



Senior News

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MAY-JUNE 2017



From the Director's Desk

Happy Older Americans Month!

Getting older doesn't mean what it used to. For many aging adults, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.



Since 1963, Older Americans Month has been a time to celebrate older Americans, their stories, and their contributions.

Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

The athletes who compete in the Maine Senior Games are perfect examples of older adults who are "aging out loud". With more than 600 athletes participating in 19 different sports, they all bring a fierce determination to compete at the highest level of their ability. Jo Dill, the Senior Games manager, is a prime example of one who lives boldly and is truly an inspiration to all who meet her. Jo is a retired teacher, in her mid-seventies, who not only manages the Maine Senior Games but also plays on a highly competitive women's basketball team. She is a wonderful example of how to age well and is someone I personally admire for her energy, her perspective on life and her wonderful sense of humor and grace.

SMAA works with many older adults in our community who are redefining aging—through work or volunteering, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts.

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HEALTHY AGING: Mind and Body

Increasingly, research is showing us that there are things we can do to improve our personal aging journeys. We are hosting two resource fairs to connect you with information on Healthy Aging.

Tuesday, May 23: 4-6PM at the Sam L. Cohen Center, 30 Barra Road, Biddeford
Wednesday, May 31: 10AM-2PM at the Stewart Center, 74 Lunt Road in Falmouth

At each resource fair you'll hear from experts on fitness, nutrition, and brain health. You'll leave with a better understanding of how to make the most of the years to come and you'll also find resources to help manage health concerns common to aging! And, there's no charge to attend.

For more information on speakers and times, check our website:

www.smaaa.org

No access to the internet?
Call our office:

207-396-6533

EXTRA! EXTRA! Big Changes for Senior News!!!

We're making some changes to Senior News. Beginning with our July/August issue, you'll have a range of choices for receiving Senior News:

- We will be emailing Senior News for free to anyone wishing to receive an electronic edition of Senior News. (We never sell our mailing lists!)
- For those who prefer the paper edition, we are offering a value subscription at \$20 for one year.
- The print edition of Senior News will also be available for free at over 150 locations around southern Maine.
- And as always, all of our issues are archived on our web site, easily accessible for everyone with computer access.

www.smaaa.org

Why are we Making These Changes?

More and more readers are getting their news on their tablets and smart phones.

Mailing Senior News is expensive. As a nonprofit, we are always looking for ways to work more efficiently to free up money to direct to our valuable programs and services like Meals on Wheels. Funding for our programs comes from many sources and is never guaranteed from year to year.

We receive federal and state funding but we have not had an increase since 2005 and yet, Maine is the oldest state by median age so the pie is sliced into smaller pieces.

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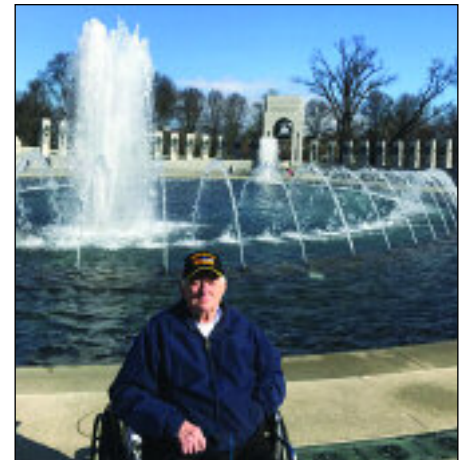


Whether it is you or a loved one, growing older is an experience we all share - and it doesn't mean giving up a healthy, active lifestyle. At Maine Medical Center's Geriatric Center we understand the importance of maintaining your well-being as you grow older and are dedicated to providing family-centered treatments that improve the quality of life for you and your loved ones.

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Sam L. Cohen Center Member Takes the Honor Flight

Lowell, a member of the Sam L. Cohen Center and Korean War Veteran had the incredible opportunity to take part in Honor Flight Maine's recent flight to Washington D.C.!

Honor Flight Maine is a non-profit organization with a sole mission to honor American Veterans and their services. Veterans are flown through the efforts of the Honor Flight organization to Washington, D.C. to reflect and tour the national memorials.

Lowell took the trip during the last weekend in March with his daughter Sandy. Many of the Sam L. Cohen staff members welcomed Lowell home from his flight, greeting him at the Portland Jetport with signs after his trip!

Sandy and Lowell came to the Sam L. Cohen Center to show the members and staff a slide show of their experience.

We have many Veterans at the Sam L. Cohen Center, and it was so wonderful to see one of our heroes be honored!



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Community Leaders Support Meals on Wheels

March for Meals is an initiative by Meals on Wheels America and is a month-long celebration of Meals on Wheels designed to rally communities nationwide around the vulnerable seniors who rely on its vital safety net to remain healthier and independent in their own homes. Each year SMAA invites community leaders to visit their local Meals on Wheels site to meet the staff and volunteers who deliver meals every week. They provide a vital lifeline and connection to the community which are sometimes all it takes to keep our senior neighbors at home, where they want to be. Community leaders are also encouraged to participate in delivery routes to meet some of the individuals whose lives are improved thanks to Meals on Wheels.

We want to express an incredible amount of thanks and appreciation for each and every community leader who participated in Community Leader's Day this year:

Melissa Albert Elliot, Kittery Administrative Assistant

Scott Alessi, Kittery Harbor Master

Kendra Amaral, Kittery Town Manager

Kenneth Blow, Old Orchard Beach Town Councilman

Alan Casavant, Biddeford Mayor

Rachel Cool, Kittery Secretary to the Town Manager

Lucas Lanigan, Sanford City Councilman

Ronald Michaud, Saco Mayor

Tim Neill, Waterboro Selectman

Martine Paineaud, Kittery Code Enforcement Officer

Belinda Ray, Portland City Council

Jennifer Roux, Action Town Clerk/Tax Collector/Town Administrator

Michael Sauschuck, Portland Police Chief

Karen Winton, Kennebunk General Assistance Administrator

Become a GEM!

We are so grateful to have many loyal donors. Some of our supporters are GEMs— or Giving Every Month. They opt to spread their annual donation out over 12 months 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!

Older Americans Month 2017: AGE OUT LOUD

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel—at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as inspiration to people of all ages.

Together we should use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Join us and ACL as we speak up for #OAM17 and #AgeOutLoud!



OLDER AMERICANS MONTH
AGE OUT LOUD: MAY 2017

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www.smaa.org/events.html



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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.smaa.org or by calling 207-396-6500 or 1-800-427-7411.

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

Senior News

is a publication of



136 U.S. Route One,
Scarborough, ME 04074-9055
Telephone: 207-396-6500
Toll-free: 1-800-427-7411
e-mail: info@smaa.org
Web site: www.smaa.org
Editor: Kate Putnam
kputnam@smaa.org or
207-396-6590

Advertising: Janet Bowne
jbowne@smaa.org or
207-396-6533

Article Submission: Jessica LeBlanc
jleblanc@smaa.org
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"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@smaa.org.

Circulation: 9,000 issues are distributed in public places from Kittery to Bridgeton and Brunswick. Another 1,000 are distributed through Agency on Aging events and locations. Total: 10,000

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

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

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From the Director's Desk continued from page 1

Changes to Senior News

There are some notable changes coming to the Senior News beginning with the July/August edition. For the past several years, SMAA has been mailing up to 20,000 copies of the paper to individual homes. We can no longer justify the cost of postage and printing in light of upcoming federal budget challenges. Luckily, many of our readers are now able to receive and read the paper digitally. We will be emailing copies of the Senior News to our readership who wish to receive the paper in that manner and will also have it available to read on our website. Additionally, we will still be distributing more than 10,000 Senior News to more than 150 locations in southern Maine so our loyal readers will be able to pick up a copy at stores, physician's offices, restaurants and other businesses. We will offer the opportunity to purchase an annual subscription to anyone who would still prefer to receive the paper in the mail. We truly appreciate the loyal readership the Senior News enjoys and believe the changes will allow the paper to remain a sustainable information resource to all.

Putting an End 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. It is one of the biggest issues facing older adults around the world. Katlyn Blackstone, SMAA's Chief Program Officer and Liz Weaver, manager of our Alzheimer's Disease Initiative grant will be representing SMAA at the Elder Abuse Summit in Augusta on May 4. The Summit, organized by the Elder Abuse Institute of Maine will bring together members of social service agencies, law enforcement, prosecutors and others to discuss ways of working together to affect positive outcomes to identify and prevent elder abuse. There is NO EXCUSE for elder abuse.

Challenging Times

As most of you are aware, President Trump is proposing a budget that will severely affect many of the vital programs and services SMAA provides to older adults in southern Maine if enacted as proposed. Programs proposed to be eliminated entirely include the Retired and Senior Volunteer Program (RSVP), the State Health Insurance Assistance Program (SHIP) and Community Development Block Grants (CDBG). RSVP funds the recruitment and placement of more than 600 local volunteers who provide support for Meals on Wheels, Vet to Vet, Money Minders and many more of the programs that help our clients remain in their homes. Eliminating the SHIP funding will mean hundreds of people 65 and older will no longer be able to turn to SMAA for unbiased

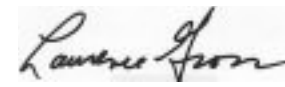
information and counseling about Medicare and other insurance options. SMAA receives \$25,000 in CDBG funds from the cities of Biddeford and South Portland to help support Meals on Wheels—funds that provide 3,000 meals to mostly low-income, homebound seniors whose health and well-being depend on the meals.

We are also anticipating up to an 18% reduction in the Department of Human Services funding that may greatly affect SMAA's ability to meet the critical needs of thousands of people in Cumberland and York counties. These cuts, at this level, will result in waiting lists for people needing help, information and meals at the very least, and the potential closing of additional programs and services that serve the most frail and vulnerable population.

Here are three ways that you can help: 1. Write or call your U.S. Senators and Representatives and urge them to work together to fund a budget that doesn't come at the expense of older adults who need our help; 2. Look into volunteer opportunities at SMAA and in your community and help support the work we are doing; and 3. Donate if you can. SMAA has weathered many financial storms over the years—from sequestration to past cuts to federal and state funding sources. We have made it through these challenging times because of the generosity of donors and friends like you. We need your support now so that SMAA can con-

tinue to serve the growing number of older adults who depend on SMAA to live independently and safely in their homes.

Thank you for "Aging out Loud" as advocates for seniors.



Laurence W. Gross
Chief Executive Officer

Do you Have Friends or Family Experiencing Memory Loss?

Help us spread the word! If someone you know has a diagnosis of memory loss or dementia, no matter the cause, encourage them to find support. Our adult day centers in Falmouth and Biddeford offer engaging and innovative programming for people with memory loss. Open from 8-5, our centers offer caregivers respite. Our members enjoy new friends, new experiences like art and music programs and interesting activities resulting in a full day full of laughter and fun. Our Family Caregiver Classes can also help caregivers understand the road ahead. Check out our website at www.smaaa.org or call 207-396-6533.

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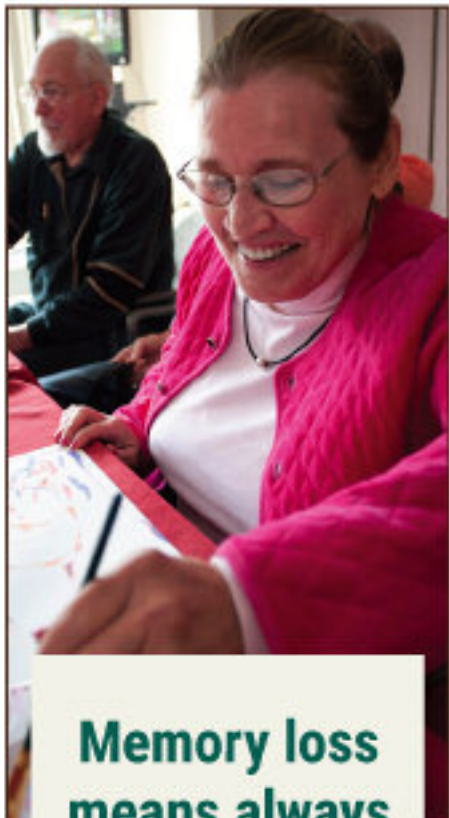
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MEDICARE

Protecting Yourself from a New Medicare Card Scam



The Senior Medicare Patrol (SMP) is alerting beneficiaries, their family members and caretakers of a new Medicare fraud scam. SMP is receiving calls from concerned stakeholders that scam artists posing as Medicare or other agency employees are calling people telling them that new cards are being issued and that in order to continue receiving benefits, the agency must “verify” or “update” identifying information. This includes their Medicare number and birth date and in some cases even financial accounts. Don't be fooled. This is a scam to steal personal information, money and possibly one's identity.

In an effort to help protect health care and financial information as well as federal health care benefit and service payments, the Centers for Medicare and Medicaid (CMS) is implementing the Social Security Removal Initiative. CMS will be issuing a new Medicare Beneficiary Identifier (MBI) to replace the Social Security Number-based Health Insurance Claim Number (HICN) on new Medicare cards.

Here is some information you need to know:

- Beginning in April 2018, CMS will start mailing the new Medicare cards with the MBI to all people with Medicare. Medicare will not phone you asking you for personal information. This includes your Medicare number. Nor does Medicare email or visit your home unannounced to “verify” or “update” information it already has.
- If you get a suspicious phone call, simply say, “I don't give out personal information over the phone,” and hang up.

- Report your experience at 800-750-5353 or visit the website at www.stopmedicarefraud.org
Please feel free to share this alert with others and help prevent them from becoming a victim.

Equitable Relief for Beneficiaries Dually Enrolled in Medicare and Marketplace

For a limited time, CMS is offering assistance to Medicare beneficiaries currently enrolled in Medicare Part A and the Marketplace for individuals or families. This assistance provides eligible individuals with an opportunity to enroll in Medicare Part B without penalty. Further, CMS is offering assistance to eligible individuals who were dually enrolled in Medicare Part A and the Marketplace for individuals and families and subsequently enrolled in Medicare Part B with a penalty. This assistance provides these individuals an opportunity to request a reduction in their Medicare Part B late enrollment penalty. In many instances, the penalty will be eliminated rather than reduced.

This equitable relief will be considered on a case-by-case basis for current or previously dually-enrolled beneficiaries. Individuals who believe they are eligible for this relief should contact Social Security at 1-800-772-1213 (TTY users should call 1-800-325-0778) no later than September 30, 2017.

A MEDICARE NUGGET

From Stan Cohen
607 - April 2017

One of the ideas that Congress has been considering in its effort to control the costs of Medicare, is to raise the age of eligibility.

The National Committee to Preserve Social Security and Medicare Foundation and the Actuarial Research Corporation (ARC) recently released a new study on the impact of raising the eligibility age for Medicare from 65 to 67.

According to ARC projections, if Medicare eligibility is raised to age 67 and the Affordable Care Act (ACA) remains in effect, by 2019 the percent uninsured among those aged 65 and 66 will increase more than nine-fold, from less than 2% to 18.7% (1.9 million people). If the ACA is repealed, and that fight is evidently not over, the uninsured rate would then increase to 37%. That is more than one-third of those 65 and 66, affecting 3.8 million seniors.

According to the report, raising the Medicare eligibility age would likely result in people ages 65 and 66 forgoing needed care. As a result, those who forgo care could experience worsening health outcomes and create higher expenses for the Medicare program when they are finally eligible. It is fair to conclude that raising the Medicare eligibility age would have a profound impact on the health and financial stability of near retirees. It would, in all likelihood, cost taxpayers more in the long term.

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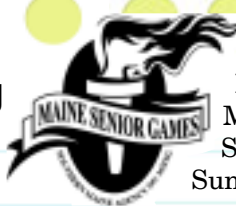
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From Jo Dill's Notebook

First Time for Everything

Marilyn Rundlett was not an athlete, maybe played a little tennis but nothing serious and never on a team of any kind... until now. At the age of 68 she is on her way to her first ever National Senior Games. "I am so excited to be going" says Marilyn, "I feel like I am part of a group". She has followed her husband, Derry for years as he competed at all levels in track as a sprinter. He convinced her she should try track and field and last July came to the Maine Senior Games track event where she qualified for Nationals! A few months ago, Marilyn started working out at Basics as she says with a smile, "I DO NOT want to come in last." Finally, it is her turn. She will be competing in track in the 50M and 100M and Derry is her coach. Together, as husband and wife, they will train and will be competing.



Pickleball: August 13, Mixed/ Singles, A-Copi Sports Center, Augusta, Sunday

Cornhole: August 16, (rain 17th) Sanford/ Springvale YMCA, 4PM, Wednesday

Archery: August 20 (rain 27th) Lakeside Archery, 9AM, Sunday

Triathlon: Pumpkinman Tri, September 9, 8AM, South Berwick

Tennis: September 9, Women's Singles/Men's Dbls/Mixed Dbls, A-Copi Sports Center, Saturday

Tennis: September 10, Men's Singles, Women's Dbls, A-Copi Sports Center, Augusta, Sunday

Racquetball: September 16, Racket & Fitness, Portland, Saturday

Cycling: September 17, 9AM, Kennebunkport Bicycle Company, Sunday

Bowling Candlepin: Singles/Doubles: September 21, Big 20, Scarborough, 10AM/1PM, Thursday

Basketball (Men's): September 23, Cape Elizabeth HS, Cape Elizabeth, 10AM, Saturday

Hot Shot/Foul Shoot: September 23, Cape Elizabeth HS, Cape Elizabeth, 8:30AM Saturday

Basketball (Women's): September 24, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday

Swimming: September 30, Waterville YMCA, 10AM, Saturday

Darts: October 1, The Gold Room, Portland 10AM, Sunday

Table Tennis: October 14, Lewiston Armory, Lewiston, Saturday

Bowling 10 Pin: October 15, Singles/Doubles, Sparetime Bowling, Augusta, 10AM, Sunday

Triathlon

After searching for two years for a Triathlon that MSG can join, I have finally found one. The Pumpkinman Triathlon Festival is held in South Berwick. The dates are September 9 and 10 and our event that we will join is held on September 9 at 8AM. The meet director is also offering a 10% discount for senior athletes. When registering, use the code senior17. This is a great year to try it as it is a non-qualifying year. Go to www.pumpkinmantriathlon.com for more information about the routes and to register. You will not need to register for MSG as we will get all the info from the Tri results.



Volunteers

Maine Senior Games is always looking for volunteers. We need volunteers at events to help with check-in, on-site registration, snacks, possibly keeping score, time or helping assist at an event. The hours vary depending on the event. Some last a few hours where as others can last all day. Call Jo Dill at 396-6519 or email: jdill@smaa.org

2017 Schedule

Celebration of Athletes/Opening Ceremonies: May 19, Fireside Inn, 4:30PM, Friday

Bags/T-Shirts: June 19, SMAA, Monday

Golf: June 26, 8:30AM, Willowdale, Monday

5K Road Race: July 16, 8:30AM, Scarborough, Sunday

10K Road Race: August 6, 8:30am, Scarborough, Sunday

Horseshoes: July 19, (rain 20th) 3PM, TBD, Wednesday

Track & Field: July 29, Scarborough HS, 10AM, Saturday

Pickleball: August 12, Men's/Women's Doubles, A-Copi Sports Center, Augusta, Saturday

Don't Forget: Celebration of Athletes/Opening Ceremonies are being held Friday, May 19, 4:30pm at Fireside Inn

 ADULT DAY CENTERS

OPEN HOUSE

Saturday, May 20, 10:00am - 12:00pm
Thursday, June 22, 4:00pm - 6:00pm
Thursday, July 20, 4:00pm - 6:00pm

An informative, free event for people who care for parents and spouses with memory loss.

In Partnership with Caregivers

Memory loss is not only a challenge for your parent or spouse, but also for you - the caregiver. We know through research that social interaction, physical activity, and good nutrition are keys to a good quality of life. Our members have days full of laughter and activity.



Join us for an informative morning with other caregivers at one of our two Adult Day Centers and learn about our unique and affordable program. Find out how your loved one can become a member right away.

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- Hear Caregiver Testimonials
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Or call 1.800.427.7411



Stewart Center
74 Lunt Road, Falmouth

Sam L. Cohen Center
30 Barra Road, Biddeford

The Southern Maine Agency on Aging's Adult Day Centers are state-licensed, Adult Day Health Providers for VA, MaineCare, and Office of Aging and Disability Services.

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.

Training for Families of People with Intellectual Disabilities and Dementia

Family caregivers can be challenged when a family member with intellectual disabilities starts losing function. People with Down syndrome are especially at risk for developing Alzheimer's disease, often at a younger age than the general population. With funding from SMAA's Alzheimer's Disease Initiative (ADI) grant, the Family Caregiver Program has developed training based on materials from the National Task Group for

Intellectual Disabilities and Dementia (NTG) and tailored in response to input from local caregivers. This class will help caregivers understand the impact of losses, changes in the person's abilities, and strategies that may help as the person needs more support. The pilot training is two, two-hour sessions, May 9 and 16 (5:15-7:15PM at SMAA) and pre-registration is required (396-6541).

Managing Problems in the Last Chapter of Your Life

A March 9, 2017 article in *Kaiser Health News* by Judith Graham caught our attention.

CHICAGO — At least once a day, Dr. Lee Ann Lindquist gets an urgent phone call.

"Mom fell and is in the hospital," a concerned middle-aged son might report.

"Dad got lost with the car, and we need to stop him from driving," a distraught middle-aged daughter may explain.

"We don't know what to do."

Lindquist, chief of geriatrics at Northwestern University's Feinberg School of Medicine, wondered if people could become better prepared for such emergencies, and so she designed a research project to find out.

"Many people plan for retirement," the physician explained. "They complete a will, assign powers of attorney, pick out a funeral home, and they think they're done."

What doesn't get addressed is how older adults will continue living at home if health-related concerns compromise their independence.

"Some people don't want to think about the last 10 or 15 years of their life, and how they're going to manage."

This isn't end-of-life planning; it's planning for the period before

the end, when health problems become more common.

Lindquist and her team wanted to know which events might make it difficult for people to remain at home. Seniors named five: being hospitalized, falling, developing dementia, having a spouse fall ill or die, and not being able to keep up their homes.

Yet most participants hadn't planned for these kinds of events. Investigators asked why.

Among the reasons seniors offered: I don't know what to do, I'm uncomfortable asking for help, I'm not at immediate risk of something bad happening, my children will take care of whatever I need, and I'm worried I won't have enough money.

Developing the website came next. Lindquist and her team decided to focus on three issues the focus groups had raised—hospitalizations, falling and developing dementia—and to include sections on communicating with family members and managing finances.

The result, a website hosted by Northwestern University's Feinberg School of Medicine, helps users plan for the last stage of life. An individual going through the material is asked to consider a series of questions after examining explanatory

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information and watching short videos of seniors illustrating the issues being discussed. For instance, which rehabilitation facility would you like to go to if you need intensive therapy after a hospitalization?

Who will take care of your pets, mow your lawn or shovel the snow from your sidewalk while you're away? Who can collect your mail, check on bills to be paid and get medications for you when you return home?

If you begin having memory problems, who can help you manage your bills and finances? Are you willing to wear a medical alert bracelet if you start getting lost? Would you be willing to have a friend or relative check on your driving or have a formal driving evaluation?

If you require more assistance, are you open to having someone come in to help at home? Would you prefer to live with somebody — if so, whom? Would you be willing to move into a senior community?

The goal is to jump-start conversations about these issues, Lindquist said, just as seniors are encouraged to have conversations about end-of-life preferences.

With permission from the Fienberg School of Medicine SMAA has included the link to *Plan Your Lifespan* in the Family Caregiver Resources section of our website: www.smaaa.org

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 people with dementia

- Second Monday of month, 3-4:30PM or 6-7PM. Contact Barbara Alberda at 713-3723

Bridgton – Community Center: For caregivers of an older adult or person with dementia. On-site respite (call 647-2826 to reserve – please note new number)

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

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



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Agewell Workshops Schedule

A Matter of Balance

May 10 – June 28
Wednesdays, 10AM-12PM
Focal Point PT, Scarborough

May 23 – July 18
Tuesdays, 12:30-2:30pm
Holy Martyrs Church, Falmouth

Living Well for Better Health

June 5 – July 10
Mondays, 1:30-4PM
75 State Street, Portland

If you've taken a Living Well class and want to join Nicole in let-

ting others know how beneficial it was, please contact her at 396-6513 or npetit@smaaa.org

Pre-registration is required for all Agewell workshops. Call today! 1-800-427-7411

Upcoming Agewell Trainings

A Matter of Balance Coach

Help us expand this class throughout York County! Did you know that falls are the leading cause of injury for people 65 and older? You should also know that MOST FALLS ARE PREVENTABLE! Give back to your community by helping older adults stay active, independent, and prevent falls.

Please contact Anna Guest at 396-6529 or aguest@smaaa.org

Living Well for Better Health (chronic disease self-management) Leader

Help us bring this program to York County! Looking for a gratifying and interesting way to embrace summer this year? Consider learning new skills to help others learn valuable skills to not only keep up with the challenges of living with an ongoing medical condition, but to thrive. We have gotten great feedback from both workshop participants and leaders about the program. Please contact Nicole Petit to learn more: 396-6513 or npetit@smaaa.org

I wanted to mention that I have completed teaching three Living Well for Better Health workshops and have conducted one training, where nine volunteers attended and successfully completed the training. Most of them are scheduled to teach their first Living Well workshop in the next couple of months.

As someone with a chronic illness, it has been very rewarding for me to teach others who either have a chronic condition themselves, or who care for someone who does. I often feel that many of my friends and family don't understand what I deal with on a daily basis having a chronic illness. It's not that they don't love me, don't want to understand, or don't care, it's simply that they don't relate to what I'm dealing with, not having an illness themselves. One of the greatest joys of teaching this workshop, is connecting with others who are dealing with some form of a chronic condition, too. We are able to laugh, cry or talk about things in a safe setting, where no one is being judged or dismissed. No problem is too big, or too small.

In teaching this workshop, I have learned many valuable lessons, both about myself and others. I have learned that their challenge, are strong. They persevere and they try. I haven't met a single person who has even flirted with the idea of quitting anything due to their chronic condition. This gives me strength and it motivates me to take even better care of myself. I thank all of you who are both taking and teaching the Living Well for Better Health workshops. I welcome all of you to learn more about the workshops and see if they might be as rewarding to you as they have been for me.

**Nicole Petit,
Agewell Program
Coordinator**

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**Oriana's Eyes
Coming to Portland**

Smoke and Bubbles Productions is proud to present "Oriana's Eyes" an original play by Sandro Sechi and Jennifer Slack-Eaton. It is a story based on the book written by Sandro Sechi about his time working as the assistant to Oriana Fallaci at the end of her life.

Oriana Fallaci was a world famous writer, journalist and political interviewer - "the Barbara Walters of Italy". Diagnosed with cancer in the 1990's Fallaci moved to New York City where she lived until just

before her death in 2006. Sandro Sechi was hired as her personal assistant in late December 2004.

As the play unfolds Fallaci's cancer is spreading to her eyes causing her to lose her vision. Sandro becomes her eyes, getting her to doctor appointments, cooking with her and helping her to write again. Eventually Sandro is forced to choose between his own dying mother and his dying boss.

The play focuses on many issues, but a major aspect is aging. Oriana questions the meaning of her life as she is close to the end of it. The subject is raised about how we as a society treat our older citizens. Even someone as famous as Fallaci spent her last days frightened and alone. Smoke and Bubbles feels strongly that the aging population is a forgotten one and they are reaching out to the community to raise awareness of the issue. A portion of the proceeds from this production will be donated to the Southern Maine Agency on Aging.

Oriana's Eyes will be performed at the St. Lawrence Church on Munjoy Hill on the following dates:

June 1, 2, 3 at 7:30PM
 June 4 at 2PM
 June 8, 9, 10 at 7:30PM
 June 11 at 2PM

Please visit the website for ticket pricing at: orianaseyes.com or check out our Facebook page at "Oriana's Eyes" the play. There are VIP seats available at each show. "Oriana's Eyes" is recommended for mature audiences.



Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) provides low income individuals who are aged 60 and older with 30 pounds of commodity food items. Participants need to be able to pick up the CSFP food monthly or designate a proxy to do so.

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HEALTHY EATING WITH HOLLY: Change Is In the Air?

By Holly Bresnahan RD, LDN

Spring is here with summer just around the corner! Time to brush off some old eating habits and make some healthy changes. You've always heard that eating your fruits and vegetables is good for you but did you know that is one of the simplest things you can do to transform your health. Fruit and vegetable intake of at least 5

servings per day can:

- Decrease blood pressure
- Decrease cardiovascular disease
- Lower rates of cancer
- Improve immune response
- Can help you achieve a leaner body which lowers rates of diabetes and obesity

After learning all that, how can you not strive for more? The goal is at least five servings of fruits/vegetables per day. A serving is equal to 1/2 cup or about the amount you can hold in the cup of your hand. Be sure to eat fruits and vegetables in place of less nutritious foods, not in addition to them.

Aim for a variety of colors:

Fruits and vegetables have different nutrients. By choosing colors from red, orange, yellow, dark green and purple you will benefit from much more. Dark berries such as blackberries, blueberries and cherries are high in anthocyanins that may boost memory function. Bright orange vegetables such as carrots and sweet potatoes or fruits such as mango and cantaloupe are great sources of Vitamin A which help with eyesight, night vision and support the immune system.

Display your produce: If it is out on the counter or displayed in a bowl, you are more likely to grab for a snack or prepare for a meal. In the fridge, keep the produce at eye level or in the front. Hidden in the drawers or towards the back is a good way to forget about it!

Try new fruits and vegetables: Challenge yourself to pick a new fruit or vegetable at the next grocery store trip and learn how to prepare or eat it! Ever tried kale? There are so many varieties and different ways to eat. From kale chips

to sauté with garlic and low sodium soy sauce, experiment and find which way you like it. Try vegetables in your omelet such as spinach or tomatoes and using different varieties of mushrooms.

Fresh is best for fruits and vegetables to get the most flavor and ideal texture. If you buy frozen, canned or dried just keep in mind there may be additional ingredients added. Choose items that say "no added sugar", "no added salt", "unsweetened" or "low sodium". Read the ingredient list too. Avoid foods with added corn syrup, fructose or artificial sweeteners such as sucralose or aspartame on the label.

Get those creative juices flowing and wander through the Farmers Market to get ideas. Many towns host them, check your local papers. Farmers are a wealth of information on how to prepare their foods, don't be afraid to ask.

So get out there and enjoy the season! (And warmer weather too.)

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Estate Planning: Getting Started and Staying Organized

Often the hardest part of doing a will is getting started. Before speaking with any legal professional, collecting the information to begin the discussion is the first step. SMAA is offering a free organizer to help you and your family tackle the important process of creating an estate plan. Some people think that because they aren't wealthy, they don't need a will. Everyone needs to make an estate plan.

With this organizer, you'll be able to collect the pieces you need to start the process of making your final plans. And it'll be a helpful tool for your family or designated representative to turn to at a difficult time. Taking the step of planning is a gift to your family and to you ensuring that your wishes are fulfilled.

Having a will speeds up the probate process. Dying without a will (also called intestate) means the court will decide how to divide your estate without your input. The court process is extremely slow and laborious. Having a will can help ensure you minimize estate taxes. And having a will al-

lows you to direct your property to the people and charities you want to support after you're gone.

Some worry about locking in such big decisions but wills can be changed and updated during your life as your circumstances change. The end of tax season is the perfect time to get started as many of us have just reviewed our financial situation. Much of the information you'll need to complete this organizer is already at hand! If you haven't made a will, get started today!

If you'd like to receive a free copy of this guide, please call Janet Bowne, 207-396-6533 or email jbowne@smaaa.org.

Southern Maine AGENCY ON AGING
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Estate Planning:
 Getting Started & Staying Organized

Often the hardest part of doing a will is getting started. Before speaking with any legal professional, collecting the information to bring the discussion to the first step. With this organizer, you'll be able to collect the pieces you need to start planning for your estate. As it'll be a helpful tool for your loved ones or designated representative to turn to at a difficult time. Taking the step of planning is a gift to your family and to you ensuring that your wishes are fulfilled.

Once completed, be sure to keep this document in a safe place. It will be a compilation of your personal data as you'll need to refer back to it. Also, be sure to put your name on it and the date you've completed it. It's a good idea to stay organized by reviewing this document yearly, perhaps during tax preparation, to make updates.

Personal Information
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			<input type="checkbox"/> Me <input type="checkbox"/> Spouse <input type="checkbox"/> Joint
			<input type="checkbox"/> Me <input type="checkbox"/> Spouse <input type="checkbox"/> Joint
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VOLUNTEER SERVICES & RSVP

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Thank you Volunteers

We have just passed April, which is Volunteer month, and entered May, which is Older Americans Month. Here at Southern Maine Agency on Aging we rely heavily on the help of volunteers to accomplish so much of what we do. Without our many (over 700) volunteers, many of our programs would wither away. But just why should anyone want to volunteer? We think we know what it does for those who receive the help of a volunteer but what is in it for the person who volunteers?

In 1963, President John F. Kennedy proposed the development of a National Service Corps to provide service opportunities for youth and older persons. At the time, just one in ten individuals was engaged in volunteer service (Freedman, 1999). Growing pressure to address poverty in the elderly population, however, and the realization that involvement of low-income elders in stipended service could help overcome opposition to "another government handout" led to the creation of the Foster Grandparents Program in 1965. Today the program involves seniors of all income levels who provide mentoring, tutoring, and emotional support to at-risk youth.

Two other federal programs fostering volunteerism in older adults also trace their lineage to the 1960s: the Senior Companion Program, which gives financial support to low-income adults aged 60 years and older who provide in-person services to other seniors in need; and the Retired and Senior Volunteer Program, which connects volunteers aged 55 years and older

with a range of service opportunities in their communities. Through these three national Senior Corps programs, approximately a third of a million seniors volunteer (<http://www.seniorcorps.org/about/sc/index.asp>). Today, according to the Bureau of Labor statistics, over 250 million (eight in ten) Americans of all ages volunteered in some fashion in 2015. Of those 250 million volunteers, 88 million (three in ten) were over age 55.

What is feeding this increase in volunteerism in the US?

"One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served." - Gordon Hinckle

Volunteering time makes you feel like you have more time. Wharton professor Cassie Mogilner wrote in the Harvard Business Review that her research found those who volunteer their time feel like they have more of it. This is similar to other research showing that people who donate to charity feel wealthier.

Volunteering your skills helps you develop new skills. Skills-based volunteering is an excellent opportunity to develop talents to help you get ahead in your career.

Volunteering your body helps you have a healthier body. A Corporation for National and Community Service report noted: "Research demonstrates that volunteering leads to better health... those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer."

Volunteering your experience helps build your experience. We consistently see this with highly skilled professionals like investment bankers and business consultants. Also, volunteering in a new industry will give you knowledge to help you switch fields. And if you want to move from the corporate world to the non-profit sector, volunteering can help prove your commitment.

Volunteering your love makes you feel more love. Love is a hard thing to measure. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness, they found the more people volunteered, the happier they were. Volunteering builds empathy, strengthens social bonds and makes you smile—all factors that increase the feeling of love.

So now you know—volunteer—you will not only help someone else you will be helping yourself. Join Southern Maine Agency on Aging (SMAA) as a volunteer because as we say "Doing Good is Good for You"! Call 1-800-427-7411 or email volunteer@smaa.org to learn more.

Did you know that every hour a SMAA volunteer records as having served is used to help us get federal funds to keep our programs running? For example every hour a meals on wheels driver volunteers and records is used in the same way cash is used to provide the local share of the Meals on Wheels grant. Maine values each hour you volunteer worth \$12. Please help SMAA serve more people by recording your hours monthly and giving not only the gift of your time and service but the money value to match the grants that help clients so much.

Elaine Killelea: Voice of Vet to Vet

Elaine Killelea says she has found her niche as a volunteer with SMAA's Vet to Vet program. For the past two years, Elaine has come into the office every Wednesday to make phone calls and do office work for Vet to Vet. She is so dedicated that she even offered to come to work the morning of her heart surgery last year to catch up on phone calls (staff reassured her that the calls could wait).

"I really like these dear veterans," she says. "With all the time I spend on the phone, I come to know some of them fairly well, and they amaze me with all their stories." One 97-year-old veteran recently delighted Elaine with his account of making his own mincemeat. Others share their struggles with medical issues. Several veterans' wives have talked with Elaine about the challenges of caring for an aging spouse.



Elaine Killelea is the "Voice of Vet to Vet." Photo credit: Sharon Roberts

Elaine has much in common with the people she calls. She spent two years being caregiver for her husband, Jim, who died in 2011. Like a number of the veterans in Vet to Vet, Jim served in the European Theater during World War II. A member of the Fifth Armored Division, he fought his way from France to Germany. That may be one reason Elaine has such a bond with the veterans she calls.

Elaine first became aware of Vet to Vet when she came to SMAA to participate in a Matter of Balance class. She met Susan Gold, an old friend from their days at the Portland Press Herald, where Elaine worked as a copy editor for 30 years. Gold coordinates the Vet to Vet program and told Elaine she was looking for a volunteer to make phone calls and do office tasks.

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Now 88, Elaine said, “I knew it was time for me to start doing something positive again after caring for Jim for two years.” She decided to give the volunteer position a try and found that she really enjoyed the contact with veterans. After spending so much time talking on the phone to veterans, she decided to sit in on a case review, where Vet to Vet volunteers discuss their work with the veterans they visit. The meeting left her inspired. “To sit in that room with 30 or 35 volunteers sharing the good things they do was very moving.” She was especially impressed by the volunteers’ efforts when someone needed extra help. After hearing the volunteers’ stories, Elaine said, “I felt like standing up and cheering, ‘You people are wonderful.’”

Elaine is proud of SMAA for sponsoring Vet to Vet and happy she can assist in the program. She is similarly impressed by the vast array of other programs available through SMAA. “If anyone knew how many programs are offered in this building, they would be thunderstruck,” she said. In addition to Matter of Balance, Elaine has utilized the AARP tax service and the As You Like It program and has referred many friends to seek Medicare counseling at SMAA.

Carol Rancourt, manager of the Volunteer Services department at SMAA, has high praise for Elaine. “Elaine is a first-rate volunteer. Each and every Wednesday you can count on Elaine to be at her desk contacting veteran clients for Vet to Vet and performing greatly needed administrative services. We couldn’t do without her.”

Vet to Vet coordinator Susan Gold agrees. “I call Elaine the ‘Voice of Vet to Vet.’ She is so compassionate and friendly. Our volunteers and clients really enjoy talking with her on the phone. More than once she’s persuaded a veteran to participate in the program as either a volunteer or a person who has a visitor. She can resolve problems with a phone call—and shows such respect and interest that she brightens the day for everyone she calls. She’s terrific.”

RSVP and Other SeniorCorps Programs Removed from FY18 Federal Budget

President Trump’s FY 2018 America First Budget Blueprint was released March 16. Here is a link to the budget blueprint: https://www.whitehouse.gov/sites/whitehouse.gov/files/omb/budget/fy2018/2018_blueprint.pdf

It recommends the elimination of the Corporation for National and Community Service (CNCS) along with a number of other federal agencies and programs. CNCS is the home of SeniorCorps Programs including RSVP, Foster Grandparents and Senior Companions. All Southern Maine Agency on Aging Volunteer aged 55 or older serve under the RSVP Program. In 2016 SMAA had 466 RSVP volunteers.

From the budget blueprint:

The Budget also proposes to eliminate funding for other independent agencies, including: the African Development Foundation; the Appalachian Regional Commission; the Chemical Safety Board; the Corporation for National and Community Service; the Corporation for Public Broadcasting; the Delta Regional Authority; the Denali Commission; the Institute of Museum and Library Services; the Inter-American Foundation; the U.S. Trade and Development Agency; the Legal Services Corporation; the National Endowment for the Arts; the National Endowment for the Humanities; the Neighborhood Reinvestment Corporation; the Northern Border Regional Commission; the Overseas Private Investment Corporation; the United States Institute of Peace; the United States Interagency Council on Homelessness; and the Woodrow Wilson International Center for Scholars.

In Maine SeniorCorps volunteers provide many hours of service to our state, including:

- 212 Foster Grandparents who volunteered 166,844 hours;
- 134 Senior Companions who volunteered 88,570 hours;
- 1,329 RSVP volunteers who volunteered 128,701 hours in their communities

Serving the community in the following ways:

Foster Grandparent Program

- 3,001 children tutored in schools, Head Start and child development centers improving school readiness, reading, English language skills and overall academic achievement.

RSVP

- 6,703 hours Medicare Counseling
- 1,667 older adults in programs reducing risk of osteoporosis and/or falling
- 131,775 meals served through Meals on Wheels

Senior Companion Program

- 23,966 home visits to 721 clients receiving companionship, transportation; As well as assistance with accessing resources enabling them to continue to live independently.

This blueprint is a policy statement from the administration and is not a binding budget. Congress has the final say on the annual federal appropriations and we look forward to informing and educating our Members of Congress on the critical need and value of CNCS and volunteers to our communities.

Vet to Vet Volunteer Training

Make a difference in the life of a veteran— become a Vet to Vet Volunteer!

If you served in the military, this is your chance to help older veterans and those with disabilities in York and Cumberland Counties.

- Visit a veteran in his/her home
- Chat and swap stories
- Go out for coffee or lunch
- Make referrals for needed services
- Provide much-needed companionship

All volunteers are provided with a FREE training. Join us: May 9 and 11, 5-8PM at the Maine Veterans’ Home in Scarborough. All interested volunteers are asked to register prior to the training by contacting Susan Gold at 207-396-6521, sgold@smaaa.org

Learn more about Vet to Vet at www.smaaa.org/veterans.html

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