



From the Director's Desk

May is Older Americans Month

For more than 50 years, May has been a month to appreciate and celebrate the vitality of older adults and the many ways their talents, life experiences and wisdom positively contribute to our communities and society as a whole. This year's Older American's Month theme "Blaze a Trail," emphasizes ways older adults are reinventing themselves through



new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages. Just recently I had a conversation with

a recently retired CEO who is exploring new areas of interest for an encore career. It's an exciting proposition for many adults in retirement who now have the time, experience and passion to use the skills they have mastered over the course of their "first" careers into new and different interest areas, whether that be in a work setting or as highly talented volunteers. As our state's population ages, it will be even more important for our communities to utilize and actively encourage older adults to share their knowledge and experiences for the benefit of all. SMAA enlists the services of many older adult volunteers who use their skills to support those who are less fortunate, to teach others the skills they've honed over the years, and to become active SMAA ambassadors in the community.

I encourage you to check out our website, www.smaaa.org/volunteerservices to see what opportunities are available for your own trail blazing experience.

SMAA Recognized by Senate Committee on Aging

Over the past few years I have written many times about the two new state-of-the-art adult day centers that SMAA recently opened in Falmouth and Biddeford. Our intent was to create Centers of Excellence that incorporated the very best ideas and research in both the physical space and the programming for adults with dementia and their caregivers. Recently, those accomplishments were recognized by the U.S. Senate Committee on Aging and Maine Senator Susan Collins. Polly Bradley, Director of Adult Day

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Ms. Bradley Goes to Washington

Polly Bradley, Director of Adult Day Services, was invited by Senator Susan Collins to testify on the importance of adult day services and caregiver support before the Senate Special Committee on Aging in early April. The hearing entitled: Finding a Cure: Assessing the Progress Toward the Goal of Ending Alzheimer's by 2025, included three other witnesses: Dr. Ronald Petersen, Chair of the National Alzheimer's Project Act (NAPA) Advisory Council on Alzheimer's Research, Care and Services; David Hyde Pierce, award winning actor, advocate and former member of NAPA's Advisory Council on Alzheimer's Research, Care and Services and Lisa Baron, Executive Director, Memory Home Care Solutions.

In her remarks, Polly described SMAA's state of the art program-



Polly Bradley with Senator Susan Collins

ming as well as our innovative day centers, the Stewart Center in Falmouth and the Sam L. Cohen Center in Biddeford. She also shared her family's story of caring for her father, Tim Stewart, who suffered with Frontal Lobe Dementia for several years and passed away in December, 2015.



Alzheimer's hearing witness panel

Maine's Financial Abuse Specialist Team: Shifting the Culture of Our Community's Response to Financial Exploitation of the Elderly

According to the Maine Council for Elder Abuse Prevention, 33,000 of Maine's elders are abused each year. Financial abuse, also known as financial exploitation, is one form of elder abuse that involves the illegal taking, misuse or concealment of funds, property, or assets of a vulnerable elder.

Financial exploitation affects both men and women, all cultures, races and socio-economic groups. Older Americans lose a minimum of \$2.9 billion annually due to elder financial abuse and exploitation. Older adults who are abused or mistreated are three times more likely to die within the next decade than the same age adults who are not mistreated.

Elder abuse, including financial exploitation, is most often perpetrated by the victim's own family.

Elder abuse also remains largely unreported. One of the reasons elder abuse goes largely unreported is because the victim faces barriers to getting help. One of these barriers is the cultural notion that intrafamily financial exploitation is a private or family matter. Another barrier is the cultural notion that financial exploitation is not a crime and is merely a "civil" matter, meaning that law enforcement will not get involved. The chilling message that these cultural notions sends to victims of financial exploitation is "You will not be taken seriously and nothing will be done to assist you."

In 2014, Maine Attorney General Janet Mills convened a task force of experts in the field of financial abuse to ascertain how Maine could

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Excerpts from Polly's Senate Testimony:

Every design detail, from the colors to textures to lighting was based on the latest research on what is best for the member. Our experiences as well as many research studies demonstrate that social interaction and activity helps maintain physical and emotional health as well as maintaining cognitive function.

Family caregivers tell us that their loved ones are happier. They come home from our Centers eager to talk about their day. They refer to our Centers as their club which makes them eager to return.

...our program extends to our caregivers because we know that it can be a lonely and depressing journey. Our caregivers are spouses, adult children, grandchildren among others who desperately want their loved ones to stay home.

It's staggering to know that every 67 seconds someone in the US develops Alzheimer's. Until we find a cure, it's comforting to know that centers like the Sam L. Cohen Center and the Stewart Center are here to help.

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SMAA Wins Maine Quality Counts Patient Partnership Award

The Southern Maine Agency on Aging was recognized at the Maine Quality Counts Expo held on April 2 for the work being done by our Health Care Advisory Council. The Council is a volunteer-led consumer engagement team created to include the voices of consumers in the efforts of the health care community to more ef-

fectively serve patients.

The Council members have worked to identify needs and align them with those of health care providers to help meet the goals of the Triple Aim. With those needs in mind, the Council has focuses on Shared Decision Making; Drug Pricing Advocacy and Education; and a Call-In Service for homebound elderly

Congratulations and Thank You Demi

Demi Ruder will receive her Bachelor's Degree in Social Work from the University of Southern Maine in May. Demi has completed her senior year field placement at SMAA where she split her time between our Scarborough office and the Stewart Adult Day Center in Falmouth.

While in Scarborough, Demi assisted the Medicare Counseling staff and also coordinated the Angel Fund during the holiday season. At the Stewart Center, Demi chose, as her Capstone Project for the University, to create a PET therapy group for the members.

Demi, seen here on the right, with Hank (seated), who is a member at the Stewart Center as he greets "Bridget", one of the Center's therapy dogs. Also pictured here, on the left, is Bridget's owner, Katie Koles. Katie is also the nurse at Stewart.

Demi will soon be continuing her studies at Salem State Univer-

sity in Massachusetts pursuing her Master's degree in Social Work.

Best of luck to you Demi and thanks again for all you did for SMAA this past year



Understanding Dementia Related Behavior

June 7, 9-10:30AM
Sam L. Cohen Adult Day Center
30 Barra Road, Biddeford

Speaker Peter Baker will provide attendees with new insights into understanding and coping with the behavioral changes which occur when those diagnosed with dementia begin to demonstrate new challenges.

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as their ability to use language is lost. However, some behavior can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and strategies to help intervene with someone of the most common behavioral challenges of Alzheimer's disease.

Peter Baker, LMSW, is the Manager of the Helpline for the Alzheimer's Association, Maine Chapter. Peter is a Masters Level Social Worker who has been working in dementia care since 2006. He has worked in a variety of capacities in long-term care centers in Maine including Social Services Director, Dementia Program Director and Executive Director. As Manager of Helpline Services, Peter is responsible for assisting people with dementia and their families in answering questions about the diseases, finding resources in their community, planning for the future, and getting support as they need it.

If you plan to join us, please RSVP to alasky@smaa.org

"In the old Maine way of saying, I'm as happy as a clam at high tide!" ~ Jean



Meet Jean, in our online video: oceanviewrc.com/video/#fh

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SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

Advance Care Planning Seminar – Sam L. Cohen Center, Biddeford, May 11, 1-2:30pm, Pre-registration (required): 396-6546

Community Café – JR Martin Community Center, Biddeford: Call for schedule and menu. Reservations: 283-2477

Family Caregiver Support Groups – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723

Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Every Tues. Call 396-6500 for appt.

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

Understanding Dementia Related Behavior – Sam L. Cohen Center, Biddeford, June 7, 9-10:30am, RSVP: alasky@smaa.org

FALMOUTH

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

FREEPORT

Medicare 1-on-1 Appts/Free Information & Assistance – Freeport Library, 2nd Tues, 1-3pm. 396-6500/1-800-427-7411 for an appt.

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

A Matter of Balance – Woods at Canco, Portland, Starting May 24, 10am-12pm, Pre-registration (required): 396-6583

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

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

Community Café – Westbrook Community Center, Westbrook, 4th Tue, noon, Reservations: 956-1348

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

Southern Maine Restless Legs Support Group, Meets quarterly from 7-9pm, call for next date, Allen Avenue Unitarian Universalist Church, Portland. FMI: 510-508-8163

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.

Understanding Options and Communicating Wishes as We Age – St. Bartholomew's Parish, Cape Elizabeth, June 8, 9:30-11:30am, FMI: 210-5344

KENNEBUNK/WELLS

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

In the Middle: Solutions for the Sandwich Generation – Wells-Ogunquit Community Education, June 7, 5:30-7pm, Pre-registration (required): 646-4565

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)

Beginning Planning for Eldercare – York Adult and Community Education, May 11, 5:30-7pm, Pre-registration (required): 363-7922

Community Café – Eliot Methodist Church, 1st Thurs, 11:30 am, Reservations: 475-7399

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

Family Caregiver Support Group – Living Well Center, 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, September 23. 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.

PARSONSFIELD

Medicare 1-on-1 Appts/Free Information & Assistance – Parsonsfield Town Office, 1st Mon,, 9am-12pm. 396-6500/1-800-427-7411 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.

Savvy Caregiver – SMHC (Goodall Hospital Building), Starts May 19, 5-7pm, Pre-registration (required): 1-800-427-7411 x541

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)

Advance Care Planning Seminar, June 9, 1-2:30pm, Pre-registration (required): 396-6546

Family Caregiver Support Group, 3rd Thurs, 4:15-5:30pm* NEW TIME, 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.

Savvy Caregiver starting on June 14, 1:30-3:30pm, Pre-registration (required): 1-800-427-7411 x540

Welcome to Medicare Seminar – 2nd and 4th Mon, 2-4pm and 1st and 3rd Thurs, 10am-noon, and 1st Mon of month 5:30-

7:30pm. Call 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH

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

Understanding Options and Communicating Wishes and We Age – St. Maximilian Kolbe Church, May 10, 9:30-11:30am, FMI: 210-5344

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

STANDISH

Community Café – Standish Seniors, 2nd and 4th Wed, noon, Reservations: 675-3302

WINDHAM

Community Café – Unity Gardens, 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 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, Tues and Fri, 11am-12pm. Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.



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Advisory Council Members Needed

The Southern Maine Agency on Aging is looking for members of the community interested in joining the Agency's Advisory Council for one, two or three year terms. Below please find a brief description of the role of the Advisory Council and the "qualifications" of a potential member of the Advisory Council.

The major purpose of the Advisory Council is to be the link between the community and the agency by reviewing and commenting on agency plans and progress reports; conveying the needs and problems to the Board of Directors and acting as an agency representative in the community. Input from the Advisory Council is in the form of suggestions or opinions and does not control the decisions of the Board of Directors. However, since the Advisory Council is made up of participants in programs and of people who have specialized knowledge, their comments and opinions are of great value to the Board of Directors in making good decisions.

A potential member's qualifications should include:

1. A background in private or volunteering sector, leadership and advocacy skills.
2. Ability to devote the necessary time to meetings. The Council

currently meets four times a year, on the second Friday of the following months: February, May, August, and November from 9-11AM at the SMAA Headquarters in Scarborough. Meeting date and location may change periodically.

3. Meet guidelines for Advisory Council members outlined in the Older Americans Act and regulations which specify that Advisory Councils include:
 - a. More than **50 percent** of Council is older people and includes:
 - (1) Older persons with greatest social and economic need
 - (2) Older minority individuals
 - (3) Participants in Agency on Aging funded services (e.g., SMAA programs)
 - b. Representatives of older persons (e.g., AARP, Senior Groups/Clubs, Retiree Groups, TRIAD, etc.)
 - c. Local elected officials (Town Councils, Legislators, County Commissioners)
 - d. Representatives of health care provider organizations, including providers of veteran health care (if appropriate) (Hospital, Home Health, Nursing Home, Mental Health, etc.)

- e. Representatives of supportive services provider organizations (Transportation, Vision, Homemaker, Housing, Assisted Living, etc.)
- f. The general public

If you are interested in learning more about becoming an SMAA Advisory Council member, please contact Kathy Heggeman at 396-6504 or kheggeman@smaaa.org.

VISIT OUR WEBSITE
www.smaaa.org

Senior News

is a publication of



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Article Submission and Mailing List: Jessica LeBlanc
jleblanc@smaaa.org or 207-396-6520

Design: Becky Delaney

Printing: Sun Press, Lewiston

Senior News is published six times per year in January, March, May, July, September and November.

"Senior News" is mailed free for the asking. If you would like to receive "Senior News," call Jessica LeBlanc at 207-396-6520 or send your name and mailing address to jleblanc@smaaa.org.

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 and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach "Senior News" representative Janet Bowne at 396-6533.

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Mission Statement

The Southern Maine Agency on Aging'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 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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Foster Grandparents and Senior Companions Volunteering with Students and Elders in their Communities

The first piece of advice Foster Grandparent, Al Hodder, received as he prepared for his first day volunteering with English language learners at Portland High School was “Expect the unexpected”. Within minutes of entering the classroom and introducing himself to a room filled with teenage students, a girl rushed over to him to ask for help on a paper. Without having much background on the subject, Hodder dove right in, helping her research, plan and edit her paper. From that moment on he was hooked, enthusiastically anticipating each new day and challenge as a Foster Grandparent.

Mr. Al, as he is known by his students, volunteers through the Foster Grandparent Program at the Opportunity Alliance in Portland. Foster Grandparents, who are adults that are 55 and older, serve in local schools, Head Start programs or child development centers across York, Cumberland and Southern Oxford counties. They serve for 15-40 hours per week at their site, working under the supervision of a teacher or other staff member.

Unlike Hodder, many Foster Grandparents volunteer with primary school age children, supporting the students as they learn how to read and solve math problems. Hodder’s situation is unique in that he is able to provide not only assistance with paper writing or math classes, but he can be a mentor to students who are navigating the complex world of applying to college. He helps students formulate their personal statements and apply for scholarships. Hodder has become a role model and friend in the classroom, providing crucial academic and social support to students who are new to American culture and the English language. As Hodder’s teacher told him, “I could not run my classroom without your help Al”. The gratification in volunteering with the Foster Grandparent Program happens every day when Hodder sees his students in the hall or on the streets of Portland. His students run to greet him or excitedly introduce him to their family members. Even though he has only been in the program for a year, he has already seen a few of his students become United States citizens, a huge milestone in the lives of new Americans. For Hodder, he enjoys watching his students’ progress each and every day.

In addition to the Foster Grandparent Program, the Opportunity Alliance also sponsors the Senior Companion Program. Senior Companions make independence a reality for socially isolated elders by providing companionship to individuals in their homes or at adult day centers. Senior Companions can assist with grocery shopping, transportation to medical appointments and running other essential errands to

support independent living. One Senior Companion, Elizabeth Page, joined the program because she wanted to make sure aging adults could remain part of their communities. To support her clients, she exercises with them, assists with grocery shopping or sings with them. Page describes her time as a volunteer as being a learning experience. She learns so much from her clients, which inspires her to continue volunteering. Volunteering, as she says herself, “makes my hat feel full”.

Income eligible volunteers in both the Senior Companion and Foster Grandparent Programs are able to receive a non-taxable stipend for their volunteer time. In addition, all volunteers receive meal and travel assistance, pre-service and ongoing training and support. To learn more about the Foster Grandparent or Senior Companion Programs, please call 207-773-0202.

DEMENTIA DOESN'T HAVE TO BE LONELY

The Adult Day Centers offered by Southern Maine Agency on Aging provide members a chance to foster their own creativity, take part in old and new hobbies, and socialize with others.

Join us at an upcoming open house to learn how we're creating better days for older adults with dementia and those who care for them.

Stewart Center
74 Lunt Road, Falmouth
May 14, 1-3PM
June 18, 10AM-12PM

Sam L. Cohen Center
30 Barra Road, Biddeford
June 11, 10AM-12PM

Watch the Seasons Unfold on the Eastern Trail

By Portia Hirschman

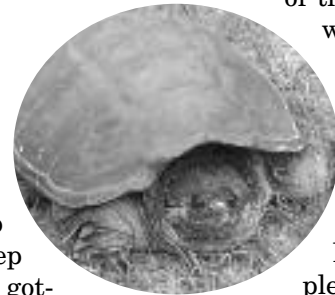
Perhaps your doctor has told you to get moving—got to keep moving in order to keep moving. Or perhaps you’ve gotten bored with the treadmill (too easy to step off and not step back on!). Or maybe you’ve been wondering where you can find a safe and interesting place to walk. The answer to all three is the Eastern Trail and one of the very best sections to make your favorite is the five mile section between Black Point Road and Pine Point Road. There is plenty of parking at both ends and a porta potty about two miles in from Black Point. This section takes you through woods, past a golf course (see how many golf balls you can find!) and through the Scarborough Marsh on a relatively flat, graveled surface. From dawn to dusk, you will encounter other walkers, runners and bikers as well as local wild life. Deer, fox, eagles, great white egrets, blue heron, plovers and sea birds of various kinds, harbor seals and tortoises are all visitors to this lovely section. You can bring your dog as long as he or she is leashed and under control at all times (there are waste bags available).

People of all ages and mobility can enjoy the Eastern Trail in this section. Perhaps a little rugged for a wheelchair but I have seen one! There are benches strategically available throughout this section where it is delightful to sit and enjoy the views before you as you catch your breath. It is the most enjoyable place I know to watch the seasons unfold as you walk. From the first tiny flowers of spring peeking through the fallen leaves, into the explosion of various flowering vines and wild flowers all along the way, to the glorious colors of fall, it is a bounty for the nature lover, the photographer and birder alike. And lest you wonder, in the winter the trail is open for cross country skiing,

snow shoeing and walking (be watchful for ice).

The Eastern Trail is a treasure here in southern Maine and is part of the East Coast Greenway (a 3,000 mile pedestrian/bike trail connecting Calais, ME to Key West, FL). The Eastern Trail stretches from South Portland (Wainright Complex) all the way Kittery for 60+ miles. Approximately 22 miles of the Trail is on graveled surface; however other sections do take you through urban centers and alongside traveled roads. In addition, there are scheduled night hikes during full moons (including winter), birding events, bike events such as the Maine Lighthouse Ride (always the first Saturday after Labor Day, and running events. No motorized vehicles are allowed. You can find out more information about the Eastern Trail and how to become an active supporter by visiting www.easterntail.org.

Portia Hirschman recently moved back to Maine after many years. She’s a retired Episcopal Priest, most recently serving in the Diocese of Maryland. She’s an avid walker having walked the Camino de Santiago twice and recently walked the Cotswold Way in England. She and her husband live in Scarborough.



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Maine's Financial Abuse Specialist Team: continued from page 1

break down the barriers that prevent victims from seeking and getting help. The task force identified that the notion that financial exploitation is a civil matter or a family issue is indeed a systemic barrier to the prosecution of financial exploitation. The task force found that a significant cultural shift was needed: that financial exploitation of elderly victims must be treated as the crime that it is.

The task force found that in order to effectuate this cultural shift, holding offenders accountable, obtaining just results for victims of financial exploitation and preventing financial abuse must be identified as high priorities in all parts of the criminal justice system. The task force found that a statewide approach that resembles the coordinated community response to combating domestic violence would be a way to hone the criminal justice system's focus on financial abuse. Among the recommendations made by that task force to ensure that financial exploitation of the elderly is

treated as a high priority was to create the Maine Financial Abuse Specialist Team (FAST).

In November of 2014, the Maine Department of Health and Human Services (DHHS) Office of Aging and Disability Services initiated the development of Maine's FAST team. The FAST team is a centralized, coordinated community response team consisting of professionals who regularly work with the elderly and vulnerable adults and law enforcement organizations. Members of the FAST Team include representatives from the following organizations: State of Maine, Office of the Attorney General; Adult Protective Services; local law enforcement including district attorneys and police officers; Maine's Long Term Care Ombudsman Program; Legal Services for the Elderly; the State of Maine Office of Securities; and the Maine DHHS Office of Aging and Disability Services.

The mission of the FAST Team is to ensure that financial crimes against older or vulnerable adults

in Maine are vigorously and effectively investigated and, where appropriate, prosecuted. The goal of the FAST Team is to increase the financial security of all older and

vulnerable adults living in Maine by recovering assets that are stolen, by holding perpetrators of financial crimes against older and vulnerable adults accountable for their actions; and by deterring financial exploitation of Maine's older and vulnerable adult population.

The primary objective of Maine's FAST Team is to improve and enhance the ability of professionals across multiple disciplines to effectively investigate and prosecute financial crimes against older and vulnerable adults by convening, once per month, a team of experts to consult on complex cases and cases that are not being effectively pursued for any reason, and make recommendations to assist with these cases. It is the State's intent, by the establishment of the FAST Team, to provide a means of redress to victims of financial abuse/exploitation by leveraging available resources, making recommendations to appropriate agencies for competent investigation and/or prosecution and following each case to its conclusion to ensure the abuse/exploitation is no longer occurring.

The FAST Team began collaborating on complex cases in October 2015 that respective members of the Team brought to the group. While the FAST Team will effectuate change within our criminal justice system, in order to have a truly coordinated community response to combat financial exploitation, we need the involvement of all members of our community to change the culture.

...in order to have a truly coordinated community response to combat financial exploitation, we need the involvement of all members of our community to change the culture.

What You Can Do To Help Effectuate the Cultural Shift Toward Taking Financial Exploitation Seriously

Know the risk factors. According to the Maine Council for Elder Abuse Prevention, the following are risk factors and red flags that indicate an elder has been abused:

- Sudden changes in the elder's appearance;
- Sudden changes in the elder's personality;
- The elder becomes uncommunicative and unresponsive;
- Sudden or swift decline in health, malnourishment or sudden weight loss;
- Visible injury that has not been cared for, or cannot be explained with a realistic explanation;
- A change in routine, no longer attending events or participating in events enjoyed in the past;
- Social isolation;
- Sudden loss of ability to meet financial obligations;
- Going without things the elder needs or has always had in the past;

Let the victim know that he or she is not alone and that help is available.

Call or visit an elderly loved one and ask how he or she is doing. Volunteer to be a friendly visitor to a nursing home resident or a homebound senior in your neighborhood. Provide the following information as a resource to elderly members of your community:

- Maine's Adult Protective Services 24 Hour Hotline at 1-800-624-8404
- Legal Service for the Elderly 1-800-750-5353
- Southern Maine Area Agency on Aging 1-800-427-7411

Speak out.

- Contact the Maine Council for Elder Abuse Prevention at (207) 287-9213 to obtain a free magnetic bumper sticker.
- Organize a presentation in your community educating your neighbors about elder abuse.
- Join your local Elder Abuse Task Force.

To learn more about elder abuse, how you can help to prevent elder abuse and what resources are available to victims of elder abuse, please visit the Maine Council for Elder Abuse Prevention website at www.elderabuseprevention.info

Contributed by Liz LaPierre, Staff Attorney, Le

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Community Leaders Deliver Meals on Wheels

Each March SMAA's Meals on Wheels program invites community leaders to our meal delivery sites to learn about the importance of Meals on Wheels and to meet some of the clients we serve. Community champions, including elected officials, community leaders, and prominent community members, across York and Cumberland counties took part in this terrific event.

We, at SMAA, thank this year's participants for their dedication to the older adults in York and Cumberland counties and their support for ending senior hunger.

2016 Community Leaders Day Participants

- Allyn Hutton, Kittery Superintendent of Schools
- Beth Costello, Yarmouth Planning Committee
- Bonita Pothier, Regional Representative from the Office of Senator Angus King
- Bruce Tupper, Raymond Fire Chief
- Catherine Ralph, Yarmouth High School/Office of Senator Angus King
- Cindy Saklad, Kittery Finance Director
- Daniel Moore, Wells Fire Chief
- David O'Brien, Kittery Fire Chief
- George Kathios, Kittery Sewer Superintendent
- Jill Duson, Portland City Council
- Lind Johnson, Kennebunk Volunteer Town Clerk
- Maryann Place, Kittery Town Clerk
- Michael Foley, Westbrook City Council
- Brent Libby, Windham Fire Chief
- Nancy Colbert Puff, Eliot Town Manager
- Norman Albert, Kittery Public Works Commissioner
- Paul Nelson, Staff Assistant from the Office of Senator Susan Collins
- Ron Michaud, Saco Mayor
- Shawn Babine, South Portland City Council



Upcoming Events at Libby Memorial Library

De-stress and let your imagination out to play! Test drive colored pencils and markers on a picture you choose from the many adult coloring book options. Drop in any time and you'll have everything you need for a colorful, relaxing experience.

Be sure to also make a stop at the Book Shed organized and run by Friends of Libby Library. With books, DVDs, and other items of interest, many find the variety too good to resist. The OOB Book Shed is open Tuesday through Friday from 10AM to 4PM and Saturday from 10AM to 3PM. Donations of gently used materials may be dropped off when the Book Shed is open. All funds raised go to special events and purchases for the library.

Author Glenda MacLachlan, from around the corner in Pine Point, will share some colorful stories involving Hawaii, a bagpiper, and drunken driving on Friday, May

13, at 6:30PM. Glenda's book is "There Is Life after Martinis."

A presentation on Planting and Preserving will be held on Tuesday, May 24, at 6:30PM. From University of Maine Kate McCarty, you'll learn the best produce varieties to plant particularly for canning and maximizing yield.

When the Scottish Festival comes to Old Orchard Beach, the library will have three programs available. Stop by the library on Saturday, June 4, at 11AM, 1PM, and 3PM to check out activities of interest. Updates will be available on the library's website and Libby Memorial Library Facebook page.

Libby Memorial Library is located at 27 Staples Street, Old Orchard Beach. You can reach the library by calling 207-934-4351. You can also check out all activities, programs, and events on the website ooblibrary.org.

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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.

Caregiving Family Meetings

When we are assisting an older adult, there are frequently other family and close friends involved in some manner. When decisions need to be made, one of the best ways to get everyone's input on a problem and potential solutions is to hold a family meeting. With families scattered geographically, this may need to be done by conference call or on-line if an in-person meeting is not an option. Here are some suggestions to help make the meeting smooth and productive.

Prepare Ahead Of Time

- Decide who to invite. Include immediate family and anyone else who is in close contact with the older adult (their siblings, close neighbors, good friends).

- If you anticipate a heated discussion, you can invite a facilitator/moderator as well (family friend, clergy, social worker, care manager).
- Choose a comfortable and neutral location, and a mutually agreeable time where you can talk without distractions.
- Suggest that participants identify 3 or 4 priorities for discussion prior to the first meeting.
- Identify which topics can be addressed at each meeting. Make sure that everyone feels their concerns will be addressed at some point.
- Establish a goal for every meeting that is agreed upon ahead of time.
- Set and circulate an agenda. Plan to stick to it. Allow time for each member to participate.

- Collect background information to share (for example, bring fact sheets on Alzheimer's disease for someone newly diagnosed, or information on legal issues if that is a topic). Get materials to people ahead of time if possible.

The Meeting

- No one is allowed to dominate the meeting. If necessary, use a timer and give each participant an agreed-upon amount of time to speak.
- Create a list of concerns and prioritize them as a group. Tackle them in the order of urgency.
- Set ground rules, such as:
 - People may not interrupt each other.
 - People will treat each other with respect.
 - Everyone gets a chance to talk.
 - Old history will not be brought up.
- Stick to the agenda.
- Use "I" statements and avoid accusations.
- Listen closely to the older adult's thoughts, opinions and concerns.
- Remember that a competent older adult still has the right to make his or her own decisions.
- Identify "acceptable risks" and ideas to make a plan as safe and workable as possible.
- Try to reach closure on each agenda item before proceeding to the next. If actual resolution isn't possible, at least set an action plan or next step.
- Agree on which person will take on which responsibilities. It is best if everyone has some responsibility. Put it in writing and circulate. Agree to a follow up date to check that the plan is working for them.
- Before ending, agree on what to discuss at the next meeting, and schedule a time and date.

After The Meeting

- Make sure everyone gets a copy of the plan.
- You may want to agree on a specific person to talk with providers and to relay information back to the family.
- It is probable that a primary caregiver has emerged. Make sure that this person is comfortable with the role and there are plans for this person to get a regular break from caregiving.

Keep It Working

- Remember that you are all working in the best interests of the person you are helping.
- Be a positive participant and rise to the occasion.

When Emotions Run High

DON'T:

- Blame others, even if it seems valid.
- Do all the talking. It is important to listen and acknowledge what others are saying, or they will not continue to listen to you.
- Bring your fears to the meeting with you. Stay focused on the goal.
- Overshadow the discussion with old issues. Leave history out of this discussion.
- Take things personally. Disagreement and defensiveness do not imply a lack of love.
- Expect too much from one meeting. Frequently, people go home and reconsider. Be prepared to revisit issues after you think a decision has been reached.
- Be competitive. There are not winners and losers. Seek win-win solutions.

DO:

- Be clear about whether decisions are being sought with the person receiving help, or for them. Who will make the final decision?
- Stay on topic. When the discussion gets uncomfortable, people tend to change the subject. Gently pull them back.
- Respect people's right to disagree.
- Stand your ground while respecting other people's rights and perspectives.
- Anticipate reactions – yours as well as others'.
- Practice ahead of time with someone you trust.
- Approach the discussion as a beginning and expect it may need to continue over time.

Where To Go For Help

The Family Caregiver Support staff at SMAA is happy to discuss your situation with you and offers suggestions on options and about strategies for successful family meetings. There are also skilled mediators in the community you can engage. Call 1-800-427-7411, x545 for a list if you want to pursue this option.

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Class to Help with Thinking Ahead

SMAA's Family Caregiver Support Program is collaborating with VNA Home Health Hospice to offer more sessions of Understanding Options and Communicating Wishes as We Age, this spring. The program is funded by a grant VNA was awarded by the Raskob Foundation and is part of VNA's Howard Detmer Faith Community Nursing (FCN) Program.

As we all age, decisions may need to be made about our living situations and the care we receive. Knowing what the options are and preparing in advance gives us more control over what happens over time. This class will help you understand both living environments for older adults and health care advance directives, and will offer some strategies for having these conversations so that choices can be honored.

The 2-hour class will be offered at the following times and places:

- Tuesday, May 10, 9:30-11:30AM at St. Maximilian Kolbe Church in Scarborough
- Wednesday, June 8, 9:30-11:30AM at St. Bartholomew's Parish in Cape Elizabeth

It will be taught by Ann O'Sullivan, OTR/L, LSW, FAOTA, who is an occupational therapist and manages the Family Caregiver Support Program at SMAA.

To pre-register, contact Bonita Usher at VNA, 210-5344.

Savvy Caregiver Course in Sanford

SMAA's Family Caregiver Support Program will be offering the Savvy Caregiver series in Sanford, beginning on May 19. This evidence-based (meaning that it has been researched and proven effective) program is designed for people who are the primary person assisting a family member or friend with dementia who lives in the community, and it helps develop knowledge, skills, and attitudes to make caregiving easier. The goal is that both the person with dementia and the caregiver can have a better day. Savvy Caregiver consists of six 2-hour class sessions, and encourages participants to try out ideas at home between classes.

This series is being offered in collaboration with York County Community Action Corporation, and is funded under their Thriving in Place grant from the Maine Health Access Foundation. Southern Maine Health Care is our host.

If you are a family caregiver for a person living with dementia, we hope you will call us. Class size is limited, so pre-registration is required. Please contact the Family Caregiver Support Program at SMAA, 1-800-427-7411 x 545, with questions or to add your name to the list.

Help For People Helping Aging Family Members

Caregiver Class Schedule 2016

Are 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.

May 10, Tuesday, 9:30-11:30AM: **Understanding Options and Communicating Wishes as We Age.** St. Maximilian Kolbe Church, Scarborough. Offered by SMAA and VNA Home Health Hospice. Contact Bonita Usher at VNA, 210-5344 to register.

May 11, Wednesday, 5:30-7PM: **Beginning Planning for Eldercare.** York Adult & Community Education. Call 363-7922 to pre-register (required).

May 19, 26, June 2, 9, 16 and 23, Thursdays, 5-7PM: **Savvy Caregiver.** Southern Maine Health Care Sanford Medical Center (Goodall Hospital building), Sanford. Contact: Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

June 7, Tuesday, 5:30-7PM: **In the Middle: Solutions for the Sandwich Generation.** Wells-Ogunquit Adult & Community Education. Pre-register (required) at 646-4565 or at <http://wells-ogunquit.maineadulted.org/>.

June 8, Wednesday, 9:30-11:30 AM: **Understanding Options and Communicating Wishes as We Age.** St. Bartholomew's Parish, Cape Elizabeth. Offered by SMAA and VNA Home Health Hospice. Contact Bonita Usher at VNA, 210-5344 to register.

June 14, 21, 28, July 5, 12, & 19, 2016, Tuesdays, 1:30-3:30PM: **Savvy Caregiver.** SMAA, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

September 22, 29, October 6, 13, 20, and 27, 2016, Thursdays, 1:30-3:30PM: **Savvy Caregiver.** York Library, York. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

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 – 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 on-site 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, 4:15-5:30PM. 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

Adult Education Classes for Family Caregivers

Staff from the Family Caregiver Support Program at SMAA will be teaching some adult education classes this spring.

Beginning Planning for Eldercare

Where do you begin the process of helping an older family member plan for the future? What concerns need to be considered? And how do you find out what resources are available when help is needed?

All those issues are discussed in this class, which will be offered through York Adult and Community Education on May 11, from 5:30 to 7PM. You can call 363-7922 to pre-register (required).

In the Middle: Solutions for the Sandwich Generation

Members of the "sandwich generation", those who are assisting older family members while also raising children, face unique challenges as they try to balance caregiving, parenting, and, often, working as well. We will look at some roots of stress, and ideas for managing multiple demands, finding assistance, and taking care of yourself.

The class will be held on June 7, from 5:30-7PM, through Wells-Ogunquit Community Education.

Pre-register (required) at 646-4565 or at <http://wells-ogunquit.maineadulted.org/>.



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MEDICARE

New Medicare Volunteer Training for York County

There will be a Medicare Basic Training for York County volunteers to be held at SMAA on June 20, 23, and 27 facilitated by Betty Balderson Statewide Coordinator Maine Senior Medicare Patrol and Legal Services for the Elderly and Anne Smith Medicare Rights Advocate, Legal Services for the Elderly.

Please email Mary Hadlock at mhadlock@smaaa.org or call (207) 396-6509 FMI

Medicare Bingo

The Southern Maine Agency on Aging is once again pleased to offer Medicare Bingo to members of your social organization or facility. We have three exciting game options to choose from!!!! Even if you registered last year please be sure to let us know that you are interested so as not to lose out on this outstanding opportunity.

Medicare Bingo is a fun, interactive game designed to help older adults learn about Medicare concepts. SMAA will provide the

Medicare volunteer and necessary materials, including prizes. We will need you to provide the space to get started.

Due to the tremendous response and popularity of this program our schedule fills quickly, so please call early to reserve your spot. If you would be interested in this exciting opportunity, please e-mail Mary Hadlock at mhadlock@smaaa.org or call (207) 396-6509 for further details.

What Kind Of Care Would You Want If The Unexpected Occurs?

What happens if you're too sick to speak for yourself? Have you discussed your health care wishes with your loved ones? Have you appointed a health care agent to make decisions for you if you can't? Not sure where to begin or what steps to take? Consider attending our **Advance Care Planning Seminar**.

This introductory seminar will introduce you to advance care planning. Attendees will also have the opportunity to schedule a one-on-one appointment with an advance care planning facilitator to assist you in determining whom to appoint

as your health care agent to make decisions for you when you can't and in communicating your health care wishes with your loved ones.

Join us at one of our upcoming seminars:

- May 11 from 1-2:30PM at the Sam L. Cohen Center in Biddeford
- June 9 from 1-2:30PM at the Southern Maine Agency on Aging, Scarborough

Pre-registration is required by phone or email: 396-6546, jminkowitz@smaaa.org.



Protect Your Healthcare Benefits

- Don't give your Medicare, Medicaid, or Social Security numbers to strangers.
- Remember that Medicare does not call or visit to sell you anything.
- Keep records of your doctor visits, tests, and procedures in your personal health care journal or calendar.
- Save your Medicare Summary Notices and Part D Explanation of Benefits.
- Learn to protect yourself against identity theft.
- Read Medicare's lists of Do's and Don'ts to prevent fraud.

Detect potential errors, fraud, and abuse

- Even if you do everything right, there is a chance you could be a target of health care fraud. Keep a close eye on your medical records to quickly detect issues.
- Review your Medicare Summary Notices and Part D Explanation of Benefits for mistakes. You can access your Medicare account 24 hours a day at www.MyMedicare.gov.
- Compare your Medicare Summary Notices and Part D Explanation of Benefits to your personal health care journal and prescription drug receipts to make sure they are correct.
- Look for three things on your billing statement:
 - Charges for something you didn't get
 - Billing for the same thing twice
 - Services that were not ordered by your doctor
- Ask questions. Ask your provider whenever you:
 - Don't understand your bill
 - Don't think you received a

service listed

- Feel the service was unnecessary
 - Learn more about examples of Medicare fraud schemes from the Office of the Inspector General.
 - Use our fraud-fighting toolkit to find brochures, posters, ads, and public service announcements to share with others to help spread the word.
- If you suspect errors, fraud, or abuse—**REPORT IT!**

Common Rip-Offs and Tips to Prevent Fraud

Common Rip-offs

- Payments (in cash or in kind) in return for Medicaid numbers,
- Every patient in a group setting receiving the same type of service or equipment on the same day, and
- Services listed on your medical summary notice that you don't remember receiving or didn't need.

Common Fraud Schemes

- Billing for "phantom patients",
- Billing for medical goods or services that were not provided,
- Billing for more hours than there are in a day,
- Paying a "kickback" in exchange for a referral for medical goods or services,
- Concealing ownership in a related company,
- Using false credentials, and
- Double-billing for healthcare goods or services not provided.

Dos and Don'ts

- **DO** review your Medicaid bill carefully to ensure charges and dates of service are correct.
- **DO** ask for a copy of everything you sign.
- **DO** be suspicious of anyone offering free tests or screening in exchange for your Medicaid card number.
- **DON'T** give your Medicaid card or number to anyone except your doctor, clinic, hospital, or other healthcare provider.
- **DON'T** let anyone borrow or use your Medicaid card or number.
- **DON'T** ask your doctor or other healthcare provider for treatment or care that you do not need.
- **DON'T** sign your name to a blank form.
- **DON'T** share your medical records or other medical information with anyone except a doctor, clinic, hospital, or other healthcare provider
- If you know or suspect fraudulent activities—**REPORT IT!**

Source: Centers for Medicare/Medicaid Services

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



SMAA Volunteer Receives Award

Congratulations go to Stan Cohen who recently received the “Family and Community Services” award by the Bridgton Lake Region Rotary Club. Over

the years Stan has helped 1760 people in the Bridgton area with Medicare—truly exemplifying the Rotary’s motto of “Service Above Self”.



Stan Cohen with Rotarian Dick Enright. Seated is Stan's wife, Barbara.

From Jo Dill's Notebook

Registration

Registration for the 2016 Maine Senior Games is open! You can register online at www.maine-srgames.org. It is much cheaper to register online and saves so much time. Paper forms, basketball team forms and schedules are also on the website. A mailing will go out as well around the first of May. Registration will remain at \$35 (online) for one sport and \$5 for each additional. Basketball teams will remain at \$150. **Online registration is \$10 cheaper and you can STILL send me a check if you do not want to put your CC online.** This is a qualifying year for the 2017 National Senior Games to be held in Birmingham, AL. You may also call Jo at 396-6519 for more information.



proceeds from food and drinks (dine in or takeout) will go to the MSG. They are open from 11:30-midnight! You MUST have a ticket so that your meals/drinks will count!! Please bring family and friends and be sure to get tickets. I have tickets here at the Southern Maine Agency on Aging and you can pick them up or I can send them to you. Please help spread the word!

5K Road Race, Opening Ceremonies, Explore Track & Field

Join us on Sunday the 12th of June for our 5K road race, opening ceremonies and Explore Track and Field. We got rained out twice last year so we hoping for plenty of sun this year! The 5K Road Race starts at 9AM and opening ceremonies at noon followed by Explore Track and Field. This will be a day for you to explore some of the events that we offer at our Track and Field event on July 30. Try out an event without pressure or competition and/or to get pointers from coaches who 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, race walk, power walk. Field events: Shot put, discus, javelin, long jump, triple jump, high jump. No registration fee although a \$5 donation to help with field costs would be appreciated. Let me know if you are interested in coming. 396-6519

2016 Maine Senior Games

- 5K Road Race:** June 12, 9AM, Scarborough High, Sunday
- Opening Ceremonies:** June 12, 10:30AM, Scarborough High, Sunday
- Explore Track & Field:** June 12, 11AM, Scarborough High, Sunday
- Golf:** June 20, Willowdale, Scarborough, Monday
- Horseshoes:** Aug 9, 4PM, Tuesday
- Pickleball:** Aug 13, Men's/Women's Doubles, Racket & Fitness, Saturday
- Pickleball:** Aug 14, Mixed/Singles, Racket & Fitness, Sunday
- Cornhole:** Aug 17, Sandford/Springvale Y, 4PM, Wednesday
- Archery:** Aug 21 (rain 28th) Lake-side Archery, 9AM, Sunday
- Table Tennis:** Aug 26, Pineland YMCA, 5PM, Friday
- Track & Field:** July 30, Scarborough HS, 10AM, Saturday
- Tennis:** Sept 8, Women's Singles/Men's Doubles 12PM, Mixed Doubles 3PM, Racket/Fitness, Portland, Thursday
- Tennis:** Sept 9, Men's Singles 12PM, Women's Doubles 3PM Racket/Fitness, Portland, Friday
- Cycling:** Sept 11, Kennebunk-port Bicycle Co, 9AM, Sunday
- Basketball (Men's):** Sept 17, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday
- Hot Shot/Foul Shoot:** Sept 17, Cape Elizabeth HS, Cape Elizabeth, 2PM, Saturday
- Basketball (Women's):** Sept 18, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday
- Bowling Candlepin:** Singles/Doubles: Sept 29, Big 20, Scarborough, 10AM/1PM, Thursday
- Swimming:** Oct 1, Waterville YMCA, 10AM, Saturday
- Bowling 10 Pin:** Oct 16, Singles/Doubles, Sparetime Bowling, Augusta, 10AM, Sunday

Vitamin Shoppe

Vitamin Shoppe is a Silver Sponsor of the Maine Senior Games and they are having an open house on Saturday, May 14 from 10:30AM-1:30PM. Maine Senior Games will be there with the Cornhole Board for folks wanting to play!! Come check it out... lots of free products.

Non Ambulatory Vets

Saturday, June 4, Maine Senior Games and National Senior Games will host a bowling clinic for non-ambulatory vets at the Sparetime Lanes in Augusta. It is free to the vets thanks to a grant from the Department of Veterans Affairs to the National Senior Games. The clinic will be 1½ hours and then lunch. If you know of a wheel-chair bound vet please let me know! We will do our best to reach out to all the VA Hospitals as well. Transportation is provided.

Advisory Board

Maine Senior Games would like to welcome Robin Kessler, Cyn-di Bona and Susan Bock to our Advisory Board. They are joining an already wonderful and dedicated group: Noelle St. Hilaire; Deb Smith; Ginny Ketch; Jerry LeVasseur; Robin Rutherford; Kim Koehler; Patsy Wiggins; and SMAA staff member, Jessica LeBlanc.

Fundraiser at UNO's

SAVE THE DATE: May 18—Wednesday—Maine Senior Games will be having a fundraiser at UNO's in South Portland right beside the Maine Mall. 20% of all the

Become a GEM! *GEMs are donors who are Giving Every Month through an automatic transfer from their bank or via their credit card. It's a simple and paperless way to donate. If you're interested in becoming a GEM, contact Andrea Cole, Development Associate in the Development and Marketing Department at 207-396-6571 to complete the simple steps!*

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Veterans Aide at Home (VAH) is not affiliated with the VA (US Department of Veterans Affairs.) VAH does not charge fees to families applying for VA benefits. Only those who are accredited by the VA are involved in the preparation, presentation, or prosecution of a claim for benefits. VAH does not sell insurance products or legal services.

Educational Programs from the Alzheimer's Association

The Alzheimer's Association, Maine Chapter offers many educational programs for families and individuals facing Alzheimer's, as well as community members and healthcare professionals. Programs range from basic introductory material to in-depth multi-part sessions and brain healthy information.

Pre-registration is required for all classes and can be done by calling 1-800-272-3900.

Cumberland and York County Schedule

Effective Communications Strategies

May 12, 3-4PM at Avita of Stroudwater, Westbrook

Communication is more than just talking and listening—it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia,

and identify strategies to help you connect and communicate at each stage of the disease.

Healthy Living for Your Brain and Body

May 18, 6-7:30PM, Kennebunk High School

June 14, 10-11AM, Alzheimer's Association, Maine Chapter, Scarborough

June 29, 3-4PM, Alzheimer's Association, Maine Chapter, Scarborough

For community members who would like to learn more about healthy aging.

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Understanding Dementia Related Behaviors

June 7, 9-10:30AM, Sam L. Cohen Center, Biddeford

Behavior is a powerful form of communication and is one of the primary ways for people with dementia

to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Driving at Night

One of the biggest issues when driving at night is reduced visibility. Your view is limited to the distance illuminated by your vehicle's headlights, and you do not have the advantage of color and contrast that you have during the daytime.

Low light

Being able to see well during the daytime does not necessarily mean that you will see well while driving at night.

- After driving four or five hours on a sunny day, it may take an hour or more for your eyes to adjust to low light at dusk or night.
- Some people may not adapt well to low light and should avoid driving at night.
- Driving at night also reduces your ability to see to the sides of your vehicle.

- Regardless of how effective your headlights are, they do not adequately light off-road areas.

Glare and recovery time

While driving at night, all drivers are affected temporarily by the glare of headlights and brightly lit signs or buildings.

- Most people's eyes recover from such glare within three to five seconds.
- Recovery times of seven seconds or longer are not uncommon.
- Typically, the time to recover from glare while driving at night increases with age.
- People with cataracts will find their ability when driving at night is severely impaired.

AAA is dedicated to keeping seniors driving for as long as safely possible and committed to promoting viable transportation options for seniors who can no longer drive independently.

www.SeniorDriving.aaa.com is the "go to" resource providing users with information to help them better understand the traffic safety implications of certain health conditions and human behaviors.

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Agewell Schedule

A Matter of Balance

May 24 - July 12, 10AM-12PM
Woods at Canco, Portland

June 1 - July 20, 10AM-12PM
Unity Gardens, Windham

June 8 - July 27, 1:30-3:30PM
The Center at Lower Village,
Kennebunk

July 12 - August 30, 1:30-3:30PM
New England Rehab Hospital,
Portland

Tai Chi for Health and Balance

Tai Chi for Health and Balance summertime beginner sessions will be scheduled soon. Please call for more information about a Tai Chi workshop coming to your area.

Pre-registration for all Agewell programs is required. Please call 1-800-427-7411 to reserve your spot today.

Learn more about these and other SMAA events online at www.smaa.org/events.html

The Studs In My Life

By Stephanie MacNeille

Previously, I've never felt I needed or wanted studs in my life. I had been getting along fine without them, and really never gave them a thought. But several years ago, I was forced to consider them, as I thought they would make my life safer—protect me, as it were. As it turned out, I found out the hard way that I did indeed need them and had no clue what was involved in meeting that need. You do know I am talking about studded tires, right?

The eye opening revelation occurred within a few weeks of my having bought my new car. I was at Cooks Corner in Brunswick, and if you've ever been there, you know that the on and off ramps there are almost a full 360 degree circle. My car is a 2013 Honda Fit, sport model. I must have thought I was involved in the sport of racing as I navigated one of the circular on ramps in winter of 2014, not long after I'd bought the car. The 2013 cars came out in the Fall of 2012, as new cars are wont to do, and I saw, and test drove my car in December of 2013. So it was a year old when I bought it. The Fit is a car that is huge on the inside, and small on the outside, which is one of the things I liked about it. It is also light in

weight (for a car), so it gets decent gas mileage. I don't think that car dealers put snow tires on their cars in the winter, but I didn't know that (even though the car manual said very clearly that you should put snow tires on your Fit in the winter—now I know why). I didn't really pay much attention, as I had all weather tires on my last Honda, a CR-V, for almost 10 years, and never had any problems with it in the winter. It was also an all-wheel drive car, so that probably helped keep me relatively well on the road in the winter time.

As it turned out, my little Fit has front wheel drive, and had regular tires on it. So, as I was sailing around the on ramp to the right, the rear end of the car slid to the left while the front end didn't. Much as I appreciated the way my car helped me in my drive around the on ramp, it made me a bit nervous that the car did something I had no control over. Having lived in Southern California for the previous 20 years or so, I had no experience with this kind of thing. Apparently, all my winter driving experience I'd gotten in New England prior to moving to California, had slipped out of my head, assuming I wouldn't be needing it anymore. I guess enough of it remained to remind me of the local tire store nearby.

The owner of the tire store did a fine job of explaining my options to me, and I made the decision to buy

four new studded tires to use in the winter. I am a bit hesitant to use snow tires on the Fit because it is so light, and only has two wheel drive. I wanted to be sure there would be no slips and slides in my winter driving. It was a real downer, having to buy four new tires for my new car. But, let me tell you. I am finishing my second winter with my studded tires, and I wouldn't be without them. I live on a short street with a hill at each end, and have not had one problem getting up those hills in the snow/ice. There has not been one slip or slide during both winters. I am a volunteer driver for People Plus (a senior organization) and we take seniors who can no longer drive, to doctor appointments, etc. I have not had one moment of hesitation to drive in the winter with one of those seniors in the car. I have come to the conclusion that for me, my car, and my situation, the studded tires are by far, the best solution to any winter driving I do. Of course, having a winter like the present one is a problem because there has been no snow to speak of, and what little there was, melted away in a short time. The studs, with no snow to drive on, could wear down too quickly. Or, if I remove them, with my luck, we'd have a blizzard in April. Even so, I am very glad I bought them, especially for the feeling of safety they give me.

Stephanie can be reached at mewannabe1@myfairpoint.net

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Driving school schedules, locations and pricing subject to change without notice.
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HEALTHY EATING WITH HOLLY:

Spring Changes to your Meal Routine

By Holly Bresnahan RD, LDN

Eating a variety of proteins is not always as easy as it sounds. Especially if you are used to eating red meat, chicken, or pork daily. However trying to have at least one to two meatless meals per week has many environmental and health benefits.

Below are some ideas to give a whirl:

Beans, Beans, Beans—Don't underestimate their power! They are full of protein—not to mention fiber (which aids in digestion) and magnesium (which benefits your heart and bones). Dried or canned, either is great. For dried beans,

rinse well and remove “floaters”. Add three times more water than beans. Soak overnight. They will expand so make sure your container can accommodate this. In the morning rinse two to three times and they are ready to cook. Canned beans are the most convenient as they are “ready to use”. Just make sure you rinse beans well with cold water until it runs clear.

Have a Mexican Bean burrito night or add beans to your dinner salad. Try using beans in a sandwich wrap instead of meat.

Quinoa—I'm sure many of you have heard of it but not quite sure what to do with it! It is one of the only grains and seeds providing all nine essential amino acids that our body can't produce on its own.

Quinoa is a great protein source along with having the benefits of fiber, iron and magnesium. Preparation is similar to rice, add one cup of Quinoa to two cups water or broth. Bring to a boil and simmer for 15-20 minutes. Quinoa can be substituted for rice or pasta in dishes.

Other Tips

Don't forget **Fish!** Living in the great state of Maine, we have plenty of it.

How does a broccoli, pesto pizza sound? Or choose your favorite vegetables and make a delicious **vegetarian pizza** with store bought pizza dough at home.

Be adventurous this spring and start creating new meals to tempt your taste buds!

Holly Bresnahan is a Registered Dietician and Licensed Dietician/Nutrition with the Southern Maine Agency on Aging.

From the Director's Desk continued from page 1

Services at SMAA, was invited to testify before the committee in April to inform the Senators about SMAA's process for researching and constructing both the Stewart Center and the Sam L. Cohen Center as well as her own family's personal experience with Alzheimer's disease. Earlier this year, Sen. Collins toured the Stewart Center and was so impressed with the space and the programming that she expressed her wish that there be a Stewart Center in every county in Maine and in the country. What a great endorsement of our goal to provide the BEST adult day services for members and their families!

More Good News

SMAA was the recipient of the 2016 Quality Counts Patient Partnership Award, recognizing the good work being done by the Health Care Advisory Council (HCSC). The HCSC, a volunteer-led consumer engagement team, was created at SMAA to include the voices of consumers in the efforts of the health care community to more effectively serve patients. Under the leadership of John Holland, Council members have focused on shared decision making; drug pricing advocacy and education; and a call-in service for homebound elderly. Maine Quality Counts is a statewide, non-profit

Creamy Avocado and White Bean Wrap

2 tbsp. cider vinegar
1 tbsp. canola oil
Pinch of ground chipotle pepper
1/4 tsp salt
2 cups shredded red cabbage
1 medium carrot, shredded
1/4 cup chopped fresh cilantro
1 - 15 ounce can white beans, rinsed
1 ripe avocado
1/2 cup shredded cheddar cheese
2 tbsp. minced red onion
4 - 8-10 inch whole wheat wraps or tortillas

1. Whisk vinegar, oil, chipotle pepper, salt in medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash beans and avocado in another bowl with potato masher or fork. Stir in cheese and onion
3. To assemble wraps, spread about 1/2 cup of bean/avocado mixture onto a wrap (or tortilla) and top with 2/3 cup cabbage-carrot slaw. Roll-up. Repeat with remaining ingredients. (Keeping the filling inside a wrap can be a challenge sometimes, try wrapping the burrito in foil so you can pick it up and eat it)

Recipe: www.eatingwell.com

Cheesy Broccoli Quinoa

2 cups chopped broccoli
1 3/4 cup vegetable or chicken broth
1 cup quinoa
1 cup shredded cheddar cheese
Salt and pepper to taste

1. Put broccoli, broth and quinoa into a pan and bring to a boil. Cover and simmer for 15-20 minutes, until broth has been absorbed and quinoa is tender.
2. Stir in shredded cheese, remove from heat and let sit 2-3 minutes to melt.
3. Season with salt and pepper. Enjoy!

Recipe: www.allrecipes.com



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health improvement collaborative that brings together people who give care, get care and pay for care to improve health care quality throughout Maine.

Happy 30th Birthday Maine Senior Games!

Happy 30th birthday to the Maine Senior Games! It's been my pleasure to watch the Games grow and prosper since their founding in 1986. During that time, thousands of older adults have participated in athletic events ranging from the more traditional offerings such as horseshoes and basketball to the newest, and fastest growing sport in the country, pickleball—a game played with a paddle and a plastic ball on a badminton-sized court with a slightly modified tennis net. Under the direction of Jo Dill, this year the Maine Senior Games will offer athletes the opportunity to compete in 19 different events that will take place all over Maine, beginning with the 2016 opening ceremony on June 12th. Many of the athletes competing in the Games have been loyal and active members for many years—including three sisters, Betty Moberg, Dottie Valente and Carolyn Duest, who have participated nearly every year the Games have been held! I encourage you to come out and try either a new sport or one you've played before. It's a wonderful way to meet new friends, stay active and have a lot of fun.

Putting a Stop to Elder Abuse

June 15 is World Elder Abuse Awareness Day. Every year an estimated five million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported. It is one of the biggest issues facing older adults around the world. Katlyn Blackstone, SMAA's Chief Program Officer, was invited to participate 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 is an active member of the Community Coordinated Response team whose members are comprised of local law enforcement, prosecutors and victim service providers coming together regularly to discuss ways local organizations can work together to affect positive outcomes to identify and prevent elder abuse. There is NO excuse for elder abuse.

As we celebrate Older Americans Month, I encourage you to think about blazing a new trail in your life—volunteer, become an advocate for your community or adopt a healthier, active lifestyle by participating in the Maine Senior Games.



Laurence W. Gross
Executive Director

NOTICE OF PUBLIC HEARING

As mandated under the Older Americans Act, every four years the Maine DHHS, Office of Aging and Disability Services submits a State Plan on Aging to the Administration on Community Living (ACL). This plan covers the period of October 1, 2016 to September 30, 2020.

The purpose of the State Plan on Aging is to provide Maine's framework for activities related to programs/activities/services for older adults, document achievements, and planned activities related to the State's community-based services and provide assurances to ACL that the provisions of the Older Americans Act will be followed.

A copy of Maine's DRAFT 2016-2020 State Plan on Aging can be reviewed and printed from the Office of Aging and Disability Services website at: <http://www.maine.gov/dhhs/oads/trainings-resources/policy.html> or interested parties may request a paper copy of the draft by calling 207-287-9200.

Three public hearings have been scheduled for the following dates, times and locations:

Date 1: May 4, 2016, 1PM
Location 1: Department of Health and Human Services
Cornshop Lane
Farmington, ME

Date 2: May 9, 2016, 1PM
Location 2: Department of Health and Human Services
Graham St., Conf. Rm.
A&B, Biddeford, ME

Date 3: May 13, 2016, 1PM
Location 3: Department of Health and Human Services
396 Griffin Rd., Lg.
Conf. Rm., Bangor, ME

The Department requests that any interested party requiring special arrangements to attend the hearing contact the agency person listed below before Friday, April 29, 2016.

DEADLINE FOR COMMENTS:
Written comments must be received by mail, fax or email by 5PM Friday, May 13, 2016.

AGENCY CONTACT PERSON:
Nicole Rooney
AGENCY NAME:
Office of Aging and Disability Services
ADDRESS:
41 Anthony Ave
11 State House Station
Augusta, Maine 04333-0011
TELEPHONE:
207-287-9221
FAX: (207) 287-9229
EMAIL:
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Maine Roots

Addicted to the Printed Word

By Elaine Parker



My addiction to the printed word began with Dick and Jane, a primer used to teach reading for many years. Graduating to the Bobbsey Twins, my sister and I collected the whole set, every birthday and Christmas we asked for a book. Next came the "Five Little Peppers" and "How they Grew". Elsie Dinsmore was too perfect for my taste, nobody could be that saintly. Heidi transported me from the backwoods of Maine to the magnificent Swiss Alps. "Black Beauty" taught me about the worst in men, cruelty to animals and the best in mankind in its love and kindness to our fellow creatures.

Luckily our mother and father believed that reading anything, within reason of course, was better than not reading at all. Enter the comic books. We brought them with every spare dime we had: Archie and Jughead, Superman and Captain Marvel. When the Sunday paper came there was wrestling match for the funny papers, as we called them. Sprawled out on the living room floor we read Dick Tracy, Lil Abner and Snuffy Smith.

Discovering the books by Louisa May Alcott I entered the magical

world of Meg, Jo, Amy and Beth in "Little Women." It remains one of my favorite books to this day. I followed Jo as she married the professor and started a boy's school in "Little Men." "Under the Lilacs" was another favorite of mine by Miss Alcott. "Jane Eyre" and "Wuthering Heights" carried me to a world of misty, mysterious moors and dark and dreary manor houses. As a teenage girl I loved these tragic romances.

When I ran out of reading material, I raided my brother's bookcase and found out I liked adventure stories: "Swiss Family Robinson" "Treasure Island" and "Moby Dick." I learned of the Wild West from Zane Grey and fell in love with the rugged cowboys. From Jack London's books, I came to admire the frozen north and the lone wolf.

Dickens invaded my comfortable world and exposed me to a cruel world of poverty, greed and crime. I shed tears over "Oliver Twist" and "David Copperfield". From "Great Expectations" who could forget the picture of Miss Havisham still in her decaying wedding gown in the cobwebby, dusty room where the wedding cake stayed uneaten on the table-everything left exactly as it was for years after she was abandoned at the altar?

At our house it was best never to leave a book you were reading unguarded; it could be snatched and taken off by the book thief to his favorite reading hideaway. Some

books had two or three bookmarks in them at the same time, and that made it hard to find your own place.

In later years my dream came true and I ended up working in a library surrounded by the all books by the authors I loved. Paradise!

Elaine Parker can be reached by e-mail: auntiee6@maine.rr.com

Get Ready for Shorts Season

By Cindy Asbjornsen, DO, FACPh

Every summer, most people can't wait to put on their shorts, skirts or swimsuits for fun in the sun. But for those with vein issues, such as varicose veins or swelling in the legs, summer can be a tough time.

Most varicose veins worsen during the summer months because the heat dilates veins. In other words, warmer temperatures can expand the veins, make a "leaky vein" leak even more, and cause increased aches or tenderness.

In addition to physical pain or discomfort, people with vein problems go to great lengths to keep their legs covered, making it difficult to enjoy the summer months. Self-consciousness about veins can lead to unease in social situations and, ultimately, a diminished quality of life. For many of my patients with venous disease, showing their legs in public is an end goal, and it's heartbreaking to hear how their efforts to conceal their legs have affected their lives and certainly whether they enjoy their summer.

Treatments for venous insufficiency are the same as the rest of the year. Minimally-invasive treatments include: light-assisted sclerotherapy for small veins; ultrasound-guided therapy for larger veins; endovenous laser ablations (EVLA) for the largest veins.

After treatment, most patients who have undergone any type of sclerotherapy can go out in the sun almost immediately, although wearing sunblock for six months after any vein procedure is recommend-

ed, to decrease the potential of hyperpigmentation. It's usually fine to swim twenty-four hours after any vein treatment. Generally, there may be minimal bruising, but there are many self-tanners and cosmetics that can cover them up—short-term options that are generally preferred over a bulging varicose vein.

It's important to remember that compression stockings are prescribed after any vein procedure. The length of time one must wear the stockings varies quite a bit, depending upon the patient and the procedure. It could be as short as five days for light-assisted sclerotherapy, or as long as two weeks for endovenous laser ablations or ambulatory phlebectomies.

If someone with varicose veins, spider veins or ulcers is not ready to undergo a vein procedure immediately, summer is still a good time to think about vein health. Scheduling an evaluation with a certified phlebologist allows people to learn about their venous issues and review their options for treatment. It can take several months or more for the complete resolution of veins after treatment, so people can plan to show off their legs next summer by getting an evaluation now.

Here are some timely tips for relieving symptoms from varicose veins and other vein problems:

- Stay as cool as possible. Heat dilates veins and causes pain and other symptoms to worsen.
- Swim and walk. Both exercises pump the calf muscles and improve circulation.
- Stay hydrated. Drink plenty of water and other fluids.
- Elevate the legs when possible.
- Schedule an evaluation with a qualified phlebologist (vein specialist).

To learn more about how to identify, prevent and treat varicose veins and other venous disease, visit www.veinhealthcarecenter.com.

Dr. Cindy Asbjornsen is a certified phlebologist and founder of the Vein Healthcare Center in South Portland, Maine. Certified by the American Board of Venous and Lymphatic Medicine, she cares for all levels of venous disease, including spider veins, varicose veins and venous ulcers.

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Staying Almost Up To Date

By Don Kopp



It was a watershed moment: Would we keep up with the flood of new technology or become a quaint couple of advancing years stuck in the 1950s? Our decision, with apologies to Tennyson, was to *strive, to seek, to find, and not to yield*. Our strategy was to combine what little we each knew, with the hope that together we might equal the tech savvy of your average Joe or Jane in the generation immediately behind us. (Catching up with our grandkids, of course, was out of the question. That ship had long sailed.) Little did we suspect that our tech alliance so soon would be put to the test.

At 6:00 on weekday evenings, we turn on the TV for the news. But one evening, at five minutes into our news program, the screen went blank. This was not the case with the no-idea-how-many-other cable channels we apparently can access but never do. To be clear, the blank screen occurred *only* on our favored news channel and *only* at the precise time that we wanted to watch it. The next day, when the cable man arrived, it was not yet six, so our reception was fine. Finding no problem with the TV, he climbed the telephone pole outside of our house, tapped into our cable, and waited. We were to call him when our screen went blank. It will come as no surprise that on this particular evening our reception was fine throughout the news hour. The next evening, however, at 6:05 the screen again went blank. Our guy rejoined us, and again the channel worked perfectly.

But not the next day. And it being Sunday, we welcomed a new technician. According to him, his being a supervisor meant that he was more knowledgeable than our weekday visitor. As if to demonstrate this, he announced that our problem most likely was “ingress,” the TV picking up radio signals. And he was right! Our TV was receiving *Hot 104.7 - Southern Maine’s Hit Music Channel*. Fascinating... but not the cause of our blank screen.

After closing the door behind a crestfallen supervisor, we reviewed our situation and agreed that it was desperate—time for some do-or-die tech-fiddling of our own. And in short order a message not previously seen materialized on our screen. It said, *Start Over*. We looked at each other, shrugged, and together said, “Why not? What have we got to lose?” Imagine our surprise when selecting *Start Over* took a program on a functioning channel and, well, started it over. This meant, for example, that if, while waiting for an episode of *Downton Abbey* to begin, one of us dozed off and awoke to find that *she* had missed the first fifteen minutes, she could select *Start*

Over, and *Downton Abbey* would restart from the beginning. Awesome! (Okay, you’re thinking, “Well duh.” But for us this was Big News.) And it was then that my wife, making me feel like a co-conspirator, said, “You don’t suppose that if we selected *Start Over* five minutes into our noncompliant news show that it would start over and run from the beginning, do you?” And the right answer to that question, as it was to another question 47 years previously, was “*I do!*”

So now each evening at five minutes after six, we turn on our black screen, nonchalantly select *Start Over*, and watch our entire news hour... until it ends at five minutes past seven. But you know what? Being just five minutes behind, technologically speaking, feels pretty good to us.

Don Kopp can be reached at donkopp@sacoriver.net

SPRING Into A Stress-Free Retirement

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

There’s nothing like saying “goodbye” to old man winter and “hello” to budding green leaves and fresh flowers. Spring is here! One way we welcome the season is by celebrating Stress Awareness Month.

Recognizing the sources of stress is the best way to understand how you can start eliminating factors in your life that put unnecessary strain on your body and mind. Did you know that stress, also called the “silent killer,” could cause heart disease and high blood pressure?

Social Security wants to make your retirement planning as stress-

free as possible, which is why we have a number of online tools available for you. You can create your own secure, personal *my Social Security* account from the comfort of your living room and avoid unpleasant traffic and a possible wait in one of our local offices. Once you have a *my Social Security* account, you can view your *Social Security Statement*, verify your earnings record, and find out what to expect in monthly benefits if you retire at ages 62, full retirement age, or 70. Once you begin receiving Social Security benefits, you can use my Social Security to check your benefit information, change your address and phone number, change your electronic payment method, and obtain an instant benefit verification letter and replacement SSA-1099/1042S. In some areas, you can even request a replacement Social Security card using your *my Social Security* account.

You can easily sign up for *my Social Security* at www.socialsecurity.gov/myaccount.

If you’re thinking about retiring at an age not shown on your *Statement*, reduce the stress of the unknown by using our *Retirement Es-*

imator. The *Retirement Estimator* allows you to calculate your potential future Social Security benefits by changing variables such as retirement dates and future earnings. You may discover that you’d rather wait another year or two before you retire to earn a higher benefit. Or, you might see that this is the season for you to kiss that work stress goodbye and retire right now. To get instant, personalized estimates of your future benefits, go to www.socialsecurity.gov/estimator.

When you decide it’s time to start receiving your retirement benefits, the application process is far less stressful now that you’re prepared. You can securely apply online without picking up the phone or leaving your house. Simply go to www.socialsecurity.gov/applyonline, and, in as little as 15 minutes, you can breeze through our online retirement application.

You can enjoy Social Security’s stress-free retirement planning tools any time of the year, giving you more time to enjoy these warmer months. Now is the time to *spring* into action and start planning for retirement.

Pizza for a cause!

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Vet to Vet and Senior News Reconnect Old Friends

Sometimes it's amazing how life's twists and turns can connect back to earlier times. That happened to Vet to Vet participant Harold Blake and his long-ago friend Amory Houghton, who reconnected last year just before Harold's death after not being in touch for more than 20 years.

It began with Harold's participation in SMAA's Vet to Vet program. Army veteran Owen O'Donnell enrolled as a Vet to Vet volunteer and began visiting Harold, a Navy veteran, in 2014 shortly after the Vet to Vet program began. The two made a strong connection, despite their service in different branches of the military. They often joked that they could do anything together except watch the Army-Navy game.

Owen quickly bonded to Harold, who had worked as a Maine Guide, an insurance executive, a pilot, and a boat captain and had met a myriad of fascinating people along the way, including Ted Williams, Sen. Margaret Chase Smith (who was his babysitter), and Andy Griffith. "It was fantastic," Owen said of his time with Harold. "We became friends."

Each year the veterans involved in the Vet to Vet program participate in an awards ceremony during which they receive certificates of appreciation from the state of Maine. [This year's event will be held at the Maine Military Museum in South Portland on May 21.] Because of ill health, Harold could not attend last year's event, but Owen submitted

his name and delivered his certificate to him. The Senior News carried an account of the event and published the names of all the veterans honored, including Harold.

Amory read the name of his longtime buddy, whom he had met in fifth grade. Both played in the

War. They met up again shortly after the war, but then went their separate ways and saw each other probably twice in 40 years, Amory said.

Determined to reconnect with Harold, Amory contacted SMAA. Owen passed the message on to Harold, who was "thrilled" about seeing his old friend "String Bean" again. Amory hadn't been called that since his days in the Navy, when at 6'4" and thin, he towered over his fellow service members. He chuckled when Harold referred to him that way.

The two friends talked for 15 minutes on the phone, then later reunited in person at Maine Medical Center, where Harold was a patient. Amory brought old photos and they shared good memories. "We had a great talk," said Amory. Not long afterward, Harold died.

Owen, who talked with Amory on the phone but never met him, said he was glad Harold could see his old friend before his death. "I was happy to know Harold and sorry he left us so soon," Owen said. Harold's family was so grateful for Owen's friendship that they included him and his wife in the family's celebration of Harold's life.

Vet to Vet, SMAA's program that links veteran volunteers with aging veterans and veterans with disabilities, is all about connections. The veteran volunteers and the veterans they visit make connections that can last for the rest of their life. Certainly, in the case of Owen and Harold, it did.



Harold Blake, left, and his Vet to Vet volunteer Owen O'Donnell in 2015. Photo courtesy of Owen O'Donnell

South Portland High School band, along with fellow classmate and musician notable Don Doane.

Amory and Harold enlisted in the Navy together in 1948. Amory said they had learned that the Navy was offering one-year enlistments, and they stayed up all night so they could be first in line the following morning. They were first—because they were probably the only ones there, Amory said, laughing at the memory. Both veterans were called back to service during the Korean

Thank You Sharon

On behalf of all the staff at SMAA, our volunteers, and the clients we serve, we'd like to wish Sharon Schulberger a wonderful and happy retirement. Sharon joined SMAA five years ago to oversee the CATCH Healthy Habits program and eventually help launch the Healthy Habits Program for Adults here at SMAA last year. For the past five years Sharon has brought a tremendous amount of enthusiasm and dedication to her work. Together with the volunteers she coordinated, Sharon helped encourage children and older adults alike to improve their health through attainable changes in nutrition and exercise.

Best of luck Sharon. You will be missed!

Words of Wisdom from Sharon

Take some small steps to improve your health. Each small change is like lighting a candle. The positive glow grows and increases our community's strength.

The Future of CATCH Healthy Habits

For nearly five years, Southern Maine Agency on Aging has partnered with the OASIS Institute of St. Louis and Anthem Blue Cross Blue Shield Foundation to address the epidemic of obesity in the United States. Through the intergenerational CATCH Healthy Habits and the new Healthy Habits for Adults, we have shared basic information and easy tips for a healthy lifestyle, including nutrition and physical activity.

Even though SMAA will no longer be offering CATCH Healthy Habits and Healthy Habits for Adults, we encourage you to continue learning and to continue practicing healthy habits each day. To get you started, you can find great resources online:

- CATCH Healthy Habits Guide for Adults - <http://www.oasisnet.org/National-Programs/CATCH-Healthy-Habits/Healthy-Living-Guides>
- GO4Life Materials - <http://go4life.nia.nih.gov>

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Too Much Sugar in Your Diet?

Look at What You're Drinking

Many of us consume an excess of sugar in our day and it might not come from the most obvious source. For many of us excess sugar comes not from the foods we eat, but what we're drinking. Many drinks have more sugar in them that we often realize. Soda is often the worst culprit, but keep an eye out for sugars in many coffees, teas, juices, and "energy" drinks.

According to the American Heart Association, adult women should try to consume less than 20 grams of added sugar per day. For men the goal is 36 grams or less. To put it in perspective your average 12oz. can of cola has a whopping 40g of sugar.

Ditching Salt? Improve Flavor with Herbs

Have you noticed how many snacks and crackers are promoting lower sodium? Many of these products are adding rosemary and other spices to punch up the flavor without all the extra salt. Try experimenting with different herbs and spices at home – you'd be surprised how good homemade herb and pepper popcorn can be versus a traditional (and unhealthy!) salt and butter version.

Vet to Vet Looking for Veterans who Want a Friend

If you have served in the military and need a friend, the Vet to Vet program at Southern Maine Agency on Aging may be the answer. Vet to Vet volunteers, who are veterans themselves, visit aging veterans and veterans with disabilities at least twice a month in the veterans' homes. Each volunteer is assigned to a veteran in York or Cumberland County, and the pair of veterans visit, go for rides, play cards, go out to lunch, and do a wide range of activities together—whatever suits the two of them.

If you or someone you know could use a friendly visit from another veteran, please contact Susan Gold at 207-396-6521 or email sgold@smaaa.org. Anyone who has served in the military, lives at home in York or Cumberland County, and is in need of a friend is eligible to apply.

Still Time to Sign up for Vet to Vet Training

The Vet to Vet program will hold a new training session for veteran volunteers on May 10, 12, and 17, from 5-8PM at the Maine Veterans' Home in Scarborough. Once trained, the volunteers will be assigned to an aging veteran or a veteran with disabilities who live in York and Cumberland counties. Volunteers visit their assigned veterans at least twice a month in the veteran's home.

Volunteers study such skills as effective listening and how to deal with difficult situations. They also learn about dementia, post-traumatic stress disorder, and other conditions that may affect the veterans they will be visiting in the Vet to Vet program. Other courses include in-

struction in how to seek benefits and services for their veterans from the VA as well as from Southern Maine Agency on Aging and other social service organizations.

To enroll for the training, please contact Susan Gold at 207-396-6521 or email sgold@smaaa.org. Anyone who has served in the military and wants to make a difference in the life of a veteran is eligible to apply.

Upcoming Vet to Vet Events

May 10, 12, and 17, 5-8PM, Maine Veterans' Home, Scarborough: Vet to Vet Training.

May 21, 10AM-12PM, Maine Military Museum, South Portland: Vet to Vet Awards Ceremony

May 25, 4:30-6PM, SMAA, Scarborough: Vet to Vet Case Review

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Heather, a Caregiver of the Month, drives away in the Comfort Keeper car!

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Keep the Music Playing A New Revitalization Program for Seniors



As we get older, memories continue to fade and we increasingly forget who we were. New programs, based on the *music-memory connection*, can help keep us young. In this article, Curtis Arnold, founder of Memory Lane Entertainment, gives us some background on the science.

Curtis, can you tell us what your programs are designed to accomplish?

Most people working with seniors today are familiar with what has been termed the music-memory connection. Neuroscience has discovered that only music has ability to awaken all areas of the brain and, by triggering long-forgotten memories, music can help restore identities. In controlled experiments that simulated going back in time, test subjects' brains literally tricked their bodies into believing they were younger and they scored higher across a range of cognitive tests.

Our program, **The Memory Lane Shows**, consists of 12 one-hour shows focusing on the years 1948-1959. Each show is designed to immerse the viewer in the culture of the year. The presentation includes funny, vintage TV clips and commercials, movie clips from the top grossing films, sports highlights, and most importantly, live performances of all the top songs from that particular year. Moreover, the shows are interactive and audience participation is encouraged. At most facilities we provide a new show each month. We also have Elvis and Sinatra shows for special occasions.

Currently we present the shows at nursing homes, assisted living facilities, and independent living retirement communities. The shows are highly entertaining to all audiences, but for those with dementia, they are a critical therapy. An immediate follow-up by staff helps hone in on freshly triggered memories through group or individual interaction. This results in closer bonding among residents and between the staff and residents.

What happens between shows?

Between shows, the memories are kept alive through our **Memory Lane Personalized Music Program**. In this program, which is now at Beta sites, the residents have access to MP3 players, which are pre-programmed with all the top songs of their era, so they can continue to enjoy the music and keep the memories alive.

How can someone learn more?

Readers can visit our website at www.TheMemoryLaneShows.com. I welcome calls from anyone who might be interested in becoming involved or would like to learn more about how our programs can benefit their senior community. I can be reached at 1-888-507-0005.

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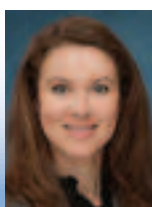
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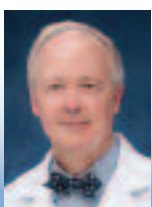
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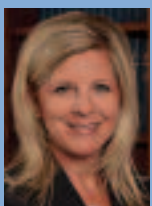
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