



## From the Director's Desk

### Older Americans Month Turns 50

In July, 1965 President Lyndon B. Johnson signed the Older Americans Act into law. The Act created a nationwide aging services network and funding that helps Agency's on Aging deliver services that allow older adults live with dignity in their homes and communities. For 50 years, the month of May has been designated as Older Americans Month. This year's theme is "Get into the Act," highlighting older adults taking charge of their health, getting engaged in their communities, and making a positive impact on the lives of others.



At the Southern Maine Agency on Aging, we witness the positive impact that "getting into the act" has on the long term health and resilience of older adults. Staying active and involved enriches not only the individual but the entire community. I strongly encourage you to volunteer on a regular basis, attend a workshop or class such as our Matter of Balance classes, to take better control of potential health risks and engage in regular physical activity. The staff at SMAA can help you find the perfect volunteer placement or personal development activities. Check out the new calendar listings on our website, [www.smaaa.org](http://www.smaaa.org) for a complete listing of what's being offered at SMAA in the next few months.

### Planning for the Future and Respecting Choices

One of the most awkward conversations for many families to begin is around end-of-life wishes. For too many families, these discussions happen in the midst of a health crisis when emotions are running high and in many cases, when the person in question may no longer be able to express his or her preferences. One of the best gifts you can give your family is a well documented set of advanced care directives. It will take the pressure off your children, spouse and siblings when end-of-life decisions need to be made. SMAA, in cooperation with MaineHealth, is piloting "Respecting Choices," a wonderful program to help individuals and families articulate their care directives using peer volunteers. Call the office and

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## Veterans Receive Honorable Service Awards

Howard Rennie, a corporal in the Army during the Korean War, walked to the podium at the Maine Military Museum to accept an honorable service certificate specially created for Maine's Korean War veterans. Rennie, a participant in SMAA's Vet to Vet program, "was very proud and honored to be a part of the awards ceremony," said his daughter, who also attended the event on April 11. "It was a great chance for the family to come out and support him," she said.

Other Vet to Vet participants attending the ceremony accepted their own certificates with pride, knowing that family and friends were witnessing the honor bestowed on them. "The Saturday ceremony was wonderful and touching,"

said Vet to Vet volunteer Tom Heels after accepting his certificate for service in the Army during the Vietnam War and the Cold War.

The veterans participating in SMAA's Vet to Vet project brought living history to the Maine Military Museum as they gathered to be honored by the State of Maine's Bureau of Veterans' Services. During the special awards ceremony arranged for Vet to Vet volunteers and the veterans they visit, Peter Ogdin, Maine's Veterans' Services director, presented 41 honorable service certificates. The audience applauded as each veteran accept-

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**Top:** Howard Rennie of the Vet to Vet project accepts an honorable service certificate from Lt. Col. Peter Ogdin, director of the Maine Bureau of Veterans' Services. **Left:** Vet to Vet veterans Dottie McGuirk, left, and Florence Link enjoy themselves at the awards ceremony.

## Best Friends Forever!

We all love our pets. As we age, pets provide much needed companionship and loyalty but sometimes the cost of caring for pets is overwhelming. If you're a frequent reader of Senior News, you have probably read about our Best Friends Fund. Started by Eddie and Nancy Woodin in 2010, the Best Friends' Fund helps older Mainers in Cumberland and York Counties with certain pet expenses. In just the last 6 months, the Best Friend Fund has helped 24 seniors manage their pet related expenses such as emergency surgeries, adoption fees, and annual exam expenses.

"The most wonderful thing about helping with the Best Friends Fund is the joy and happiness that I hear over the phone whenever a client is able to get their pet the care that they need. We have helped clients with their dogs, cats, birds, horses and guinea pigs. The fact that we are helping the person with one of their most immediate and special supports makes this a valuable resource in the community. Assisting with veterinarian bills alleviates some worry and stress from client's lives. Getting regular veterinary care helps extend the lives of their pets and through the Best Friends Fund SMAA helps clients keep their animals healthy and happy", said Tanya Zivkovic, USM MSW Intern.

Many of our donors are regular supporters of this program. However, this winter we received a gift of over \$1,500 from WCSH6. Many of the viewers of WCSH6 StormCenter enjoy Don Carrigan's storm updates from his kitchen. Prominent in his reporting was a 26 pound

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## Stewart Center — Gone to the Dogs?

In late March, the Stewart Center, in conjunction with Ocean View's Legacy Center, held the first annual Pooch Parade. It was an afternoon filled with slurpy kisses and wagging tails as almost 20 pooches and their companions strutted their stuff on the red carpet to win awards like best dressed, best hair, and cutest couple. Emcee Diane Atwood offered lively commentary about the enthusiastic four legged competitors. And while not an official canine, Slugger the Seadog was on hand to add to the dog celebration! Thanks to Paws Applause, the Planet Dog Foundation and the Fish and Bone for their sponsorship. And thanks to the members of the Stewart Center for baking delicious dog treats for every one of our entrants!

If you no longer want to receive the paper, please contact Jessica at 396-6520 or 1-800-427-7411 x520 or [jleblanc@smaaa.org](mailto:jleblanc@smaaa.org).

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Agency on Aging  
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## Community Leaders Deliver Meals on Wheels

On March 19, Southern Maine Agency on Aging's Meals on Wheels program held their annual Community Leaders Day. Each year SMAA holds Community Leaders Day as a way to connect elected officials, emergency service workers, business leaders, and community partners with their local Meals on Wheels delivery sites. Community Leaders are invited to their local Meals on Wheels delivery site to meet the staff and volunteers, to learn about Meals on Wheels, and to participate in a delivery route.

Community Leaders Day is part of March for Meals—a community-by-community, nationwide celebration of the Meals on Wheels programs that help keep our senior neighbors happier and healthier. SMAA has participated in March for Meals for over a decade and looks forward to many more years of celebrating with the community.

On behalf of all of the SMAA staff, volunteers, and Meals on Wheels clients, we'd like to express gratitude to all of the community leaders who participated this year:

- John Adams – Selectmen, Naples
- Melissa Albert – Town Admin, Eliot
- Norm Albert – Commissioner of Public Works, Kittery
- Angela Bagala – Director, Doctrine & Guidance Support at the American Red Cross
- Kenny Blow – Town Councilman, Old Orchard Beach
- Pat Bredenberg – Advisory Board, Cape Elizabeth
- Merton Brown – Town Clerk, Kennebunk
- Stephen Burns – Town Manager, York
- Hon. Alan Casavant – Mayor, Biddeford
- Nancy Colbert-Puff – Town Manager, Kittery
- George Donovan – Selectmen, Alfred
- James Genereaux – Code Enforcement Officer, Kennebunk
- Brenda Harvey – Tax Collector/Deputy Clerk, Eliot
- Maura Herlihy – Deputy Mayor, Sanford



**Above: Westbrook Mayor, Colleen Hilton with volunteer. Right: Biddeford Mayor, Alan Casavant with volunteer.**



## Local Rotarian Delivers Flowers and Smiles

Christine Chase, owner of Chase & Company (An antique and flower shop in Wells, Maine) and Wells Rotarian works with fellow local Rotarians to deliver flowers and smiles to Meals on Wheels clients in the Wells area.

Members of Wells Rotary deliver Meals on Wheels every week. Before their deliveries, they stop by her shop to collect flowers for each Meals on Wheels recipient. Since September, Christine has been providing flowers with each week featuring a different kind of flower.

Recently, as the daffodils have come into bloom, Christine gave not just one stem of a daffodil but an entire bundle of 10 stems. She has provided a smile each week with her generous offer of Tulips, Red Roses, Carnations, Daisies and others.



**Terry Hodskins, President of the Wells Rotary Club of Maine, and Christine Chase, Owner of Chase & Company and Wells Rotary Club Member.**



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## No Waiting List for Meals on Wheels

Meals on Wheels programs across the state have been in the news lately over concerns of potential funding cuts that could impact a program's ability to deliver meals. Southern Maine Agency on Aging would like to report that we currently do not have a waiting list for our Meals on Wheels program for individuals age 60 and up.

If you or someone you know, could benefit from Meals on Wheels, please call today to learn more. 1-800-400-MEAL (6325).



# 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, Reservations: 283-2477

Family Caregiver Support Group – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723 – Truslow Adult Day Center, Saco on 1st and 3rd Thurs, 3-4pm. 283-0166

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

Medicare 1-on-1 Appts – Dyer Library, Saco, Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appt.

## FALMOUTH

Medicare 1-on-1 Appts/Free Information & Assistance – Stewart Center, 3rd Thur of month, 9am-12pm. 396-6500/1-800-427-7411 for an appt.

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

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

Community Café – Cummings Center, Portland, 3rd Thurs, noon, Reservations: 878-3285

Community Café – Westbrook Community Center, Westbrook, 2nd Tue, noon, Reservations: 956-1348

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

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

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, First Friday, 11am-1pm, Reservations: 985-2588 or 329-5400

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.

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

Community Café – Eliot Methodist Church, Call for schedule and menu. Reservations: 475-7399

Family Caregiver Support Group – 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.

Welcome to Medicare Seminar – York Hospital, TBD. 396-6500/1-800-427-7411 to schedule.

## KEZAR FALLS/HIRAM

Community Café – Sacopee Valley 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 Community Center, Call 647-3116 for an appt.

## SANFORD

Community Café – Nasson 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)

Family Caregiver Support Group, 3rd Thurs, 5:15-6:30pm, 396-6540

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.

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.

## SCARBOROUGH

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

Maine Senior Games – 5k Road Race, May 31, 9am, Scarborough High School Complex, FMI: 396-6519 or jdill@smaa.org

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

## WINDHAM

Community Café – Unity Gardens, Catered meals, second Thur, noon. Regular meals on Mon, Tue, Thur & 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-noon, 396-6500/1-800-427-7411 to schedule.

## YARMOUTH/NORTH YARMOUTH

Community Café – Bay Square at Yarmouth, 4th Tue, 11am. Reservations: 846-6693

Indoor Walking – North Yarmouth Memorial School, Mon, Tue, Thurs, 10-11am, Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.

## ATTENTION: Snowbirds

Welcome back! Let us know your Maine mailing address if you haven't already. If your mail is returned to us it costs us money and besides, if you want the "Senior News," we want you to receive it. Contact Jessica LeBlanc at jleblanc@smaa.org or leave a message at 207-396-6520 or 1-800-427-7411 x526. Be sure to specify the date when you expect to "fly away" again. Happy reading!



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## Honoring Moms and Service Members

By Elizabeth Newport  
Social Security Public Affairs  
Specialist, Portland, ME

**In addition to giving Mom flowers give her a gift she'll really appreciate**

While spending time with your mom on Sunday, May 10, you can help her quickly and easily sign up for a free, online *my Social Security* account. You can do it from home, which means less time waiting in line, and more time doing the things you want to do together.

Signing up for a *my Social Security* account will give Mom the tools she needs to stay on top of her future Social Security benefits. When she signs up at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount), she can do a number of things. First and foremost, she can plan for her retirement.

She can view her Social Security Statement, verify her earnings records, and find out what benefits she can expect to receive at age 62, her full retirement age, or at age 70.

It's easy to get instant benefit estimates too. Visit the Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator), to plug in different scenarios to find out how much she can expect in Social Security benefits. Plug in different future wage amounts to see how her future benefits can be affected by when she re-

tires and how much she contributes.

As she continues to work and earn wages, she can use her *my Social Security* account to keep track of and verify her annual earnings. If Mom has already retired and receives Social Security benefits, she can use her account to:

- Get an instant letter with proof of her benefits;
- Change her address and phone number; and
- Start or change direct deposit of her benefit payment.

Helping Mom sign up for a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) is a great, personalized gift that shows you really care!

### Honoring our Service Members on Memorial Day

On Memorial Day, we honor men and women who died while courageously serving in the U.S. military. We also recognize active duty service members, especially those who have been wounded.

Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at [www.socialsecurity.gov/survivors](http://www.socialsecurity.gov/survivors).

Wounded military service members can also receive expedited processing of their disability claims. Get answers to commonly asked questions about the application

process at [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors).

Service members can also receive Social Security, as well as military retirement benefits. Learn more about retirement benefits at [www.socialsecurity.gov/retirement](http://www.socialsecurity.gov/retirement). You may also want to visit the Military Service page, [www.socialsecurity.gov/retire2/veterans.htm](http://www.socialsecurity.gov/retire2/veterans.htm).

Service members are also eligible for Medicare at age 65. Learn more about Medicare benefits at [www.socialsecurity.gov/medicare](http://www.socialsecurity.gov/medicare).

In acknowledgement of those who died for our country, those who served—and serve today, we at Social Security honor and thank you.

### Senior News

is a publication of



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Circulation: Mailed directly to 15,000 households and 7,500 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 23,000

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

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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### Mission Statement

The Southern Maine Agency on Aging's mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them.

### Commitment to Reasonable Accommodation:

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

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

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

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## Are You a Gifted Budget Balancer?

If so, we need your help! The Money Minders (MM) program is seeking new volunteers from all corners of York and Cumberland counties.

Many people have difficulty managing their monthly finances: trouble physically writing checks, seeing the small numbers on the bank statement, forgetting to pay bills (or paying them twice), the list goes on. They may lay awake at night worrying if they have enough money in their checking account to cover the checks or if they are going to get the double whammy of an overdraft fee from the bank and a separate additional fee from the payee. They need help, and that's where you come in.

### Becoming a Money Minders Volunteer is a Rewarding Experience

Here's what some of our volunteers have to say about being a Money Minders volunteer:

*"Volunteering for MM has been a very humbling and rewarding experience. A few years ago, I decided it was time to give back to my community after having raised my family. I contacted the Southern Maine Agency on Aging to see what I could do to help, and the MM program was a perfect fit given my banking/finance experience. I was paired up with Mary who suffered from vision issues so handling her finances was a major burden for her each month. During my visits, I would balance her checkbook, write-out her bills, update her register, and prepare a budget for her so she knew how much she had to spend between our visits. She was so very appreciate of my work and when Mary ultimately decided to relocate to be closer to her son, it was sad losing her as a client. However, it was a pleasure knowing I was helping her and I so enjoyed seeing her smiling face every time I would visit."*

MM Volunteer Cathy

*"My client Charlie tells me stories of his past which I find interesting and they remind me of my parents who have passed away. When I first met him he had a lot of credit card debt due to some fraudulent activity by a friend. Together we have worked on improving his financial situation and I love seeing the results of the work. Charlie's quality of life has improved and he has a pretty healthy balance now so he can afford some extras. I am thankful to have met him and consider him a great friend as well as a client. I believe the MM programs can make a big difference in the community!"*

Diane

*"I found my experience as a Money Minder has taken me far beyond just writing checks and balancing checkbooks. I have become a problem solver, a shoulder to cry on, and a friend. More than I bargained for, but far more rewarding!"* Lindsay

The Money Minders Program provides bonded, carefully screened and trained bill-payer volunteers to give confidential assistance to older adults who need help sorting through mail, organizing bills, writing checks for bills and balancing the checkbook. The client keeps control of the money; volunteers just assist with these tasks.

All services are provided in the privacy of the participant's home, and there is a client/volunteer matching process to ensure it will be a good fit for both. Volunteers visit their client once or twice a month for an hour or 2 at most and on a day or time that works for them. This makes it a great volunteer opportunity for those who have other work or volunteer commitments they need to schedule around.

Pre-service orientation and training is provided as well as workshops to give volunteers an opportunity to interact and learn from their peers.

We like to say—and our clients agree—that Money Minders volunteers bring them peace of mind. If you are interested in learning more about volunteering for the Money Minders program, please call Paddy at 396-6538 or email pclark@smaa.org. For information about all kinds of volunteer opportunities at SMAA, please call Volunteer Services at 396-6525.

## SMAA Seeking Volunteers In York County

### Does this describe you?

You like numbers, research and solving challenges. You want to make a difference in peoples' lives.

**Southern Maine Agency on Aging is looking for you!** We are seeking volunteers who will serve in York County to help Medicare beneficiaries navigate through Medicare enrollment, changing plans and understanding the basics of Medicare. We need people to meet with Medicare beneficiaries one-on-one, and we need people to speak to groups of people, educating them about Medicare basics.

Come join our team that makes a real difference in the lives of our clients!

To attend our upcoming training beginning June 3, please contact our Medicare Volunteer Coordinator Mary Hadlock at 396-6509, or email at mhadlock@smaa.org



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### Free initial consultation

Jennifer T. Minkowitz, J.D.

**(207) 841-3711**

[jtmink@maine.rr.com](mailto:jtmink@maine.rr.com)

## Upcoming AARP Smart Driver Courses

**D**esigned for experienced, mature drivers, the AARP Smart Driver course reviews defensive driving techniques, new traffic laws, and rules of the road. Topics covered will include reducing the effects of blind spots, making turns safely at busy intersections, recognizing and reducing driver distractions, the effects of medications on driving, and maintaining proper following distance. Most Maine residents completing this class who are 55 years of age or older will be eligible for a reduction on their automobile insurance. The cost of the class is \$15 for AARP members and \$20 for others. Class size is limited. Please contact class for registration.

May 15, 9AM-1:30PM: AARP State Office, Portland. 829-4664

May 21, 9AM-2:30PM: York Senior Center, York. 363-1036

June 3, 9AM-1PM: Senior Center at Lower Village, Kennebunk. 967-8514

June 13, 9AM-1:30PM: Bridgton Community Center, Bridgton. 647-3116

June 19, 9AM-1:30PM: AARP State Office, Portland. 370-9647

June 20, 9AM-12PM: Windham Public Library, Windham. 655-4943

## After the Death of an Adult Child

### Evening Bereavement Support Group in Scarborough

June 3 – July 22, Wednesday evenings: 5:30-7PM

**T**he death of one's child is considered "a death out of sequence"—we do not expect our children to die before we do. Losing a child at any age is something no parent ever wants to face, but the parent who loses an adult child does not always receive the same degree of acknowledgement and support as with the death of a younger child. While parents never "get over" the death of a child, some have found a way to understand that the depth of pain is a measure of the depth of their love, and they have eventually learned how to live with the loss in a way that honors their child. Participants will have the opportunity to share with a skilled group facilitator and other surviving parents. If possible, we ask that people try to attend every session.

This group will take place on 8 Wednesdays, beginning June 3. All sessions will be held at Hospice of Southern Maine's main office at 180 U.S. Route One in Scarborough. This group will be facilitated by Carol Schoneberg-Robinson, Bereavement Services Manager at Hospice of Southern Maine, and an experienced support group facilitator. Our bereavement support groups assist individuals who may be dealing with issues of sadness, grief, depression, anger, guilt or any other related feelings accompanying the death of a loved one. This is not a therapy group, but rather a support group where individuals can share their feelings and experiences in a caring and safe environment.

**This 8-week session, limited to 12 participants, is offered at no charge.** We care about your loss and consider it a privilege to be of service.

For more information, please call Carol Schoneberg-Robinson at 289-3651 or email [cschoneberg@hospiceofsouthernmaine.org](mailto:cschoneberg@hospiceofsouthernmaine.org)

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

Contact local law enforcement or the AARP Fraud Watch Network at [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or 1-877-908-3360 to report a scam or for more information on scam and fraud prevention.

To join our team of volunteer Fraud Fighters in Maine, contact Jane Margesson at 1-866-554-5380 for more information.

## Amvets Post 2 Pledge Support for Vet to Vet

**T**he Robert W. Boyd Amvets Post 2 in Yarmouth, Maine, has pledged to cover the cost of background checks for Vet to Vet volunteers. The project, which matches volunteers who are veterans with aging veterans and veterans with disabilities, has struggled to meet the cost of the background checks, which are required of all Vet to Vet volunteers.

"This is an amazing act of generosity on the part of the Amvets Post #2," said Carol Rancourt, manager of SMAA's Volunteer Department, which manages the Vet to Vet project. "This will help us expand the program and bring caring volunteers to veterans who are isolated and alone. We are very grateful for this gift."

The Amvets Post previously paid for background checks for the first team of twelve Vet to Vet volunteers. Randall Simons of the Amvets recently announced that the post will continue to cover those costs for new volunteers.

## Best Friends Forever!

continued from page 1

coon cat named Togus, rescued by the Carrigans after living in more than two dozen homes. Togus' fame grew steadily and it included a children's book and a FaceBook page with more than 10,000 followers. Following his death, WCSH received memorial tribute gifts from his fans. Channel 6 in Portland and Channel 2 in Bangor chose the Best Friend Fund as a recipient of some of the funds collected. We received \$1,530 for the Best Friend Fund in Togus' memory.

If you'd like to make a donation to the Best Friend Fund, you can do so by sending your gift to the Best Friend Fund, Southern Maine Agency on Aging, 136 US Route One, Scarborough, ME 04074 or make an online donation at [smaaa.org](http://smaaa.org). Questions about utilizing the Fund can be directed to Kathy Baxter at 396-6500.

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## STAY SAFE: Become an AARP Fraud Fighter

Flowers aren't the only thing coming back to life this spring; identity theft is growing, too.

Make sure to check your bank and credit card accounts each month to see if there is any unusual activity and shred all sensitive documents before throwing them in the trash. Don't give any personal information—social security or credit card number—to anyone you don't know.



## Veterans Receive Awards continued from page 1

ed his or her award.

Seven of the oldest veterans fought in World War II, and thirteen served during the Korean War. One Navy veteran was a motor machinist's mate on landing craft during D-Day. Another, a Marine, fought at Iwo Jima. One woman Navy vet used her expertise to test and repair cameras for the war effort during WWII. Another woman, a major in the Air Force, served in Korea and Vietnam, and during the Cold War.

The largest number of honorees served during the Vietnam War. Others saw service during the Cold War and the Persian Gulf wars, including Iraq. A few of those receiving honors spent their careers in the military.

Lt. Col. Ogden praised each recipient for his or her service. Whether involved in combat or not, every veteran gathered for the awards ceremony laid their life on the line when they signed on to serve the nation.

The ceremony was one of many conducted since 2006 by Maine's Bureau of Veterans' Services to honor the state's service members. In addition to honorable service certificates, medals are awarded for those killed during service, Purple Heart recipients, and prisoners of war. The state also distributes special coins to all Maine women who have served in the military.

Seventy people attended the awards ceremony at the Maine Military Museum, 50 Peary Terrace, South Portland. Lee Humiston, curator and founder of the museum, offered the use of the facility for the ceremony. Before the awards ceremony, Humiston and his volunteers led Vet to Vet participants and their family members on tours of the museum, where exhibits contain authentic memorabilia from all U.S. wars from the Revolutionary War to present day. The museum is "a tribute to those who have served in the military, during peacetime and in war."

SMAA's executive director, Laurence Gross, greeted the veterans and thanked them for their service to the country and to the Vet to Vet project. Vet to Vet coordinator Susan Gold noted that the veterans in the project

are a continual source of inspiration with their "generosity of spirit, stories shared, and bonds forged."

"All of us at SMAA thank you for your sacrifice and service," she told the honorees.

The Robert W. Boyd Amvets Post 2 in Yarmouth underwrote the cost of the awards ceremony. SMAA expressed gratitude to Randall Simonse of the Amvets Post 2, who attended the event and facilitated the grant.



**Left: Veterans Mark Bastey, front, and Edward Zink Jr. received awards at the ceremony. Both are involved in SMAA's Vet to Vet project.**



**Right: Participants in SMAA's Vet to Vet program and guests make their selections from the refreshment table at a special awards ceremony.**

Vet to Vet volunteers collected certificates for those veterans unable to attend the ceremony. Vet to Vet participants honored at the ceremony were as follows:

Mark Bastey  
Robert Beane  
William Beaton  
Edward Bicknell  
Harold Blake  
Linwood John Castner  
Nancy Clark  
Ed Cullen  
James Dyer  
Thomas Ewing  
Robert Ferrante

Raynald Goulet  
Cal Hamblen  
Peter Hassapelis  
Floyd Hastings  
Thomas R. Heels  
Vernon Huestis  
Robert Jacklin  
Phillip Kupelian  
Ian Lamb  
Norman Leighton  
Florence Link  
Robert Marlowe  
Mary Dorothy McGuirk  
Ernest Merritt, III  
Eric Mihan

Adam Mosey  
Paul Nichols  
Walter D. Osman  
Philip Printz  
Howard Rennie  
Robert Sanford  
John Shevenell  
Karl Smith  
Richard Sproul  
Larry Stevens  
Brian Turner  
Benjamin Wells  
Henry Chuck Whynot  
James Yankura  
Edward A. Zink Jr.

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## Vet to Vet on the Web

**V**et to Vet has its own page on SMAA's web site. Veterans who are interested in qualifying for a Vet to Vet visitor can notify SMAA online. An online form also allows veterans who want to become Vet to Vet volunteers to apply for the program.

Visit [www.smaaa.org/veterans.html](http://www.smaaa.org/veterans.html), or visit SMAA's web site at [www.smaaa.org](http://www.smaaa.org) and find Vet to Vet under Resources & Support.



## 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.

## Enjoying Springtime Activities

Ann O'Sullivan, OTR/L, LSW,  
FAOTA, Family Caregiver  
Support Program Coordinator

Spring is short in Maine, and many of us try to get the most out of it that we can. For some, that means getting out in the garden, getting outdoors for walks, or reconnecting with neighbors we haven't seen since fall.

For all of us, no matter what our age, abilities, or problems are, being able to participate in activities that are meaningful and involving is an important component of health and wellbeing. Research shows that "engagement with life" is one of the keys to health and life satisfaction.

As we age, some of our sources of meaning, such as work, social situation, or activities may be changed by retirement, medical or cognitive issues, or personal loss. We can,

however, seek new or adapted ways to pursue the things that bring us joy and satisfaction. As caregivers, we may feel challenged to identify ways to help someone we care about continue or resume engagement in life activities. A couple of strategies may be helpful for us to continue doing what we love and for helping someone else do the same.

Consider what it is that you or the person you are caring for truly enjoy(s). Let's use gardening as an example. What is the source of satisfaction: is it digging in the dirt, making things grow, creating beauty, being outdoors? If working in the garden has become difficult, think about why and whether there is a way to address these components another way. What about container gardening, or raised beds, if it is hard to get down on the ground? What about window gardening, if


getting outside is a problem? If planning beds is too complicated, would it still bring joy to help plant or weed? Would long-handled tools be helpful if bending is hard? If you think about the different components of an activity and what about it provides satisfaction, it's often possible to discover ways to adapt and enjoy it.

Many of the family caregivers we work with at SMAA are struggling to find ways to engage people with cognitive loss. We know that being focused on an activity ("contented involvement" according to the Savvy Caregiver program) is a way to keep confusion away. However, people with cognitive loss generally have increasing difficulty with staying focused, and tend to lose the ability to filter out distractions. As caregivers, we may be able

to adapt the task and the environment to help support the person's participation. Think about reducing background noise or other commotion (turn off the TV or radio). Simplify how tasks are presented—maybe one step at a time. Reduce the amount of information the person is being asked to take in, and allow them time to process. If a previously enjoyed activity has become too complicated, is there a simplified alternative that might be satisfying? Ideally, both people enjoy being engaged in the activity and sharing that time together.

Life satisfaction is key for everyone, and we can continue to find meaning and engagement throughout our lives if we are flexible. Enjoy your spring!

*We can seek new or adapted ways to pursue the things that bring us joy and satisfaction.*



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## Caring For Aging Family Members

### Support/Discussion Groups

**Y**ou're not alone. Connect with other caregivers in a safe setting. Find out what's working for other people. Groups are coordinated by SMAA or the community providers listed.

**Biddeford** – Community Partners: For caregivers of those with dementia.

- Second Monday of month, 3-4:30PM
- Second Monday of month, 6-7PM.

Call Barbara Alberda at 713-3723.

**Bridgton** – Community Center: For caregivers of an older adult or person with dementia. On site respite available (call 647-8143 to reserve).

- Second Wednesday of month, 1-2:30PM. Contact Ann O'Sullivan at 1-800-427-7411 x 541.

**Kittery** – The Gathering Place: Respite available onsite for a fee; please call ahead to reserve.

- First Thursday of month, 3-4:15PM. Contact Jill Larson at 439-6111.

**Scarborough** – SMAA: For caregivers of an older adult or person with dementia.

- Third Thursday of month, 5:15-6:30PM (trial). Contact Lori Campbell at 396-6540.

**York** – Living Well Center: For family and friends assisting an older adult with a chronic condition.

- Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

## Help For People Helping Aging Family Members

### Caregiver Class Schedule 2015

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

July 9, 16, 23, 30, August 6 & 13, 5:15-7:15PM: **Savvy Caregiver**. SMAA, Scarborough. Donation requested. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

June 2, 4:30-6:30PM: **Cognitive Loss: Basics for Family Caregivers**, SMAA, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x 540 to pre-register (required).

July 9, 16, 23, 30, August 6 & 13, 5:15-7:15PM: **Savvy Caregiver**. SMAA, Scarborough. Donation requested. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

August 28, Sept. 4, 11, 18, 25 & Oct. 2, 9:30-11:30PM: **Savvy Caregiver**. Bridgton Community Center, Bridgton. 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 the Family Caregiver Support Program at SMAA (1-800-427-7411) with any questions.

## New Caregiver Consultation Program

**S**outhern Maine Agency on Aging is offering a new trial program to provide ongoing caregiver consultation to caregivers of someone with dementia. SMAA is offering this Caregiver Consultation program as a trial under a dementia services grant through the Office of Aging and Disability Services. The program results will be tracked to determine whether it is helpful, and, if so, additional funding will be sought.

Through a series of phone calls and/or office consultations, caregivers will work with a family caregiver specialist to problem solve steps along the dementia journey. This program can provide ongoing, personalized guidance to help find practical solutions to dementia related concerns.

The program includes a caregiving action plan. This planning section is a joint effort with the caregiver specialist and the caregiver to look at tasks to be accomplished, a timeframe for completion, and who will do them within the family. Some of the topics the plan can include are:

- Balancing caregiving with other responsibilities
- Dementia education
- Family communication

- Family and friend involvement in care
- Identifying and accessing services in the community
- Legal and financial issues
- Planning for future care
- Safety issues for all levels of care

The program will also include regularly planned follow up with the caregiver. Through supportive follow up phone calls or emails the caregiver and caregiver specialist

can problem solve practical solutions to address concerns about care and share ongoing feedback on recommended tasks.

There is no cost to the caregiver to access this program. The only requirement is completion of a satisfaction survey.

For more information on the program call AnneMarie Catanzano, M.A., CDP, Family Caregiver Specialist at 396-6545.



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# CREATE A BETTER DAY

The Stewart Center is a new, state-of-the-art adult day center in Falmouth. Its person-centered approach provides adults with dementia and cognitive disabilities therapeutic activities and emotional support during the day while offering family caregivers help and guidance.

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*Southern Maine Agency on Aging*

The Stewart Center is a state-licensed, Adult Day Health provider for VA, MaineCare and Office of Elder Services.





**Spring is in the air and Mainers are eager to get out of the house to enjoy the sunshine, and warmer temperatures.**

But for some, spring time and the idea of getting “out and about” is cause for apprehension. For those of us who are managing ongoing health conditions, figuring out how to find the energy to keep up with friends and family can be a daunting task. For others who are fearful of experiencing a fall, connecting with the community and the outdoors can be an anxiety-inducing endeavor. While most people think winter weather is the culprit, there are actually many factors that contribute to a fall and springtime is no time to become complacent about taking care to avoid a fall. Fortunately, there is help!

The Southern Maine Agency on Aging offers workshops which can help you learn tools to manage your health and stop the symptom cycle from keeping you stuck. Explore strategies to improve communication with health professionals, family and friends; ease chronic pain; experience better breathing, rest or relaxation, and much more.

**SMAA’s Center of Agewell Programs offers 3 evidence-based self-management workshops:**

**A Matter of Balance** — designed to help older adults who are concerned about falling get more active, improve strength and balance, explore fall prevention strategies and make positive changes to decrease the risk of a fall.

Our programs have been proven to be effective in improving strength and balance.

**Upcoming A Matter of Balance Classes**

May 15 – July 10, 1-3PM  
Yarmouth Community Services  
200 Main Street, Yarmouth

June 8 – July 27, 10AM-12PM  
New England Rehabilitation  
335 Brighton Avenue, Portland

**Living Well for Better Health** — designed for people dealing with chronic or ongoing health conditions or caregivers, this program will help participants learn how they can manage various aspects of their health to improve daily living. In a highly supportive environment, participants learn about the symptom cycle and how it impacts our daily experience, how to create achievable goals, tips on how to eat healthy and get more physical activity and much more.

**Chronic Pain Self-Management** — designed to help people with chronic pain learn how to manage their pain more effectively so that they can focus on what’s important in their lives. Participants learn about how rest and relaxation, healthy eating and physical activity can help, as well as cover topics like communication, improved breathing, and more.

**Please call for more information or to register. 396-6583 or 1-800-400-6325.**

**Become an Agewell Volunteer**

**O**ur programs could not run without the passion and dedication of our amazing volunteers! Coming from all walks of life, Agewell workshop volunteers seek to help others learn to have more control over their own lives by better managing health issues and finding empowering solutions to everyday problems. Become part of an award-winning self-management program- you will receive thorough training and on-going support, as well as all the materials necessary to guide you through the workshop.

Workshop leaders should be comfortable in small group settings and be interested in helping others. Leaders do not need to be health professionals or have prior group facilitator experience, but good communication skills are a must.

**UPCOMING TRAININGS:**

**Chronic Pain Self-Management-** June 2015- Location TBD: Portland/Scarborough Area

**Living Well for Better Health-** July 2015- Location TBD: Portland

**A Matter of Balance-** September 2015- Scarborough

**For More information about how you can get involved as an Agewell workshop volunteer or to host a workshop at your site, call Crystal Castro at 396-6529.**



**Have you Participated in A Matter of Balance Fall Prevention Program?**

Would you be willing to share your opinions about the program through a confidential interview scheduled at your convenience?

For more information please contact: Crystal Castro (207) 396-6529 ccastro@smaaa.org OR Regi Robnett, University of New England, 221-4102 or rrobnett@une.edu

**VISIT OUR WEBSITE  
www.smaaa.org**

**SENIOR MOMENTS**

by Hunter Howe

**Click Click Crapola**



**E**ight PM. I’ve just watched three hours of cringe-worthy news. I’m disgusted, scared, and overwhelmed.

North Korea. Iran. ISIS. Russia. Climate Crisis. Congressional Impasse. Plane Crashes.

*Click.*

So much serious stuff. I reach for the Bayer aspirin and consider escaping to an isolated hamlet in Maine’s north woods. But, I worry about the lack of cable, internet, and indoor plumbing, let alone prowling, hungry bears and other varmints.

Time for a mindless diversion, so I decide to surf the Net. Bruce Sterling wrote, “One of the points about diversions is that everything that they do is destabilizing.”

He’s right. I fall into Crap Central, a cesspool of nauseating news. A winery owner just shot his business partner. Hey, they make my favorite cabernet.

*Click.*

Too late, I find myself hooked on the world of internet addiction, bizarre, crazy, and distasteful. Pure rubbish, I’ve wandered into a garbage dump. I feel like I’m eating a burrito, sardines, and egg foo young all in one sitting. An Internet Stomach Ache. I feel like I’m in a L.A. traffic jam, a warehouse of sorry seconds, a stinky stream of sewer sludge. An Internet Headache.

Cringe-worthy news succumbs

to gag-worthy, head-snapping spew. My aimless drifting leads me down the rutted back streets of mind-numbing mental poverty.

So much silly stuff. It reminds me of circus sideshows.

*7 Signs You’re An All-Or-Nothing Person*

*10 Celebrities Who Are Said To Smell Awful*

*15 British Foods That Everyone Needs To Try Immediately*

*19 Things Not To Do In Japan*

*25 Worst Cats In The World People Share Pee Stories*

*This Is What Happens When You Donate Your Hair*

*Whoops! The Pretty Cheerleaders and Their Embarrassing Moments*

**CLICK.**

Robert Frost penned, “Forgive me my nonsense, as I also forgive the nonsense of those that think they talk sense.”

Fatigued, I push the mouse aside and stumble back to the boob tube. Great, more snow on the way, a record setter. And, Cyclone Pam just devastated the South Pacific island of Vanuatu. In the midst of catastrophic suffering, longing to find sanity, with admirable gut-wrenching perspective, these desperate people plead for emergency relief, including books.

*Now that’s click-worthy!*

Groucho Marx once said, “I find television very educating. Every time somebody turns on the set, I go into the other room and read a book.”

Realizing that I need to reignite my brain’s pilot light, I toss the remote on the sofa and dash for the den where I seek solace, surrounded by my favorite friends, my books.

It’s the ultimate escape, complete with indoor plumbing. Not bad.



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

—Senator George Mitchell

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

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





**From the Director's Desk**  
continued from page 1

arrange a time to get your planning started. Summer is a great time to start those conversations.

**Governor's Budget Proposal Would Reduce Drug Benefits**

The Governor's budget is proposing significant cuts to existing drug and health care benefits for 40,000 very low income Maine seniors by reducing the eligibility for the Medicare Savings Program (MSP) and the Drugs for the Elderly (DEL) program. MSP and DEL pays for Medicare premiums, co-pays and medications.

Most of the older adults losing these benefits will have to pay hundreds of dollars out of pocket or go without life sustaining health care. If these proposed budget cuts are approved, any older Mainer receiving MSP or DEL who earns more than \$12,700 a year will see reductions in financial support. Anyone earning more than \$16,800 will

lose all benefits entirely. These cuts would eliminate all benefits for 14,000 people currently receiving them and significantly reduce the benefit for 21,000 more. Nearly 2,000 will lose all benefits under the DEL program.

The legislature's Appropriation Committee will soon begin reconciling changes to the Governor's budget. The members of that committee from Cumberland and York counties include Sen. Linda Valentino from Saco, Rep. Linda Sanborn from Gorham, Rep. Erik Jorgensen from Portland and Rep. Heather Sirocki from Scarborough. You can find their contact information on the website [www.legislature.maine.gov](http://www.legislature.maine.gov).

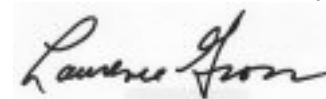
**Stopping Elder Abuse**

June 15 is Elder Abuse Awareness Day. The day aims to focus global attention on the problem of physical, emotional and financial abuse of elders. Research has shown that elderly abuse, neglect, violence, and exploitation is one of the biggest issues facing older adults around the world. World Health Organization

data suggests that 4 to 6 percent of seniors suffer from some form of abuse, a large percentage of which goes unreported.

I am proud to report that Katlyn Blackstone, SMAA's Director of Community Services, was included in national trainings with experts on abuse in later life as part of a grant from the U.S. Department of Justice, Office of Violence Against Women. Katlyn will be part of a team that will cross train local law enforcement, prosecutors and victim service providers organized by our grant partner, Family Crisis Services. There is no excuse for elder abuse.

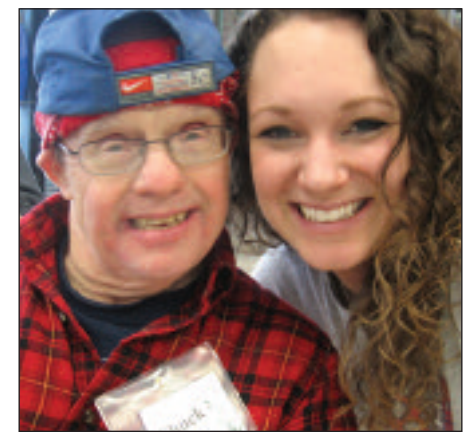
As the early days of summer come once again to southern Maine, I hope you will get out of the house, take a walk, get in the garden and find ways to be engaged in your community. There is no end of opportunities to volunteer and enrich the lives of others—and yourself!



**Laurence W. Gross**  
Executive Director

**Adult Day Centers Welcome New Recreational Therapist**

**W**e want to welcome Heidi Leskovitz, our new Recreational Therapist! Heidi works at both the Stewart Adult Day Center and at the Truslow Adult Day Center where she performs assessments on our members, matches skills and interests with ideas for programming, and brings a wonderful sense of caring and compassion to both Centers. Heidi clearly enjoys helping people do what they love, and find their passion. She states that, "Working with this population, you learn so much from the members, and listening to their stories and successes are the greatest reward."



**Heidi Leskovitz with a member of the Truslow Adult Day Center.**

Heidi attended Springfield College in Springfield, Massachusetts and she recently moved to Maine from Western Massachusetts. We welcome her to Maine where she can enjoy the ocean, and even though she is not technically a "Mainah" yet, we look forward to helping her with the transition.

We are really glad to have her on staff as she has brought a fun energy, and willingness to jump right in and create new, interest-based groups and activities for our members.

If you know someone with dementia, check out our adult day centers. Our centers offer a range of member centered activities in a safe, fun, and engaging environment. It's just like home, but with more to do. [www.smaaa.org](http://www.smaaa.org)

Submitted by: Kirsten Dorsey, Program coordinator of the Stewart Adult Day Center and Marilyn Durgin, Program Coordinator of the Truslow Adult Day Center



**May is Older American's Month.**  
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## Thank you Saco and Biddeford Savings Institution



**SMAA Executive Director, Laurence Gross receives gift from SBSI employee, Lisa Upton.**

The Saco and Biddeford Savings Institution (SBSI) Scarborough branch recently celebrated their 20th anniversary. To celebrate SBSI provided branch employees with \$200 to donate to their local non-profit of choice. We'd like to thank Lisa Upton who chose SMAA as her beneficiary. Thank you!



**Representatives from all of the local non-profits gathered to celebrate with the SBSI Scarborough branch.**

## Those Annoying Questionnaires

By: Don Kopp



Among the irritants of a medical office visit is the receptionist thrusting a questionnaire-laden clipboard at me upon my arrival. In the past, my coping mechanism, passive-aggressive though it may have been, was to turn this nuisance into an opportunity to find out if anyone actually reads completed questionnaires. My answers were provocative.

For example, in response to, "Do you ever feel sad?" I might answer, "I'm not sure. Do I look sad?" Or for, "Have you ever thought about suicide?" I'd go with, "For me or for a politician?" And for, "Do you consume alcoholic drinks?" I'd put, "Duh." As to, "With what frequency?" Maybe, "How quickly can you pour them?" In the same vein, "Have you ever had a drinking problem?" I'd try, "Yes. In the car in the morning, I often spill coffee on my shirt."

When, after a number of visits, my cute answers failed to elicit anyone's attention, I tried harder. Examples? Question: "Is there anyone in your home who frightens you?" Answer: "I've been married to the same woman for 45 years. What do you think?" Question: "Do you use marijuana, cocaine, or any street drugs?" Answer: "Does heroin count?" I was stumped by, "Do you have your own will?" until I came up with, "If I told you that, I would have to kill you." The oddest was this one: "Do you work on your own brakes?" It floored me (so to speak).

I replied, "Doesn't everyone?" And finally, this question: "Are you afraid of falling?" My answer: "Heck no. I can't get enough of it."

Now as droll as I thought these responses were, they went unnoticed and unappreciated. It was as if, in Biblical terms, I had cast my bread upon the waters only to see it eaten by ducks. So, the other day, I tried something new. I dutifully carried the questionnaires to a waiting-room chair, set them on the magazine-strewn table, and banished them from my thoughts. They were dead to me. When the nurse called my name, guess what?

*"Are you afraid of falling?" ... "Heck no. I can't get enough of it."*

She did not ask for my paperwork. Neither did the doc. And when it came time to depart, I was pleased to observe that my clipboard was exactly where I left it, right next to a four-year old issue of People magazine. It seems entirely possible that it will still be there at my next yearly visit.

This experience has sparked a new strategy. I think of it as my "Grab the Bull by the Horns, Beard the Lion in his Den, and Nip it in the Bud" approach. When the check-in person attempts to foist the dreaded clipboard on me, I will smile sweetly... okay, as "sweetly" as I can manage... and simply say, "No thank you." When she insists that I need to fill out the questionnaires, I will respond, "Oh, that's so nice of you to offer, but no thank you. I don't do questionnaires." It will be interesting to see where that leads. I almost can't wait.

*Don Kopp can be reached at donkopp@sacoriver.net*

## An Op-Ed

From Stan Cohen

It will come as no news to readers that cancer is one of the most common and devastating diseases in the United States: more than 1.6 million people are diagnosed with cancer each year in this country. A majority of those diagnosed are over 65 years old and are Medicare beneficiaries.

The U.S. Department of Health and Human Services (HHS) recently announced a new care delivery model to support better care coordination for cancer patients. This initiative is in line with other HHS efforts aimed at rewarding value of care, rather than volume, and is called the Oncology Care Model.

To achieve better care, smarter spending and healthier people, HHS is focused on three key areas: (1) linking payment to quality of care, (2) improving and innovating in care delivery, and (3) sharing information more broadly to providers, consumers, and others to support better decisions while maintaining privacy.

As one official put it: "We aim to provide Medicare beneficiaries struggling with cancer with high-quality care around the clock and to reward doctors for the value, not volume, of care they provide. Improving the way we pay providers and deliver care to patients will result in healthier people."

## Take the Pledge:

2015 Campaign for a Secure Retirement

The Social Security Administration (SSA) has partnered with the American Savings Education Council, the Consumer Federation of America, the Women's Institute for a Secure Retirement, and the U.S. Department of Treasury to launch the "Campaign for a Secure Retirement: Helping Millions of Americans Plan and Save for Retirement." The initiative is a joint educational retirement campaign to encourage retirement planning and saving. It also promotes the online Social Security Statement, which is available through my Social Security retirement planning tool online at [www.ssa.gov/planners/retire](http://www.ssa.gov/planners/retire)

Take the pledge online at <http://www.ssa.gov> and join SSA in promoting retirement planning and saving. After you sign up, you will receive periodic updates and promotional materials to use across your various communication channels. These tools will help you remind your friends, colleagues, employees, and members that it's never too early, or too late, to begin saving for retirement.

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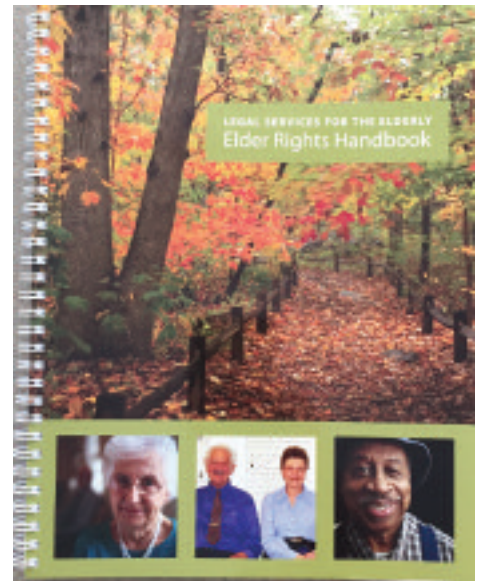




## Elder Rights Handbook: Print Copy Now Available

Legal Services for the Elderly (LSE) is pleased to announce the printed publication of our new Elder Rights Handbook.

LSE's Elder Rights Fellow, Kathleen Willette, Esq., compiled a wealth of information for this extensive resource that provides helpful, in depth information on many frequently asked legal questions. This includes information on consumer debt, housing, MaineCare, Medicare, Powers of Attorney, elder abuse, financial exploitation, surviving spouse issues, and many other areas of interest to seniors and their family members.



**If you or someone you know would like a free printed version of LSE's Elder Rights Handbook, please call (207) 621-0087.**

LSE's Elder Rights Handbook is also available at <http://www.mainelse.org/handbook> and contains printer-friendly sections, which you may print on your personal computer.

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To learn more, please visit our website, [woodlandsmaine.com](http://woodlandsmaine.com).

The following is sample of information from LSE's Elder Rights Handbook found in the "Dealing with Death: Guide for Surviving Spouses" Chapter:

*What to do if a debt collector is calling about your spouse's bills*

Maine law says that a husband or wife is **NOT** responsible for the bills of the other **JUST** because they are married. If you did not agree *in writing* to pay your spouse's bills, **you don't have to pay them.**

If a debt collector is harassing you about your deceased spouse's debt, here's what to do: Ask to see the written evidence that **YOU**, not your spouse, agreed to pay the debt. If they can't show it to you, you don't have to pay from your own property.

Remember to use common sense. If your spouse had a secured debt like a car loan or a house mortgage and you inherited the car or house, you must keep up on the payments on the debt. Otherwise, the creditor will take away the car or foreclose on the house. So, even if you are not legally responsible for the debt, you probably want to make those payments!

If you are a Maine resident who is 60 or older, call Legal Services for the Elderly at 1-800-750-5353 to talk to an attorney for free.

**If you are 60 or older and in need of legal assistance, please call our Helpline at 1-800-750-5353.**

**If you know someone 60 or older who is in need of legal assistance, please give him or her the Helpline number.**

**LEGAL SERVICES FOR THE ELDERLY HELPLINE: 1-800-750-5353**

Legal Services for the Elderly's Helpline is generally open from 9AM-12PM and 1-4PM Monday-Friday except for holidays.

*Provided by Elizabeth LaPierre, LSE Staff Attorney serving York County*



## Don't Step on the Graves

By: Elaine Parker



As a child growing up in a small Maine town, I loved Memorial Day. My family had a special ritual that I found mystical and reverential. On the last Sunday in May, after attending Mass where prayers were said for the faithful departed, we went home to have Sunday dinner. After dinner, still in good clothes, we went out to pick large bouquets of fragrant purple lilacs. These flowers were to be placed on the graves of my paternal grandparents.

My grandfather had died when I was very young. My only memory of him is that he playfully pulled my pigtails. My grandmother had died of a stroke before I was born. My mother said she was a wonderful woman who loved lilacs.

We placed the bouquets in vases and piled in to the old black Chevy for the ride to the cemetery. During this ride my siblings and I were unnaturally quiet. We felt the solemnity of the occasion and respect for the deceased.

To me, graveyards were haunted places where the ghosts of the dead danced on nights when the fog was so thick you could not read the names on the tombstones. There was something supernatural and eerie about this place where so many bodies were buried.

At the cemetery we were repeatedly warned by our parents not to step on the graves; it is disrespectful to the dead. We climbed the small incline to where our relatives had been buried under a beautiful cedar tree. After placing the flowers on the grassy mounds, we knelt and said a prayer. Later I learned we were supposed to pray that their souls would rest in peace.

I loved this ritual. I found visiting this hallowed ground holy and mystifying. As the years went by we needed more and more bunches of lilacs, as we had more and more graves to visit on Memorial Day. My maternal grandparents died and we

lost aunts and uncles. We stopped by to visit them and to say a prayer.

During the huge blizzard of 1978 my sister called to tell me my father had died. The roads were impassable and neighbors went to be with my mother on a snowmobile. My sister finally got to my mother's home in a four-wheeled drive vehicle. The next day my husband and I drove the 130 miles from South Portland to Bangor on snow covered roads. My brother in Massachusetts was unable to come for several days. After a few days we were able to have the funeral. Now my dad rests beside his parents, and we have another grave to visit. Outliving my dad by 30 years, my mother lived to be 101. She died in 2008.

My mother's favorite flowers were pansies. Now I take those to the cemetery on Memorial Day and say a prayer. Although sad, this ritual has never lost its mystical quality for me. And I still do not step on the graves.

*Elaine Parker can be reached by email at [auntiee6@maine.rr.com](mailto:auntiee6@maine.rr.com)*



By: Vivien Eisenhart

### THE SECOND BEST EXOTIC MARIGOLD HOTEL

Director: John Madden

Starring: Judi Dench, Maggie Smith, Bill Nighy, Dev Patel, Penelope Wilton and Richard Gere

A sequel to The Best Exotic Marigold Hotel, The Second Best Exotic Marigold Hotel was even better than the first! The movie starts with Sonny Kapoor (Dev Patel) juggling two hotels besides having a heavy schedule with other things—devotion to the love of his life (which keeps going sideways) and trying to manage long staying guests at the Marigold Hotel who want to spend the rest of their years in India. On top of all this a handsome stranger shows up and again things go sideways.

A wonderful film and a must see—very funny and also touching. I give the film 5 pumpkin breads.

### WOMAN IN GOLD


Directed by: Simon Curtis

Starring: Helen Mirren, Ryan Reynolds, Daniel Bruhl and Katie Holmes

This a wonderfully told true story about Marie Altman—a octogenarian Jewish refugee, who survived the Nazi invasion of Austria, married and had to leave her mother and father behind, escaping and moving to America.

The story revolves around artwork which was stolen from families when the Nazi army. Maria takes on the Austrian government who ended up with the artwork; specifically a portrait of her aunt. Maria hires an attorney, played by Ryan Reynolds, to help her retrieve the portrait.

A must see film—very moving and tender, with a little humor too. I give the film 10 pumpkin breads.



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**MEDICARE**

**Don't Get Caught in the Medicare Doughnut Hole**

**Y**ou may be paying more for your drugs because you have fallen into the doughnut hole, also called the coverage gap. The coverage gap is when the amount you pay for your prescriptions suddenly increases. In the past, most people had to pay the full cost of their drugs in the coverage gap. Due to health reform, you no longer have to pay the full cost of your drugs during this period.

**How does the doughnut hole work?**

The coverage gap starts when your total drug costs—including what you and your plan have paid for drugs—reaches a certain amount since the start of the calendar year. In 2015, this amount is generally \$2,960.

When you reach this amount, you hit the coverage gap. As a result of health reform, you get discounts to help you pay for your drugs during the coverage gap. In 2015, there is a 55 percent manufacturer's discount on most brand-name drugs. This means you pay 45 percent for brand-name drugs listed on your Part D plan's formulary, and the manufacturer plus the federal gov-

ernment pay 55 percent. For generic drugs, the government provides a 35 percent discount in 2015. You pay the remaining 65 percent of the cost.

These discounts will gradually increase each year until 2020. Starting in 2020, you will typically pay no more than 25 percent of the cost of your drug at any point during the year after you have met your deductible.

**How do I get out of the doughnut hole?**

You get out of the coverage gap in 2015 when you have paid \$4,700 out-of-pocket for covered drugs since the start of the year. When you reach this out-of-pocket limit, you get catastrophic coverage. The costs that help you reach catastrophic coverage include what you spent on drugs while in the doughnut hole. The costs that help you reach catastrophic coverage also include most of the discount on brand-name drugs that you received in the coverage gap. If someone else pays for your drugs on your behalf, this will also count toward getting you out of the coverage gap. This includes drug costs paid for you by family members, most charities, State Pharmaceutical Assistance Programs, AIDS Drug Assistance Programs and the Indian Health Service.

You continue to pay your drug plan's monthly premium during the

gap, but the premium does not count toward the \$4,700 out-of-pocket limit. The amount your drug plan paid for your drugs in your initial coverage period also does not count.

When you reach catastrophic coverage, you pay either a 5 percent coinsurance for covered drugs or a copay of \$2.65 for covered generic drugs and \$6.60 for covered brand-name drugs, whichever is greater.

Your Medicare drug plan should keep track of how much money you have spent out-of-pocket on your covered prescription drugs and which coverage period you are in. This information should be printed on your monthly statements. To make sure this information is correct; you should keep your receipts from the pharmacy.

If you need help, or would like more information about the Medicare Doughnut Hole, or other Medicare topics, call SMAA today at 1-800-427-7411.

**Help Prevent Medicare Fraud – review your Medicare Summary Notices and Part D Explanation of Benefits for mistakes often!**

**Medicare Nugget #522 from Stan Cohen**

**T**he Medicare fee system, known as the Sustainable Growth Rate formula was created in 1997. It was designed to control Medicare spending by limiting annual increases in physicians' reimbursements. Unless Congress acted

before April 15, there would have been a 21% cut in Medicare fees paid to physicians. Since 2003 Congress has made last minute but temporary annual "doc fixes" to stop the huge fee reductions.

But—wonder of wonders—on April 14 the Senate passed bipartisan legislation that marks a milestone in the push to modernize Medicare. President Obama is expected to sign the bill. In place of the old limits, the legislation allows fees to increase 0.5% annually over the next four years. More important, the bill creates new incentives in Medicare to pay physicians based on their performance, rewarding doctors who hit quality targets and whose patients get healthier and effectively penalizing those who do not. There are several other components of the bill, including a two year extension of the CHIP program which covers low income children and pregnant women. This reform legislation is seen as a positive breakthrough by a Congress that has been grid-locked by partisan politics since President Obama first took office.

One piece of this new law will not be welcomed by Medicare beneficiaries. The legislation places new restrictions on the popular insurance policies known as Medigap plans that help pay for some out-of-pocket expenses not covered by Medicare. Starting in 2020, for new Medicare enrollees, two plans (C & F) will no longer pay the Part B deductible (currently \$147), although they would still cover the much higher deductible (\$1,260 this year) for hospital care. Those who already have Plan C or F will continue to enjoy the Part B deductible coverage.



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## Girl Scouts of Maine Deliver Cookies for Homebound Older Adults

Girl Scouts of Maine (GSME) is pleased to announce that, with the help of several local Girl Scout troops, the council was able to deliver over 4,500 packages of cookies from the Cookie Share program to Southern Maine Agency on Aging on Tuesday.

The Cookie Share Program is a way for girls and their customers to help others in the community by purchasing cookies to donate to the statewide Meals on Wheels program. This week, Girl Scout Service Units across the state were able to donate almost 10,000 packages of cookies to local chapters of Agency on Aging.

"This is such a treat for our Meals on Wheels clients. These individuals are homebound and often socially isolated. Anytime we can deliver something extra to them always means so much to everyone involved. The generosity of the Girl Scouts and of everyone who donated through the Cookie Share is amazing and we are fortunate to receive so many boxes of delicious cookies. On behalf of our clients, our staff, and our volunteers—thank you so much!" said Jo Ann McPhee, Nutrition Manager at The Southern Maine Agency on Aging.



"The Girl Scout cookie program is invaluable for girls, helping them build a lifetime of skills and confidence," said Joanne Crepeau, CEO of Girl Scouts of Maine. "Cookie Share program represents one of the most important elements of Girl Scouting—giving back to the community."



This is the fourth year that Girl Scouts in Maine participated in a Cookie Share program.

## From Jo Dill's Notebook

### Registration

Registration for the 2015 Maine Senior Games is open! You can register online at [www.mainesrgames.org](http://www.mainesrgames.org) or go to that same website to download a form and send it in by mail! It is much cheaper to register online and saves so much time. You may also call Jo at 396-6519 for more information.



get training tips from coaches and who knows you may even want to try the Maine Senior Games.

### Cornhole

The MSG Cornhole event has finally been scheduled. It will take place at the Sanford/Springvale YMCA on Tuesday, August 11 starting at 4PM. This will be an outdoor event. In case of rain, it will be held on the 12th. We will be offering men's and women's doubles and mixed doubles. For rules and throwing distances go to our website [www.mainesrgames.org](http://www.mainesrgames.org)

### Opening Ceremonies

This year the Maine Senior Games will have their opening ceremonies on Sunday, May 31, at 10:30AM before our Exploring Track and Field event at Scarborough High School. We will have a parade of athletes holding signs of each sport. A brief ceremony and lighting of the torch will follow the parade. We welcome athletes, volunteers and spectators to join us!

### Swimming Clinic

A Senior Games Stroke and Turn Swim Clinic will be held at the Sanford/Springvale YMCA on Saturday, May 16 12-2 for ages 45+ with swim coach Andrew Master-ton. This is a chance to learn the strokes and turns OR improve your strokes and your turns. The fee for this clinic is \$25.

### Hall of Fame

Maine Senior Games is pleased to announce the first inductees into the Hall of Fame. The Triple Threat basketball team won the Gold Medal in 2009 at the National Senior Games in Palo Alto. The team is still together playing in tournaments. They are: Cyndi Bona, Lana Merchant, Kathy Sanborn, Patty Stogsdill, Adrienne Turner, Mary Whited and Coach Mo Sylvia. The other inductees are Jerry LeVasseur, Ellsworth "Derry" Rundlett, and Arden LeVasseur. Jerry is a distance runner in track as well as the 5K and 10K. Derry is a sprinter running the 100, 200 and 400 and Arden, a longtime swimmer and long and triple jumper. All have received numerous ribbons and medals both locally and nationally.

"Creating a Hall of Fame for the Maine Senior Games is important to the image that the Senior Games portrays in Maine. We are adults who are living longer and healthier. We have many very talented individuals who are competing at a high level of athleticism and are being very successful. Many of them did not have an opportunity to excel in high school and/or college. This is a special time in their lives." said Deb Smith, Maine Senior Games Advisory Board Member.

Congratulations to our first inductees! They will be honored at the Celebration of Athletes sponsored by Martin's Point on May 29th at the Fireside Inn.

### Exploring Track and Field

Not sure if the "Games" are for you? Try us out on Sunday, May 31, at Scarborough High School from 11-12:30. "Exploring 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 is 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,

### Schedule of Events

- MSG/Martin's Point Celebration of Athletes:** May 29, Fireside Inn, 4:30, Friday
- 5 K Road Race:** May 31, Scarborough HS, 9AM, Sunday
- Explore Track & Field Day:** May 31, Scarborough HS, 11AM-1PM, Sunday
- Track & Field:** August 1, Scarborough HS, 10AM, Saturday
- 10K Road Race:** August 2, Scarborough HS, 9AM, Sunday
- Cornhole:** August 11, Sanford/Springvale YMCA, 4PM, Tuesday
- Pickleball:** August 15, Men's/Women's Doubles, Gorham, 9AM Saturday
- Pickleball:** August 16, Mixed/Singles, Gorham, 9AM, Sunday
- Golf:** August 17, Nonesuch River, Scarborough, 8:30AM, Monday
- Horseshoes:** August 22, Deering Oaks, Portland, 9AM, Saturday
- Archery:** August 23, Lakeside Archery, No. Yarmouth, 9AM, Sunday
- Table Tennis:** August 28, Pineland YMCA, 5PM, Friday
- Tennis:** September 3, Women's Singles/Men's Doubles 9AM, Mixed Doubles 1PM, Thursday
- Tennis:** September 4, Women's Doubles, Men's Singles, 9AM, Rack-et/Fitness, Portland, Friday
- Swimming:** September 12, Water-ville YMCA, 10AM, Saturday
- Cycling:** September 13, Kenne-bunkport Bicycle Co, 9AM, Sunday
- Hot Shot/Foul Shoot:** September 19, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday
- Basketball (Men's):** September 19, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday
- Basketball (Women's):** September 20, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday
- Bowling Candlepin:** Singles/Doubles: September 24, Big 20, Scarborough, 10AM/1PM, Thursday
- Racquetball:** September 26, Rack-et/Fitness, Portland, 9AM, Saturday
- Bowling 10 Pin:** October 4, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday

## 5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

- 1 Do I really need this test or procedure?** Medical tests help you and your doctor or other health care provider decide how to treat a problem. And medical procedures help to actually treat it.
- 2 What are the risks?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?
- 3 Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.
- 4 What happens if I don't do anything?** Ask if your condition might get worse — or better — if you don't have the test or procedure right away.
- 5 How much does it cost?** Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

Use the 5 questions to talk to your doctor about which tests, treatments, and procedures you need — and which you don't need.

Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm.

Talk to your doctor to make sure you end up with the right amount of care — not too much and not too little.



<http://www.consumerreports.org/health/choosing-wisely/>





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# VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

## Volunteers Needed

**D**rivers needed to pick up meals at the meal site in Yarmouth, deliver meals to the homebound seniors on their route and return to the meal center upon completion of the deliveries. Kitchen Assistants will help package meals, etc. Drivers must have a valid driver's license and up-to-date car insurance and must be able to pass a background check and driving record check. The delivery takes approximately two hours.

**York County** - Volunteers wanted to train to become Advance Health Care Planning Facilitators in York County. Training for new

volunteers to become certified facilitators will be held June 22 and 26, 2015 at Southern Maine Agency on Aging. Call 396-6525 or email [volunteer@smaaa.org](mailto:volunteer@smaaa.org) to register for the training.

**The Stewart Center**, a new Adult Day Center in Falmouth that provides a home away from home for adults living with memory impairments including Alzheimer's disease and other dementias, is looking for volunteer **ACTIVITY AIDES** and also a **DRIVER** to pick-up and drop-off members when needed. Please email [info@smaaa.org](mailto:info@smaaa.org) or call 396-6595 for more information.

**Do you love BIKING?** Portland Wheelers, a new Portland non-profit, is making it possible for

those of all ages living with disability, debility, or dementia to get out-doors, enjoy the wind in their face, and connect with the larger community. RSVP is currently recruiting aged 55+ volunteer **BICYCLE "PILOTS" for Portland Wheelers**, to operate their specialized trikes - providing organized rides for folks in the greater Portland area. Training provided. Email [info@smaaa.org](mailto:info@smaaa.org) or call 396-6595 for more information.

VISIT OUR WEBSITE  
[www.smaaa.org](http://www.smaaa.org)

## Welcome New Volunteers!

- Courtney Bean
- Robert Beane
- Keith Cann
- Amy Cavanaugh
- Jack Curran
- Madisha Devotka
- Abigail Farniok
- David Giansiracusa
- Emily Griffiths
- Kerstin Kirchner
- Nicolas Lumenello
- Michelle Martin
- Adam Mosey
- Jedediah Philpot
- Philip Printz
- Sarah Richardson
- Margaret Vose

## The City of Westbrook is Catching Healthy Habits!

**O**n April 6, Rory Sheehan, PR Director at Anthem Blue Cross and Blue Shield, Anthony Dahms, Children's Programs Director at Westbrook Community Center and the CATCH Healthy Habits volunteers and staff, gathered in the Westbrook City Council chambers to accept a proclamation on behalf of CATCH Healthy Habits. The Honorable Colleen Hilton, the Mayor of Westbrook, proclaimed April 13 as OASIS CATCH Healthy Habits Day in Westbrook. Catch Healthy Habits is one of the many programs offered by SMAA and



*CATCH volunteer at recent 50+ workshop for South Portland Housing Authority.*

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The CATCH crew with the proclamation from the City of Westbrook.



CATCH volunteers handing out stress balls to Westbrook City Councilors.

the OASIS Institute and is funded by the Anthem Blue Cross and Blue Shield Foundation.

The proclamation recognized the important work the volunteers are doing to encourage children to eat healthy GO foods and to play active GO activities. Westbrook was one of the charter communities to offer this free, evidence-based program to children in grades K-5 and has been very active since its inception.

During the event, volunteers handed out *Healthy Living Guides for Families* to members of the City Council and gave councilors had a chance to choose a stress ball in the shape of a fruit or vegetable. One Councilor commented jokingly "This is a change; usually people are throwing vegetables at us."

The proclamation coincided with National Volunteer Week (April 12 – April 18). Without the support of volunteers, who are fifty and older, this program would not be possible. Volunteers purchase and prepare the healthy snack, teach about eating foods low in added sugars, fats and salt, and lead the children in exciting games with hula hoops, parachutes and other equipment. Other volunteers help with evaluations, photography, and related capacity building activities.

Many thanks to the volunteers who attended the ceremony: Laurie Lin, Peggy York, Priscilla Greene, Pat McDonald, Olga Schimmer and Elba Parr. The plaque will be presented to Anthem Blue Cross and Blue Shield in honor of their grant that funds the program.

**Fifty+ Program Springs Back**

Now that winter is behind us, OASIS CATCHing Healthy Habits for Adults 50+ is very active. We have offered at The Hazard Towers in South Portland, Olde Woolen Mill in North Berwick, Larrabee Village in Westbrook and the Trafton Senior Center in Sanford.

After one presentation about sugar, one attendee shared "Your refreshments (a fresh fruit yogurt sundae) were delicious and I have started using the yogurt at home! It is just great!"

Another program was offered promoting fruits and vegetables and also served as a kick-off for residents to sign up for farm shares—a

program that provides inexpensive, fresh produce right from a local farm weekly during the growing season.

If you like to have a presentation for your group or club about CATCHing Healthy Habits 50+ contact Sharon at 396-6525 or volunteer@smaaa.org.

**Westbrook Community Center Graduation**

The kindergarten and first grade students in the winter session at Westbrook Community Center persevered through many snow days to complete their eight-week course. Seventeen children proudly graduated. The volunteer leaders handed out certificates, t-shirts and toys for active play.

Our volunteers were touched by the children as several of them gave goodbye hugs. We love to see the children learning about good nutrition, but we marvel at the other transformations that occur. One little boy who shied away from activities at the beginning of the session was leading the charge through the hula hoop maze at the end of the session!

To volunteer or schedule a program, please call Sharon at 396-6523 or e-mail [ssschulberger@smaaa.org](mailto:ssschulberger@smaaa.org).

*CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation.*



The proclamation plaque.

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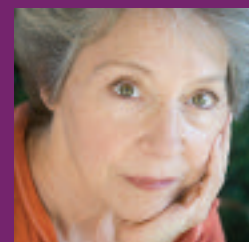
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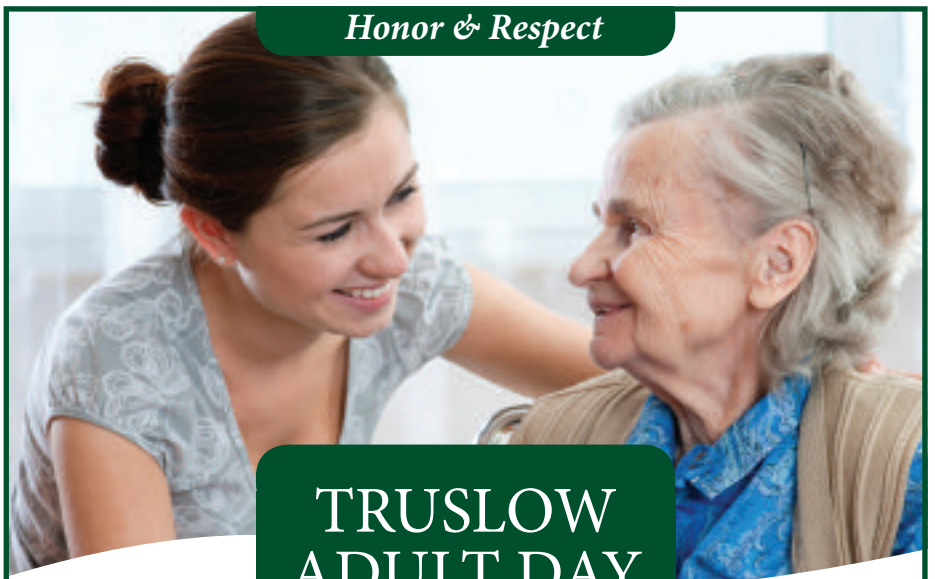
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