



From the Director's Desk

Finally, it seems the “winter that wouldn’t end” is coming to a close. For many older adults in southern Maine, it’s been a tough winter. Harder still for those who are homebound and without the ways and means to



buy and prepare meals for themselves. For the first time ever, SMAA had to initiate a waiting list for people requesting Meals on Wheels (MOW). As the over-60 population in Cumberland and York counties has grown, federal funding for critical programs like MOW has not kept up with the demand. Currently, there are 137 people waiting to receive meals with the average wait time around 10 weeks. SMAA is doing everything we can to eliminate the wait list or at least shorten the wait for meals. We have begun a special appeal to the southern Maine community to help us raise the \$88,000 needed to erase the wait list for Meals on Wheels. I am hopeful that with the continued support from our friends in the community, we will make good progress towards our goal of providing meals for all older adults when they need them. If you would like to help, you can make a gift on-line at our website, www.smaaa.org or you can send a check to SMAA, 136 US Route 1, Scarborough, ME 04074. Every gift makes a difference!

May is Older Americans Month



For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living’s Administration on Aging, every May offers the opportunity to hear from, support, and celebrate our nation’s elders. This year’s OAM theme,

continued on page 13

Hidden Treasures 2018

On Wednesday, May 30, SMAA is partnering with Verrill Dana, LLP and HM Payson to showcase their incredible corporate art collections in the second annual Hidden Treasures 2018



event. Patrons will tour the collections which include works by Stephen Etnier, Eric Hopkins, Neil Welliver, Pat Hardy, Tom Crotty and many more. Each host site will offer refreshments and details about their collections. New this year, we are partnering with Thos. Moser highlighting handmade American furniture at each location.

Tickets are \$50 each to tour both sites which are located in One Portland Square. “Verrill Dana’s roots go back to 1862 and HM Payson was founded in 1854. Both of these firms have beautiful art collections but they are also part of the fabric of Portland. We are grateful to have the support of Thos. Moser Furniture, an



iconic Maine company. The money raised at this event will support SMAA’s programming to help vulnerable seniors during turbulent budget times,” said Kate Putnam, Chief Advancement Officer for SMAA. Kate continued, “We are looking forward to a wonderful evening seeing the beautiful art and learning about the history of these hidden treasures.”

For more information, contact Janet Bowne at 207-396-6533.

Girl Scouts of Maine Donate Cookies to Meals on Wheels

Southern Maine Agency on Aging would like to thank the Girl Scouts of Maine (GSME) for their recent donation of over 4,400 packages of cookies to our Meals on Wheels program. The cookies we received are a direct result of the GSME’s Cookie Share Program.

The Cookie Share Program is a way for girls and their customers to help others in the community by purchasing cookies to donate to Meals on Wheels. For our Meals on Wheels clients being able to have these cookies is truly a treat! These cookies not only bring smiles to our client’s faces but also bring so much

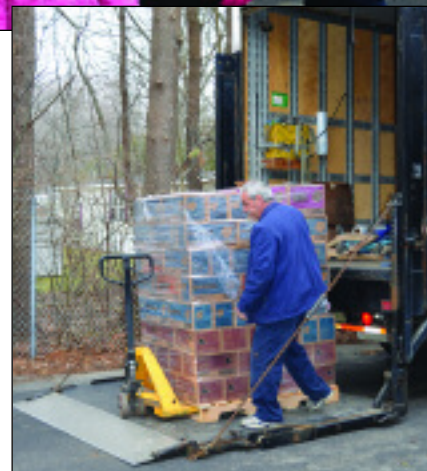
joy to the volunteers who are able to deliver them with the meals.

On behalf of our clients, our staff, and our volunteers, we would like to express a tremendous amount of gratitude to the Girl Scouts of Maine.

Thank you!



Thank you Girl Scouts of Maine!



Cookies arrive by the pallet.

MAINE SENIOR GAMES
THANKS OUR 2018 SPONSORS

LEAD


MARTIN'S POINT
HEALTHCARE

PLATINUM


Anthem.
BlueCross BlueShield

GOLD


AGING EXCELLENCE
SeniorsOnTheGo.com


Piper Shores

SILVER


Back in Motion
PHYSICAL THERAPY LLC


Ameriprise
Financial


The Derry
Rundlett Show
CTN5


CROSS
EMPLOYEE BENEFITS

Maine Senior Games is a program of  Southern Maine AGENCY on AGING
Creating Better Days

Southern Maine Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074

Have questions about Senior News?
Call 396-6594 or email seniornews@smaaa.org

Do You Know Someone With Dementia or Cognitive Loss?

When someone you care about is diagnosed with cognitive loss it can be devastating. Your relationship changes fundamentally. It is so hard to know what to do to support him or her. No matter the cause of the cognitive loss, research shows that keeping that person socially active can be extremely beneficial to managing the loss of cognition. The afflicted person benefits from an appropriately busy schedule.

One of the best options for socializing appropriately is to take advantage of adult day services. The Southern Maine Agency on Aging runs two adult day centers, The Sam L. Cohen Center in Biddeford and the Stewart Center in Falmouth. Both offer socially appropriate and enriching activities. Members participate in all sorts of activities focusing on what brain power they've retained not what they've lost.

Often when people receive a diagnosis of cognitive loss, families and friends will circle the wagons and design a schedule to support their family member with one to one involvement, including outings. Everyone resolves to provide support. Family members often divide up the week to ensure mom or dad has someone to help them. This will work for a time but when the family member's behavior changes or someone on the family care team has an emergency, the plan starts to unravel.

Frequently this is when a family will look into adult day programming. But it can be too late. Mom or dad is used to being alone and the idea of joining a group can be intimidating. Dad or

mom may not be as accepting of the idea of an adult day center even though the family needs the respite.

Dad or mom may not be as accepting of the idea of an adult day center even though the family needs the respite.

Starting with an adult day center as soon as possible after the diagnosis offers families flexibility in supporting dad or mom. Ideally, members join us for 8-10 hours a week spread over two days. Families often increase as needs arise during emergencies. For the member, our centers become "their place" so adding hours to cover emergencies or respite is easy to do.

If you want to know more, contact Janet Bowne at SMAA, jbowne@smaa.org, 207-396-6533.

www.smaa.org

Better Day Society: Leave a Gift to Help Others

The Southern Maine Agency on Aging is lucky to receive bequests from loyal donors. These lovely donors supported our mission during their lifetime and it was important to them to continue to do so with a lasting legacy gift. The Better Day Society is made up of individuals who have shared with us that they are planning to make a bequest to SMAA. Some donors prefer to work with an advisor to plan a gift. Others like to include SMAA in the design process.

"I am always available to work with a donor and their attorney to design a gift that supports a favorite program," said Kate Putnam, Chief Advancement Officer for SMAA. "The gifts mean so much to us and come in all sizes. Some are directed for a specific program or are left to the Agency to determine the best use of the funds at the time we receive them."

Some of the ways your estate plan gift could help older, fragile Mainers:

- Support Meals on Wheels to ensure that our clients continue to receive life giving meals and regular visitors;
- Sustain our Member Access Fund for those who attend our two adult day centers.
- Provide funds for our Best Friend Fund which helps older people cover large expenses associated with their pets.
- Support our When In Need program. The WIN program helps ensure we can meet the emergent and basic needs of low income seniors which could include coordinating with other agencies to help seniors with housing, health-care costs not covered by insurance and other basic expenses. These funds are often used to support low income people following an emergency like a fire, surgery or other catastrophic event. The WIN program also supports our most fragile clients with practical holiday gifts.

Joining the Better Day Society is easy. Let us know that you've made a plan to include SMAA in your estate planning. As a member of the Better Day Society, you'll be invited to a special lunch annually with our leadership with topics rotating on aging issues and SMAA's programming. You'll also be given advance notice for our Better Day Society estate planning workshops as well as other benefits. Call today to learn more about the benefits, Kate Putnam, 207-396-6590 or via email: kputnam@smaa.org.

"I cannot say enough positive things about my experience with Legacy. It is truly a class act."

~ Husband of Resident



- ◆ State-of-the-art, secure memory care residence
- ◆ Spacious, landscaped garden
- ◆ Twenty-four private apartments
- ◆ Specially trained 24-hour staff
- ◆ Person-centered care
- ◆ Habilitation Therapy programming

Legacy Memory Care at OceanView provides a uniquely designed, secure community for individuals with memory loss and dementia. Committed to excellence, our team of compassionate caregivers is fully trained to provide assistance to ensure that every resident enjoys meaningful life experiences and the feeling of success every day.

Call Tamera Vogel today!

207-781-4621

Legacy Memory Care

at • OceanView



4 Schoolhouse Drive, Falmouth, Maine 04105 • oceanviewrc.com



Money Minders: Bringing Peace of Mind

Nine and a half years ago, Terry read about Money Minders on a United Way volunteer page. “It was a really good fit for me,” he says. Although he was still working full-time, Terry was able to set aside time to work with first one client and then a second. Over the years, there have been a few different clients, and he’s filled in for volunteers who were on vacation, but he still meets with his original client once a month.

“I love the relationships I’ve been able to build with my clients,” Terry says. “I feel like I’m providing information that makes their lives easier, that brings them peace of mind.”

Money Minders, a program offered by the Southern Maine Agency on Aging (SMAA), matches skilled and trained volunteers with low-to-mid income seniors who need help with check writing and check-book balancing. One of the things that has helped his client the most, Terry says, has been finding a bank that would work with her and not charge fees for everything. “She is very low-income, and I was able to reach out for a referral to a bank that wouldn’t charge for copies of statements, extra cards, things like that. It has made a huge difference.”

Something Terry has learned during his time as a Money Minders volunteer is how challenging it is for

people to live on a fixed income. All aspects of their lives are a challenge, he says, transportation, health care, food—everything. “When I leave my client, I know that she is on an even keel; she knows exactly how much money she has available, and she doesn’t have to worry about it.”

Some clients express concern about giving volunteers access to financial information. “That is an unfounded concern,” Terry says. Volunteers go through a rigorous process to work with a client’s financial information and really have quite limited contact, he says. In addition, all the forms are monitored by other volunteers, so there are several layers of oversight to make sure that everything is done appropriately.

One piece of advice that Terry would give seniors is to create a budget. And, Terry says, he would definitely want a Money Minders volunteer to help him if he should need it. “It’s a wonderful program, and I would love to have the same peace of mind that I bring to my clients.”

For more information about the Money Minders Program, and to find a volunteer like Terry to help you keep your finances in order, please call the Southern Maine Agency on Aging at 1-800-427-7411 or 396-6500 and ask to speak to a Resource Specialist. For Money Minders like Terry, making a difference in your life is a good fit for *his* life.

Awaken the Sage Within

Prepare for the approach of summer with a daylong workshop on June 2, “Awakening the Sage Within.”

Today, most people approaching elderhood can expect to live another twenty or thirty years. How do you want to live those years? Sage-ing® (also known as Spiritual Eldering or Conscious Aging) is a model for engaging the elder years more deliberately, joyfully and compassionately. Sage-ing can help us develop a balanced plan for eldering that is both personally fulfilling and beneficial to others.

During this highly interactive workshop we introduce Sage-ing concepts, including life review, forgiveness work and issues surrounding mortality. We explore images of aging and the role of spiritual development. We begin a personalized plan for our own eldering, including service to others and leaving a legacy.

Our materials are not specific to any religious denomination but serve to enhance spiritual maturity for persons who embrace any faith

or humanistic practice. Our work is based on the best-selling book *From Age-ing to Sage-ing: A Profound New Vision of Growing Older* by Rabbi Zalman Schacter-Shalomi.

Anne Murray will lead this event on Saturday, June 2 from 9:30AM to 4:30PM at Southern Maine Agency on Aging, 136 U.S. Route One in Scarborough, Maine. Ample parking is available.

Anne is a Certified Sage-ing Leader with 69 years of life experience, over 30 of them spent working with elders. She has led many circles, groups, classes and events. She loves sharing her passion for living consciously and looks forward to helping you engage in Sage-ing.

The fee is \$75. Partial scholarships may be available. For more information, please contact Anne at 207-985-6577 or email her at mainesage@outlook.com. Snacks and beverage will be provided, but plan on bringing your own lunch.

Register for “Awakening the Sage Within” at <http://sage-ing.org/learning-ops/asw-programs>.

YOUR 1ST STOP FOR ANSWERS

1-800-427-7411

www.smaaa.org

In-Home Senior Care Designed to the Individual



INDIVIDUAL CARE
of Maine

Office: 207-613-9004

Fax: 207-221-1199

www.icareofmaine.com

SCARBOROUGH TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE

The highest caliber of senior living, combining both lifestyle and support for your peace of mind.



“Their love and care for my parents was amazing. Their timely notification of issues and news allowed us to relax in the knowledge that my parents were under the best care imaginable.” – Donna

- Chef-Prepared Meals
- Studio and One-Bedroom Apartments
- Calendar of Activities, Music, Arts, Entertainment and Fitness
- 24-Hour Care
- Long or Short-Term Stays
- Elegant Common Areas
- Medication Management
- Memory Care Program
- Transportation
- Housekeeping
- Therapy
- Easy Access to Portland Hospitals
- Scheduled Trips for Activities

Call Elizabeth today! 207.885.5568



600 Commerce Dr. | Scarborough, ME 04074 | ScarboroughTerrace.com





Yes, I would like to subscribe to Senior News!

A 1 year/6-issue subscription is \$20 per address.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (____) - ____ - _____ Email: _____

Check for \$20 payable to Southern Maine Agency on Aging enclosed

Credit Card No.: _____

Exp. Date: ____/____ Security Code: _____

Please mail your payment to:

Southern Maine Agency on Aging / Attn: Senior News Subscription
136 US Route One, Scarborough, ME 04074

We do not sell or share our mailing and email list.

Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6533

(800) 427-7411

seniornews@smaa.org



BOARD OF DIRECTORS 2017-2018

PRESIDENT

David Smith, *Falmouth*

VICE PRESIDENT

Mary Jane Krebs, APRN, BC
Westbrook

SECRETARY

Susan Keiler, *Biddeford*

TREASURER

Thomas Gruber, Jr.,
Cumberland Foreside

BOARD MEMBERS

Jeffrey Aalberg, MD, *Portland*

Terry Bagley, *Cape Elizabeth*

Stephen Braverman, *Wells*

Denise Doyon, *Biddeford*

Marie Gerrity, *Cumberland*

Ann Hastings, *Biddeford*

John Holland, *Gorham*

Jeffrey Holmstrom, DO,
South Portland

David McDonald, *Portland*

Betsy Mead, *Falmouth*

Julie Moss, *Yarmouth*

Are You Concerned About Your Parents or Loved One Living Alone?

Advantage Home Care is the perfect solution for aging adults who aren't ready to leave their homes.



Highly qualified and trained caregivers can help you and your loved ones with a variety of daily activities such as:

- Caring Companionship
- Meal Planning & Preparation
- Incidental Transportation
- Light Housekeeping & Laundry
- Medication Reminders
- Alzheimer's and Dementia Care
- Assistance with Bathing, Dressing & Incontinence Care



Advantage Home Care

550 Forest Avenue, Suite 206

Portland, ME 04101

(207) 699-2570

www.advantagehomecaremaine.com

Call us today for a free assessment! 207-699-2570

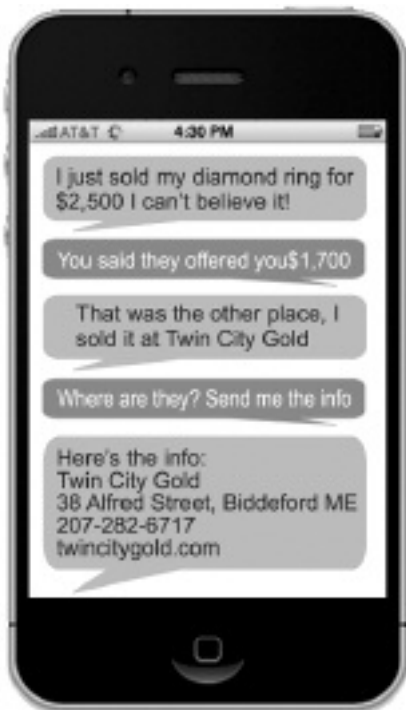


38 Alfred St.
Biddeford, ME 04005
207-282-5100

info@maineestatebuyers.com

Web: MaineEstateBuyers.com

We specialize in Antiques, Coins, Gold, Silver Jewelry & Collectibles.



TWINCITYGOLD.COM

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 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.

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!

Disclaimer of Endorsement: We appreciate the loyal support of our advertisers who make the publication of "Senior News" possible. The appearance of these advertisers does not constitute or imply an endorsement, recommendation, or favoring by the Southern Maine Agency on Aging (SMAA). Advertisers are not permitted to use the name of SMAA, its employees or volunteers for marketing or product endorsement purposes.

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.

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 and 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 Leaders Day this year:

- Mike Ready, Biddeford Councilman
- Brenda Harvey, Eliot Deputy Clerk
- Jay Muzeroll, Eliot Fire Chief
- Melissa Albert, Eliot General Assistance Administrator
- Elliot Moya, Eliot Police Chief
- Chris Cluff, Kennebunk Selectman
- Kendra Amaral, Kittery Town Manager
- Suzanne, Kittery Secretary to the Town Manager
- George Kathios, Kittery Superintendent of Sewer Services
- Eric Waddell, Kittery School Superintendent
- James Soucy, Kittery Chief of Police
- Patricia Moore, Kittery Finance Director
- Lee Perkins, Kittery Library Director
- David Rich, Kittery DPW Commissioner
- Maryann Place, Kittery Town Clerk
- Scott Lincoln, Kittery Facility Maintenance Supervisor
- Pious Ali, Portland City Council
- Jean Marie Caterina, Scarborough Town Council
- William Donovan, Scarborough Town Council
- Maxine Beecher, South Portland Councilor
- Adele Edelman, South Portland Senior Citizen Advisory Committee
- Elizabeth Ross-Holmstrom, South Portland Senior Citizen Advisory Committee
- John Howarth, Wells Councilman



Biddeford City Council, Mike Ready with Phil Roux.



Kittery Town Officials



Kennebunk selectman, Chris Cluff with Ed Karytko and Lyndsay Copeland.



Pious Ali, Portland City Council with Nick Sterling, volunteer for over 20 years.



Eliot Town Officials



Community Leaders Day March 20, 2018

Bringing your healthcare *Home...*
where you belong!



MaineHealth
CARE AT HOME

As the leading home health care agency in the region, we provide compassionate care to newborn infants, children and adults. Services include:

- Nursing Care | Rehabilitative Therapies
- Pediatric Program | Palliative Care
- Community Health & Wellness | Telehealth
- Diabetes Education | Philips Lifeline
- Chronic Care Management
- Counseling & Emotional Support
- Private Duty Home Care

Serving Cumberland, York, Lincoln, Knox, Sagadahoc, Waldo and southern Oxford Counties
15 Industrial Park Rd., Saco, ME 04072 | 1-800-660-4867 | www.mainehealthcareathome.org

SAVE THE DATE: Friday, September 28, 12-2PM Charting the Future: Innovations in Dementia Research, Treatment and Care

Charting the Future: Innovations in Dementia Research, Treatment and Care is an educational luncheon that brings together a panel of policy makers, researchers, and care providers to share developments in dementia research, treatment, and care.

Scheduled to speak are Senator Susan Collins, Gareth Howell Ph.D., a leading Alzheimer's researcher

with The Jackson Laboratory, and Dorene Rentz, PsyD, Co-Director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital in Boston. Jud Knox, President and CEO of York Hospital will serve as the moderator for the lunch discussion.

SMAA is teaming up with the Alzheimer's Association, Martins Point, Ocean View, WCSH6 and Tyler Technologies to offer this groundbreaking event. We hope you'll join us for the lunch on Friday, September 28, from 12-2 at the Doubletree Hotel in South Portland. Tickets are \$40/person and are available on SMAA's web site: www.smaaa.org or by calling Janet Bowne, 207-396-6533.



www.smaaa.org

Making Space for Grief in Our Lives

By Carol Schoneberg,
End-of-Life Educator &
Bereavement Services Manager
Hospice of Southern Maine

We live in a culture that largely denies death. Many think of it as something that happens to someone else but not to me or anyone I love. Even in our sixties, seventies, eighties and beyond, we still think we have lots of time.

My world is turned upside down overnight when a central person in my life dies. I come face to face with my own mortality—I become painfully aware that I, and everyone I love, will one day die. Little by little, rather than all at once, a profound sorrow will set in that is unlike anything I have ever experienced—the deeper the love and connection to the one who died, the deeper and longer-lasting the pain. I

am reminded of the words of Kahlil Gibran who speaks of Joy and Sorrow. "When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight."

Grief demands our attention. When our feelings are not allowed expression, healing becomes delayed, and ultimately even more painful and debilitating. It is important who we choose to share our grief with—those who will listen without judgment or unsolicited advice make up the best support system when we are grieving the death of a loved one. The last thing we need is someone who tells us, "You should be over it and moving on with your life by now."

People who have not known profound grief do not understand the overwhelming power and immensity of grief. Some still imagine they are in control of their lives, that mind over matter can solve everything. They have not yet learned that Grief is bigger than they are, and that it will not be dismissed without a very big price to pay—the price of living half a life. Grief deserves and demands my attention and expression. Doing so, I will eventually find healing, growth, and transformation.

For more information, consider attending the 8th Annual Thresholds Conference community forums:

MAKING SPACE FOR GRIEF IN OUR LIVES

Community Forums in Kennebunk, Scarborough and York

FREE/Registration required:
www.hospiceofsouthernmaine.org/thresholds or (207) 289-3643

We're here to help you live life to the fullest.



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.

We offer outpatient programs in the following specialties:
Memory Issues • Geriatric Assessments • Fall/Balance Concerns

Call (207)662-2847 for an appointment or visit us at www.mmc.org/geriatriccare for more information.



MMC Geriatric Center • 66 Bramhall St., Lower Level, G-1 • Portland, ME 04102



MAINE CENTER for ELDER LAW LLC



Martin C. Womer, Esq.
Barbara S. Schlichtman, Esq.
Britton Ryan Garon, Esq.

WE HELP SENIORS AND THEIR FAMILIES PREVENT THE DEVASTATING FINANCIAL EFFECTS OF LONG TERM CARE

MaineCare Pre-Planning and Crisis MaineCare Planning

Planning for Eligibility for VA Aid and Attendance Benefits

Special Needs Planning

Estate Planning

Probate Administration and Trust Settlement

MAIN OFFICE:
3 Webhannet Place, Suite 1, Kennebunk, Maine 04043
— branch offices located in Portland and York —

(207) 467-3301

WWW.MAINECENTERFORELDERLAW.COM

ATTORNEYS@MAINECENTERFORELDERLAW.COM

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



When in Need: The WIN Fund Helps our Most Fragile Clients

Every day the Resource Specialist team at SMAA fields requests from older Mainers who are struggling with basic human needs. The When In Need (WIN) Fund is designed to support emergent and basic needs for older Mainers. In 2016-17, we served over 125 individuals. The WIN Fund offers financial support but central to this program is the coordination with other nonprofits to help these fragile seniors with the kind of needs most of us take for granted. Often these clients are suffering from extremely debilitating conditions limiting their ability to ask for help in a timely fashion.

One of our clients had to move from his apartment because of a fire. When the building renovations were dragging on, our client had to move to a hotel spending over \$100 a night and having to eat out for most meals. When he was able to move back, his landlord wanted a prorated rent but the client had depleted his small savings to pay for the hotel and extra food. Our staff helped him connect to other organizations like the Salvation Army and local churches to help rebuild his life. The WIN Fund gave him a large grocery gift card to help him rebuild his pantry and his life.

Another client developed a medical condition that required home based equipment to keep her healthy. Her electricity bill skyrocketed. She was unable to cover her utility bill on her meager income. Her doctor intervened with the electric company to avoid a shut off but she was forced to move several times. One of the moves was to a bed bug infested apartment. She had to throw out her belongings because of infestation. She was living without a phone because of the expense. The Resource Team worked to get her a Safelink phone, apply for heating assistance and the WIN Fund provided funds to cover her electricity bill.

The WIN Fund also helps at holiday time. Most of these clients do not have family nearby or at all. The

holidays can be a sad time for them. Our staff works to assess their needs and finds useful gifts for them. Whenever possible, we partner with area businesses or organizations to buy much needed gifts like warm clothing, cleaning supplies, grocery gift cards and other gifts for them.

The WIN Fund is sustained by individual, corporate and foundation gifts. Despite a recovering economy, these seniors are living on very limited incomes and have no where else to turn when cascading events threaten their very existences. Many are very humble and won't ask for help until the need is extreme. Once our Resource Team establishes a relationship with the individual clients, they are able to pull them from the shadows and offer ongoing support.

If you're interested in learning more about the WIN Fund and would like to help with a donation, please contact Kate Putnam, 207-396-6590 or via email: kputnam@smaaa.org.

BEWARE: Scammers Targeting New Medicare Cards

Did you know that new Medicare Cards are on their way? If you said "no", you're not alone. According to a recent AARP study, more than 75% of Medicare beneficiaries know little to nothing about the new Medicare cards. This can make people susceptible to scammers.

The new Medicare cards will no longer display a social security number and instead will display a unique combination of 11 letters and numbers. The new Medicare cards are free. Medicare representatives will NOT call you prior to issuing a new card. All cards are being issued automatically by the Social Security Administration.

Be scam smart! Here are examples of some of the fraudulent claims made by scammers:

- You must pay for your new Medicare card now or else you'll lose your Medicare benefits.

- Medicare is updating its files and needs your bank and credit card numbers.
- Medicare is confirming your Social Security number before you can receive your new card.
- Medicare needs your bank information to send you a refund on your old card.

The Coalition Against Insurance Fraud says if you get a call from someone claiming to be from Medicare, just hang up immediately.



WE TAKE THE STRESS OUT OF SENIOR TRANSITIONS

If you are feeling overwhelmed by downsizing, moving, or cleaning out your home for a real estate sale, we want to help you get it done!

Contact us today for your free consultation and estimate!

207-865-4493

www.integratedmovingme.com

Do you need adaptive equipment?

Equipment & technology can make it easier to live more independently and safely. At getATstuff.com you can get, sell or donate items such as:

- Stair glide or ramp
- Adapted van
- Wheelchair or scooter
- Communication device



Visit getATstuff.com or contact Maine CITE at (207) 621-3195. TTY users call Maine Relay 711. E-mail: iweb@mainecite.org

Biddeford 50+ Club SPRING FLING DANCE

Saturday, May 19, 7-11pm

Biddeford Eagles Club

\$10pp Members & Nonmembers

CASH BAR. This is a 21+ event.
You can bring snacks!

DJ Jerry will spin the hits.

Tickets will be sold at club events and at the office during regular business hours. **All proceeds to benefit the Biddeford 50+ Club.**

FMI: call 282-5005



ARE YOU READY TO AGE-IN-PLACE ?

CARPENTRY
RAMPS

GRAB BARS
STAIR LIFTS

VERTICAL LIFTS
CEILING LIFTS

Certified Aging-In-Place Specialist by National Home Builders Assoc.



207.632.5228 - tsthilaire@maine.rr.com - timcustomsolutions.com

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.

Ten Real-life Strategies for Dementia Caregiving

As caregivers, we often use intuition to help us decide what to do. No one ever gave us lessons on how to relate to someone with memory loss. Unfortunately, dealing with dementia is counter-intuitive. Often the right thing to do is exactly opposite that which seems like the right thing to do. Here is some practical advice:

1. Being Reasonable, Rational and Logical Will Just Get You into Trouble. When someone is acting in ways that don't make sense, we tend to carefully explain the situation, calling on his or her sense of appropriateness to get compliance. However, the person with dementia doesn't have a "boss" in his brain any longer, so he does not respond to our arguments, no mat-

ter how logical. Straightforward, simple sentences about what is going to happen are usually the best.

2. People With Dementia Do Not Need to Be Grounded in Reality. When someone has memory loss, he often forgets important things, e.g., that his mother is deceased. When we remind him of this loss, we remind him about the pain of that loss also. When someone wants to go

home, reassuring him that he is at home often leads to an argument. Redirecting and asking someone to tell you about the person he has asked about or about his home are better ways to calm a person with dementia.

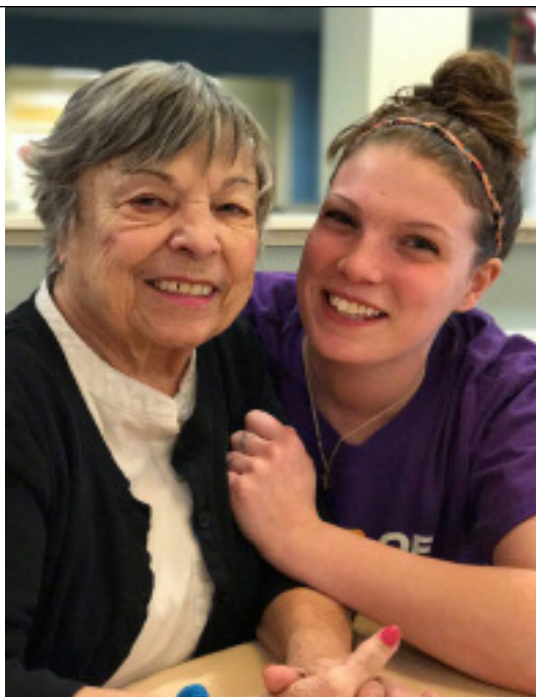
3. You Cannot Be a Perfect Caregiver. Just as there is no such thing as a perfect parent, there is no such thing as a perfect caregiver. You have the right to the full range of human emotions, and sometimes you are going to be impatient or frustrated. Learning to forgive your person as well as yourself is essential in the caregiving journey.

4. Therapeutic Lying Reduces Stress. We tend to be meticulously honest with people. However, when someone has dementia, honesty can lead to distress for both ourselves and the one we are caring for. Does it really matter that your person thinks she is the volunteer at the day care center? Is it okay to tell her that the two of you are going out to lunch and then "coincidentally" stop by the doctor's office on the way home to pick something up as a way to get her to the doctor?

5. Making Agreements Doesn't Work. If you ask your person to remember to do something, or to not do something ever again, it will soon be forgotten. For people in early stage dementia, leaving notes as reminders can sometimes help, but as the disease progresses, this will not work. Taking action and rearranging the environment, rather than talking and discussing, is usually a more successful approach. For example, getting teakettle with an automatic "off" switch is better than warning someone of the dangers of leaving the stove on.

6. Doctors Often Need to Be Educated By You. Telling the doctor what you see at home is important. The doctor can't tell during an examination that your loved one has been up all night pacing. Sometimes doctors, too, need to deal with therapeutic lying; e.g., telling the patient that an antidepressant is for memory rather than depression.

7. You Can't Do It All. It's OK to Accept Help Before You Get Desperate. When people offer to help, the answer should always be "YES." Have a list of things people can do to help you, whether it is bringing a meal, picking up a prescription, helping trim the roses or staying with your person while you



Maine's Premiere Assisted Living Community for Memory Care

Be proactive, be ready. We're here to help.

Whether your loved one is in need of Memory Care now, or a year from now, we invite you to visit our beautiful community and join our waitlist for first available apartments.



Visit Avita today! Contact Lea Rust for more information about the wonderful way of life at Avita:

207.857.9007

or: Lea@avitaofstroudwater.com

AVITA OF STROUDWATER

113 Landing Road | Westbrook, ME | avitaofstroudwater.com



run an errand. This will reinforce offers of help. It is harder to ask for help than to accept it when it is offered, so don't wait until you "really need it" to get support.

8. It Is Easy to Both Overestimate and Underestimate What Your Person Can Do. It is often easier to do something for the person with dementia than to let them do it for themselves. However, if we do it for them, they will lose the ability to be independent in that skill. On the other hand, if we insist individuals do something for themselves and they get frustrated, we just make them agitated and probably haven't increased their abilities to perform tasks. Not only is it a constant juggle to find the balance, but be aware that the balance may shift from day to day.

9. Tell, Don't Ask. Asking "What would you like for dinner?" may have been a perfectly normal question at another time. But now we are asking our person to come up

with an answer when he or she might not have the words for what they want, might not be hungry, and even if they answer, might not want the food when it is served after all. Saying "We are going to eat now" encourages the person to eat and doesn't put them in the dilemma of having failed to respond.

10. It Is Perfectly Normal to Question the Diagnosis When Someone Has Moments of Lucidity. One of the hardest things to do is to remember that we are responding to a disease, not the person who once was. Everyone with dementia has times when they make perfect sense and can respond appropriately. We often feel like that person has been faking it or that we have been exaggerating the problem when these moments occur. We are not imagining things—they are just having one of those moments, to be treasured when they occur.

Adapted from the Family Caregiver Alliance, <http://www.caregiver.org>



Are you a family caregiver?

Join us at one of SMAA's upcoming caregiver classes sponsored by the Harvard Pilgrim Health Care Foundation.

Setting Limits: *Healthy Personal Boundaries for Caregivers*

June 11, 11am-12pm - JR Martin Community Center, Biddeford
Ideas to make setting limits and establishing boundaries easier and more effective. Light snacks provided.

Join us for a Lobster Roll Luncheon with the SMAA Community Café immediately following. If you would like more information on joining us for lunch, please let us know when you register for this class.

Please call 207-283-2477 by 6/4/18 to register for this class only.

Stress Management for Family Caregivers

June 13, 2:30-3:30pm - Bridgton Community Center
Recognize the sources of stress, understanding the impact of stress on your own health and wellbeing, and identifying some strategies to manage stress, so that you can take care of yourself and provide the best assistance possible. Light snacks provided.

Beginning Planning

July 11, 4:30-5:30pm - SMAA Main Office, Scarborough
Where do you begin the process of helping an older family member plan for the future? What concerns need to be considered? How do you find out what resources are available when help is needed? All those issues will be discussed in this class – whether you are thinking ahead or find yourself needing to create a plan right away. Light snacks provided.

Aging: Myths and Realities

August 8, 12-1pm - The Center, Kennebunk
Exploring physical and cognitive changes associated with growing older and explaining common medical conditions that may affect older adults. Suggestions offered for preventative care and possible treatment options. Lunch provided.

Preregistration for these classes is required.

Call **207-396-6541** or visit **www.smaaa.org** for more information.

This series of Family Caregiver Classes is sponsored by:



Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6533 • (800) 427-7411
seniornews@smaaa.org

Elder Planning Advisors of Maine, Inc.

Personal Financial and Investment Advisors



If you're retired or about to retire, we can assist you with specialized, independent, and experienced financial and investment advice to help you realize your successful retirement.

Contact our office to arrange for your no-cost, no-obligation initial consultation.

1006 Broadway ♦ South Portland ♦ Maine 04106
(207) 767-8225 ♦ www.epame.com

12 Things that Anyone Can Do to Prevent Elder Abuse

June is Elder Abuse Awareness Month and June 15 is World Elder Abuse Awareness Day. About one in ten Americans age 60+ have experienced one or more forms of elder abuse. Some studies estimate that as many as 5 million elders are abused each year—with an estimate that only 1 in 14 cases is ever reported to the proper authorities.

Here are 12 things that anyone can do to prevent elder abuse:

1. Learn the signs of abuse and neglect
2. Call or visit an elder loved one and ask how he or she is doing

3. Provide a respite break for a caregiver.

4. Ask your bank manager to train tellers on how to detect elder financial abuse.

5. Ask your doctor to ask you and all other senior patients about possible family violence in their lives.

6. Contact your local Adult Protective Services or Long-Term Care Ombudsman to learn how to support their work helping at-risk elder and adults with disabilities.

7. Organize a “Respect Your Elders” essay or poster contents in your child or grandchild’s school.

8. Ask your religious congrega-

tion’s leader to give a talk about elder abuse at a service or to put a message about elder abuse in the bulletin.

9. Volunteer to be a friendly visitor to a nursing home resident or to a homebound senior in your neighborhood.

10. Send a letter to your local paper, radio, or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or

Grandparents Day in September.

11. Dedicate your bikeathon/marathon/other event to elder mistreatment awareness and prevention.

12. Join the Ageless Alliance. Ageless Alliance connects people of all ages, nationwide, who stand united for the dignity of older adults. www.agelessalliance.org

Adapted from the National Center on Elder Abuse. For more information: www.ncea.aoa.gov

From Jo Dill’s Notebook

2018 Maine Senior Games Schedule



Basketball (Women’s): September 23, Cape Elizabeth High, Sunday

Celebration of Athletes: June 1, Friday, Fireside Inn

Table Tennis: September 29, Lewiston Armory, Lewiston, Saturday

Pickleball: June 9, Men’s/Women’s Doubles, A-Copi Sports Center, Augusta, Saturday

Bowling 10 Pin: September 30, Sparetime Bowling, Augusta

Pickleball: June 10, Mixed/Singles, A-Copi Sports Center, Augusta, Sunday

Darts: October 14, The Gold Room, Portland, Sunday

Registration

Registration is open for the Maine Senior Games. We have made some changes this year. Be sure to check the end registration date as there are a few sports that WILL have a deadline. Most sports allow onsite registration but a few will not. *If you register online you must use a credit card or the registration will not be complete.* Go to www.mainesrgames.org to register online or to download a printable version. Register early to be sure to get our athlete’s bag and T-shirt!

5K Road Race/Power Walk: June 14, Sanford Springvale YMCA, Thursday

10K Road Race: June 17, Scarborough High, Sunday

Golf: June 25, 8:30, Willowdale, Scarborough, Monday

Track & Field: July 22, Scarborough High, Sunday

Men’s Softball: August 5, Wainwright Field, South Portland, Sat/Sun

Cornhole: August 15, (rain 16) Sanford/Springvale Y, Wednesday

Archery: August 19 (rain 26) Lakeside Archery, Sunday

Horseshoes: August 22 (rain 23), Deering Oaks, Portland, Wednesday

Racquetball: August 25, Racket/Fitness Center, Portland, Saturday

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

Tennis: September 8, Women’s Singles/Men’s Dbls, Mixed, A-Copi Sports Center, Saturday

Tennis: September 9, Men’s Singles, Women’s Dbls, A-Copi Sports Center, Augusta, Sunday

Bowling Candlepin: September 13, Big 20, Scarborough, Thursday

Swimming: September 15, Kennebec Valley Y, Augusta, Saturday

Cycling: September 16, K’Port Bicycle Company, Sunday

Basketball (Men’s): September 22, Cape Elizabeth High, Saturday

Hot Shot/Foul Shoot: Men’s September 22, Women’s September 23, Cape Elizabeth High

Sponsors

Maine Senior Games depends on sponsorships to keep us going and bring you the best games possible. Thanks to the following: our lead sponsor is Martin’s Point, platinum sponsor, Anthem Blue Cross Blue Shield, our gold sponsors are Piper Shores and Aging Excellence and our silver sponsors are Cross Insurance, Bangor Savings Bank, Humana, Back in Motion, Ameriprise Financial and The Derry Rundlett Show CTN 5.

Explore Maine Senior Games Day

Explore Maine Senior Games Day is a chance to find out what we are all about. A chance to try some sports with coaches on hand. Track & Field, cornhole, power walk vs race walk, pickleball to name a few. Athletes will be on hand to explain their sport. Check out the new outdoor senior center. This all takes place on June 17 from 11:00-1:00 at Scarborough High track. No cost but please register by call 396-6915 or email Jo at: jdill@smaaa.org



Are you a member of the sandwich generation?
Caring for both your aging parents and your children? Our Care Managers help older adults maintain their independence with high quality of life. Call us.

(207) 400-8763
50 Foden Road, Suite 3
South Portland, ME 04106
www.vnahomehealth.org

LifeStages A division of **VNA HOME HEALTH HOSPICE** DME MEMBER



Create enjoyable and enriching days for loved ones while they are being cared for at home with therapeutic recreation.

Therapeutic Recreation for All of Southern Maine will meet with your loved one or client in the home to develop a custom therapeutic leisure plan based on their interests and capabilities. Ideal to support people who have special physical or cognitive needs due to stroke, memory loss, and other health challenges.



Contact us today to get started!

(207) 578-3033

info@therapeuticrec4all.com

www.facebook.com/therapeuticrec4all

Therapeutic Recreation Benefits Caregivers

Every day, caregivers whether family or paid providers work hard in the home to create a fulfilling and enjoyable day for their loved one or client. Maintaining a creative approach that considers interests and abilities can be challenging, time-consuming and at times stressful. Bringing in a professional Recreational Therapist to conduct leisure, cognitive and physical assessments to design an individual leisure plan to be applied in the home can offer meaningful benefits for both the family member and caregiver.

According to the American Therapeutic Recreation Association, recreational therapy is used to “restore, remediate and rehabilitate a person’s level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate activity limitations and restrictions caused by illness or disabling conditions.

Recreational therapists connect goal-oriented leisure and health care to create an individualized leisure plan for their client. This plan considers where a client is in their care, their abilities and disabilities and very importantly their individual interests.

Most often recreational therapists provide services in residential facilities and hospitals but people receiving care at home can benefit as well by having an enriching leisure plan that focuses on their individual needs and interests.

People recovering from a stroke or dealing with memory loss or other cognitive and physical health challenges can experience a reduction in depression, stress and anxiety with an increase in physical and mental activity as well as emotional support. A therapeutic recreation plan can offer these benefits.

Therapeutic Recreation For All of Southern Maine is set to provide this service. Brian Connelly, Certified Therapeutic Recreational Specialist has 20 years experience in the field and has a background working with people with all types of healthcare needs. He is excited about the benefits of bringing this service to Southern Maine.

This advertorial is paid for by Therapeutic Recreation For All of Southern Maine for the benefit of “Senior News” and its readers.

Mind your Mood: Brain Health at Every Age

Do you know how to keep your Brain Healthy?

Brain health as defined by experts is the combination of cognitive (memory, attention, thinking) and mental (emotional well-being) health.

Dr. Nasreen Khatri, an award-winning registered clinical psychologist, gerontologist and researcher will provide practical information and tips on how to age well, mentally, whether you’re 30, 40, 50 or 90 years old.

Come and learn:

- The connection between cognitive and mental health
- The brain science underlying depression and anxiety problems
- The positive impact of mindfulness on brain health
- Tips for a calmer future

Venue Details:

A Ted talk style presentation followed by a question and answer session. All are welcome.

May 17, 4-5:30PM
Cloudport Co-Working Space,
63 Federal Street, Portland.

Register for this free event at:
<https://goo.gl/CfSQ7q>

Presenter Biography:

Dr. Nasreen Khatri is a graduate of McGill University. She completed her clinical internship and CIHR-funded post-doctorate at the Centre for Addiction and Mental Health (CAMH). From 2004 to 2012, she led the Mood and Related Disorders Clinic and founded the Cognitive Behaviour Therapy (CBT) service at Baycrest in Toronto.

In 2012, Dr. Khatri joined the Rotman Research Institute, a cognitive neuroscience institute affiliated with the University of Toronto. She is the first Scientist-in-Residence at The Challenge Factory, a career and

talent management company. She also blogs for The Huffington Post.

She has completed over 300 presentations. Dr. Khatri and her work have been cited in the media, including CBC - The National,

CTVNews, The Globe and Mail, The Vancouver Sun, Canadian Living, Chatelaine, The Wall Street Journal (US), The Daily Mail (UK) and 20 other media outlets.

Seasonal Allergy Advice for Seniors

Spring means warmer weather and for many, seasonal allergies. Here are some tips to help get you through allergy season:

- Eating foods that fight inflammation can decrease allergy symptoms. (Apples, flax seed, leafy greens, and foods high in vitamin C)
- Use weather websites to monitor pollen levels and plan outdoor activities accordingly.
- When pollen levels are too high keep your windows closed.

- Avoid hanging your clothes to dry outside when pollen is high. Damp clothes can attract pollen. Stick with your dryer.
- Wash your hands after being outside and shower if you’ve been outside for an extended period of time. Pollen can linger in hair and on clothes.
- Wear sunglasses to help keep irritants out of your eyes.

If seasonal allergy symptoms are too disruptive or if new symptoms appear, contact your doctor.

Adapted from www.ncbi.nlm.nih.gov

Compare Our CD Rates

3-month	1.70 % APY*	Minimum deposit \$1,000
1-year	2.15 % APY*	Minimum deposit \$1,000
2-year	2.60 % APY*	Minimum deposit \$1,000

Bank-issued, FDIC-insured

* Annual Percentage Yield (APY) effective 04/06/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).



Bryce Kronk

Financial Advisor

311 Darling Avenue
Atlantic Place, Suite 46
South Portland, ME 04106
207-253-5444

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

In-Home Senior Services

Since 1994, we have provided the best in-home care and personal care services, including:

- Medication reminders
- Bathing
- Dressing
- Incontinence care
- Range of motion exercises
- Companionship
- Transportation
- General house cleaning
- Meal preparation
- Laundry

Our services are paid for by private pay, MaineCare, Veterans Administration and long-term care insurance

All our caregivers are carefully screened, trained and insured. We employ only the most dependable, compassionate and friendly staff.

20 Mechanic Street, Gorham, Maine

207-222-0740

www.inhomeseniorservices.com



Call us to learn how a locally owned company can provide you the best services – and peace of mind.



Agewell Schedule

Pre-registration is required for all Agewell Workshops. Please call: 207-396-6578

A Matter of Balance

June 14 – August 2
Thursdays, 1-3PM
Falmouth Senior Center
190 Middle Road, Falmouth

Living Well for Better Health

May 29 – July 10 (no class 7/3)

Tuesdays, time TBA
425 Broadway, South Portland
South Portland Housing Authority
Please call 207-396-6578 for more info

Living Well with Chronic Pain

May 30 – July 11 (no class 7/4)
Wednesdays, 10AM – 12:30PM
Bartlett Circle Senior Housing
17 Bartlett Circle, Yarmouth

Beginning in June (schedule TBA)
Tuesdays, 9:30AM – 12PM
Cancer Community Center
778 Main Street, South Portland

The next Tai Chi class series begins in June.
Please call 207-396-6578 for more information.

Ineffective Treatment Often Prescribed for Lower Back Pain

Recent articles published by the medical journal, Lancet, talk about why alternative methods and not just medication, can help with pain. Specifically, the articles highlight back pain, the 540 million individuals worldwide who experience it, and the ever increasing number of those living with back pain due to our aging population.

What we are told is that doctors are often prescribing the wrong treatments for pain, even though there are other proven treatments to help with pain. The Lancet reports that methods such as better-breathing, gentle exercise and positive thinking, all work toward decreasing pain – topics all covered in our evidence-based **Living Well with Chronic Pain** class.

According to the articles, pain management providers would like to see more evidence-based treatments used and see less reliance on medication, which sometimes, is not even effective. You can read the full article from NPR News online at <https://goo.gl/7JS2Ug>

To learn more about our Living Well with Chronic Pain workshops, please call or email: sadams@smaa.org 396-6578. In order to attend the workshops, you must pre-register.

Non-Invasive Pain Relief Techniques that Really Work

- Alternating cold and heat
- Gentle aerobic exercise such as walking, swimming, or cycling
- Physical and occupational therapy
- Mind-body techniques including meditation and breathing exercises
- Yoga and tai chi
- Biofeedback
- Music therapy
- Therapeutic massage

Adapted from www.health.harvard.edu

VOLUNTEER OPPORTUNITIES

Help others take control of their health by becoming an Agewell volunteer instructor. Throughout the year we offer free trainings for volunteers to become leaders for A Matter of Balance, Tai Chi and Living Well. Please call 207-396-6578 for more information.

A meal, and so much more.

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

Donate or Volunteer—Either Way, YOU Deliver!

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



Worry Less. Live More. Say Yes to Living Well.



The Park Danforth offers both Independent and Assisted Living options.

Personalized Senior Living Since 1881
777 Stevens Avenue
Portland, ME 04103



NOW OPEN! 58 NEW Independent Living Apartments

THE WARDWELL

Retirement Neighborhood

Offering Assisted Living & Senior Housing

Welcome Home



Serving Southern Maine since 1889.
Call today for availability.

43 Middle Street, Saco, Maine 04072
(207) 284-7061 www.wardwell.org

From the Director's Desk
continued from page 1

"Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

In Maine and across the country, older Americans are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

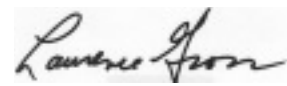
It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. During Older Americans Month, Southern Maine Agency on Aging will conduct activities and share information designed to highlight ways in which you can get involved by volunteering, participating in classes and workshops and staying physically active. We encourage you to check out the events calendar on our website, www.smaaa.org and start getting engaged!

Elder Abuse Awareness Day

June 15 is World Elder Abuse Awareness Day. Every year an esti-

mated five million older Americans are victims of elder abuse, neglect, or exploitation. In Maine, more than 33,000 older adults are abused each year—90% of the time by close family members. It is one of the biggest issues facing older adults around the world. Katlyn Blackstone, SMAA's Chief Program Officer, will be representing SMAA at the 5th annual Elder Abuse Summit in Augusta on May 4th. The Summit, organized by the Elder Abuse Institute of Maine (EAIM) will bring together members of social service agencies, law enforcement, prosecutors and others to discuss ways of working together to effect positive outcomes to identify and prevent elder abuse. SMAA will also be represented at an event on June 5 to benefit Martha's Cottage, a resource sponsored by EAIM that provides safe and comfortable housing and support services to older victims of abuse from all over the state. There is NO Excuse for Elder Abuse!

Thanks to the spring rain and milder temperatures, I'm seeing some new life in the garden and some greening of the lawn. I'm hoping you will all get out of the house and enjoy!



Laurence W. Gross
Chief Executive Officer



ADVANCED MODIFICATIONS
SPECIALTY VEHICLE SALES, SERVICE & More



Specialty Seating Options



Hand Controls & Other Driving Aids



Wheelchair Accessible Conversions

1766 Hammond St.
Hermon, ME 04401

89 Mussey Rd., Suite 102
Scarborough, ME 04070

Toll Free 1-855-848-8226
www.AdvancedModifications.com

Wise Strategies to Reduce Stress, Anxiety & Depression



Manage Personal Emotional Health Issues Including Poor Sleep and Pain

LEARN HOW TO IMPROVE A SITUATION AND BETTER HANDLE AGING ISSUES. CHANGE HOW YOU THINK — BOOST YOUR MOOD BY SHARING YOUR CHALLENGES.

Our Education and 40 years of Psychological and Clinical Experience help you by offering Behavioral Changes, Insight, Information and Senior Comparisons. Learn to manage sleep and pain better on a daily basis.

MAINE LICENSED PSYCHOLOGISTS:
Drs. Pamela and Régis Langelier
110 MAIN ST., SACO ISLAND MILL

prlangelier@gmail.com
(207) 351-5352

MEDICARE & MOST INSURANCE ACCEPTED



VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

Jones, Rich & Barnes Funeral Home Fundraiser Nets \$4,000 for Vet to Vet

Approximately 100 people gathered for a Wine & Beer Tasting Event on April 7 that netted more than \$4,000 for SMAA's Vet to Vet program. The event took place at the Jones, Rich & Barnes Funeral Home, 199 Woodford St., Portland. An enthusiastic team of Jones, Rich & Barnes staff members organized and hosted the event, and Shipyard Brewing Co. provided the beer.

The local funeral home has pledged to help the Vet to Vet pro-

gram "soar" by raising money for the organization's efforts to expand its services to veterans. All proceeds of the event went to Vet to Vet's operations.

The event featured Shipyard beer and a variety of wines, soft drinks, an array of appetizers, door prizes, and music provided by Westbrook singer and guitar player Andrew McCarthy. Little touches, including a row of miniature American flags leading up to the door, added to the evening's enjoyment.



Jones, Rich & Barnes staff with Vet to Vet coordinator Susan Gold.

Photo credit: Jill Cournoyer



From left: Priscilla Miller, Vet to Vet volunteer Sam Kelley, Marilyn Gugliucci, and Vet to Vet volunteers Andrea Tolbert and Shirley Weaver.

Photo credit: Jill Cournoyer



Erik Tiner of Jones, Rich & Barnes presents Vet to Vet coordinator Susan Gold with a facsimile check for \$3,500 at the Wine & Beer Tasting Event. Further contributions boosted the donation to more than \$4,000.

Photo Credit: Gail Merritt

loving vibes that emanate from the relationships developed and acts of kindness taken—they bring smiles to Vet to Vet volunteers, the veterans they visit, families and friends of both, staff members, and anyone who hears of Vet to Vet.

Gary O'Connell, a U.S. Navy submariner and the Vet to Vet veteran who was first to volunteer, visited the 86-year-old Navy veteran at his home the following day. Dressed in full uniform, Gary met the entire family, who had gathered to witness the event. They greeted him like an arriving king and listened raptly as the Navy veterans swapped sea stories for the next two hours. Both thoroughly enjoyed themselves, as did the family members in the room.

"It was a good time all around," said Gary.

Still smiling, the men bid each other farewell. The Korean War veteran died two days later.

Thank you, Gary and the other nine veterans who volunteered for this act of kindness. And thank you, all, for the countless other acts of kindness you do to make the lives of fellow veterans better.

Swapping Sea Stories and Other Acts of Kindness

By Sue Gold

When a staff member of Hospice of Southern Maine called to see if Vet to Vet could find a volunteer to visit a Korean War veteran who was dying, she seemed not at all sure we could get anyone at such short notice.

I had no such doubts. Within a minute of posting the request for a Navy veteran to make the visit, I had a phone call from a volunteer. Within the next 2-1/2 hours, I had received e-mails from another six volunteers, and by the end of the day three more had been in touch. A few Army veterans offered to make the visit if I couldn't find a Navy vet.


The exceptional caring demonstrated by Vet to Vet volunteers and the willingness to be of service to other veterans are what makes Vet to Vet such a deeply satisfying and worthwhile program. We all feel the

New Volunteers in February and March

- Stephen Beaudoin
- Nancy Craig
- Janet Gleason
- Jean Hayes
- Connie Hollowell
- Leelaine Picker
- Lisa Sanborn


Welcome all of you!

**"TO STAY INDEPENDENT,
I NEED A LITTLE HELP
ALONG THE WAY."**






ASSISTED LIVING FOR THE LIFE YOU WANT

A spacious private apartment filled with light.
An award-winning community filled with amenities.
A calendar packed with activities. And 24/7 personal support, medical and companion services designed to help you keep the lifestyle you love.



Call for a personal tour of
The Osher Inn at The Cedars:

-  620 Ocean Ave., Portland
-  207-221-7150
-  thecedarsportland.org

SEVENTY FIVE STATE STREET

Celebrating 164 Years
of Gracious Senior Living in
the Heart of Portland

75state.org



207-653-1450

CALL TO TOUR TODAY



Cozy Studios &
Spacious Apartments



Vibrant & Active
Community



Respite Care Now
Available

Volunteer Help Wanted

Phone Pals

Volunteers are needed for SMAA's Phone Pal program. As you may know, fund restrictions have reduced the number of days per week Meals on Wheels are delivered. Although people still receive 5 meals per week they are delivered only two days per week. The other three days many of our homebound clients neither have visitors nor phone calls to check on their wellbeing. We are recruiting a team of Phone Pals on the days they do not receive a meal delivery. We will be having a volunteer training in late spring/early summer for Phone Pal Volunteers.

Sight Facilitators

Volunteers are needed to assist people with sight impairments to be able to embrace activities such as shopping, attending meetings, and other activities outside the home. The volunteers will act as sight facilitators for clients to be able to participate in community activities.

If you are interested in either of these opportunities please call 396-6595 and speak to Judie or email to volunteer@smaaa.org.

Celebrating Volunteers and Older Americans!

May is Older American's month and in April we celebrated National Volunteer Month. These two months represent a significant truth – volunteers bring brains and hands to challenges that must be met in every community while older people bring the skills, training and experience of a life time to those same community needs. Put the two together "older and volunteer" and you have an unbeatable combination – which is exactly what Senior-Corps volunteers do.

RSVP of Southern Maine volunteers make a very real impact on the needs of our local community. In our last fiscal year, we had 98 new volunteers join us for a total of 702 registered volunteers. Of those 702, 408 reported 23,513 hours of hours of service to their communities. That averages about 58 hours of volunteer service per volunteer. SMAA thanks you for your service to those in need in our community.

Please mark your calendar for our annual Volunteer Appreciation luncheon on Wednesday, June 20th. Look for your invitation in mail!

Southern Maine Agency On Aging Receives \$16,000 Grant From Harvard Pilgrim Health Care Foundation For Caregiver Support Classes

Southern Maine Agency on Aging (SMAA) has received a \$16,000 grant from the Harvard Pilgrim Health Care Foundation to provide monthly caregiver support classes over the next 12-months throughout Cumberland and York Counties. These programs will begin in June.

All caregiver programs will be presented by an experienced caregiver specialist, often a licensed social worker and will cover such topics as establishing boundaries, stress management, planning, and myths and realities. In some instances respite care will be offered so that caregivers will be able to participate without worrying about caring for the needs of their loved one. The programs will include refreshments and opportunities to socialize with other caregivers facing similar situations.

SMAA's Chief Executive Officer, Lawrence Gross said "I am excited about our ability to reach so many caregivers within the communities we serve with quality educational programs. We are thankful to the Harvard Pilgrim Health Care Foundation for recognizing our expertise in supporting caregivers and for making such an impactful gift."

SMAA has a long history of supporting caregivers including the provision of information and resources on adult day care, home care, long term care and respite care as well as providing caregiver education programs including SAVVY Caregiver. SMAA also owns and operates two beautifully appointed Adult Day Centers (The Stewart Center in Falmouth and Sam L. Cohen Center in Biddeford) which are well-known for providing "State of the Heart" person-centered pro-

gramming for adults with memory loss.

"By providing these educational programs, we hope to empower caregivers to get the emotional support and encouragement they so desperately need as they care for their loved ones," said Eugene Scanzera, Director of Medicare Products for Harvard Pilgrim Health Care. "Harvard Pilgrim is proud to partner with SMAA to bring these opportunities to Maine residents."

**YOUR 1ST STOP
FOR ANSWERS
1-800-427-7411
www.smaaa.org**

SIGHT IS PRECIOUS.



center of excellence

TREAT YOUR EYES TO THE CARE THEY DESERVE.
You don't want to trust your eyes to just anyone. The latest advancements in eyecare are everyday practice at EMG.

Our experienced ophthalmologists offer a full range of eyecare services

- Cataract surgery
- Vitreoretinal care and surgery
- Glaucoma evaluation, treatment and surgery
- Corneal care and surgery, including transplantation
- LASIK vision correction


Bruce Cassidy, MD


Robert Daly, MD


Samuel Solish, MD


Scott Steidl, MD, DMA


Jordan Sterrer, MD


Jackie Nguyen, MD


Aaron Parnes, MD


Adam Sise, MD


Elizabeth Serrage, MD
Emeritus


William Holt, MD
Emeritus


Katherine Hill, OD, FFAO


John Wipfler, CEO

53 Sewall Street
Portland, Maine 04102
www.eyecaremed.com
www.seewithlasik.com
 Find us on Facebook!

For a free email subscription to our Eye Health Updates, visit us at www.eyecaremed.com.

Become a Hospice Volunteer!

Compassus is a nationwide network of community-based hospice and palliative care services. Hospice brings comfort, dignity and honor to the end of life's journey.



Put Your Compassion to Work
Hospice Volunteers may provide some of the following services:

- Office/Administrative tasks
- Friendly home or care center visits
- Reading to patients/ writing letters
- Light housekeeping/ running errands
- Meal preparation
- Patient caregiver relief
- Emotional and spiritual support
- Assist with grief support groups
- Helping with health fairs/ community education



VOLUNTEER!

Next Training Series
Tuesdays & Thursdays
May 22 & 24, 29 & 31,
and June 5 & 7
5 - 7:30 pm

Location:
23 Spring Street, Suite C
Scarborough, ME 04074

Contact Volunteer Coordinator,
Julia Boucher at
julia.boucher@compassus.com

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

A reverse mortgage could help you live more comfortably.



Call Steve for your free booklet on the government-insured HECM reverse mortgage.

- Supplement your retirement
- Receive a monthly payment
- Pay off a mortgage
- Set up a Line of Credit
- Buy a home

Steve Eastman

207-657-2459
Reverse Mortgage Advisor
NMLS #485909
SEastman@RFSLends.com
www.rfslends.com



Borrower must occupy property as primary residence and is responsible for property taxes, homeowner's insurance and the costs of home maintenance.
Synergy One Lending Inc. d/b/a Retirement Funding Solutions, NMLS 1025894. Maine Supervised Lender License 1025894. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.



RFS.1216.178.V1

AAA ROADWISE DRIVER®

Responsible Driving for Mature Operators



- 4 hour program designed to increase driving awareness & confidence behind the wheel
- Courses are led by AAA-trained & certified, professional instructors.
- Maine residents can qualify for a 55+ insurance discount¹
- **Online course also available in Maine, New Hampshire & Vermont**



***2-NIGHT CLASS!**
5-7 P.M.

\$10 OFF²
AAA Roadwise Driver Class with auto insurance quote
PROMO CODE: MOT8

COST | \$15 for AAA members
\$20 for non-members

CLASS SCHEDULE

MAY 14 & 16
68 Marginal Way
Portland, ME

MAY 16
746 Daniel Webster Highway #3
Merrimack, NH

MAY 17
68 Marginal Way
Portland, ME
452 High Street
Somersworth, NH

JUNE 5
Hilton Garden Inn
14 Great Falls Plaza
Auburn, ME

JUNE 13
Hampton Inn, 140 Commercial St
Bath, ME

JUNE 20
68 Marginal Way
Portland, ME

Classes are 9 a.m.–1 p.m. unless specified.

Sign up for a Class Today! Pre-registration is required.
CALL 844.307.1605 CLICK AAA.com/roadwisecourse

¹Maine licensed drivers 55 years of age or older may receive an insurance premium discount upon successful completion of the online or classroom courses. Certain restrictions may apply. NH and VT drivers should inquire with their insurance provider for available discounts. ²\$10 class discount offer valid for ME, NH and VT residents through 12/31/18 who mention the offer, register for the AAA Roadwise Driver class and receive an insurance quote for AAA Insurance. Discount valid on classroom course only. New quotes only. Not valid for online quotes. AAA insureds not eligible. NO PURCHASE REQUIRED FOR QUOTE. AAA Northern New England membership requires the separate payment of annual dues and an admission fee for new members. AAA insurance is a collection of AAA branded products, services and programs available to qualified AAA members. AAA personal lines insurance is provided by the Interinsurance Exchange of the Automobile Club (Exchange). AAA Northern New England is the licensed agent for the Exchange. Limit one \$10 discount per class, per household per 6 months. We reserve the right to provide a substitute discount. Membership is not required for discount offer. Driving school schedules, locations and pricing subject to change without notice. Copyright © 2018 AAA Northern New England. All Rights Reserved.