



From the Director's Desk

Happy Spring! After this snowy, cold winter I am sure that all of us are looking forward to warmer temperatures and longer, sunnier days. It has been a busy winter at SMAA as we make progress on the Campaign to Create a Better Day and our plans to build two new adult day centers.



In preparation of the new Centers, Polly Bradley has joined our staff as the Director of the Adult Day Centers and we have also hired Elisha Stickney, a certified recreational therapist. Our fundraising efforts continue as we plan to open the Stewart Center in Falmouth in the former Lunt School building in early summer and the Biddeford Center in 2015.

Once again, our Meals on Wheels recipients were surprised on Valentine's Day with a special delivery—a lovely, long-stemmed red rose to brighten their day. Since 1995, thanks to the kindness and generosity of Lorraine Merrill, the Valentine's Day rose delivery has been a SMAA tradition. When Lorraine died in 2003, she left a bequest to the Agency to establish an endowment fund assuring the rose tradition will continue in perpetuity. What a wonderfully touching legacy! Planned gifts, such as Lorraine's, enable the Agency to sustain and grow valuable programs that have a profound impact on the lives of seniors in southern Maine. I encourage you to contact Kate Putnam, SMAA's Director of Development, to find out how you can leave a legacy through your will.

I also wanted to share the good news that SMAA's agreement with the Centers for Medicare and Medicaid Services has been extended for another year for the Community Care Transition Program. This program not only supports an important expanded role for SMAA in improving health care outcomes for high-risk Medicare patients, but is also a foundation from which SMAA can leverage our experience to work more closely with healthcare providers and insurers in other areas. I am very proud of the unique and respected partnership we have formed with MaineHealth through this program and others to help deliver better health outcomes for seniors in southern Maine. In the past year,

continued on page 15

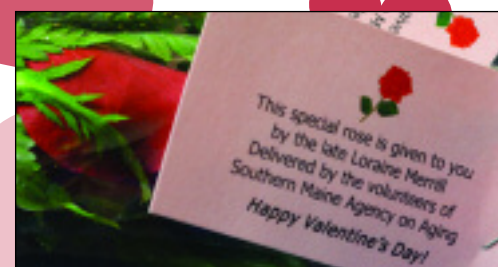


Volunteer Penny Cole and Client, Renette Nobile.

February 13 was the 19th Annual Valentine's Roses delivery for area Meals on Wheels clients. Thanks to a generous gift from the late Lorraine Merrill, this annual tradition brings smiles to the hundreds of Meals on Wheels clients, volunteers, and staff members every Valentine's day.

We would also like to express many thanks to the listeners of WMSJ Positive 89.3 for their donation of "Forget Me Not" cards that were delivered with the roses.

Meals on Wheels Valentine's Day



Thank you to the late Lorraine Merrill.



Volunteer, Ann Bittner getting ready to make her deliveries for the day.

Due to a production error we are re-running this article from the last issue.

A New Look for Southern Maine Agency on Aging

We are pleased to unveil our new logo and tagline to the readers of Senior News. Over the past 18 months we have done ample research to learn how the Agency and the work we do is received and viewed by the communities we serve.

What we learned is that how we are aging and the needs of older adults in York and Cumberland counties are changing, but the heart of what we do and why we do it has not. Programs and services like Meals on Wheels, Adult Day Services, Medicare Counseling, Information and Referral services, staying competitive with Maine Senior Games, staying healthy with Agewell, giving back by volunteering, and more—each is about creating better days for clients, families, and communities.

Working together as we age should be bright and filled with joy. We feel that our new logo provides a more inspiring image of aging—a positive symbol of hope.

Over the next few months you'll see our new logo on our facilities, on redesigned brochures and cards, on correspondence materials, on our website, and through social media.



Crucial Foundation Support

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

SMAA would like to recognize and thank the following contributors to the 2013-2014 Annual Fund:

- Walmart Foundation - \$40,000 – Meals on Wheels
- BJ's Charitable Foundation – \$10,000 – Meals on Wheels
- Harold Dudley Charitable Fund of the MCF – \$8,000 – Meals on Wheels
- Allagash Brewing Company, Inc. – \$5,000 – Meals on Wheels
- Bank of America Charitable Foundation – \$5,000 – Meals on Wheels
- Rines Thompson Fund of the MCF – \$5,000 – Meals on Wheels
- Roy A. Hunt Foundation – \$5,000 – Unrestricted

- People's United Community Foundation – \$3,000 – Money Minders
 - Prouts Neck Association – \$1,800 – Meals on Wheels
- The following foundations have provided support for our Campaign to Create a Better Day—a \$6,000,000 capital campaign to raise funds for the creation of two state-of-the-art Adult Day Centers in Falmouth and Biddeford. The following foundations have recognized the growing need for therapeutic Adult Day Centers in southern Maine and have supported SMAA, our clients and their families, and our communities with either a capital gift or a grant for programming:
- Kennebunk Savings Bank/Huntington Commons Charitable Trust for Seniors – \$200,000
 - John T. Gorman Foundation – \$160,000
 - Libra Foundation – \$50,000
 - The Maine Heritage Fund of the Maine Community Foundation – \$25,000
 - Morton-Kelley Charitable Trust – \$10,000

If you no longer want to receive the paper, please contact Bonnie at 396-6526 or 1-800-427-7411 x526 or bcbraig@smaa.org.

Southern Maine
Agency on Aging
136 U.S. Route 1
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CHERISH EVERY DAY.

Southern Maine Agency on Aging's Adult Day Centers provide therapeutic recreation, personal care, nutritious and delicious lunch and other refreshments, and entertainment for adults who need physical and emotional support during the day.

Call **207-396-6512** for a complimentary visit.

Located in Saco and Opening Soon in Falmouth and Biddeford.

- For adults with dementia or other cognitive impairments
- Respite care, family caregiver support
- Recreation programs

- Transportation provided or arranged
- Veterans covered by VA benefits
- Non-veterans may be covered by third-party payment

 **ADULT DAY CENTERS**
Southern Maine Agency on Aging

The Adult Day Health Centers are state-licensed, Adult Day Health providers for VA, MaineCare and the Office of Elder Services.

SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

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

Community Café - JR Martin Community Center,
Biddeford, Mon, Tue, Thur, and Fri, noon
Catered luncheon Mar 24 at 12:30PM. Music with
Themi & Alex at 11AM, Boiled dinner with all the
fixin's. Reservations: 283-2477

Family Caregiver Support Group –
Community Partners, Biddeford
2nd Mon, 3-4:30PM. 713-3723

Medicare 1-on-1 Appts/Free Information &
Assistance – McArthur Library, Biddeford, Mon,
Tue, Wed, call for appt. Linda Sprague-Lambert
776-4759.

Memory Café – Brooks Coffee, Biddeford,
2nd Thurs, 11AM. FMI: 370-1476

FALMOUTH

A Matter of Balance – MaineHealth LRC,
Falmouth Class starts Apr 2, 10AM-12PM.
396-6583

Medicare 1-on-1 Appts. – Falmouth Library
3rd Thur, 10AM-1PM. 396-6524 for appt.

Prescription Drug Safety for Seniors,
March 27, 10-11AM, Falmouth Public Library

FREEPORT

Living Well for Better Health – Casco Bay YMCA,
Freeport, Workshop starts Apr 29, 1-3:30PM
396-6583

Medicare 1-on-1 Appts/Free Information &
Assistance – Freeport Library, 2nd Tue, 1-4PM.
396-6500/1-800-427-7411 for appt.

Prescription Drug Safety for Seniors,
Apr 8, 10-11AM, Freeport Community Center,
Apr 11, 10-11AM, Pownal First Parish Church

GORHAM

Medicare 1-on-1 Appts/Free Information &
Assistance - St. Anne's Catholic Church, Every Thur,
9AM-2:30PM. 396-6500/1-800-427-7411
for an appt.

Memory Café – The Gorham House, 4th Tue, 1PM.
FMI: 839-5757

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

A Matter of Balance –
In Home Senior Services, Westbrook
Class starts Mar 10, 1-3PM. 396-6583

Chronic Pain Self-Management, Portland YMCA
Workshop starts Apr 28, 10AM-12:30PM, InterMed
Portland Workshop starts Mar 5, 1:30-4PM,
396-6583

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

Community Café – Westbrook Community Center,
Westbrook, Last Tue, noon,
Reservations: 878-3285

Medicare 1-on-1 Appts/Free Information &
Assistance: Portland, Hope Gateway Church, 4th
Tue, 12-1PM; Salvation Army, 2nd Wed., 10AM-
12PM; Woodford's Church, 3rd Mon, 1-3PM,
396-6500/1-800-427-7411 for an appt.

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

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

KENNEBUNK/WELLS

Community Café – Park Street School, Kennebunk,
Mar 7 & Apr 4, noon, Reservations: 985-2588

Community Café – Ross Corner Woods, Kennebunk,
Mon, Tue, Thur, and Fri, noon, Reservations: 985-2588

Medicare 1-on-1 Appts – Kennebunk Senior Center,
3rd Wed, 12-3PM. 396-6500/1-800-427-7411
for appt.

Memory Café – Seed & Bean, West Kennebunk,
1st Mon, 11AM. FMI: 797-7891

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

Community Café – Eliot Methodist Church, Mar 11
& Apr 8, noon, Reservations: 475-7399

Family Caregiver Support Group – The Gathering
Place, Kittery, 1st Thurs, 3-4:15PM. 439-6111

Family Caregiver Support Group – Heart Health
Institute, York, 3rd Tue, 1-2PM. 475-1167

Medicare 1-on-1 Appts – York Hospital, 2nd Thurs,
9AM-4PM, 396-6500/1-800-427-7411 for appt.

Memory Café – The Inn at Sentry Hill, York, 2nd
Tue, 9AM. FMI: 363-5116

Savvy Caregiver – York Hospital Hall House,
Apr 22, 29, May 6, 13, 20, 27. 1:30-3:30PM.
1-800-427-7411 x541

Welcome to Medicare Seminar – York Hospital,
April 8th, 3:30-5:30PM 396-6500/1-800-427-
7411 to schedule.

KEZAR FALLS/HIRAM

Community Café – Sacopee Val. Rescue Barn, Hiram,
2nd & 4th Tues, noon. Reservations: 625-4057

LAKES REGION (BRIDGTON, CASCO, NAPLES, AND SEBAGO)

Family Caregiver Support Group – Bridgton
Community Center, 2nd Wed, 1-2:30PM
1-800-427-7411

Medicare 1-on-1 Appts – Bridgton Hospital
Every Tues between 8:30-11AM.

Walk-in first come first serve basis.

Understanding Cognitive Loss: Basics of Family
Caregivers – Crooked River Adult Ed, Casco
April 17, 5-7PM. FMI: 627-4291

NEW GLOUCESTER

Chronic Pain Self-Management Workshop –
Workshop starts May 1, 1-3:30PM. 396-6583

PARSONSFIELD

Medicare 1-on-1 Appts/Free Information &
Assistance – Parsonsfield Town Office, 3rd Mon,
9AM-12PM. 396-6500/1-800-427-7411 for appt.

SANFORD

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

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

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

SCARBOROUGH (SMAA MAIN OFFICE)

A Matter of Balance, Class starts Apr 3, 10AM-
12PM. 396-6583

Family Caregiver Support Group, 4th Thurs,
12-1PM. 1-800-427-7411 x558

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

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

Putting the Puzzle Together: Getting Ready to
Offer Support to Older Adult Family and Friends,
Apr 30, May 7, 14, 21, 5:15-7:15PM.
1-800-427-7411 x541

Savvy Caregiver – Jun 5, 12, 19, 26, July 3, 10.
1:30-3:30PM or Jul 15, 22, 29, Aug 5, 12, 19. 2-
4PM. 1-800-427-7411 x541

Welcome to Medicare Seminar – 2nd and 4th
Mon 2-4PM and 1st and 3rd Thurs, 10AM-noon.
Call 396-6500/1-800-427-7411 to schedule.

Savvy Caregiver – Jan 7, 14, 21, 28, Feb 4 and
11, 2-4PM. or Mar 4, 11, 18, 25, April 1, and 8,
5:15-7:15PM. 1-800-427-7411 x541

Welcome to Medicare Seminar – Mon and Thurs.
Call for days and times. 1-800-427-7411

SCARBOROUGH

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

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

STANDISH

Medicare 1-on-1 Appts/Free Information &
Assistance – Standish Municipal Center, Every
Wed, 9AM-3PM. 396-6500/1-800-427-7411 for
an appt.

WINDHAM

Community Café – Unity Gardens, Catered
luncheons on Nov 14 and Dec 12, noon.,
Regular meals on Mon, Tue, Thurs, and Fri, noon.
Reservations: 892-3891

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

Welcome to Medicare Seminar – Our Lady of
Perpetual Help Church, 1st and 3rd Tues, 10AM-
12PM. 396-6500/1-800-427-7411 to schedule.

YARMOUTH/NORTH YARMOUTH

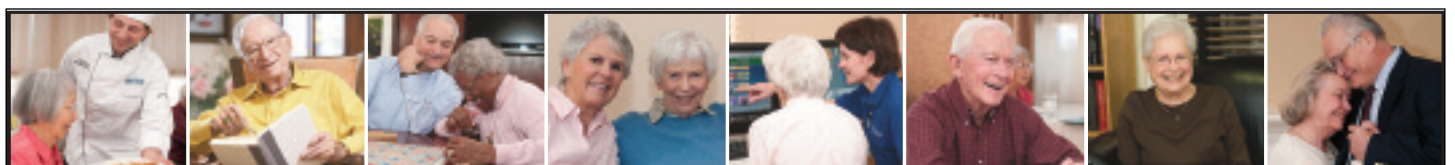
Aging, Myths and Realities – Prince Memorial
Library, Cumberland, Apr 28, 12-1PM. 829-2215

Community Café – Masonic Lodge, Yarmouth,
Every Tue, noon. Reservations: 846-6693

Prescription Drug Safety for Seniors, Apr 3, 10-
11AM, Cumberland Town Hall, Apr 4, 10-11AM,
North Yarmouth Fire Department, Apr 9, 10-11AM,
Yarmouth Town Hall

Reducing Risks & Supporting Function at Home –
Prince Memorial Library, Cumberland, May 16,
12-1PM. FMI: 829-2215

Senior Tai Chi – Prince Memorial Library,
Cumberland, Mar 28, 12-1PM. FMI: 829-2215



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Seminars Offer Help in Planning End-of-Life Care

By: Carol Rancourt

Southern Maine Agency on Aging recently held the first in a continuing series of seminars and individual sessions to help people prepare and share an Advance Health Care Plan. This document—also referred to as a living will or advance directive—details how a person wishes to be treated at the end of their lives and which medical procedures they do or do not want followed, along with other concerns.

SMAA has scheduled two additional sessions for June and October. These seminars offer information on how to draw up an Advance Health Care Plan that addresses each person's individual

needs, help in choosing a health care proxy who can make decisions when a person is unable to do so for his or her self, and guidance in how to discuss and share a person's wishes with family and loved ones.

Seventy percent of Americans do not have an Advance Health Care Plan. Many who do, have not confirmed that their health care proxy or family members understand their wishes or have agreed to follow them. Many have not shared their plan with their physician.

Don't be caught in a situation where you cannot speak for yourself and have no one who understands

your wishes. No one knows when a car accident, stroke or major heart attack might occur. Many years ago I had major surgery and woke up unable to speak. Not being able to communicate was unexpected and frightening. That experience taught me that I want my wishes known, even if I can't express them verbally. If you feel the same way, then make sure that you have a plan detailing what you want and that your doctor and someone you trust will carry out those wishes.

Register for a seat at our June or October Advance Health Care Plan seminar by calling 207-219-0155 or e-mailing crancourt@smaa.org.



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For details on advertising in "Senior News," log on to www.smaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaa.org. You may also reach "Senior News" representative Nancy Bloch at 396-6588.

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

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Registration: 11:15 a.m. to 1:00 p.m.
Registration: 11:15 a.m. to 1:00 p.m.
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Registration: 11:15 a.m. to 1:00 p.m.
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Mission Statement

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

Commitment to Reasonable Accommodation:

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

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

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

SOCIAL SECURITY

Get Your Social Security Statement Online

By Robert Clark
Social Security Representative

If you would like to get a *Social Security Statement*, which provides estimates of your future benefits, it is available online at www.socialsecurity.gov. The online *Statement* provides workers with secure and convenient access to their Social Security earnings and benefit information.

Our online *Social Security Statement* is simple, easy-to-use and provides people with estimates they can use to plan for their retirement. The online *Statement* also provides estimates for disability and survivors benefits, making the *Statement* an important financial planning tool. People should get in the habit of checking their online *Statement* each year, around their birthday, for example.

In addition to helping with financial planning, the online *Statement* also provides workers a convenient way to determine whether their earnings are accurately posted to their Social Security records. This feature is important because Social

Security benefits are based on average earnings over a person's lifetime. If the information is incorrect, the person may not receive proper benefits.

The online *Statement* provides you the opportunity to save or print the document for future reference, or to have handy for discussions with family members or a financial planner.

According to the American Customer Satisfaction Index, users are giving the online *Statement* a score of 89, making it competitive with our other top-rated, best-in-government online services, such as the Retirement Estimator and online retirement application.

To get a personalized online *Statement*, you must be age 18 or older and must be able to provide information about yourself that matches information already on file with Social Security. In addition, Social Security uses Experian, an external authentication service provider, for further verification. You must provide identifying information and answer security questions in order to pass this verification. Social Security will not share your Social Security number with Experian, but the identity check is an important part of this new, thorough verification process.

When your identity is verified, you can create a "My Social Security"

account with a unique user name and password to access your online *Statement*. In addition, your online *Statement* includes links to information about other online Social Security services, such as applications for retirement, disability, and Medicare.

Social Security anticipates some members of the public will not be able to be verified through this process. Some people may not correctly answer the security questions based on information on file with Experian, and others may supply

identifying information that does not match their Social Security records. People who cannot verify online initially may visit their local Social Security office and present an identity document in order to create an account and gain access to the online version of the *Statement*.

For more information about the new online *Statement*, please visit <http://www.socialsecurity.gov/myaccount/>.



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Medicare Prescription Information from the Medicare Rights Center

What are Transition Refills?

You may be eligible to receive transition refills if you have had the same Medicare prescription drug plan for several years and are notified that the plan will no longer cover a drug that you need to take every day.

A transition refill, also known as a transition fill, is a one-time, 30-day supply of a Medicare-covered drug that Medicare prescription drug plans, also known as Medicare Part D plans, must cover within 90 days of when you are in a new Part D plan or when your existing Part D plan changes its coverage. Keep in mind that transition fills do not apply to new prescriptions. In order to get a transition fill, you must have been taking the drug before you switched your Part D plan or before your existing Part D plan changed its coverage rules.

For example, your Part D plan should allow you to get a 30-day

transition fill of a drug if your Part D plan changed its coverage rules beginning January 1, 2014 and said that it will no longer cover a drug that you've been taking since 2013. You can get a one-time transition fill of the drug you need within the first 90 days of the year, i.e., up until the end of March.

Keep in mind that you can get Medicare Part D coverage in two different ways. First, you can get Part D through a stand-alone Part D plan that works with Original Medicare, the traditional Medicare program administered directly through the federal government. You can also get Part D through a Medicare Advantage Prescription Drug plan, also known as a Medicare private health plan that provides you with Medicare prescription drug coverage.

Note that Part D plans are not allowed to apply Part D coverage restrictions, such as prior authorization or step therapy, to transition fill

drugs. Prior authorization is a type of coverage restriction that requires you to get prior approval before your Part D plan will cover your drug. Step therapy is a type of coverage restriction that requires you to try similar, oftentimes cheaper, drugs before your Part D plan will cover the drug that you were initially prescribed.

In addition, Part D plans must give you a transition notice when you use your transition fill. This notice should give you information about the transition fill policy and provide you with information about your Medicare Part D drug appeal rights. Remember, getting a transition fill is a temporary way for you to get the drug you need.

In order to continue getting the drug you need throughout the year, you should contact your doctor right away. You may want to ask your doctor if you can switch to a similar drug that your Part D plan does cover. If your doctor does not recommend this due to medical reasons, ask your doctor if he/she can help you make a formal exception request to your Part D plan so that you can get the specific drug you need. Filing an exception request with your Part D plan is a way to formally ask your Part D plan to cover the drug you need for the rest of the year or longer.

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

Get help with Medicare Health Insurance Counseling and/or have a benefit screening to see if you might qualify for programs that could help save you money such as SNAP (food stamps), fuel assistance and more.

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

Gorham*: A Resource Specialist is available Thursdays at St. Anne's Catholic Church, 299 Main St. (Rte. 25) Call the Agency at 396-6500/1-800-427-7411 for an appointment.

Standish*: A Resource Specialist is available Wednesdays at Standish Municipal Ctr. 177 Northeast Rd. (Rte. 35) Call the Agency at 396-6500/1-800-427-7411 for an appointment.

Westbrook: A Benefit Specialist is available the 2nd and 4th Wednesday of the month at the Westbrook Community Center on Bridge Street. Call the Agency at 396-6500/1-800-427-7411 for an appointment.

Windham: A Benefit Specialist is available the 1st and 3rd Tuesdays of the month at Our Lady of Perpetual Help at 919 Roosevelt Trail. Call the Agency at 396-6500/1-800-427-7411 for an appointment.

*This service is provided by the 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 396-6500/1-800-427-7411 for information or for an appointment.

Medicare Reminder

The flu shot is one of three vaccines that are typically covered by Medicare Part B instead of Part D. Medicare Part B covers 100 percent of the cost of a flu shot once every flu season, with no Part B deductible required. This is true for both Original Medicare and Medicare Advantage plans (private health plans). If you have Original Medicare, you can go to any Medicare provider. If you have a Medicare Advantage plan, you must see an in-network provider to receive the flu shot at no cost.



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What Do Some of our Medicare Volunteers Do In Their Spare Time?

Read about, what else? Medicare! Authors Rosemary Gibson and Janardan Prasad Singh have written a thought-provoking book on the current state of Medicare and how it became the complex entitlement program it is today. Will Medicare be self-sustaining? How much is it going to cost us as a nation? Is the program going broke or is it already broken and, if so, can anyone fix it? Medicare spends \$600 billion a year. The authors examine where our money goes, who gets it, what they are doing with it and ways in which Medicare can be sustainable without cutting benefits or raising the age of eligibility. The business of Medicare is discussed from many angles in a well-researched look behind the scenes at this popular public program.

A small group of our dedicated volunteer Medicare counselors are now reading the book and will be meeting together to discuss what they learned. This spring, Rosemary Gibson will be coming to Maine for a statewide presentation and discussion of her findings.

SNAP Serves Seniors in Maine

The Preble Street Maine Hunger Initiative (MHI) was created in 2008 as a response to a systemic hunger crisis that has grown unabated for decades. MHI seeks to end food insecurity by advocating for and implementing federal nutrition programs, specifically the Supplemental Nutrition Assistance Program (SNAP), known in Maine as the Food Supplement Program. MHI also organizes and shares best practices with food pantries.

Maine has the third highest rate of hunger in the country and the highest in New England. One in six Mainers is hungry. MHI believes the best way to combat hunger is to increase access to SNAP. SNAP allows individuals, seniors, and families to purchase their own food so that they have access to healthy, nutritious meals. Food pantries do important work, but are already overburdened—we can't expect them to serve more people.

Maine SNAP Facts:

- SNAP feeds a quarter of a million Mainers.
- SNAP provides for our most vulnerable populations: two thirds of all SNAP recipients are children, seniors or disabled.
- SNAP benefits pumped about \$377 million into Maine's economy in 2012, as every \$5 spent generates \$8.50 in the local economy. This money is spent at grocery stores and farmer's markets.

National SNAP Facts:

- Half of all new SNAP participants leave the program within 10 months, as they become financially stable.
- SNAP is a vital program that helps people move beyond poverty to self-sufficiency: in 2012 SNAP pushed 4 million people above the official poverty line (when SNAP is included as income).
- SNAP comes on an EBT (Electronic Benefit Transfer) card. This acts like a debit card allowing people to purchase groceries in a discreet way.

SNAP reduces food insecurity and helps recipients maintain a sense of independence and dignity, by providing assistance to those individuals and families struggling to purchase affordable and nutritious food.


Unfortunately, 40% of eligible Mainers over the age of 60 are not receiving SNAP benefits. MHI is increasing the number of eligible seniors enrolled in this vital program. Folks can own their own home, car, and have money in the bank and still qualify for SNAP.

Even at the minimum monthly amount, it can help seniors free up money for medications, heat or other necessary expenses. SNAP provides more than just food, it provides a sense of normalcy.

For more information about SNAP please contact MHI at 775-0026 ex. 2082.

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Family Caregiver Support Program



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

Is caring for a family member or friend leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

Spotlight on the Bridgton Caregiver Support Group

The caregiver support group in Bridgton has been meeting every month since early 2006. It began as a collaboration between SMAA and the Alzheimer's Association, funded by a SMAA Family Caregiver Support Program mini-grant. It has evolved over time, but some things have remained constant.

The group is open to family caregivers, whether or not the person they are assisting has dementia. Initially facilitated by staff from the two founding organizations, we were fortunate to find Oretta Baker, who has co-facilitated the group as a volunteer for several years. Oretta's warm and caring style has set the tone for the group. We are so grateful to her for her commitment and dedication to helping family caregivers get the support they need. SMAA has continued to provide co-

facilitation and support, particularly when she was not available.

The group originally met in the evening at the Bridgton Community Center. As time went on, it was decided to have the meeting right after one of the Community Center's weekly Senior Lunches. Jon and Sally Chappell, two members of the original group, stepped forward and offered to provide companionship for the care receivers during the caregiver support group. This meant that caregivers could enjoy the lunch with their person, and then attend the group alone, confident that their person was in good hands.

Recent transitions in Oretta's life mean she may not be available to co-facilitate the group in the future. We are delighted that Jon and Sally have offered to take on this role. While on-site respite will no

longer be available, the group will benefit from the addition of Jon and Sally's own caregiving experiences. Family Caregiver Support Program staff will continue to attend some meetings, and will be available by phone during meetings we can't attend in person.

The Bridgton Community Center has been unfailingly generous with their space and welcoming atmosphere. Although they are no longer involved in the group, the Alzheimer's Association has kindly continued to include it in the support group list on their website. A couple of group members have continued to attend after the person they were caring for died, and have offered the wisdom of their experience to newcomers.

If you've never attended a caregiver support group before, you may wonder how it works. What we discuss is confidential. Everyone is invited to speak, but it is not required. This group offers a chance to meet with other people who are having a similar experience, to exchange ideas, problem solve, feel connected and maybe even share a laugh.

We meet at the Bridgton Community Center on the second Wednesday of each month from 1 to 2:30PM. This group is appropriate for family and friends who are caring for someone who is age 60 or over or who has dementia. You don't need to call ahead to register, though you may want to call to confirm a meeting in case of weather or holidays. Feel free to join us!

For more information contact Ann O'Sullivan at 1-800-427-7411 x541.

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. Groups are coordinated by SMAA or the community providers listed.

Biddeford: For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 713-3723.

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.

Kittery: 1st Thursday of the month, 3-4:15PM, at The Gathering Place. Respite available onsite for a fee; please call ahead to reserve. Contact Jill Larson at 439-6111.

Scarborough: 4th Thursday of the month, 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, 1-2PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 475-1167.

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



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—Senator George Mitchell

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



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— Barbara Pires RN



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Training for Family Caregivers of People with Dementia

We will be offering the Savvy Caregiver series several times in 2014 (see class schedule in this issue of Senior News for some updates). The course is to open family caregivers for people with dementia who live in the community. Participants tell us that the class is helpful to them in understanding the person with dementia and in developing strategies to help them both have a better day. Family and friends are often unprepared for the role of caregiver to a person with cognitive loss. The Savvy program helps them develop knowledge, skills, and attitudes to make helping of a person with dementia work better. We have been offering the program for five years under grant funding, and follow-up survey feedback from caregivers five months and one year after taking the course has been overwhelmingly positive.

Several recent classes have filled early, so we encourage you to call us as soon as possible if you are interested in the course. Please contact the Family Caregiver Support Program at 1-800-427-7411 to pre-register or if you have questions or would like to talk about your caregiving situation.

Putting the Puzzle Together Series

We will offer the popular Putting the Puzzle Together series for family caregivers, at the SMAA office in Scarborough on Wednesday evenings starting April 30. The classes are for people who are currently providing assistance to older adult family or friends, and those who are thinking ahead. The course meets in four, two-hour sessions and participants should plan to attend all four. Topics include health as we age, resources, supports, living options, legal/financial issues, advance directives, family communication, caregiver coping, and action strategies.

There is a suggested donation of \$50 to attend. Flyers for the programs are available on the Family Caregiver Support Program pages of the SMAA website, www.smaaa.org. The class often fills and the registration deadline is April 18.

Pre-registration is required. Please contact the Family Caregiver Support Program at 1-800-427-7411 to register

VISIT OUR WEBSITE
www.smaaa.org

Resources For People Assisting Aging Family Members

Caregiver Class Schedule 2014

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 4, 11, 18, 25, April 1 and 8: 5:15-7:15PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Snow dates April 15 and 22). Donation requested. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

April 17: 5-7PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** Crooked River Adult Education, Casco. \$25 registration fee. Contact Crooked River at 627-4291 to register.

April 18: 12-1PM: **Aging: Myths and Realities.** Prince Memorial Library, Cumberland. Free. Contact Jennifer Gifford at 829-2215 with

questions.

April 22, 29, May 6, 13, 20 and 27: 1:30-3:30PM: **Savvy Caregiver.** York Hospital Hall House. Donation requested. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

April 30, May 7, 14 and 21: 5:15-7:15PM: **Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends.** Southern Maine Agency on Aging, Scarborough. Snow dates February 5 and 12. \$50 suggested donation. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

May 16, 12-1PM: **Reducing Risks and Supporting Function at Home.** Prince Memorial Library,

Cumberland. Free. Contact Jennifer Gifford at 829-2215 with questions.

June 5, 12, 19, 26, July 3 and 10: 1:30-3:30PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Donation requested. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

July 15, 22, 29, August 5, 12, and 19: 2-4PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Donation requested. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

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

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Upcoming Classes and Workshops

Living Well for Better Health Workshops

March 3 - April 16, 10:30AM-1PM
Holy Trinity Greek Orthodox Church, Portland

April 29 - June 10, 1-3:30PM
Casco Bay YMCA, Freeport

To register or learn more about a workshop or class, please contact us: 207-396-6583, 1-800-400-6325 or www.smaaa.org

A Matter of Balance Classes

March 4 - April 8: 1-3PM
Casco Bay YMCA, Freeport

March 10 - May 5: 1-3PM
In Home Senior Services, Westbrook

April 2 - May 21: 10AM-12PM
MaineHealth Learning Resource Center, Falmouth

April 3 - June 11, 10am-12pm
Southern Maine Agency on Aging, Scarborough

Chronic Pain Self-Management Workshops

March 6 - April 24: 1-3:30PM
Biddeford YMCA

April 28 - June 9, 10AM-12:30PM
Portland YMCA

May 1 - June 12: 1-3:30PM
Pineland YMCA, New Gloucester

May 5 - June 16, 1:30-4PM
InterMed, Portland

Volunteer Training Opportunities

A Matter of Balance
July 2014 - Dates TBD

To register or learn more about a training opportunity please contact: Crystal Castro, 396-6529 or 1-800-427-7411 x583, ccastro@smaaa.org

Pineland Farms Outdoor Center

By: Greg Morrell

Sometimes when the winter weather warms and the sun shines, we get a hankering to just be outside in the fresh air and soak up the glory of a warm, sunny Maine Winter day.



I recently had one of those days and I made the Trek to Pineland Farms Outdoor Center. Pineland Farms is a Maine Miracle!

Just a short trek from the Maine Turnpike's exit 63, just North of Portland, the carnage of distressed and abandoned school buildings and a neglected farm has been transformed into a winter sports wonderland. Skiing, x-country skiing, sledging, ice skating, pick-up hockey, and snow shoeing are all on the menu at Pineland Farms. Activities are free or at an affordable price.

The trails of Pineland Farms meander over gently sloping hills and snow-covered pastures that delight the senses. For those with a bit of life left in the legs spending a few hours in the afternoon catching a

nearby quick fix of fresh air on skis, skates, or snowshoes, Pineland Farms is an ideal adventure.

Pineland Farms is a great day destination for winter sports—novices and enthusiasts alike. Nordic trails are thoughtfully designed, groomed and

tracked. Beginner lessons are available for many activities. Group or private lessons can be arranged.

Ice skating and sledding are always free and the ice pond is lit until 10PM, seven days a week. Friday nights feature pick-up hockey, and on Saturday nights, it's a skate party with live music, cookies and cocoa. Bring your own skates as there is no rental center for skaters.

For a real treat, come to Pineland on a full moon for a night of fun on the Nordic trails and a party in the warming hut with refreshments and libations.

Pineland Farms is a non-profit organization that rose from the ashes of a forlorn and abandoned school for the mentally challenged. The transformation is an amazing success story of insight, brilliant planning, and entrepreneurial genius. In addition to the spectrum of winter recreation, Pineland Farms features an extensive dairy that produces mountains of cheese, organic vegetable gardens, greenhouses, and a stable of prime beef livestock.

Upstairs from the Welcome Center is a market and cafe with a full sampling of all the goods produced at the farm. It's a comfortable retreat for aching legs or a hearty thirst. I was very impressed with the new cafe that serves a wonderful lunch of hot plates and an extensive choice of sandwiches. While there, ask to see the short documentary that traces the fascinating history of this Maine miracle.

Grandchildren, six and under, enjoy Pineland free of charge. It's a fine recreation playground, visually stunning, welcoming all ages, but the family dog has to stay at home to keep the cows content.

For more information visit www.pinelandfarms.org or call 207-688-4800.




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David Ford was our Realtor for selling our parent's home in Portland. I just wanted to say he did an amazing job for us. He got a fair price for the home and the closing was quick, which I know does not happen all the time, but it did in this case. Dave is a good man. I highly recommend him for selling your home or land.
—Mike



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Message from Leadership

The Southern Maine Agency on Aging relies on the generosity of many community volunteers and donors to help us deliver on the promise of our mission: to improve the physical, social, emotional and economic well-being of older adults living in Cumberland and York counties. Thanks to these caring volunteers, donors and staff, we were able to provide critical services to a record-breaking 25,877 older adults in 2013. More than 800 dedicated volunteers donated more than 96,000 hours to SMAA, the equivalent of 47 full time employees. As an Agency, we could not begin to provide the myriad of services that we do without this wonderful group of talented volunteers.

There were several exciting projects undertaken in 2013 that will have lasting impact on older adults and their families in southern Maine. In the fall of 2012, the SMAA Board of Directors voted unanimously to begin a \$6 million dollar capital campaign to build two new adult day centers in southern Maine—one free-standing center in Biddeford and one in Falmouth in the re-purposed Lunt School building in partnership with the OceanView community. We are happy to report that the Falmouth adult day center will be opening in the spring of 2014 and the Biddeford center later in the year. SMAA also completed the first 18 months of a major contract with the federal Centers for Medicare and Medicaid Services (CMS) in partnership with the Physician Hospital Organization, a member of Maine Health. Called the Community Based Care Transition Program (CCTP), it was designed to reduce hospital re-admission rates for at-risk seniors by providing short-term counseling and support for participants after they are discharged from the hospital. Since we began in 2012, more than 3,000 Medicare patients have participated in the program and our partner hospitals have seen an 8% overall reduction in the 30 day re-admission rate with 70% of that reduction attributable to our CCTP intervention. SMAA continues to expand our relationships with healthcare providers as we see the positive impact these partnerships have on reducing health care costs while improving outcomes for patients.

This past year, our "Welcome to Medicare" seminars served 6,877 adults who needed to make decisions about their impending Medicare enrollment options. These monthly seminars, and the subsequent one-on-one appointments, held at several locations in York and Cumberland counties, have really elevated our presence in the community as the place to go for answers on aging.

Financially, the Agency continues to maintain a strong bottom line despite the difficult challenges that federal sequestration and declining government funding presented. We are most grateful to the 2,007 individuals, foundations, municipal and corporate donors who generously gave \$562,240 for critical operating support in 2013. These donations make it possible for SMAA to create better days for older adults in southern Maine.

These are exciting times at the Southern Maine Agency on Aging as we look forward to opening two new state-of-the-art adult day centers and continue to provide the best services and information to a growing population of older adults. We applaud all our volunteers and hardworking staff who make these accomplishments possible. As we close the books on 2013, we thank all those who have helped to make it a successful and productive year for SMAA.


Laurence W. Gross
Executive Director


Dave Smith
President, Board of Directors



Milestones

- SMAA celebrated its 40th anniversary! For four decades, SMAA has been a primary advocate in Maine for the well-being of older adults and their families.
- SMAA served a record 25,877 older adults and their families in 2013.
- Employee milestones:
 - Larry Gross, Executive Director has been with SMAA for 35 years
 - JoAnn McPhee, Nutrition Manager has been with SMAA for 30 years
 - Virginia Billings, Meals on Wheels Site Coordinator for the Windham area has been with SMAA for 30 years
- Fundraising milestones:
 - SMAA had over 800 new donors this year!
 - SMAA received a \$1,000,000 anonymous gift towards the construction of our two state-of-the-art adult day centers. The new centers are set to open in 2014.

REPORT TO THE COMMUNITY 2013

Volunteers made it possible for

- 154,504 meals to be delivered to home-bound older adults in 1,568 households.
- 5,320 people to be guided through complex health insurance decisions—including Medicare
- 167 people live better lives through Chronic Disease Self-Management, Chronic Pain Self-Management and A Matter of Balance workshops
- 429 people to stay healthy, active, and competitive through the Maine Senior Games

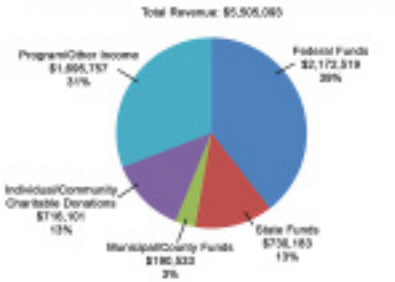
This year 793 volunteers of all ages contributed almost 70,000 hours of service—the equivalent of 34 full-time employees—to assist people over age 60 and their family caregivers.

392 RSVP volunteers (55+) contributed over 26,000 hours of service—the equivalent of 13 full-time employees—in their communities through other non-profit and healthcare organizations.

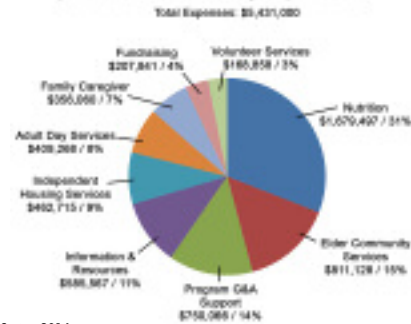


Volunteer Appreciation Day 2013

Revenue for the Year Ending: September 30, 2013



Expenses for the Year Ending: September 30, 2013



*Figures are an unaudited estimate. Audited figures will be available on smaa.org in Spring 2014.

Community Partnerships

- Through several partnerships SMAA provided interventions to patients at high-risk of being re-hospitalized after a stay. 362 older adults received support and coaching to help them recover well in the comfort of their homes.
 - We provided the Care Transitions Intervention (CTI) pilot program at York Hospital and for patients of Kittery Family Practice and Webhannet Internal Medicine.
 - We also provided the Community-based Care Transitions Program (CCTP) which is a demonstration program through Center for Medicare/Medicaid Services (CMS), in collaboration with MMC PHO. As a result, CCTP has been offered at Maine Medical Center, Southern Maine Medical Center.
 - An additional partnership with Spectrum Generations has further extended CCTP to Midcoast Hospital, PenBay Medical Center, and Miles Memorial Hospital.
- SMAA collaborated with the Good Shepherd Food bank, York County Shelter, Wayside Food Rescue, University of Maine Cooperative Extension, and several food pantries to provide 1,018 low-income older adults with 295,920 pounds of groceries.
- For a second year in a row, SMAA has worked with Partners for a Hunger-Free York County to provide over 300 free farm shares to low-income older adults who could benefit from free produce during the summer.
- Martin's Point Health Care was the \$15,000 Platinum Sponsor for Maine Senior Games for the 7th year.
- Almost 50 medical practices are referring their patients directly to SMAA through our Community Links service. Community Links provides a direct connection from healthcare provider to a resource specialist.

Assisting Family Caregivers

Savvy Caregiver classes help families develop knowledge, skills, and attitudes to make taking care of a person with dementia easier. In August 2013 we launched a complimentary 2-hour course entitled, "Understanding Cognitive Loss: Basics for Family Caregivers" for caregivers with needs not met by **Savvy Caregiver**.

The number of family caregivers we've supported has doubled since last year. 693 family caregivers talked with one of our staff or attended caregiver classes, which helped countless family members gain information and develop coping skills.

Enhanced Services in the Community

- 70,000 delicious and nutritious meals have been served since the inception of "As You Like It"—a congregate dining program where participants can dine on their schedule.
- In November 2012, SMAA ran a test session of Stanford's evidenced-based Chronic Pain Self-Management program (CPSMP). The workshop was received so well that SMAA has added it as a regular Agewell workshop. So far, CPSMP has helped 35 adults struggling with chronic and persistent pain.
- To date, the Commodity Supplemental Food Program (CSFP) has provided over one million pounds of food to low-income older adults in York, Cumberland, and portions of Oxford counties.
- Volunteer Medicare Advocates help individuals navigate the many choices in the health insurance marketplace. In 2012, volunteer advocates and staff provided 6,246 health insurance sessions which helped 6,877 older adults.
- Our Money Minders volunteers helped 77 low-income households establish a monthly budget and accurately pay their bills on time. Bank overdraft fees were avoided and volunteers made referrals for benefits such as fuel assistance, tax/rent rebates, and health insurance counseling to maximize income and free up funds to pay for other needs when possible.
- SMAA Resource Specialists offered face-to-face assistance through community sites: McArthur Library in Biddeford, Falmouth Library, Freeport Library, St. Anne's Catholic Church in Gorham, Hope Gateway Church in Portland, Salvation Army in Portland, Woodford's Church in Portland, Westbrook Community Center, Parsonsfield Town Office, Standish Municipal Center, and Our Lady of Perpetual Help Church in Windham.



Truslow Adult Day Center in Saco

SMAA relies on private donations for 13% of its operating budget. To donate toward our work, call 396-6500 or visit www.smaa.org. Services of SMAA are also supported by state and federal funds through the Maine DHHS Office of Elder Services, the Corporation for National and Community Service, Centers for Medicare and Medicaid, and HUD's Community Development Block Grants from the cities of Biddeford, Portland and South Portland and Cumberland County, most of which require matching money from local communities, grants and donations. SMAA is an equal opportunity non-profit, charitable organization.



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Winds of Change

By: **Kate Cole Fallon, MS, LCPC, NCC**

They say there are only two things certain in life: death and taxes. I suggest there is one additional certainty in life: change. And despite the adage that the more things change, the more they stay the same, we often seem to be in a constant state of adjusting to the shifting sands of life. Change can mean many things, and can leave us experiencing a wide range of emotions.

Change can sometimes be welcome and exciting. A new job, a new grandchild or a new home are often highlights in life. We eagerly await the day for these changes to manifest and celebrate them with our loved ones. Trying something new, from a recipe to a vacation spot, is an opportunity to feel anticipation and delight, pulling us out of the routine of daily life and reigniting our energy and imagination.

Naturally, there are other kinds of change that don't bring us joy at all; in fact, we dread them and may even hope and pray they don't come to pass. Changes that involve our health and well being, or the well being of those we care about. Perhaps a family member or dear friend is moving far away, or has received a frightening diagnosis. Possibly a spouse or partner is

showing signs of confusion. Or your own health has become such that living alone is no longer feasible. These changes challenge our sense of self. They may leave us feeling off balance, lost and despondent.

There is no magic cure for feeling loss or grief. It takes time. The greatest gift you can give yourself, if change has brought sadness to your door, is to be extraordinarily compassionate with yourself. Feeling sad doesn't make you weak; it makes you human. And a required part of the human experience is to experience change, along with the loss that change often brings. Poet Kahlil Gibran wrote, "When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight." We can't stop change, but we can share our sorrows, seek support, and celebrate what has been lost, while giving ourselves the time to adjust and heal.

Kate Fallon is a clinical counselor with a private practice in Portland. She may be reached at 370-0623 or through www.agelesscounseling.com

Volunteers Needed to Deliver Meals

Volunteer drivers are needed in the Kittery/Eliot area.
FMI: 475-7399

From Jo Dill's Notebook

2014 Maine Senior Games Schedule

5 K Road Race: June 1, Scarborough HS, 9AM, Sunday

Explore Track & Field

Day: June 1, Scarborough HS, 11:30AM-2PM, Sunday

Men's Softball: June 21, Wainwright Field, South Portland, 9AM-4PM, Saturday

Track & Field: July 19, Scarborough HS, 10AM, Saturday, (Rain date: July 20)

10K Road Race: July 27, Scarborough HS, 9AM, Sunday

Horseshoes: August 16, Deering Oaks, Portland, 9AM, Saturday, (Rain date: Aug. 17, 1PM)

Triathlon: August 17, Tri for Preservation, Cape Elizabeth, 7:30AM, Sunday

Golf: August 18, Nonesuch River, Scarborough, 8:30AM, Monday

Archery: August 24, Lakeside Archery, North Yarmouth, 9AM, Sunday

Tennis: September 4, Women's Singles/Men's Doubles 9AM, Mixed Doubles 1PM, Racket/Fitness, Portland, Thursday

Tennis: September 5, Women's Doubles, Men's Singles, 9AM, Racket/Fitness, Portland, Friday

Cycling: September 7, Kennebunkport Bicycle Co, 9AM, Sunday

Basketball (Women's): September 13, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Saturday

Hot Shot/Foul Shoot: September 13, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday

Basketball (Men's): September 14, Cape Elizabeth HS, Cape Elizabeth, 9AM, Sunday

Swimming: September 14, Cape Elizabeth HS, Cape Elizabeth, 9:30AM, Sunday

Bowling Candlepin: Singles/Doubles: September 18, Big 20, Scarborough, 10AM/1PM, Thursday

Table Tennis: September 19, Pineland YMCA, 5AM, Friday

Racquetball: September 20, Racket/Fitness, Portland, 9AM, Saturday

Pickleball: September 27, Men's/Women's Doubles South Portland Community Center, Saturday 9AM

Pickleball: September 28, Mixed/Singles, South Portland Community Center, Sunday 11AM

Bowling 10 Pin: October 5, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday



available for the tournament and lessons. Want to sponsor a court? Sell your products? Register for the event? Go to www.mainesrgames.org

Sponsors

Thanks so much to our sponsors for the 2014 Maine Senior Game: Lead Sponsor, Martin's Point Health Care, Platinum Sponsors: Anthem Blue Cross Blue Shield and Maine Medical Partners-Orthopedics, Gold Sponsor, Piper Shores, and Silver Sponsors, Falmouth Orthopaedic, Goodwin Chevrolet, the Vitamin Shoppe and Bangor Savings Bank.



Medical Support

For the third year, Orthopaedic Physical Therapy Associates of Scarborough and Sanford will provide medical support for many of the 2014 Maine Senior Games events. Your support of the Maine Senior Games is appreciated and our athletes feel safer knowing you are with us!!



Exploring Track and Field

This day is for you to be able to explore some of the events that we offer at Track and Field. This is your chance to try out an event without pressure or competition and/or to get pointers from coaches. They will be on hand at each event to help you. Implements will be provided but feel free to bring your own if you have them. **Running events:** 50, 100, 200, 400, 800, 1500, 3000, 1500 Race Walk, 1500 Power Walk. **Field events:** Shot put, discus, javelin, long jump, triple jump, high jump.

This event will be held Sunday June 1 at Scarborough High, 11:30AM-2PM. \$10 online registration www.mainesrgames.org



April 26 — The USM gymnasium in Gorham will host the 1st Annual Pickleball Classic to benefit the Maine Senior Games. Open to ages 19-100+. This tournament is doubles only. Want to see what Pickleball is all about? Try a 1/2-hour small group lesson. There will be eight courts

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Eliot Students Sing for Homebound Seniors

Every year the eighth grade class from Marshwood Middle School in Eliot brings joy and cheer to their local community. This year our Meals on Wheels site in Eliot partnered with the students to bring Christmas carols to homebound seniors.

"This wonderful eighth grade class was amazing. I was invited to watch them do their thing at the home of one of our clients, Marie Joyce. When I pulled up to Marie's home, I was immediately impacted by what I saw. Marie was standing on her porch while a driveway full

of young adults sang Christmas carols to her. It actually brought tears to my eyes to see the joy on Marie's face as she danced to the music." Said Renée Longarini,



SMAA Kittery/Eliot Site Manager. Many thanks to the eighth graders of Marshwood Middle School for their kindness and volunteering their time to brighten the days of their neighbors. It made our client's day a better one.

Pictured: Marie Joyce, MOW client and Samantha Budro, Nicholas Lillas, Olivia Peterson, Elora Montgomery and Trevor Stanley, MMS eighth graders.

Free Hearing Screening & Hearing Aid Service

April 15, 10AM - 1PM

Your free hearing screening will take about 10 minutes and involves checking the ear canals for wax buildup with an otoscope and assessing hearing acuity with an audiometer. If you already wear hearing aids, a technician will check them, replace batteries and answer questions.

Screenings are held at SMAA, 136 US Route One, Scarborough.

You must call Lauren Gdovin at Maine-ly Hearing, 207-883-0240, for an appointment. Please do not call or visit SMAA for an appointment.

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SENIOR MOMENTS

by Hunter Howe



Fleeting

I wonder about those life happenings, which for a moment in time, wander into our lives and leave.

Fleeting.

One sunny morning, as I walked with my dog Spirit along a country road in Cape Elizabeth, a black and white butterfly joined us. It danced on the air, effortlessly, like a helicopter, hovering and circling in hushed glide path. Poetry in motion.

I stood there stunned by this creature's sheer beauty, overcome by the symmetry of its nature's paint, so vivid and striking, more dazzling than a multi-colored one. I thought of times past and a black armored knight on horseback, wearing a white scarf that flowed in the wind, gliding quietly through the grasslands.

I remembered that butterflies are symbols of light-heartedness, joy, and grace. Grace, that uplifting word suggesting thoughtfulness, dignity, harmony, compassion, and kindness.

Spellbound, I felt an immediate bond, my heart calmed, my soul captivated. We moved on. It followed.

Robert Frost in his "The Tuft of Flowers" wrote this about a butterfly:

"But as I said it, swift then passed by me.
On noiseless wing ...
And then he flew as far as the eye could see
And then a tremulous wing came back to me ...
And feel a spirit kindred to my own."

I pondered, was there a spiritual significance here? Was this butterfly, like an ancient philosopher, imparting a wise message to his pupil? Was there symbolism? Was there meaning?

A silent conversation.

Researching butterflies, I found these profound words: "We mediate, pray, read, and study spiritual truths. We turn our focus inward. At some point, we are ready to emerge and share our true essence with the world. Much like the butterfly, we spread our wings and fly."

I dreaded my butterfly's departure, down its short road.

It saying, "Do not follow."

Urging me on, down my longer road, to spread my own wings and fly, although that too, Fleeting.

Reprinted with permission from the Maine Seniors magazine.

Hunter may be reached at gray-owl6464@gmail.com

EDITORIAL

Although only one in 20 Americans is aware of it (according to a New York Times/CBS News poll), spending on health care is growing at the slowest pace ever recorded. It is now just about 4% a year. That

This used to be *all it took*
for *her to remember.*

Every opening night you saw together. Every line you stood in, waiting with excitement leading up to a show. Every one of those memories is precious, and the fact that your loved one is losing them can be heartbreaking. At Cape Memory Care, we understand what you're going through. We can provide a safe and engaging place that strives to make every day the best it can be for everyone involved.



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trend, however, is a two edged sword. Americans are paying more out-of-pocket for their health care. Deductibles, the amount a covered individual has to pay for health care before the plan kicks in to cover the remaining costs, have become more common and more expensive. The percentage of Americans enrolled in a health plan with a deductible of at least \$1,000 has climbed to 38% in 2013 from 18% in 2008, according to a recent survey by the Henry J. Kaiser Family Foundation. Over the same period, the average deductible has increased to \$1,097 from \$735.

The slowdown in health spending would normally mean households would receive higher wages. The idea is that businesses spending less on health premiums would spend more on salaries and bonuses, as happened in the 1990's. On the other hand, because of the weak economy and high rates of unemployment, employers have not felt pressured to increase wages, leaving households struggling with stagnant earnings and bigger out-of-pocket health costs. This explains why the national spending slowdown remains invisible to them.

Those of us on Medicare are fortunate. Medical deductibles are relatively low (the Part B annual deductible is only \$147), and they are covered by some Medigap plans. Furthermore, the Affordable Care Act has provided new, free preventive services that will keep us healthier.

Stan Cohen

From the Director's Desk

continued from page 1

CCTP participants saw a 38% reduction in their 30 day rehospitalization rates, a key quality indicator tracked by Medicare.

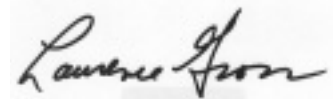
The SMAA Board of Directors welcomed a new member, Dr. Jeffrey Aalberg in January. With years of private practice in Family Medicine, Dr. Aalberg is a practicing physician and the Chief Medical Officer for the MMC Physicians Hospital Organization (PHO). His PHO position allows his participation in health care improvements at the

practice, system and state levels. I am delighted to welcome Jeff to the Board and look forward to his guidance and expertise as SMAA expands partnerships with the medical community.

With spring upon us, it's time to think about getting outside again for a little exercise and fitness. The first annual Pickleball Tournament, a fundraiser for the Maine Senior Games, will be held on April 26th at the field house on the USM Gorham campus. Pickleball, the fastest growing sport in the United States, is a cross between tennis, racquetball and table tennis and is played


either indoors or outdoors. Played on a smaller court with a paddle and wiffle-like ball, it's great exercise for young and old! If you'd like to try it out, there will be lessons offered during the tournament. Come out and see how you can join the pickleball "movement in Maine!"

Enjoy the crocus and daffodils that will soon be poking their heads through the snow!



Laurence W. Gross
Executive Director

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The Genius of Marian

An Intimate Family Portrait Exploring the Heartbreak of Alzheimer's Disease.

We are excited to announce that MaineHealth, Maine Medical Center Division of Geriatrics, the Alzheimer's Association, Maine Chapter, the Southern Maine Area Agency on Aging and the Portland Museum of Art

are partnering with the Camden International Film Festival (CIFF) on its Aging in Maine Screening Tour with a special screening of the award-winning documentary, *The Genius Of Marian*. The screening will be free and open to the community thanks to support from the Portland Museum of Art, and will be held on April 2, at the Museum's Auditorium at Seven Congress Square.

In 2013, *The Genius Of Marian* won CIFF's top prize, the Harrell Award for Best Documentary. The

film is an intimate family portrait that explores the heartbreak of Alzheimer's disease, the power of art and the meaning of family. *The Genius of Marian* follows Pam White, a 61-year-old Dedham Massachusetts resident through the early stages of Alzheimer's disease as her son, the filmmaker, documents her struggle to hang on to a sense of self. The film premiered at the Tribeca Film Festival and has been described as "lyrical" and "brutally frank," by the Boston Globe.

Portland Museum of Art doors open at 5:30PM. The event will begin at 6PM. The viewing will be followed by a panel discussion with the filmmaker and experts in the field of Alzheimer's disease and other dementias. Advanced registration is required to reserve your seat. Please contact the Alzheimer's Association, Maine Chapter at dwyman@alz.org or 207-772-0115 to register.



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Aging, Myths and Realities - Friday, April 18, 12-1PM

People have a variety of beliefs about "normal" aging and what to expect. Join guest speaker Ann O'Sullivan from the Southern Maine Agency on Aging for an event that explores the physical and cognitive changes associated with growing older and explains some common medical conditions that may affect older adults. Suggestions will be offered for preventative care and possible treatment options.

FMI: Prince Memorial Library, 829-2215

Casco Bay CAN

Casco Bay CAN (Create Awareness Now) is a coalition of local individuals, schools, law enforcement agencies, organizations, businesses, and others working together to prevent and reduce youth substance use. The Coalition partners with adults that influence youth and provides resources and trainings in Freeport, Falmouth, Yarmouth, North Yarmouth, Pownal, and Cumberland. CAN is a grant funded project sponsored by Cumberland County Government. www.cascobaycan.org

Prescription Drug Safety For Seniors

Join local law enforcement agencies in your community to learn about how to keep drugs safe and dispose of them properly. Bring any outdated or unwanted medications along with you and law enforcement will dispose of it. FMI: 865-3985 x208.

All sessions will take place from 10-11AM and will include FREE coffee and snacks.

Dates/Locations:

- March 27 – Falmouth Public Library
- April 3 – Cumberland Town Hall
- April 4 – North Yarmouth Fire Department
- April 8 – Freeport Community Center
- April 9 – Yarmouth Town Hall
- April 11 – Pownal First Parish Church

Upcoming AARP Driver Safety Classes

March 14, 9AM-1PM, AARP State Office, 1685 Congress Street, Portland, Registration: 829-4664

April 11, 9AM-1PM, Woods at Canco, 257 Canco Road, Portland, Registration: 829-4664

April 17, 10AM-2:30PM, Biddeford Senior Center, 189 Alfred Street, Biddeford, Registration: 282-5005

April 18, 9AM-1PM, AARP State Office, 1685 Congress Street, Portland, Registration: 829-4664

Move-In Day:

Making the New Space for your Loved One with Dementia Comfortable and Familiar



Peter Baker, MSW
Executive Director
Cape Memory Care,
A Woodlands Senior
Living Community

Moving into a senior care facility is a huge transition and you will likely have concerns about how your loved one will adapt. An important consideration is how to create a “home” for your loved one with dementia, while making the move into the new environment easier and smoother.

The transition will likely be challenging as they adapt to new people, surroundings, and routines. Thus it is important to determine what to bring from home to create familiarity and security, while they form new relationships and become comfortable. Everyone has things that make them comfortable: a well-worn recliner, a painting of the ocean, a family portrait — objects, which if gone, would be missed.

Before making decisions, find out how much space you have. Senior care centers have various sized rooms and even rooms within any center often vary. Ask if measurements are available or take them yourself. Most likely you will have limited closet space so plan to alternate clothing seasonally. Ensure all clothes are labeled with your loved one’s name. Ask what furniture will be provided and if there is an option to you bring your own? Also ask if there any facility policies regarding personal effects, for example a restriction on small appliances or extension cords. Most centers bathrooms have grab bars and non-slip mats — if not, ask if they can be installed.

When decorating, make sure to not “over do”. Clutter is overwhelming for many people with dementia. Avoid over-sized, sharp-edged, and glass furniture. Scatter rugs create safety hazards, so avoid them. Artwork and labeled photos make a space happy and inviting and can help center staff in connecting. Make sure valuable, irreplaceable, or sentimental items are left home. In a memory care residence other residents will likely “visit” your loved one’s room, resulting in occasional missing items.

Consider routine: does your loved one watch TV or read in bed, or do they prefer their comfortable lounge chair? Do they get out of bed on the right side or left?

Lighting is also very important. Make sure the combination of natural light and lamps create ample lighting. Night lights are helpful at night to safely navigate to and from the bathroom.

Consider bringing a small music player to the new home to help during adjustment. Familiar music helps people to reminisce, which is calming during periods of confusion or anxiety.

If you have questions, remember that the center staff is ready to help. Their goal, like yours, is a positive experience for both you and your loved one.



This advertorial is paid for by Woodlands Senior Living for the benefit of “Senior News” and its readers.

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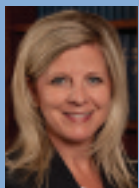
Jeffrey Moore, MD



Charles Zacks, MD



Nirupama Aggarwal, OD



Jill Amundson, OD



Matthew Thees, OD



John Walters, OD



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VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

New Program to Link Veteran Volunteers with Older Veterans

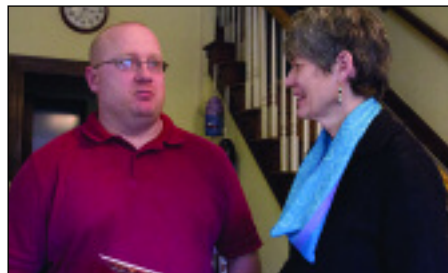
A new program being developed by SMAA's Volunteer Services will link volunteers who are veterans to veterans who are homebound, have disabilities, or are in need of a visit or a friend. The program, Veterans Helping Veterans, aims to help older veterans and those with disabilities to remain in their homes as long as possible by providing companionship and access to key services.

The volunteers will visit the veterans on a regular basis and will check in by phone when not visiting. In addition the volunteers will receive training to assess the needs of the older veterans so that additional services can be arranged if needed. Program organizers are hoping to expand services in the future to include one-time projects, such as home repair, yard work, or home winterization for older veterans and those with disabilities.

Susan Gold, SMAA's VISTA volunteer, is working to set up the program as part of her service. The

training course for the first set of volunteers is scheduled for May 6, 8, and 13 from 5-9PM at SMAA's offices at 136 Route One, Scarborough. Start-up date for visits to veterans in the program is projected for June. The program will operate in SMAA's coverage areas in York and Cumberland Counties.

To learn more about the program, register for volunteer training, or sign up for services, please contact SMAA volunteer services at 396-6525 or toll-free, 1-800-427-7411, ext. 525 or e-mail volunteer@smaaa.org.



Susan Gold chats with combat veteran Chris Kotch about SMAA's new Veterans Helping Veterans project.

—volunteer spotlight—

KEN BRAY: "I Love Them and They Love Me"

There are smiles all around whenever Ken Bray visits a client on his Meals on Wheels route, or as he prefers—his friends on his route. Not only does he deliver nutritious meals to his friends, but he also gives them a warm greeting and hugs. For the holidays he wore a Santa hat to add a little cheer.

Ken has been delivering Meals on Wheels to South Portland residents for about a year. "It's a lot of fun and I've learned so much from the people on my route," Ken says.

Ken has many friends on his Meals on Wheels run, and all are happy to have him share part of their morning. "I love them and they love me," he says with a smile.

Thanks Ken, and thank you to all the wonderful Meals on Wheels volunteers who give of their time to deliver meals to people in York and Cumberland counties. You make a big difference in the lives of hundreds of older adults and people with disabilities!



Ken Bray delivers a hug along with a meal to Marilyn Benner. Ken has volunteered for the Meals on Wheels program for the past year.

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And the Oscar Goes to...

January 27 – Community Television Network (CTN) spent an afternoon at SMAA's Scarborough offices helping to film activities and segments that will be used in a new, five-minute training and orientation video for new volunteers and staff members. More than 60 volunteers, community members and SMAA staff took part in the project.



Volunteer Peggy Foster leads a tai chi class at SMAA in Scarborough. The photo is one of several that may be incorporated into the video being produced by CTN for SMAA.

Training scenarios included:

- Jo Dill, Maine Senior Games Manager, playing the role of a volunteer looking to help at the Maine Senior Games with York County Volunteer Coordinator, Cynthia Bastarache.
- Resource Specialists, Sheila Emple and Vicki Durrell welcomed real-life clients to SMAA.
- Ann O'Sullivan, Family Caregiver Specialist, led a discussion of service people in the community want from SMAA.
- Medicare and Money Minders volunteers shared their expert-

ise to volunteer actors playing their clients.

- Sample Medicare seminars and A Matter of Balance classes.

The video was filmed by Brian Knoblock, media coordinator at CTN. Knoblock oversaw foreign news coverage at CBS News and the Fox News Channel before turning his talents to public access television in Maine. CTN will also edit and produce the video. SMAA Executive Director, Laurence Gross and RSVP Advisory Council Member, Paul Doherty will serve as narrators. Susan Gold, SMAA's VISTA volunteer, wrote the script and directed the filming. Volunteer photographers Sharon Hickey and Nancy Goddard contributed still photos, which will be incorporated into the video. The project is expected to be finished in the spring.

VISIT OUR WEBSITE
www.smaaa.org

CATCH Healthy Habits

It's been a busy New Year for CATCH Healthy Habits (CHH).

On the Air in Southern Maine

Just before the Christmas holidays, volunteer Laurie Lin visited the Portland Radio Group (WGAN Talk Radio and Rewind) studios to record an ad for CHH. Her voice and request for new volunteers was heard by an estimated audience of 192,700 listeners the week after Christmas. A few days later, our ad ran on Maine Public Radio for another 67,500 listeners. As a great success we had 14 people express interest in learning more about our program.

Interested in Volunteering?

CHH offers some great benefits to our mature volunteers. Having a weekly commitment and being involved in a community promotes health and longevity. There are many opportunities to establish new relationships and learn new things.

Potential volunteers come into the office to fill out a Volunteer Enrollment Form and review the snack/nutrition/games curriculum. Then they are invited to view a program in action and discuss the program with current volunteers. Finally they participate in our training session – two afternoons learning about the epidemic of overweight and obesity, learning characteristics of young children, how to teach about GO and WHOA food and how to play a variety of active games.

Welcome New Volunteers

Our most recent training was held on February 11 and 12. Welcome aboard Pat Bright, Nancy Daigle, Mimi Davis and Pat McDonald. These volunteers will be bringing CHH to the Boys and Girls Club in South Portland. We would also like to thank Mac's Deli on Route One in Scarborough for helping to sponsor the luncheon before our training sessions.

Fun and Games at the Westbrook Community Center

In January an 8-week program for children K-2 was started at the Westbrook Community Center. One of the favorite games was "See You Later, Alligator" (a twist on tag). Although four games had been planned, the 16 children participating were enjoying the game so much that they booted when a new game was suggested. Thanks to volunteers Peggy York, Laurie Lin, Mary Gavin, and Jan Perry for their leadership. Olivia Rosado has returned as our SOFIT volunteer.

CATCH Healthy Habits Report to the Community

In the last three months of 2013, CHH volunteers effectively donated over \$3,700 of services. In all of 2013, we engaged 24 volunteers and 132 children in grades K-5 in four

communities. The volunteers donated over \$10,000 of their time.

For more information on volunteering, please contact Sharon Schulberger at 396-6523 or e-mail ssschulberger@SMAAA.org. Thanks!

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation. CATCH Healthy Habits received the 2012 Maine Fitness Award in the Adult Category from the Governor's Council on Physical Fitness. Volunteers received the Anthem Community Angels Award in 2013.

Welcome New Volunteers

In December and January, 41 new volunteers were welcomed into Volunteer Services and RSVP! Some of their names are listed below:

- Ban Ahmed
- Wendy Akerlind
- Meredith Anderson
- Elizabeth Baillie
- Barbara Bourassa
- Richard Briggs
- Virginia Dohse
- Nancy Gray
- Leonard Guralnick
- Helen Harvie
- Jean Kaestner
- Teresa King
- Charlene Labrecque
- Jean LaBrecque
- Mailyn Lairsey
- Cathy Lauzon
- Ron Littlefield
- Stephanie MacNeille
- Deann Marsh
- Kathleen Marston
- Karen Morency
- Eugenie Nakell
- Pauline O'Brien
- Kitty Penner
- Janice Perry
- Themia Raymond
- Karen Szymanski
- Alec Wall

A Day at the Beach

By: Don Kopp

Near the dunes an elderly woman fights to stand up. Her husband grasps her hands and unsteadily pulls. So coupled they work, refusing my help. I want to ask: "As hard as this is for you, why did you choose to struggle in this soft sand today?"

Is it that this is where you first kissed? Maybe your babes, like that toddler, built castles? Kids grown, did you throw sticks for a beloved pup to chase in this surf? When time thrust even that behind, is this where, hand in hand, as now, you watched the sun set over the pier? Or was it to show me what courage, dignity and love look like.

Need Help Balancing Your Monthly Bank Statement?

The Southern Maine Agency on Aging offers **MONEY MINDERS...** a **FREE** program to assist people age **55** and older who need help balancing a checkbook and writing checks.



To learn more or to see if you are eligible, Call: **1-800-427-7411**



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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
- Rehabilitation services available 7 days a week
- Lab, radiology (x-ray), pharmacy and other services right on-site

The Swing Bed Program may include:

- | | |
|----------------------|-------------------------------|
| Physical Therapy | Nutrition Therapy |
| Occupational Therapy | Psychosocial Support |
| Speech Therapy | Comfort Care |
| Wound Management | Longterm Antibiotic Treatment |
| 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 please contact

Miriam Gibely, RN, Swing Bed
Coordinator at (207) 647-6052
or (207) 402-0753.

