

2010 Southern Maine Regional Chili Cookoff*



Join Birdie Googins a/k/a
The Marden's Lady

AWESOME CHILI AND FAMILY FUN!

Scarborough Downs

Sunday, August 29, 2010 11:00-4:00

**Admission: Adults \$7 or \$5 plus 2 non-perishable food items
Children under 12, one canned good**

Call the Chili Hotline for tickets: 396-6534

Admission fee benefits Southern Maine Agency on Aging's Meals on Wheels program.

Fun-filled day for families to enjoy. Activities will include live entertainment, face painting, games, food, craft tables and more!

see page 17 for more details

*Sanctioned by the International Chili Society (ICS), a non-profit that sanctions chili cookoffs with judging and cooking rules. Events are world wide and benefit charities or non-profits. Winners of ICS cookoffs qualify to compete for cash prizes and awards at the annual World's Championship Chili Cookoff—held this year October 1-3 in Manchester, NH. ICS is the largest food contest, festival organization in the world.

Only One Fee for Fitness & Fun!

by Eileen Whynot, Editor,
"Senior News"

Maine Senior Games, a program of the Southern Maine Agency on Aging, is for serious and recreational athletes ages 50 and older. Jo Dill, Coordinator of the Maine Senior Games, expects 500 athletes to compete this year in 11 age groups, 14 sports and more than 50 events.



Registration is just \$30 for multiple events until August 1 when it will cost \$35. Residents from outside Maine pay \$5 more respectively. "We've kept registration at \$30 for Maine residents and \$35 for non-residents to help make it possible for athletes to travel," says

Dill. "We encourage advance registration to help with logistics, but we don't turn anyone away." Dill notes that there are related fees for golf and the road races. The 5K and 10K runs are conducted by other sponsors and race fees apply. Runners who enter Maine Senior Games can secure bragging rights by placing in Maine and competing nationally.

This year's kick-off event is a parade of athletes representing the various sports at the August 6th Sea Dogs Game against Richmond at Hadlock Field in Portland. Competitive events start the following day with Men's Softball at Wainwright Fields in South Portland beginning at 9:00 AM. Events continue through September 26.

Founded in 1986, the Games are funded by registration fees, business sponsorships and gifts from individuals. The Games are held each August and September and serve as qualifying competition for the biennial National Senior Games to be held in Houston, Texas in 2011. More than 100 athletes qualified in Maine to compete in the national games in 2009, ultimately bringing 42 medals and 13 ribbons back home.

Continued on page 12

Southern Maine Agency on Aging

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Scarborough, ME 04074

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From the Director's Desk

After one of the earliest and warmest springs in recent memory, the summer in Maine is now in full swing. Our "Welcome to Medicare" seminars continue over the summer due to strong demand and the positive response from participants. We encourage everyone approaching 65 or about to become eligible for Medicare to learn the ins and outs of this valuable, although complex benefit. For the latest on Medicare, see the article on page 19.



unteers to benefit 60 nonprofit agencies; and,

- Recruit an additional 50 RSVP volunteers to assist frail elders and returning veterans from recent conflicts. We anticipate serving 500 people.

This is an ambitious plan in addition to RSVP's usual recruitment activities. If you would like to step up to volunteer, contact Ken Murray 396-6520 or 1-800-427-7411 x520.

Collaborating to Reduce Hunger

This spring SMAA partnered with the **Good Shepherd Food Bank** to handle federal Food Commodities. Our quota of 792 applicants was reached very quickly, and we have discovered many seniors who were happy to learn of other SMAA services. **York County Shelter's Programs and Wayside Kitchen & Food Rescue** have helped to recruit most of these people and have distributed the food each month. We are also partnering with the **Cooperative Extension Service** and the **Healthy Maine Partnerships** to distribute food to

126 households per month in Oxford County. SMAA manages the initial applications, reporting, and follows up with benefits counseling.

Despite the Economy, Raising the Bar

Among our challenging goals is to receive contributions from **500 new donors**. We are close to 75% of this goal and on target to achieve it by September 30, thanks to an increase in on-line donations and a good response to mailed appeals. Currently we have 1,060 donors, just 306 short of our 1,366 goal. An increase in new donors and the retention of past donors are critical to sustain programming. Gifts are tax-deductible and can be made on-line at www.smaa.org/donate.php or by mail.

Enjoy the summer months and consider participating in Maine Senior Games. You can choose from 15 different sports listed on page 13.

Laurence Gross
Laurence Gross
Executive Director, SMAA

RSVP Awarded a "National Significance" Grant

SMAA's RSVP Volunteer Program has been selected to receive \$21,000 in federal funds. The grant will be used to:

- Recruit 20 RSVP volunteers to become recruiters of other vol-

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Maine Senior Games is a program of
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So, What Do You Do?

By Louise Hirshberg

Yesterday a young woman asked me, "So, what do you do?" This question always grabs me in the gut. I hold my breath while my brain scrambles for the appropriate response. What do I do, I have to ask myself? I am aware that my days disappear like magic, but what can I tell her about my day that would be worth mentioning? Being "retired" makes it impossible to say "I work for XYZ Company... my job is manager of... and saying well I used to"... just won't cut it. So now I have to quickly scan my days, and find what I can tell her and myself that will allow us both to think I am doing something noteworthy.

The magazines tell us that these are the well deserved great days of leisure—a time to finally enjoy our years of toil. But is that really so? I am finding that I don't want to be like Ferdinand the Bull, lolling about in the meadow, smelling the flowers, and munching the hay. I still want to be vibrant, and most important I want to be doing something worth while, and feel I am a contributor to society. I think about the time in my work years when I was teaching a relaxation class at a senior center. I was taken aback when a gentleman told me in no uncertain terms, "I don't need to learn how to relax, I do that all day. What I need is to learn how to become energized!" Now, as a retired person, I know what he means.

So how do I answer her question? Am I enough if I tell her that every week I exercise, keep up with the world and local news, spend time on the Internet, work at a couple of volunteer jobs, clean my home, read, knit, paint furniture, meet friends for lunch, go to movies, and take classes, all the while being "on call" to help my working children with baby sitting. Or, do I admit that with getting older I must spend much more time on body maintenance. Teeth management alone is much more than a simple two-minute brushing, and keeping my muscles in tone is a 30-minute-a-day struggle.

Reading this list, in my mind, what I do does not seem very important, just run-of-the-mill. So please don't ask this retired person what she does, because she is still struggling to find an answer that she feels you will find worth while.

Louise Hirshberg, a retired person—former mental health counselor, former contract furnishing buyer—currently lives in Kittery and facilitates "Living Joyously Groups" for the over 60 crowd. She welcomes your comments at 207-439-4642 or louisehir@comcast.net

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Charitable Gifts to Meals on Wheels Help Hundreds of Homebound People

Director of Nutrition Ted Trainer announced recently that the gap in the Southern Maine Agency on Aging's 2010 nutrition budget has narrowed because of the gifts from 191 donors. "We are so grateful to individuals, foundations, and organizations for their support. We hope to raise \$150,000 by September 30. We have a ways to go and every little bit helps," says Trainer.

The following foundations and organizations recently awarded grants to the Southern Maine Agency on Aging to support its nutrition programs:

- The **Narragansett Number One Foundation** to support Meals on Wheels in Buxton and surrounding towns;
- The **Kennebunk Savings Bank Foundation** to provide

700 Meals on Wheels in York County, through its Community Promise Program, where customers vote for their favorite charities to receive a financial gift;

- The **Emergency Food and Shelter Program** of United Way of York County to support Meals on Wheels;
- The **Prouts Neck Association** for support of Meals on Wheels in Scarborough;
- The **Huntington Common Charitable Fund** to provide SMAA programming at Crossroads Church in Sanford; and
- The **City of South Portland** to provide 5,000 meals for South Portland residents.

A large grant from the **Sam L. Cohen Foundation** made it possible to purchase computers for the SMAA Meals on Wheels sites. On June 14 all sites received their first email from the main office in Scarborough. These computers provide an electronic replacement for a

handwritten system for inventory, volunteer and delivery management, replacing countless phone calls and pieces of paper.

To make a pledge to support Meals on Wheels, please visit

SMAA's website at www.smaa.org and click on donations to learn the many ways you can give. Or, send a donation to Development Department, SMAA, 136 US Route One, Scarborough, ME 04074.

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By Elaine Cross

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Elaine retired from SMAA in 1994 where she worked at Smith House as a cook and caretaker. She says, "Meals on Wheels is a fantastic program. Great people. I really feel comfortable with them." Elaine began writing poetry at age 78.

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Senior News

is a publication of
 SOUTHERN MAINE
 Agency on Aging

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

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

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.

"Senior News" is mailed free for the asking. If you would like to receive "Senior News," call Bonnie Craig at 207-396-6526 or send your name and mailing address to bcraig@smaaa.org.

AARP Driver Safety Course

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August 12 8:30AM - 1PM

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AARP Office, 1685 Congress St.

August 13 8:45AM - 1:15PM

September 3 8:45AM - 1:15PM

To register, call 655-4943

BRUNSWICK

36 Pejepsot Terrace

September 23 8:30AM - 12:30PM

To register, call 751-9364

The registration fee is \$12 per person for AARP members, \$14 per person for non-members, and advance registration is required. Class size is limited. Insurance companies in Maine are required by law to give discounts to drivers 55 years of age and older who complete this course at least once every three years.

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Mission Statement

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

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 from the Maine Office of Elder Services. Learn more at www.smaaa.org or by calling 207-396-6500 or 1-800-427-7411.



The Southern Maine
 Agency on Aging is a
 BBB Accredited Charity.



Eddie Woodin, along with his dogs Madison and Morgan, and a group of Southern Maine Agency on Aging social workers and staff celebrate meeting the goal of the **Best Friend Fund**. Woodin instituted the Fund, designed to help older people be able to afford to keep their pets, with a challenge grant of \$2,500. His challenge was met and exceeded by gifts from 14 inspired individual donors and these organizations, the Banfield Charitable Trust, Planet Dog Foundation, Fetch Inc., Broadway Gardens Greenhouses, and Whole Home Resource. According to Katlyn Blackstone, Director of Community Ser-

vices, *“Our social workers know first-hand how important pets are to the well-being of our clients. This generous donation from Eddie and the matching gifts will be a great help to those who are living on fixed incomes and find themselves faced with an unexpected pet expense.”*

Pictured in the photo with Woodin: front row, L-R, Vivien Eisenhart, Lori Campbell, Katlyn Blackstone and Denise Theodoras; middle, Annmarie Rotolo, Kathy Baxter, Mary Hadlock and Ann-Marie Catanzano; top, Maryann McGreehan, Sylvia Harkins, Dot Lee, Abby Montague, and Ann O’Sullivan.

COMMENTS ABOUT SMAA SERVICES

“Your staffers responded quickly, fully, and in a thoroughly satisfactory way to my request for information.”

“Very supportive, informative, professional and timely.”

“The classes are very helpful. It is a huge encouragement to be with others in the same situation who are seeking solutions.”

“Just good comments—your people are great!”

“I am new to Medicare/Maine Care and your Agency was a tremendous help to me.”

“In relation to the Helpline. I received excellent help, good advice and support. I have used the line twice and it’s nice to know it’s there.”

“The elder advocate, Vicki, was courteous and profession. I felt rescued by her knowledge. I have already talked to several folks about your help and will continue to!”



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Family Caregiver Support Program



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

Is caring for an older loved one 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.

Summer Visits: Things to Think About

Ann O'Sullivan, OTR/L, LSW
 Family Caregiver Specialist

Might there be a problem?

Summer in Maine is often a time when families who live far apart get to spend time together. At SMAA, we frequently receive concerned phone calls from people who are visiting an older adult family member or friend.

There are many possible signs that a person may be having a problem in any of the following areas, including:

- Health (burns, injuries, falls, weakness, drug or alcohol use)
- Cognition (memory loss, confusion, paranoia, agitation, unusually loud or quite behavior, difficulty with decision-making)
- Mental or emotional health (loss of interest in previously enjoyed activities, changed relation-

ships, change in sleeping pattern)

- Self-care (neglected personal hygiene, dirty clothes, body odor, bad breath, unkempt appearance)
- Nutrition (unintentional weight gain or loss, changes in eating habits, lack of appetite, food on hand is old or sparse)
- Home management (insufficient food, unopened mail, unsanitary conditions, accumulation of trash, papers)
- Money management (unpaid bills, bills paid twice, money or checks lost, questionable spending judgment)
- Driving (accidents, tickets, getting lost, others feel unsafe in car)

How do I know what the problem is?

When you spot a sign that something about your family member or

friend has changed, it could be a symptom of any of a number of different things. Here are some possible alternative reasons for some basic problems. Discuss your concerns with the person (and others who see them regularly) to determine what's behind what you're seeing, so you can consider possible solutions.

For instance, if you are visiting and notice there is no food in the refrigerator, it might indicate that the person is forgetting to eat, but might also indicate they lack transportation to the store, have no money for food, or have a medical condition that affects their appetite.

Perhaps you notice bruises or other signs of injury. Of course, it's important find out if the person is being abused, and to take immediate steps to help them be safe. Or perhaps they've fallen, due to physical weakness or imbalance, or medication effects. Possibly vision loss is affecting their ability to maneuver. Maybe they need handrails, or an evaluation for a mobility device. Again, understanding the problem will make identifying options to solve it much clearer.

What if the older adult seems withdrawn and sleeps a lot more than you expect? Perhaps they're experiencing depression, or responding to the loss of a friend or family member, a move or other change. Perhaps they are taking a new medication that is affecting their alertness, either by itself or in combination with something else they're taking. Perhaps they're experiencing issues with their thyroid, anemia, or other health issues. These concerns can be brought to the attention of the person and their physician to determine and treat any underlying medical conditions.

If a person who has previously been attentive to their appearance starts to appear messy or unclean, there could be any number of reasons. While it might be assumed that they are experiencing cognitive loss (forgetting to wash), it could be that they are depressed (not caring to wash), fatigued (too tired to wash), or in pain (hurts to wash). Perhaps laundry facilities are inaccessible or they are out of detergent.

What can I do to help?

These are just examples of how one problem can appear to be another. Always ask questions and remember not to make assumptions too quickly. If you are concerned that an older family member or friend may need additional support, discuss

it with them, other involved people, and their doctor, if you can. A visit can be a good time to schedule a family meeting or physician appointment together, to build communication and collaborate on concerns.

It is important to keep in mind that competent adults of any age have the right to make their own decisions, whether or not other people agree with their choices. It is also important to know that there are many resources in the community that may be able to help solve underlying problems, contributing to a good quality of life for the older adult and family members. Southern Maine Agency on Aging can help steer you in the right direction. Please feel free to call us and we'll try to help you connect with what you need.

Putting the Puzzle Together Series Hits the Road

Southern Maine Agency on Aging will offer the popular "Putting the Puzzle Together: Getting Ready to Offer Information, Care and Support to Older Family Members and Friends," a four-part series for family caregivers, at two locations in the coming months:

Crossroads United Methodist Church, Sanford, on Wednesday mornings (9:30-11:30AM) August 11 thru September 1.

Falmouth Congregational Church, in Falmouth, on Tuesday evenings (5:30-7:30PM) September 7 thru 28.

Flyers for the programs are available on the Family Caregiver Support Program page of the SMAA website, www.smaaa.org.

Topics in the series include:

- Understanding Geriatric Health
- Resources, Supports, and Living Options, which includes community-based services and living alternatives
- Legal and Financial Issues
- Making It Work, which covers family communication, caregiver coping, and action strategies

There is no charge for the program, but pre-registration is required. The registration deadlines are July 30 for Sanford, and August 27 for Falmouth. Please plan to attend all four sessions. Contact the Family Caregiver Support Program at 1-800-427-7411 to register or for more information.

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Summer and Fall Savvy Caregiver Classes

Savvy Caregiver is a training program for family caregivers of people with dementia who are living in the community. Because we know that people often take on the role of caregiver without any preparation or training, Maine's Agencies on Aging and the Alzheimer's Association offer this program statewide, through a grant from the Administration on Aging.

This program helps family caregivers develop knowledge, skills, and attitudes to make taking care of a person with dementia easier. As part of the grant, we will be collecting data to add to the research on this program, by asking participants to complete pre- and post-questionnaires.

We have upcoming classes scheduled in Scarborough, Bridgton, Yarmouth, South Portland, Bar Mills, and Sanford. You can find details in the "Senior News" caregiver class schedule, on the SMAA website www.smaaa.org or you can contact Ann O'Sullivan or Kate Dulac at SMAA (1-800-427-7411).

Help For People Helping Aging Family Members

Are you assisting an older adult? Do you spend time helping with errands, household chores, finances, meals, health care or personal care? If so, then you are a family caregiver. The Family Caregiver Support Program can help support you as you help someone else.

Class Schedule

July 16, 23, 30, August 6, 13, 20, 9:30-11:30AM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

September 14, 21, 28 and October 5, 12, 19, 1-3PM: **Savvy Caregiver.** St. Bartholomew's Church, Yarmouth. Trainer: Darlene Field. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

September 14, 21, 28 and October 5, 12, 19, 6:30-8:30PM: **Savvy Caregiver.** First Congregational Church, South Portland. Trainer: Liz Weaver. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

September 23, 30 and October 7, 14, 21, 28, 68PM: **Savvy Caregiver. Bonny Eagle Adult Education,** Bar Mills. Contact Kate Dulac at 1-800-427-7411 x558 to pre-register (required).

October 26, November 2, 9, 16, 23, 30, 3:30-5:30PM: **Savvy Caregiver.** Crossroads United Methodist Church, Sanford. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

November 17, 6:30-8PM: **Solutions for the Sandwich Generation.**

Wells Ogunquit Community Adult Education, Wells. Call 646-4565 to register.

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

Caring for Your Aging Family Members

Support/Discussion Groups

Biddeford: Caring for people with dementia. 3rd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda, 229-4308.

Bridgton: 2nd Wednesday of the month, 1-2:30PM, at the Bridgton Community Center. Contact Oretta Baker at 647-8095. Respite care is available.

Portland: 1st Monday of the month, 5:30-7PM at the MMC Geriatric Center (66 Bramhall Street). Contact Ann O'Sullivan at 1-800-427-7411.

Scarborough: 4th Thursday of the month, noon to 1PM at SMAA. Contact Kate Dulac at 1-800-427-7411 x 558.

Windham: 1st Wednesday of the month, from 6-7PM at the Windham United Church of Christ, 140 Windham Center Road. Contact Kate Dulac at 1-800-427-7411 x 558.

York: Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, 1-2PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700.

York: Education/support for people with congestive heart failure (CHF) and their family caregivers, 1st Tuesday of the month, 1-2PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700.

Other areas: Please call Kate or Ann at SMAA's Family Caregiver

Support Program if you are looking for a group in another area. 1-800-427-7411

Dementia Support Group

Dementia Support Group for caregivers meets every third Monday of the month at 3pm, Classroom 3, Community Partners, 443 Main Street, Biddeford.

July 19 - Spirituality, Rituals, and Stress Coping Strategies

Many caregivers have trouble taking care of their own needs as they provide so much care for the needs of others. Whether you feel guilty for taking time out for yourself, or if you just feel like you don't have the time to take, consider this perspective: If you don't take care of yourself, you won't have anything left to give. Join us for a discussion of coping strategies that include holistic approaches to stress reduction and the importance of rituals. Presented by Lee Donovan, Clinical Coordinator at Community Partners.

August 16 - Open Forum for Sharing

September 20 - Meet Me Where I Am

Bonnie Iwans, a Social Worker at Clover Health Care in Auburn, Maine, will talk about how to turn your relationship with a loved one into a friendship, accepting them where they are and being present with them in their reality.

Do you know someone with dementia or Alzheimer's disease? Are you a family care giver? Are you a paid caregiver? Are you a friend? Are you a daughter? A sister? A brother? A nephew? Whatever your relationship, join us for information, to share your story, or to just listen.

Need information on a topic? I'm now developing the schedule for October through December. Give me a call or drop me a note at Community Partners. FMI contact Barbara Alberda at 229-4308.

Mini-Grants Available for Family Caregiver Projects

SMAA is looking to collaborate with organizations or individuals who will work with us to create a project or program that will identify and serve family caregivers. Grants of up to \$1,500 will be awarded through a competitive Request for Collaboration (RFC) process. Proposals should supplement existing resources, not compete with them, and should either provide new services and supports, or reach caregivers who are not currently being served by available resources.

"Family caregivers" include unpaid family or friends who are assisting a person who is age 60 or over or who has dementia, and older kinship parents (people age 55 or over who are raising someone else's children). Projects can offer information about or assistance with access to services, individual counseling, support groups, caregiver training, respite, or other services and supports that make caregiving easier.

We expect to fund only a small number of grants this year. Applications are available July 1. The submission deadline is October 4. Notification of funding will take place by November 1. Projects should be completed by June 30, 2011.

For more information or to discuss ideas, contact Ann O'Sullivan at SMAA (1-800-427-7411 x541 or aosullivan@smaaa.org). RFCs can be filled out on line at www.smaaa.org or hard copies can be requested from Vivien Eisenhart at SMAA (1-800-427-7411 x543 or veisenhart@smaaa.org).

"There are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers." Caregivers are needed for family members of all ages. With appropriate information and support, family caregivers can help each other across the lifespan.

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Agency on Aging

(207) 396-6500 or
1-800-427-7411



Are you at least age 60?

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The "As You Like It" dining out program offers seniors an opportunity to eat out at participating restaurants and cafés at a reduced cost. Join in for many choices of food.

Register just once!

If you are 60 or older, get your "As You Like It" member card so you can trade donations for meal tickets. "As You Like It" is made possible by your donations and federal grants. Donations of \$4 per ticket are very important to the continuation of this program.

Pick up your "As You Like It" membership card and tickets at any of these locations:

Main SMAA Office
136 Route One, Scarborough
Mon - Fri 8:00 am - 4:30 pm
Nutrition Staff (Lower Floor)
1-800-400-6325

Biddeford - J. Ross Community Center, 189 Alfred Street

Mon - Fri 7:30 am - 12:30 pm
Lilly Lavoie Sirois 283-2477

Kennebunk - Ross Corner Woods, 124 Ross Road
Mon - Fri 8:00 am - 1:00 pm
Maureen Moran 985-2588

Kittery - Community Center, 2 Cole Street
Mon - Fri 7:30 - 11:00 am
Elaine Plaisted 475-7399; 475-7400

Portland - Brighton First Care, 335 Brighton Avenue
Mon - Fri 8:30 am - 12:30 pm
Maureen Joyce 776-2328; 662-8728

Portland - Maine Medical Center, 22 Bramhall Street
Sun - Sat 6:30 am - 6:00 pm
Debbie Dambrie (Nutrition Services) 662-2511

Sanford - Crossroads Methodist Church, 16 Grammar Road
Mon - Fri 8:00 am - 4:00 pm
Deborah Folsom 324-5181

Sanford - Trafton Senior Center, 19 Elm Street
Mon - Fri 9:00 am - 4:00 pm
Thea Murphy 457-0080

South Portland - Peoples Methodist Church, 310 Broadway
Mon - Fri 8:30 am - 12:30 pm
Anne Bain 767-2255

Wells - Wells-Ogunquit Center at Moody, 300 Post Road
Mon - Fri 9:00 am - 4:00 pm
Suzi Franklin 646-7775

Westbrook - Pride's Corner Congregational Church, 235 Pride St., Mon - Fri 8:30 am - 12:30 pm
Helen Trefethen 878-3285

Windham - Unity Gardens, 124 Tandberg Trail
Mon - Fri 9:00 am - 1:00 pm
Virginia Bilings 892-3891

Yarmouth - Masonic Lodge, Mill Street
Mon - Fri 8:30 am

- 12:30 pm
Debbie Strachan 846-6693

York - York Hospital, 15 Hospital Drive
Sun - Sat Open 24 hours
Tom Guerrero 363-4321

York - York Senior Center, 36 Main Street
Mon - Fri 8:00 am - 4:00 pm
Janis Marshall-Colby 363-1036

Dining Locations

Impressions Cafe
Maine Medical Center
22 Bramhall Street, Portland
Breakfast: 6:30 - 9:30 am
Lunch: 10:30 am - 1:30 pm
Dinner: 3:30 - 7:00 pm

Pavilion Grill
Open: 7:30 am - 4:00 pm

Brighton Cafeteria
335 Brighton Avenue, Portland
Breakfast: 6:30 - 10:00 am
Lunch: 11:00 am - 1:30 pm
Dinner: 4:00 - 6:00 pm

Cafe at the Atrium
Maine Medical Center
100 US Route One
Scarborough
Open: 7:00 am - 2:00 pm

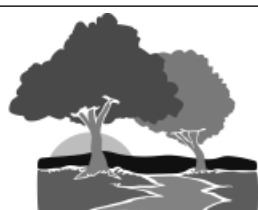
Cafe 84
84 Campus Drive
Open: 6:30 am - 2:30 pm

Bon Appetit Cafeteria
St. Joseph's College Campus
White's Bridge Road, Standish
9:30 am - 7:00 pm (Opening when school starts in September.)

Oceanview Dining Hall
Southern Maine Community College Campus
Fort Road, So. Portland
7:00 am - 7:00 pm (Opening when school starts in September.)

York Hospital Dining Room
15 Hospital Drive, York
Open: 24 hours a day

Bonanza Steakhouse
1285 Main Street, Sanford
Open: 7 days a week
10:30 am - 9:00 pm



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What Do You Have In Your Purse Or Wallet? Make sure you have a library card!

You don't need a library card to go inside and use its resources, but you do need a card to take any books, movies, or music home with you. A library card is free! (Technically, you have already paid for your card by paying property taxes or rent).

A library card is easy to obtain. You simply have to be a resident of the town, and sometimes you can get your card by simply telephoning the library in your town. Once you obtain a library card, a whole new world could open up to you. Not only can you borrow all kinds of books, fiction and non-fiction, you can also borrow movies and audio books. For those of us who have trouble reading small print, they offer books in large print. Libraries are interconnected and cooperate with each other so you get to use the resources of all of the libraries throughout the state of Maine. If you order a particular book that your town library does not have, they can obtain it for you from another library.

Free "Talking Books"

The Maine State Library in Augusta provides what is called, "The Talking Book Program" to people who have a physical or visual disability. Simply call this toll-free

number, **800-762-7106** to apply and obtain the "Talking Book Manual" that explains the program. If you qualify, you will have access to their services free of charge including mailing costs.

Ask a Librarian

Libraries and librarians are welcoming and are usually happy to help serve their patrons. Some libraries hold classes on how to use the library to get the most benefit. Some libraries will even give book talks in the community. At some libraries, they have book groups that meet in the afternoons and provide tea and a snack, or they can help you start a book group. Given your interest, they will recommend good books to read. If you have access to a computer, you can do most of your transactions with the library on line. And if you cannot go to the library, they often have a staff of volunteers to make deliveries of library material to where you live.

Contact your local library where you live or work for more information. (Some libraries welcome cardholders who work in the town of their library.)

Don Caouette, South Portland Volunteer Contributor

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- **Edward Reynolds House**
Belfast, ME
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S.O.S. Phones Provide a Sense of Security

Free for seniors and adults with a disability

Southern Maine Agency on Aging (SMAA) introduced the S.O.S. Phone Program to distribute free, recycled cell phones to seniors for use in an emergency; however, the program is now available for adults age 18 and over with a disability. S.O.S Phones are only capable of dialing 911.

SMAA teamed up with the 911 Cell Phone Bank a few years ago to collect old cell phones and distribute reconditioned phones to support older adults. More than 300 phones have been distributed! Under the

on-going agreement, SMAA will continue to collect used cell phones for the 911 Cell Phone Bank and reconditioned phones from the Bank will be given to those in need.

If you are a senior or an adult aged 18+ with any disability diagnosis and interested in receiving a free S.O.S. Phone, please contact SMAA at 1-800-427-7411 or 207-396-6500.

If you have used cell phones to donate, please drop them at the SMAA office at 136 US Route One in Scarborough, or the police departments in Westbrook or Gorham.

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Larrabee Heights—20 Liza Harmon Drive, Westbrook



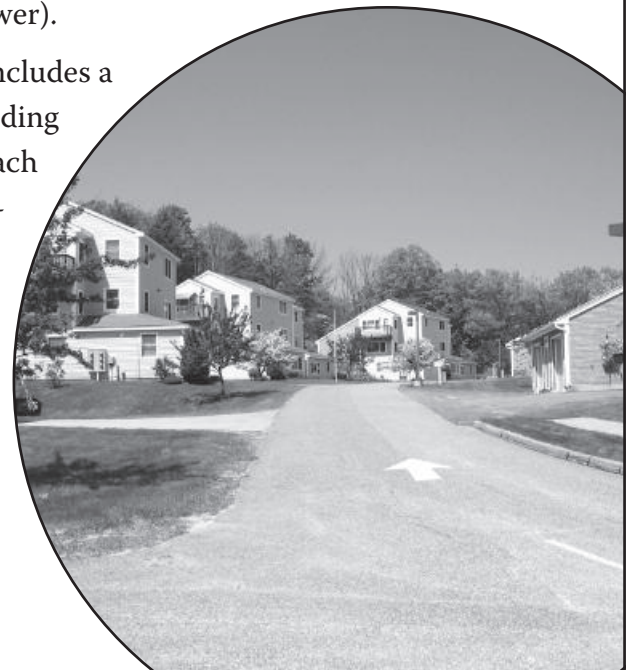
Sign up now and you could soon be living at Larrabee Heights, a retirement destination for many Westbrook seniors. Join old friends—and make new ones— at this 62-plus community, conveniently located near shopping and restaurants.

Built in 1988, Larrabee Heights has 36 two-bedroom apartments situated on a hill overlooking Westbrook Housing's Larrabee Woods and Larrabee Village. Rent is \$895 per month, not including utilities (except water and sewer).

Each apartment has its own private entrance and includes a living room, full kitchen (with great amenities including dishwasher and garbage disposal), and bathroom. Each unit has a washer/dryer hookup and an attached one-car garage.

Larrabee Heights is located on a quiet cul-de-sac behind Main Street in Westbrook.

Designed for active seniors who want a larger apartment and the convenience of their own garage parking, this community will soon have you calling Larrabee Heights "home."



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From the Mail

Saying Thank You

Greetings to all at the Truslow Adult Day Health Center and Partners in Caring,

I have some great news to share. First, Debra, meeting with you and seeing your wonderful program for my dad at Truslow was only the beginning. You assisted me with getting the ball rolling for possible VA medical and other benefits. Just this week I found out that my dad has been officially enrolled as a Priority 5, meaning no co-pays for meds or services. I also have made an appointment at the VA in Togus for dad to have a full geriatric evaluation. I will be taking him, and we will also meet with a social worker and a registered nurse. How can I say "Thank you" enough?

Colleen, as I have said all along, even as a registered nurse, I do not know what I do not know, and need people like you to guide me through the process. Last week I received a wonderful call from Lori Campbell saying my dad is eligible for the Partners in Caring Respite Reimbursement Program. I cried, I really did, with joy. You cannot know how much this means. Dad will be eligible for \$3,800 a year to have services to help keep him in his home. Now I will be able to have coverage for dad's nurse and even add some hours. Also, funds can be used toward Truslow, but I think the VA benefits will help there. How can I say "Thank you" enough?

Lori, you have been so helpful in getting this process going and in communicating with me. Again, how can I say "Thank you" enough?

In the next few weeks dad will turn 88, and I will be coming to Maine for a visit. I hope to bring dad in for a trial visit at Truslow. He has no idea of all the work I have invested in the process, or the kindness and diligence of the wonderful team of people like you — only the end results. And, this is ok. I am aware and want to extend our deepest appreciation for keeping dad in his home, healthy and well. It is truly the greatest birthday gift he could receive, and I do indeed say that from dad and me.

Remember the old song, "Oh my papa, he was so good to me?" Hmm — may be dating myself — but it is so fitting for my dad. And, I will be good to him, giving my best, but all this could never have been done without all of your help.

Warmest Regards,

Shelley

Truslow Adult Day Health Center in Saco is a program of the Southern Maine Agency on Aging (SMAA). For more information, call Debra Thomas at 207-283-0166. To contact a licensed social worker at SMAA about care or benefit issues for an older adult, call 1-800-427-7411 or 207-396-6500.

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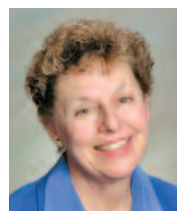
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2010 Schedule for the Maine Senior Games

OPENING CEREMONIES	Friday	August 6	6:00PM	Sea Dogs Game, Portland
MEN'S SOFTBALL	Saturday	August 7	9:00AM	Wainwright Fields, South Portland
TRACK & FIELD	Saturday	August 21	9:00AM	Scarborough HS
ARCHERY	Sunday	August 29	9:00AM	Lakeside Archery, North Yarmouth
5 K ROAD RACE	Sunday	August 29	9:00AM	LA Bridge Run, Auburn
TRIATHLON	Sunday	August 29	7:00AM	Kennebunk Beach
TENNIS	Thursday & Friday	September 9 & 10	3:00PM	Deering Oaks, Portland (Rain: Racquet/Fitness, Thursday 3PM/Friday 9AM)
BASKETBALL (WOMEN'S)	Saturday	September 11	8:30AM	Southern Maine Community College, South Portland
HOT SHOT/FOUL SHOOT	Saturday	September 11	3:00PM	Southern Maine Community College, South Portland
BASKETBALL (MEN'S)	Sunday	September 12	8:30AM	Southern Maine Community College, South Portland
CYCLING	Sunday	September 12	9:00AM	CapeAble, Kennebunkport (Rain: Sunday, September 19, 9AM)
SWIMMING	Thursday & Friday	September 16 & 17	4:30PM	Greely HS, Cumberland
TABLE TENNIS	Friday	September 17	9:00AM	Pineland YMCA
RACQUETBALL	Saturday	September 18	9:00AM	Racquet & Fitness Center, Portland
10K ROAD RACE	Sunday	September 19	9:00AM	Portland Trails
HORSESHOES	Sunday	September 19	9:00AM	Deering Oaks, Portland (Rain: Sunday, September 26, 9AM)
GOLF	Monday	September 20	8:30AM	Toddy Brook, No Yarmouth (Rain: Monday, September 21, 8:30AM)
BOWLING CANDLEPIN SINGLES/DOUBLES	Thursday	September 23	10AM/1PM	Big 20, Scarborough
BOWLING 10 PIN SINGLES & DOUBLES	Sunday	September 26	10AM	Yankee Lanes, Portland

Maine Senior Games continued from page 1

Online and mail-in registration can be accessed through www.MaineSRGames.org or contact Jo Dill at 207-396-6519 or jdill@smaaa.org for more information.

Sports/Events

- | | |
|------------------------|------------------|
| Archery | 5K/10K Road Race |
| Basketball | Race |
| Bowling | Softball |
| Cycling | Swimming |
| Foul Shooting/Hot Shot | Table Tennis |
| Golf | Tennis |
| Horseshoes | Track & Field |
| Racquetball | Triathlon |

All events offer age groups for men and women with the exception of Men's Slow Pitch Softball.

Can a Candlepin Bowler Measure Up?

By Jo Dill, Maine Senior Games Coordinator

I've been curious about ten-pin bowling for a long time. Recently, I made plans to meet two women at the Yankee Lanes in Portland to give it a try. I'm a stranger to the "big balls," having played the Maine, Massachusetts and New Hampshire-only sport of candlepin since my youth. It seems the candlepin tradition lives on in the Maritime Provinces of Canada as well. Anyway, I find the tradition of this unique sport fascinating.

I wasn't sure what to expect from my competitors, Florence "Flo" Morris, age 92 and Edie Dunbar, age 82. They were delightful! I was



Florence "Flo" Morris, age 92 plans to enter ten-pin bowling with Maine Senior Games for the first time on September 26, 2010.

pleasantly surprised that neither woman looked or acted their age. They are amazing women who bowled up a storm! Flo said she and her husband were very active up until he passed away several years ago. She stopped golfing at 86 but continues to bowl every Wednesday morning on a mixed doubles league.

Edie was an avid bowler and has been in the Maine Senior Games for more than 14 years. She has lots of gold and silver medals to prove it! She and her best friend, Dee Stetson, were champs for years in doubles until Dee passed away a couple of years ago. Edie has not bowled much since then but is anxious to get back. Although Edie has never been to a National Games event she loves the Maine Senior Games. She said, "I love bowling, have so much fun and have met so many wonderful people over the years."

Both of these independent women drove their own cars to the Lanes. Flo is looking forward to bowling in Maine Senior Games for the first time and Edie is anxious to get back in the Games. Good luck ladies!

By the way, Flo bowled 162 and 163 while I was there. You go, girl!



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Monday, September 20, 2010

Shotgun Start at 8:30
Toddy Brook Golf Course
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Open to men and women ages 50+

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For more information go to www.mainesrgames.org or contact Jo Dill at jdill@smaaa.org 396-6519 or Marty Layne







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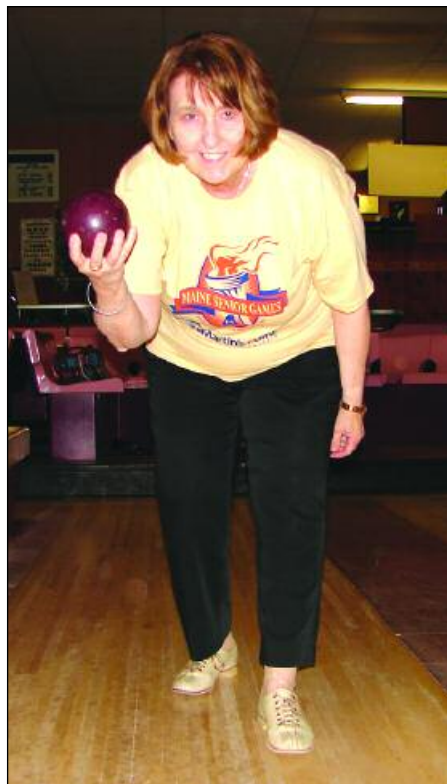
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Long-time Bowler Takes Gold her First Year

Jo Ann McPhee is a twenty-seven year veteran employee of the Southern Maine Agency on Aging but a rookie at the Maine Senior Games. Currently in the position of Nutrition Manager, she oversees a staff of 25 in 12 different locations, 300 volunteers and helps insure that 800 Meals on Wheels are delivered daily.

Jo Ann has been a recreational candlepin bowler all her life and every Saturday she can be found bowling with her husband in the same shoes she wore when she is 15. Last year, after encouragement from her co-workers at SMAA, Jo Ann entered the Maine Senior Games' Candlepin Bowling competition. Not only did she enter but she won a gold medal. Says Jo Ann, "It was loads of fun and I met lots of nice people. Not only is it fun, I am also proud to be a part of Maine Senior Games."

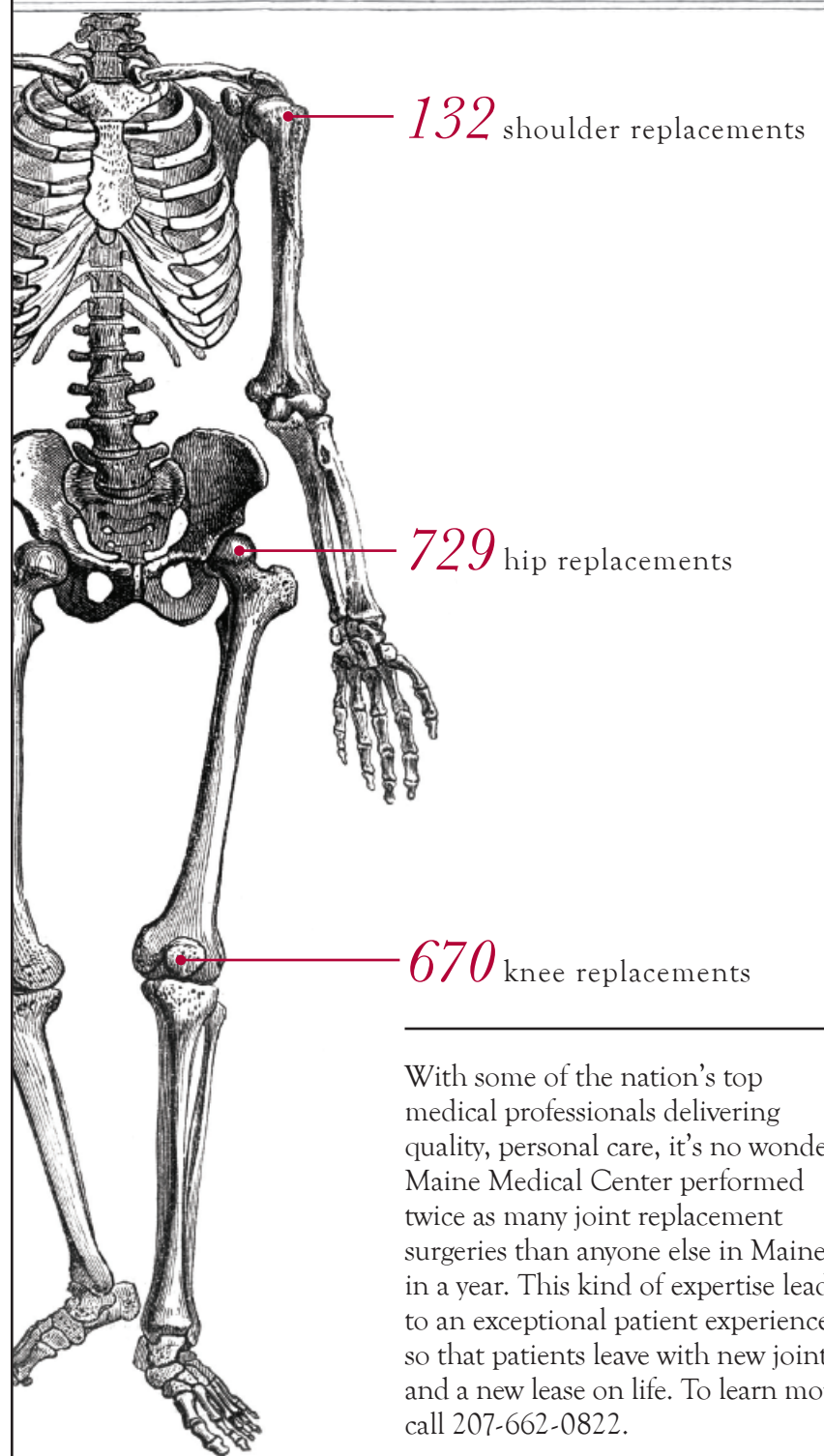
Jo Ann is practicing for this year's event, to be held at the Big 20 in Scarborough on September 23 and reports that bowling helps her stay in shape. Much of her job takes place at a desk, so regular bowling keeps her moving. Jo Ann hopes that others will take the next step and sign up for bowling or any of the other Maine Senior Games events. "I was so nervous but it all went away when I got there," she says. "It was really fun!"



Jo Ann McPhee practices bowling with traditional candlepin balls at the Big 20 in Scarborough.

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A Matter of Balance

New Retirees "Sing the Praises" of Volunteering

By Denny Dreher
 SMAA Healthy Aging Programs

Humorous stories, jokes and cartoons poke fun at the challenges and transitions couples experience at various stages of their relationship and retirement. You know: he's off playing golf with the

guys and she's playing bridge with the 'girls', or perhaps they are "beaching it" in Florida while the snow flies in the north. Brian and Meredith Thomas definitely do not fall into any such categories! A first impression is that they are too young to be retired. Both are delightfully open with a warm sense of humor that accompanies their discussion of their lives and retirement activities. One senses a couple comfortably in touch with the people and environment around them as well as each



Meredith and Brian Thomas, both volunteer coaches for "A Matter of Balance."



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other and who are both modest about their achievements and willing to experiment with what life offers. And they are delighted with life's offering to volunteer as coaches for the "A Matter of Balance" program in their chosen retirement hometown of Bridgton, where they settled five years ago after "the right house" chose them and they felt a strong desire "to be a part of this community." Their arrival in Maine from New Jersey was more of a process than a quick move.

Over several years, Brian, a software developer at Bell Labs, and Meredith, a registered nurse, working in hospital and outpatient chemotherapy settings, enjoyed vacations in Maine that left them with a desire to return on a more permanent basis. Unfortunately, 1989-90, the two-year period they chose to explore living in Maine as innkeepers, coincided with a deep economic recession, which necessitated their return to New Jersey, while retaining the hope of coming back to Maine at some point in the future. Brian's job took them to South Africa during 1999-2000. While there, Meredith volunteered at an animal shelter and visited outpatient chemotherapy centers. Back in New Jersey again, Bri-

an worked four more years at his job until retirement freed them to act on their dream. While exploring the area, they found a house in Bridgton, and started their new life, which Meredith describes as "feeling every day like we're still on vacation!"

Meredith and Brian are obviously drawn to engagement in community life through volunteering. Meredith started early as a hospital Candy Stripper; after marriage she underwent extensive and ongoing training to serve as a volunteer at Contact, a 24-hour hotline (national and international) organization, and also chaired the fundraising committee for the local branch. After returning from the innkeeping experience, she volunteered at the Mercer County Wildlife Organization helping to care for a variety of baby animals. She now serves as a volunteer with the Greater Bridgton Lakes Region Chamber of Commerce.

Besides serving on a volunteer ambulance corps, Brian gained experience as a caregiver for his mother with Alzheimer's disease. His volunteer role with the Chamber of Commerce recently turned into employment when he was hired as Office Manager, a job which he shares with Judy Pelletier (also a Matter of Balance coach). He is a member of the Lions Club, and on the Board of Directors of the Moose Pond Association, which focuses on preventing millefoile infestation in local waters. But it is their work together as coaches for "A Matter of Balance" that allows them to share the feeling that together they help to make a change for the better in the lives of others. This they say keeps their lives meaningfully and joyfully connected.

In the fall of 2006 they responded to a little article in the "Bridgton News" seeking people to be trained to lead "A Matter of Balance." Soon after the training, they shared their initial teaching experience at Unity Gardens in Windham. The Thomases were off and running and haven't stopped since. They not only coach classes; they advertise to recruit participants for the twice yearly classes at the Bridgton Community Center, where they enjoy a supportive relationship, and are now involved in making a video to publicize "A Mat-

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"If you are looking to volunteer, leading 'A Matter of Balance' is a good way to go because it has the structure and support you would need and you get so much back. You can learn to be a coach: the program does that. You have the model. If somebody is a little shy, this is a perfect thing. It's like taking baby steps. You will get more out of it than you put into it. It's new every time—same book, but always different. After almost four years of volunteering, I can't think of any negatives."

—Meredith Thomas

ter of Balance" to a broader audience. Much of the recruiting has been by word-of-mouth with ex-participants sharing their enthusiasm with others, and a few even returning to repeat the program. Brochures find their way to medical offices, Tai Chi classes, and even beauty salons.

Meredith and Brian cannot find enough ways to praise the Matter of Balance program and the satisfaction they receive from their volunteer coaching experience. They stress that it isn't what they do, but rather what happens within the class as people interact with the material and with each other that makes it work. "We do it in a lighthearted way, but it is important stuff" and "you can see when something comes together." Meredith admits that even with good groups there can be some challenging opportunities to work on their leadership skills. Every class is unique, and they continually learn from the participants. They have found ways to enhance the basic program through their style and personalities but Meredith insists that "It's really a perfect program." People enjoy the socialization and at the last class don't seem to want to let go of what has been created in the group, so the Thomases are pondering how to respond to this, possibly by a continuing an exercise class such as has been tried elsewhere.

To others considering becoming volunteer coaches for "A Matter of Balance," Meredith offers these comments: "If you are looking to volunteer, it is a good way to go because it has the structure and support you would need and you get so much back. You can learn to be a coach: the program does that. You have the model. If somebody is a little shy, this is a perfect thing. It's like taking baby steps. You will get more out of it than you put into it. It's new every time—same book, but always different. Anything you want to get out of an experience, volunteering for 'A Matter of Balance' is the way to go. I can't think of any negatives."

Observers like me would say that the creativity and commitment, which the Thomases have demonstrated in their involvement with "A

Matter of Balance," is exceptional and also demonstrates the appealing opportunities for volunteers to bring their personalities and skills to this work. As for Meredith and Brian, they agree with big smiles that "it is nice to work together" in something they both love doing.

NOTE: The Southern Maine Agency on Aging recently received two grants in support of its Matter of Balance program. The Virginia Hodgkins Somers Foundation awarded \$5,000 and the Fisher Charitable Trust awarded \$3,000.

What is "A Matter of Balance"?

"A Matter of Balance" is an award-winning program designed to help you improve your balance, strength and activity level while reducing the possibility of falling. The goal of the program is to help you remain active and independent!

The program is led by two volunteer coaches in a series of eight, two-hour classes.

Participants explore their habits, their environment, and the way they think about, or fear falls; and learn

problem-solving strategies and coping methods to reduce their fear of falling and gentle exercises to increase strength, balance and flexibility.

Role of the Coach

Volunteer coaches are trained to lead classes to support and guide participants through the program using prepared materials. Qualities needed include good communication and interpersonal skills, enthusi-

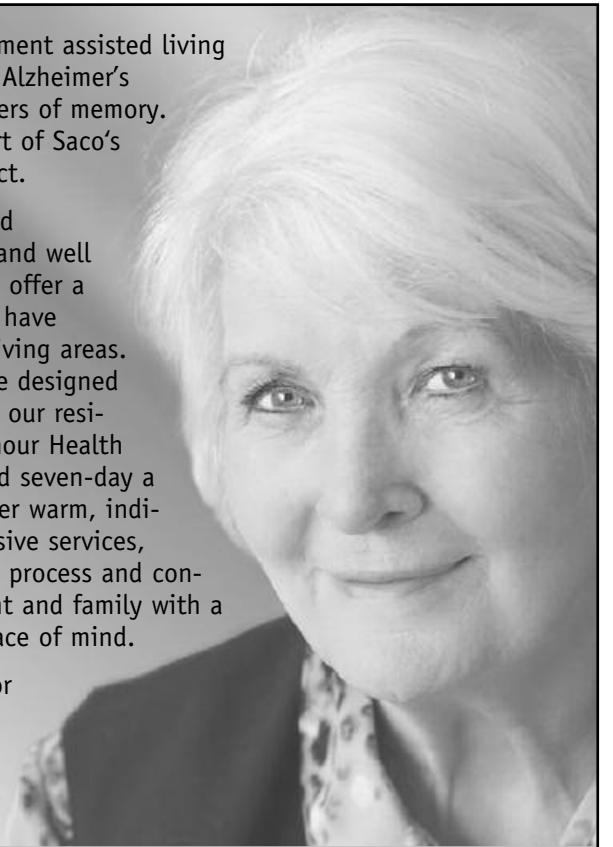
asm, dependability and a willingness to lead small groups of older adults using group discussion, problem-solving strategies and videos as well as the ability to lead easy- to moderate-level exercises.

Coach trainings are held in various locations in southern Maine. For more information about becoming a volunteer coach or taking the class, contact Anne Murray at 396-6529 (1-800-427-7411, ext. 529).

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Please contact Peg Brown, Director of Development, to discuss your interest in planned gifts and to answer any questions you may have. Contact Peg at 207-396-6590 or mbrown@smaaa.org.



Hostesses Maddy Corson (left) and Howsie Stewart (center) pose with Rev. Nina Pooley, pastor of St. Bartholomew's Episcopal Church in Yarmouth, prior to a luncheon at the Cumberland Club on May 20 to highlight the Southern Maine Agency on Aging's Family Caregiver Program. The twenty-five guests shared their own family caregiving stories and learned how SMAA's services and programs can assist family caregivers. (Stewart had a black eye as a result of a fall, but was sporting enough to let us use this photo anyway.)

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Foreclosure Rescue Scams

Hanna Sanders, Esq.
Legal Services for the Elderly

osing your home due to foreclosure can be a daunting and frightening prospect. In the state of Maine, thousands of homeowners are currently facing foreclosure. The process can be confusing and distressing for the homeowner who is trying to navigate the court system or negotiate a loan modification with a lender or servicer.



Foreclosure scam artists take advantage of people who are facing foreclosure. After learning that someone may be facing foreclosure, a scam artist will contact the homeowner over the telephone, by mail or e-mail, or even in person. They often refer to themselves with titles that sound official, such as “foreclosure consultant” or “mortgage consultant” and may market themselves as a “foreclosure service,” “foreclosure rescue agency,” or “loss mitigation company.” You may have seen these services advertised

on television, in the newspaper, or online.

In Maine, any company that takes a fee to help a person who is in debt must be licensed by the Maine Bureau of Consumer Credit Protection (BCCP). According to the BCCP, as of December 2009 there were no “foreclosure rescue” companies licensed to do business in Maine. So beware of foreclosure rescue scams; you need to be cautious if someone offers help to save your home that sounds too good to be true.

A reputable housing or foreclosure counselor **will not**:

- 1) Promise to save your credit or promise to stop the foreclosure process;
- 2) Request a fee in exchange for housing counseling services or modification of a delinquent loan;
- 3) Tell you they can “save” your home if you sign or transfer over the deed to your house; or,
- 4) Tell you to make your mortgage payments to someone other than your lender.

Before you send money to a foreclosure rescue company, or before you let someone else take money out of your bank account, call the Bureau of Consumer Credit Protection (BCCP) Foreclosure Prevention Hotline at 1-888-664-2569. If you are having trouble making your mortgage payments, call the BCCP Hotline for free advice and to get connected to a professional housing counselor that you can trust.

If you have not been paying your mortgage and have been served with foreclosure court papers, do not lose hope. Individuals 60 years of age and older can call Legal Services for the Elderly for free legal counseling about the foreclosure process by calling 1-800-750-5353.

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*Medicare.gov, 2010 Plan Quality and Performance Ratings. Applies to Prime (HMOPOS) and Value (HMO) plans only. The Select (PPO) plan is too new to have current Medicare ratings. Serving all of Maine except Washington County. Martin's Point Generations Advantage is a Medicare Advantage organization with a Medicare contract.

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Medicare Update

By Carol Rancourt, Medicare Insurance Specialist
Southern Maine Agency on Aging

June 1, 2010 brought big changes to Medicare Supplemental plans offered in Maine. These plans, also known as "Medigap" plans, fill the gaps in payment for Medicare services. Original Medicare generally pays 80% of the costs while supplemental plans pick up the remaining 20%. As of June 1 two Medigap plans, E and J, can no longer be sold. If you have one of these plans, you can keep it and continue to pay premiums but those new to Medicare cannot buy these plans.

Also beginning June 1, two new plans, M and N, were added for sale by some insurers. Both plans are essentially the same as Plan D with these differences: Plan M covers only half of the Part A deductible or \$1,100 this year. Plan N requires a co-pay of \$20 for physician visits and a \$50 co-pay for a hospital emergency room visit. The \$50 is waived if the patient is admitted to the hospital. Both of these new plans offer very few options to move to more complete coverage if you find they do not meet your needs.

Several plans are now offering lower premiums for non-smokers. In

one of these plans, if you are a non-smoker with a supplemental policy, your rate will not automatically be changed to the non-smoker rate. However, you can contact your company and have your rate lowered to the 2010 non-smoker rate. For example, in 2009 one company charged every one purchasing an F plan \$163 a month. Starting June 1, that same company has a non-smoker rate of \$153.50 a month and a smoker rate of \$169 a month. If you are a non-smoker with an F policy you could save almost \$10 a month by asking for the 2010 rate.

If you have questions about Medicare Supplemental policies, or you want to ensure that a new plan is a better value for you, please contact Southern Maine Agency on Aging for unbiased advice at 396-6500 or www.smaaa.org or contact the Maine Bureau of Insurance or view their informational brochure at: www.maine.gov/pfr/insurance/consumer/medicare.htm.

Stan Cohen, President of the SMAA board and a Volunteer Medicare Counselor, contributed to this article.



THE AGENCY ON AGING HONORS THE PASSING OF CECILE GREENLEAF ON JUNE 30.

She retired from SMAA where she was the Biddeford site coordinator for Meals on Wheels for 25 years. She also shared her cooking and played the organ at monthly parties for seniors, and helped raise funds for the Agency during her tenure.

Grief Support Groups

Windham: VNA Home Health & Hospice offers monthly grief support meetings on the first Tuesday of the month from 6:00-7:30 PM at the North Windham Union Church, 723 Roosevelt Trail, Rte. 302. For more information call Linda Hopkins at 400-8714 or by e-mail HopkinsL@VNAHomeHealth.org.

Scarborough: Hospice of Southern Maine is offering a daytime bereavement support group for adults. Participants will have the opportunity to share with skilled group facilitators and other group members. Attendance at every session is expected. The series will be held on Thursdays, August 5 through September 23 from 2:00 to 3:30 PM at St. Nicholas Episcopal Church, 350 Rte One. This support group is designed to help individuals deal with feelings of sadness, grief, depression, and anger but is not a therapy group. There is no fee. For more information contact Carol Schoneberg at 289-3651 or by e-mail cschoneberg@HospiceOfSouthernMaine.org.

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That was Then, This is Now. Salt—Less is more.

Susan Gay, Registered Dietician
Nutrition Coordinator, Hannaford

Eggs were bad, now good. Nuts were a no-no because of all that fat! Carbohydrates were thought to be avoided for a quick weight loss fix. Nutrition messages can change due to progressive research or public trends and fad diets. It is true, eggs have cholesterol; however, they also contain protein and other beneficial properties such as choline for memory and lutein for eye health and can be enjoyed in moderation. All fats are not created equal! Luckily for those who love these tasty treats, nuts along with avocado, salmon, and olive oil contain the “good” fat. No need to swear off bread and potatoes. The fact is, we do need carbs! Good quality carbohydrates like fruit, beans, whole grain breads, oatmeal, and brown rice in the appropriate portions, can provide many nutrients, energy, and fiber.

Unlike eggs, fat and carbohydrates, the message surrounding sodium has always been clear...it can be a serious health hazard to too many of us! There is a direct relationship between sodium and blood pressure. The more sodium we take in, the more fluid the body holds onto causing an intensified burden on the heart. To keep up with the extra blood volume the heart works harder, blood pressure elevates and damage can occur to the arteries. Continuous damage and repair can lead to hardening of these arteries increasing the risk for heart attacks and strokes.

The message continues to be, eat less sodium! Not only by tossing the salt shaker but by focusing on more whole foods and less processed food. Simply including more great sources of heart-healthy potassium, magnesium, and calcium, found in fruits, vegetables, whole grains, nuts/seeds, and low-fat dairy, can improve blood pressure readings and ultimately total health. Medical costs could be dramatically reduced by preventing complications related to excessive sodium intake.

Hidden sources include cereals, baked goods (baking soda!), dressings, and marinades. To reduce your intake, avoid processed meat, prepared soups and be selective with frozen meals. If using canned vegetables, toss them into a colander for a quick rinse to decrease the sodium by up to 40%. Discover new and healthier flavors using pepper, garlic, ginger, and balsamic vinegar. The American Heart Association recommends a daily intake below 1,500 milligrams per day. So get familiar with reading food labels. For assistance and more information, look for your dietitian in Hannaford at Forest Ave., Portland; Rte One, Scarborough; and, Falmouth.



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



BOOK REVIEW

The Accidental Tourist by Anne Tyler (1985)

This is a well-written and entertaining book by a Pulitzer Prize winning author. It is a bittersweet tale of loss and recovery. Tyler is a master of character development. She does a brilliant job of showing you the lives, mannerisms, and idiosyncrasies of her characters and letting you judge for yourself what to make of them. There are a number of them to pique your interest.

The main character of the book is a man named Macon Leary. Macon lives in his own little world where he attempts to protect himself from people and things outside that world; this allows him to remain passive and undecided about

life. The kind of life that he has purposely organized is a kind of comfort zone that “gives him the sense of warding off danger.” You might say that he is someone who is trying the only way he knows how to make it through life with all its challenges. But as the story unfolds, and he experiences things beyond his control, Tyler slowly presents us with a person who goes through an emotional transformation. He becomes fearful of being “A dried up kernel of a man that nothing real penetrates.”

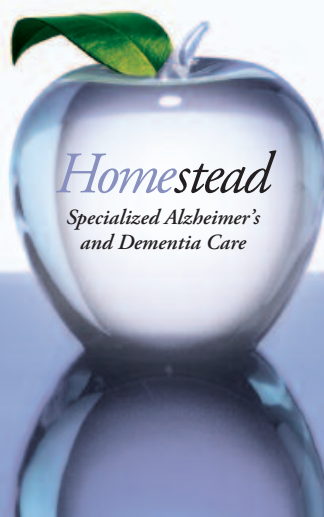
Macon’s job is to write tourist guides for people who want to travel the easiest and most efficient way possible so that they feel as if they have never left their home. In order to write his guides, he takes trips to other cities and countries to collect the information for his guides, and

then hurries back to his home without experiencing anything else beyond what he needs to know. It is on one of these trips where he finds himself on a plane and “it comes to him very suddenly that every little roof below conceals actual lives...and all at once it takes his breath away when he thinks how real these lives are to the people who live them.”

As you might imagine, the eccentricities of the characters in the book help to make the story humorous as well. Tyler shows us with subtlety that there is something new beyond every corner in life and that “no one should slip through life unchanged.”

**Don Caouette, South Portland
Volunteer Contributor**

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- Susan, family member of resident



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New Campaign to Improve Care for Older Adults

Maine Campaign for Better Care is a new project focusing on improving health care for vulnerable older patients and those with multiple health problems. While health reform is now law, the hard work of fixing our health care system is just beginning. For those with multiple health problems, our current health care system can be a huge challenge. From harmful drug interactions to duplicative tests and procedures to conflicting diagnoses to contradictory medical instructions, the health-care system can let patients down.

A national survey of Americans age 50 or older, conducted in March for the National Campaign for Better Care, finds that three in four respondents (74%) want their doctors to talk and share information with each other. Millions of people have experienced problems related to a lack of communication and coordination among their providers.

- 40% of people who take five or more medications, 47% of heavy users of the health care system, and one in three people age 50 or older say their doctors do not talk to them about potential interactions with other drugs or over-the-counter medications when prescribing new drugs.
- 36% of heavy users of health care, and 20% of people age 50 or older, say they have received

conflicting information from different doctors.

- 13% of respondents has had to redo a test or procedure because the doctor or hospital did not have the earlier results.
- 35% of respondents with multiple chronic conditions, and 30% of respondents overall, have had to themselves bring an X-ray, MRI or other test result to a doctor's appointment.
- 45% of heavy users of the health care system, 40% of those with multiple chronic conditions, and 29% of respondents overall have had to act as a communicator between doctors who weren't talking to each other.
- 76% of heavy users of the health care system have left a doctor's office or hospital confused about what to do at home.

The statistics are staggering and the need for better care coordination is evident. One-hundred organizations across the nation have joined together for the first time ever to work on the goals set by the national Campaign for Better Care.

Do you want to help make a difference here in Maine?

If you are a family member or friend, who arranges, coordinates or provides care for an older adult with multiple chronic health conditions or are an older adult experiencing

multiple health problems yourself, we invite you to share your story. Call 207-622-7083 to set up a telephone interview or you can fill out the "Share Your Story" form which is available at www.maine cahc.org/cbc.htm. The Campaign will use these real-life stories as the compelling "face" of the Campaign; conveying the urgent need to improve our health care delivery system so that it meets the needs of older adults, those living with chronic conditions and their family caregivers. Let us know what is working exceptionally well, and where improvements should be made.

Consumers for Affordable Health Care (CAHC) is a non-profit, non-partisan organization. If you have insurance questions, please call the CAHC HelpLine at 1-800-965-7476.

NOTE: If you are a Medicare beneficiary, or soon to become eligible, the Southern Maine Agency on Aging offers "Welcome to Medicare" seminars every week. Call 1-800-427-7411 or 207-396-6500 for an appointment. Also, if you have problems with Medicare benefits or statements, call SMAA for an appointment to speak with a Resource Specialist.



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Even though we knew it was time, moving to an assisted living community was one of the hardest decisions we've ever had to make. But I knew we'd made the right choice when we decided to come here.

I never dreamed it would feel so much like home. And it's good to know we won't have to move again if our financial situation changes.

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Last year, more than 23,000 children, adults and elders benefited from the services of HomeHealth Visiting Nurses:

- ♦ 7,500 people were vaccinated as a step toward seasonal and H1N1 flu prevention at public and private clinics and area schools
- ♦ 3,200 clients improved their health with foot care, screenings and tests at community clinics
- ♦ 9,800 patients maintained independence and health with 117,000 home visits from registered nurses, rehabilitative therapists, social workers and home health aides
- ♦ 2,472 newborns and mothers got a healthy start with nursing visits, offered at no charge, through our collaborative Women and Children's Health Promotion Grant



HomeHealth Visiting Nurses
MaineHealth

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RSVP

Retired and Senior Volunteer Program

"Sharing the Experiences of a Lifetime through Volunteering"

Extra Yarn?

RSVP knitters make lap robes for seniors and hats and mittens for children in Head Start or preschools throughout southern Maine. If you have left over yarn that you would like to donate to be transformed into useful items, please call Ken Murray at 1-800-427-7411 x520.

RSVP Year in Review

by Ken Murray, RSVP Director

RSVP's year begins on April 1, the date when SMAA first received funding for RSVP, way back in 1973. So this is the time of year when we look back and plan ahead.

Looking back, during the year that closed at the end of March, 368

RSVP volunteers served a total of 43,725 hours at close to 100 different agencies, facilities and programs in York and Cumberland counties. RSVP volunteers brought their skills, their interests, their dedication and their love to the task of making better communities for everyone.

The RSVP Advisory Council, comprised of volunteers, representatives of organizations where volunteers serve, and interested members of the public, met six times a year to provide guidance and support.

Three Advisory Council members completed their terms of service this year: Linda Danielson, Christine Ellis and Maryann Yarnet. Thanks to them for their dedication and service.

New Advisory Council members include, Molly Aldrich of South Portland Schools, Lissa Christiansen of Bayview Heights and volunteer Nancy Hackett. We look forward to the contributions they will make to RSVP in the future.

Looking ahead, we are excited that the RSVP Capacity Corps project is expanding into the community. This project was created under a grant from the National Council on Aging. After successfully recruiting "leadership-level" volunteers to help the Southern Maine Agency on Aging, we now have requests from other nonprofit agencies for this kind of help. (See listing of skills needed elsewhere on these pages.)

Volunteer Opportunities

RSVP Capacity Corps recruits volunteers with professional-level skills to provide leadership-level service to nonprofits. Currently we are looking for volunteers with the following skills:

- Marketing
- Fundraising
- Event Management
- Volunteer Management

To learn more about these and many other Capacity Corps opportunities, contact Paddy Clark at 396-6538 or 1-800-427-7411, Ext 538 or by email pclark@smaaa.org

Cool Ideas for Hot Days

Help others enjoy cool summer activities through volunteering

Cumberland County

- Help seniors enjoy easy sports activities in an assisted living setting. It's a "win-win" situation.
- How about leading a sing-along? If you play the piano or guitar, that would be a plus.
- An organization working with immigrants and people living on a low income is looking for adults to supervise children's activities this summer. Some fun things are planned.

Caring People Help You Stay Independent in Your Own Home

Advantage Home Care is the perfect solution for seniors who want to remain at home but need some help.

Highly qualified and trained caregivers can assist you and your loved ones with a variety of daily activities

- such as:
- Caring Companionship
 - Meal planning and preparation
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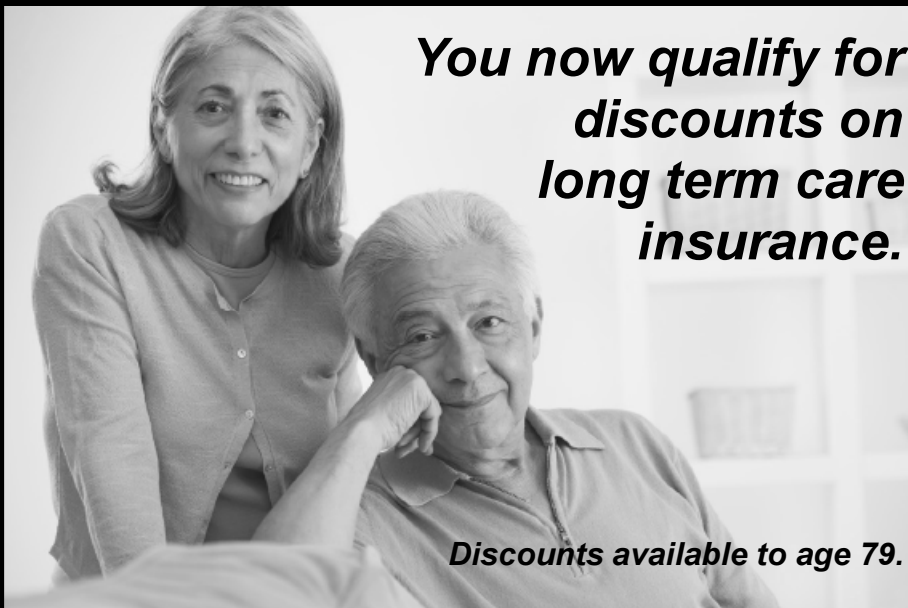
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COMMUNICATION DIGNITY INDEPENDENCE

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iTNPortland is a membership based non-profit organization. We provide arm-in-arm, door-through-door transportation for seniors. We use donated cars, volunteer and staff drivers, to deliver our 600+ members to destinations throughout Greater Portland. Our membership also includes adults with visual impairment.

Join and ride, volunteer to drive, or donate a car
(207) 854-0505 www.itnportland.org

- Pick your meal! An agency working with homeless and low-income people needs assistance serving breakfast, lunch or supper.
- If you live in the Yarmouth, Cumberland or Freeport area and have a car, Meals on Wheels is looking for people to deliver.

For in-depth information on the above and many additional ideas call Priscilla Greene at 396-6521 or 1-800-427-7411, Ext. 521.

York County

- A therapeutic horseback riding program is looking for volunteers to help in a variety of ways, including walking beside the horses with their young riders and helping out with special events.
- An historical society in Old Orchard Beach is looking for someone for a few hours a week to help them catalogue their holdings and enter information into a computer.
- The Heart of Biddeford, a downtown revitalization group, is looking for volunteers to help with special events, serve on a committee or serve on the Board.
- The Greenwood Center in Sanford and other nursing homes and assisted living facilities are looking for volunteers to help with special events or to visit residents.
- We have openings for volunteering in museums and libraries.
- **Meals on Wheels always needs drivers and substitute drivers—right now especially in the Biddeford, Hollis, Waterboro and Limington areas.**



Louise Way enjoys a moment at the Cumberland County Volunteer Recognition Luncheon. Louise reads to young children at a preschool. More than 1,500 people were invited to lunch in either Sanford or Portland during National Volunteer Week.

To learn more about these and many other volunteer opportunities contact Ken Murray at 1-800-427-7411, Ext 520 or e-mail kmurray@smaaa.org.

New Volunteers

The following volunteers have joined RSVP. Welcome!
Edward Grant
Priscilla Masciovecchio
Ralph Masciovecchio

New RSVP Volunteer Stations

The Old Orchard Beach Historical Society
The York Art Association

www.smaaa.org



Singer Gloria Jean offers the microphone to a guest at the Sanford Community Café. Gloria Jean was named 2009 Female Vocalist of the Year by the Maine Country Music Association. She and her brother Bobby Lee, the 2009 Male Vocalist of the Year, entertained more than 100 people on March 14. The menu included a traditional corned beef dinner with homemade pies for dessert.

Join Us for Good Food and Good Fun

Sanford Community Café: 1st & 3rd Mondays of the month at the Crossroads Methodist Church on Shaw's Ridge. Doors open at 11:15.

Alfred Community Café: 2nd & 4th Mondays of the month at The Commons, York County Shelter Programs, Shaker Hill Road. Doors open at 12:15.

Cost is just \$4 for those over the age of 60 and \$8 under 60. Please call 324-5181 at least one week in advance to reserve your seat.

Sponsored by Crossroads Methodist Church, York County Shelter Programs and the Southern Maine Agency on Aging.

Free to be

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Let me help you get the answers and information you need.

I'll take the time to:

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- learn what you need and want from a Medicare plan
- review your health care options
- show you plans that will ease your concerns and meet your needs
- go over the printed, detailed information about the plans we discuss

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 It could save your life.**

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 Regular screening tests are recommended, beginning at age 50*.

*unless recommended earlier by your doctor.



An Initiative of the Maine Comprehensive Cancer Control Program, Maine Department of Health and Human Services Bureau of Health



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For more information: mainepublichealth.gov
 or call the Maine Colon Screening hotline at 1-877-320-6800.