Village residents about SMAA services and volunteer opportunities. About 40 people attended. Julie Perreault is



Pat Holmes of Meetinghouse Village Assisted Living, on left, and Julie Perreault of Kennebunk Savings Bank in Kittery host an informational meeting about SMAA services and volunteer opportunities at Meetinghouse Village.

herself a Money Minders volunteer and knows firsthand the importance of volunteering and the satisfaction that comes from helping others. Pat Holmes has made Meetinghouse Village a vibrant community resource by hosting many community programs, including the Living Well for Better Health workshop and A Matter of Balance classes taught by SMAA staff and volunteers.

On February 23rd, a similar informational meeting was held at A Perfect Move in Kittery. We were hosted there by Genevieve Benton and Erin O'Connell.

SMAA is grateful to these community partners for helping us get the word out about the services we offer. Thank you.

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From family practice to gynecology to pre-natal care to pediatrics - our provider base includes over 50 primary care physicians and mid-level providers to care for your needs. To determine which provider may be the the best choice for you, feel free to contact any of the offices listed here, or call our Care Access Nurse at 207-351-2384. Next day and even same day appointments are available for many.



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ANN NORA EHRET, DO, Great Works Family Practice



JEFFREY EATON, FNP, Great Works Family Practice



AMY GRZYSIEWICZ, DO, Kittery Family Practice



CANDICE MCELROY, MD, York Family Practice



JANET MEEGAN, APRN, FNP, YH in North Berwick Family Practice



DIANA OKUNIEWSKI, DO, YH OBGYN, Surgical & Midwifery Associates



KELLY PARKER-MELLO, MD, Pediatric Associates of YH



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Tired of Counting Sheep?

Susan Gay, Registered Dietician
Nutrition Coordinator, Hannaford

Whether you can't *get* to sleep or you have trouble *staying* asleep, simple adjustments to your diet may help. Milk, cheese, yogurt and peanut butter contain the building blocks of tryptophan, the amino acid in the brain that causes calmness and promotes sleepiness. Carbohydrates found in milk, along with oats, bread, pasta, cereal and crackers, help the tryptophan become more available in the brain. Together, a small nutritious snack before bed of oatmeal and milk or slice of toast with 1-2 teaspoons of peanut butter and a cup of milk just may be the recipe for a good night's sleep!

Studies show that sleep affects the hormones that regulate our appetite. When we need sleep, we crave sugar and high calorie foods, which leads to weight gain. Extra pounds put more strain on our heart, increase blood pressure, cholesterol and blood sugars, leading to more prescriptions in the medicine cabinet! With medications come side effects, such as an unpleasant taste in the mouth, enhanced or diminished appetite or excess thirst. All of which can impact our food choices and potentially our sleep. Extra weight can be responsible for a condition called sleep apnea, when breathing stops frequently during the night interrupting sleep, leaving us less than refreshed in the morning. So if weight loss is one of your goals, keep in mind that you'll also rest better with less body mass.

All too familiar to many people is gastro-esophageal reflux disease, commonly known as GERD, a condition where stomach fluid leaks back into the esophagus causing pain or discomfort. GERD is triggered by excess weight, lying flat especially too soon after a meal, and/or by certain trigger foods like fried, greasy and spicy foods or heavy desserts. Identifying our trigger foods and avoiding them, can reduce the uncomfortable effects of acid reflux issues.

You will rest easier at night by making healthy food choices during the day. For example, a female age 66-70 who gets 30-60 minutes of moderate physical activity each day, should include 4-6 servings of whole grains/day; 3 servings of low-fat dairy; 1½ cups of fruit; 2½ cups of vegetables; and 5 ounces of lean protein. And, before turning in, enjoy a few crackers and the comfort of a warm glass of milk.

Sweet dreams!



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Do you know about the Swing Bed Program at Bridgton Hospital?

When you first came to the hospital you were ill and care was directed at treating your illness. As your condition improves, you need to continue to get well, but perhaps you aren't quite ready to go home. The **Swing Bed Program** at Bridgton Hospital focuses more on getting well after your illness has been treated. Your doctor and the hospital staff will work with you on making this determination.

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

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

Why choose Bridgton Hospital for your Swing Bed care?

- All private patient rooms with private bath, cable TV, free internet access and phone
- Access to the Central Maine Medical Group's extensive network of medical specialists
- Physicians are on-site 24 hours a day/7 days a week
- RN care, around the clock
- Lab, radiology (x-ray), pharmacy and other services right on-site

The Swing Bed Program may include:

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| Respiratory Therapy | |

How is Swing Bed care paid for?

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

For further information about this program we encourage you to contact
Kathleen Wohlenberg, LSW, Director of Guest Relations and Case Management, at 207-647-6149.

