



SOUTHERN MAINE
Agency on Aging

Your 1st Stop for Answers

Senior News

TOLL-FREE: 1-800-427-7411

Published and distributed free since 1997

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JULY-AUGUST 2012

A Safe Harbor of Music

Do you Love to Sing?

By Reverend Henry Warren

Harbour Singers was formed in 2008 to give support to those at the end of life in settings such as at home, a nursing home or at a hospice throughout the southern Maine region. Harbour Singers offer music that respects and touches each individual's spiritual or personal needs. Our songbook includes hymns, less well known spiritual tunes, golden oldies and Broadway tunes, all of which have been requested along the way. As a chorus we sing at group gatherings in nursing homes and special events. In small groups we sing bedside at home or nursing homes and at the Gosnell Hospice House in Scarbor-



ough. We hope that our music will provide comfort and enjoyment to all who hear it.

Harbour Singers is a non-denominational chorus with non-profit status under the welcoming umbrella of the Unitarian Universalist Church of Saco-Biddeford and is open to all who wish to sing. Any person, whether they come with a religious affiliation, spiritual practice or social concern, is welcome

continued on page 4

How About a Benefits Check Up?

SMAA Offers Appointments with Resource Specialists to Explore your Options.

SMMA Resource & Benefit Specialists can also review income and other financial needs to see if you might be eligible for such things as MaineCare, food stamps, tax or rent rebate, fuel assistance, veteran's benefits or information about any program or service of interest. Look for a location near you and call Southern Maine Agency on

Aging at 1-800-427-7411 or 207-396-6500 to make an appointment.

Biddeford - McArthur Library, Mondays 11:30AM-2:30PM, Tuesdays & Wednesdays, 9:30AM-12:30PM.

Bridgton - Bridgton Hospital, 10 Hospital Dr., Every Tuesday for 8:30-11:30AM. Medicare assistance. Walk-ins only. Closed for July, restarts in August.

Eliot - United Methodist Church, 238 Harold L Dow Hwy, Thursday July 12, 11AM-1PM.

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Register for 2012 Maine Senior Games events at MaineSRGames.org or return the forms mailed to you today!

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From the Director's Desk

Weekend Meals on Wheels

I am delighted to report that the Walmart Foundation has awarded \$35,000 to help SMAA increase weekend Meals on Wheels. The Walmart Foundation has been joined in this effort by the Huntington Common Charitable Fund for Seniors of the Kennebec Savings Bank with a grant of \$15,000 and by the Narragansett Number One Foundation with a grant of \$8,500. We are extremely grateful for this support.

SMAA can now provide nutritious meals to more people who have no one to cook or shop for them over the weekend. Twenty percent or about 150 people who receive Meals on Wheels from SMAA tell us that they "seldom or never see a friend or family member in person." Their Meals



on Wheels driver may be the only person they see during the week. Providing Meals on Wheels for the weekends helps ensure a higher level of nutrition for older people who may have significant health issues.

Senior Farm Share

SMAA's work with Partners for a Hunger-Free York County (Partners) has helped make it possible for 310 low-income seniors from York County to receive a \$50 Senior Farm Share for the 2012 growing season. These shares are in addition to those made available through the Maine Department of Agriculture. A broader goal of Partners is to increase funds to support and expand the number of small farms and Farmer's Markets in York County who will be able to provide food to needy seniors.

LGBT Awareness Training

In April, we welcomed national trainer J. Mary Sorrell to help increase SMAA staff's awareness of

the many issues facing Lesbian, Gay, Bisexual and Transgender (LGBT) older adults. We are proud to affix a rainbow to our entryway windows, a symbol of a safe and welcoming place for LGBT elders and caregivers.

Outreach in the Communities

As part of an overall strategy to create access to our staff, SMAA now has set "office hours" at 17 locations, including libraries, churches, hospitals and municipalities, in addition to our main office in Scarborough. While our Route One building is convenient for many, geographic distance can be limiting. See the listing of locations to sit down with a SMAA Resource or Benefits Specialist above.

Resource Specialists staff our phone lines (207-396-6500 or 1-800-427-7411) between 8AM and 4:30PM Monday through Friday for appointments or for information about resources and programs. Although appointments are preferred, we are usually able to see people who drop in at our Scarborough office.



Thank you for your interest in older adults. Enjoy what Maine offers during our wonderful summer months!

Laurence W. Gross
Executive Director

Aging...let us help you and your family make the most of it.



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

Benefits Check-Up
continued from page 1

Falmouth - Library, 5 Lunt Rd., Thursdays, July 19 and August 16 from 10AM-Noon.

Freeport - Library, 10 Liberty Dr., Tuesdays, August 14 & September 11, 1-3PM.

Gorham - St. Anne's Catholic Church, 299 Main St., Every Thursday 9AM-2PM.

Kennebunk - Senior Center at Lower Village, 175 Port Rd., Wednesdays, July 11, August 29 & September 12, 1-3PM.

Limington - Town Office, 425 Sokokis Ave., Wednesdays, August 8 & September 12, 9:30AM-12:30PM.

Ogunquit - Senior Center, 300 Post Rd., Wells, Wednesdays, July 11 & August 1, 10:30AM-Noon.

Parsonsfield - Town Office, 62 Federal St., Wednesdays July 25 & August 29, 9AM-Noon.

Portland - Salvation Army, 297 Cumberland Ave., Wednesdays, August 8 & September 12, 10AM-Noon.

Portland - Wayside Food Programs, Hope Gateway, 185 High St., Tuesdays, July 31 & August 28, Noon-1PM. No appointment necessary.

Saco - Saco Community Center, 75 Franklin Dr., Medicare Options, Every Wednesday 9AM-Noon.

Sanford - Goodall Hospital, 25 June Street. Call for schedule.

Scarborough - SMAA, 136 US Route One, See a Resource Specialist, Every Monday, Wednesday and Friday, appointments from 9-11AM; 1-3PM. Call for Medicare one-on-one appointments.

Wells - Senior Center, 300 Post Rd., Wednesdays, July 11 & August 1, 10:30AM-Noon.

Westbrook - Westbrook Community Center, 426 Bridge St., Every Wednesday, 9AM-1PM.

Windham - Our Lady of Perpetual Help, 919 Roosevelt Trail, Tuesdays July 17, August 7 & 21 & September 4 & 18, 10AM-3PM.

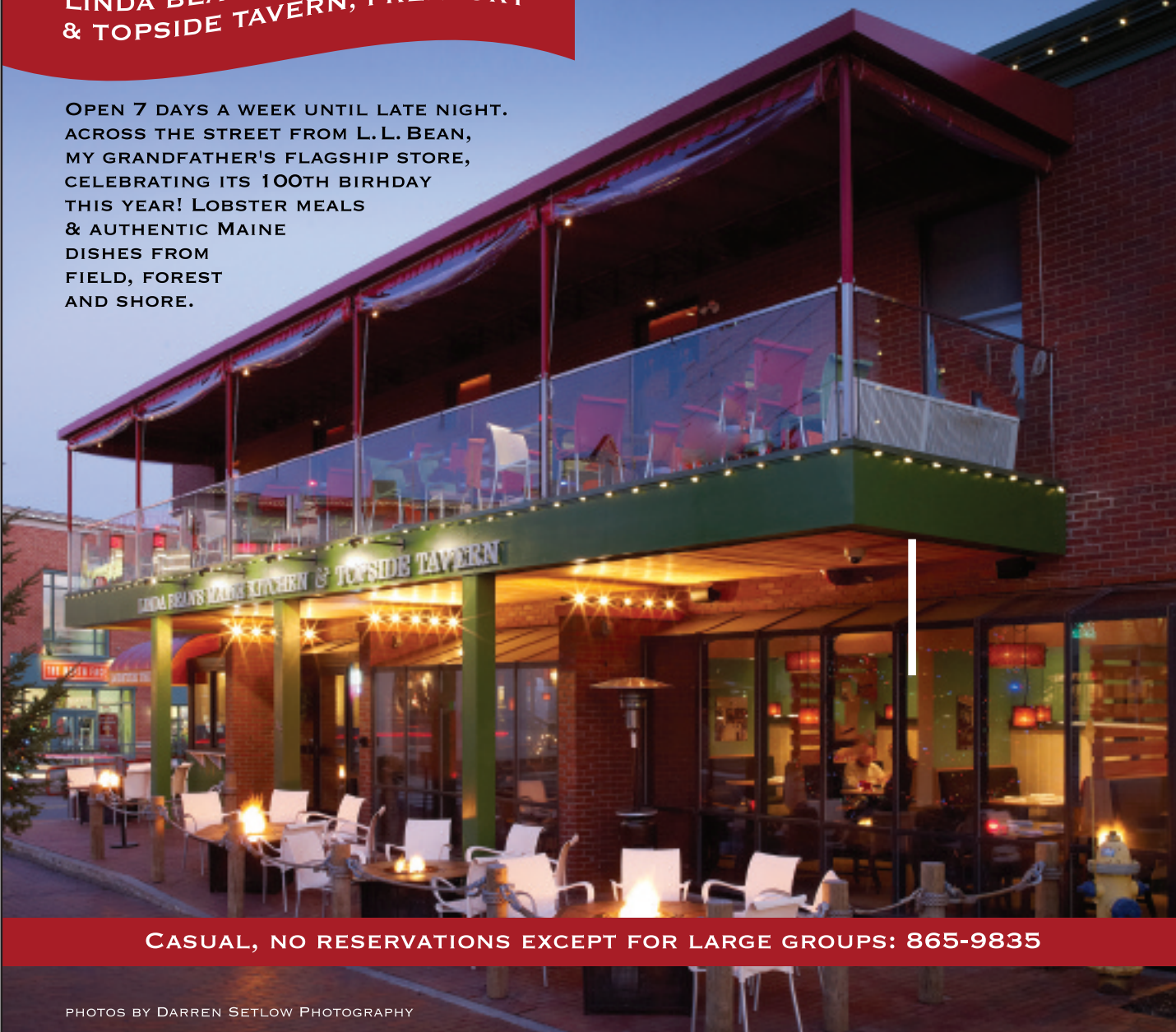
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See complete Maine Senior Games schedule on page 12.

SMAA Resource & Benefit Specialists

Helping People Explore their Options and Save Money

Below are some examples of savings recently provided for residents of Windham and Westbrook who were counseled by the SMAA Benefits Specialist at these two sites made possible by funding from Cumberland County.

- A retired 66-year old woman on Social Security had only Medicare Part B. Her health and drug coverage was through her husband, who is still working. When the husband's employer increased the cost for her to remain on his plan to more than \$400 per month, she came to the Windham site to explore other options.

The Southern Maine Agency on Aging's Benefits Specialist enrolled the woman in her own Part D drug plan and assisted her in selecting a supplemental (Medigap) plan. As a result, this woman now has as good or better coverage than her husband's employer plan and the family will save more than \$2,500 over a year's time.

- A couple came in at the end of the year. He, age 68, is still working part-time and she is just turning 65. Both have been on the husband's employer health and drug plan, which was costing them more than \$800 per month. The benefits specialist was able to help each of them find

and enroll in a supplemental and a drug plan for 2012. Even factoring in the Part B premium (\$99.90 per month for each) that they will begin having deducted from their Social Security checks, this couple will save more than \$2,700 next year.

- A couple (ages 75 & 82), who reside in a subsidized apartment, came to our Westbrook site on the final day of Medicare Open Enrollment. Both take a number of medications, but had never before reviewed their drug coverage during open enrollment. The benefits specialist was able to find and enroll this couple in different Part D drug plans that helped them save approximately \$900 per year.
- An 89-year old woman came to our Westbrook site looking for some financial assistance, because she pays nearly 25% of her monthly income for her health and prescription coverage through the Maine State Retirement System. She had not received a cost of living increase in three years and will not for another two years. The Benefits Specialist helped this woman apply for the Medicare Savings Program, which resulted in her saving almost \$1,200 per year.

To make an appointment to see a SMAA Resource or Benefits Specialist or for more information about Southern Maine Agency on Aging's Community Outreach Programs, call 1-800-427-7411 or 207-396-6500.

LETTERS TO THE EDITOR

Four Freedoms

In response to the Supreme Court's decision to uphold the Affordable Care Act, Governor LePage was quoted in the Portland Press Herald as saying, "This decision erodes the freedoms which made the United States the greatest country on Earth." Is that patriotic? It sounds patriotic. Is it true? No.

Freedom is a relative value. I remember FDR's four freedoms. They included "freedom from want" and "freedom from fear." A citizen is not free when he (or she) is burdened by fear over health. He is not free when his life may be in jeopardy because he can't afford to pay for critical medical care. He is not free when he can't even buy insurance because of a pre-existing condition. He is not free when he has to watch a loved one's health erode because he can't afford the exorbitant cost of family health insurance. The truth is that, as imperfect as it is, the Affordable Care Act creates freedom where it was previously denied. It is sad when those who are supposed to lead us are totally out of touch with what REAL freedom is all about.

Stan Cohen
Bridgton, Maine

Blood Sugar Monitors

Yes, Diabetics! Medicare Part B covers your blood sugar testing monitor! So when I went to pick up the prescribed monitor at the pharmacy, why was I told by two pharmacists that it wasn't covered, yet that other prescribed supplies, such as test strips and lancets, would be covered?

The answer is: they didn't know (and the diabetes nurse didn't know the procedures to follow either)!

Ironically, a pharmacy technician intervened by obtaining from me the respective Medicare number and medigap policy number, within minutes completed the electronic requirements, reducing the monitors' cost from \$62 to ZERO!

I'm new this year to the Medicare program, and far from knowledgeable about its workings, including whether monitor #2 will be covered. But that's for another day.

Meanwhile, I hope this experience is helpful to others.

Bruce Gooley
South Portland

Note: Medicare will only pay for one glucose meter every four years and only with a diagnosis of diabetes. However, you can almost always get free meters from mail order suppliers.

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A Safe Harbor of Music continued from page 1

and encouraged to join.

The Singers' roster includes 28 people from York and Cumberland counties and we rehearse weekly, except for holidays with some time off over the summer. The members' variety of musical experience is recognized by starting with full group rehearsal of core music, then working with smaller "bedside" sized groups, and slowly adding additional music. New members are welcomed at any time.

With assistance from four hos-

pital organizations, training was established to insure that the singers have the knowledge and self-confidence to be present in situations involving end of life.

Harbour Singers has a dedicated cell phone, 286-7678, and a website, www.harboursingers.org. Requests for service can be converted into a selection of singers who can respond as quickly as possible.

With almost four years of experience, the positive feedback the Singers have received is what keeps us moving forward. We are welcomed with open arms by the facilities and their residents, blessed with

embraces by family members at bedside, and encouraged to keep up our good work. While there is no claim of bringing professional musicians to the task, the Harbour Singers are people who both love to sing and share with others at a difficult time. Singing for those at the end of life is definitely a calling! Come join us by calling 207-286-7678!

Senior News

is a publication of



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Circulation: Mailed directly to 14,500 households and 7,000 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 22,000

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

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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).

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

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ATTENTION: Snowbirds

Welcome back! Let us know your Maine mailing address if you haven't already. If your mail is returned to us it costs us money and besides, if you want the "Senior News," we want you to receive it. Contact Bonnie Craig at bcraig@smaaa.org or leave a message at 207/396-6526 or 1-800-427-7411 x526. Be sure to specify the date when you expect to "fly away" again. Happy reading!

Neighbor to Neighbor At Home on Munjoy (AHOM)

As ever increasing numbers of older adults are seeking community in more urban areas, we are seeing grassroots movements forming to meet this preference. All over the U.S. cities and towns are experiencing an influx of older adults seeking community and the amenities that support choices in later life such as walkable neighborhoods, easily accessible public transportation, proximity to theater and arts venues and social enrichment.



Portland, Maine's largest city with a population of over 66,000 has a number of active neighborhood organizations working to make their areas of the city safe, livable and attractive to anyone looking to make the move to town. One such organization, The Munjoy Hill Neighborhood Organization (MHNO), has formed a new volunteer-based program that is reaching out to older residents who have arrived at a time in their lives when they could use a little help. That help could be as simple as an arm to hold on to for a walk around the Prom or some help around the yard or a trip to the grocery store.

At Home on Munjoy (AHOM) is a volunteer-lead group of Munjoy Hill residents who have come together to form small "circles of friends" matching neighbors in need with neighbors who have something to offer. The ultimate goal is to enrich the lives of everyone involved. If you are a resident of Munjoy Hill and are interested in participating, a caregiver of someone on the Hill who could use some assistance, or if you are interested in volunteering, please contact the MHNO at info@munjoyhill.com or call 207-775-3050. There is so much we can do and together, we can make a difference.

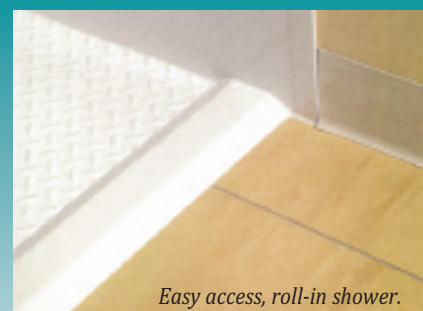
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Family Caregiver Support Program



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.

Who's the Parent Now?

Kate Fallon, MS, LCPC
Family Caregiver Specialist

The words we use can be very powerful. They can influence how we and those around us see the world and treat each other. Sometimes we fall back on phrases based on how clearly we believe they will describe our experience without giving much thought to their meaning. Caregivers have an incredibly difficult and complex job, and it is vital that this is communicated clearly, without misleading.

A phrase that is often applied to adult children who are assisting their parents is "parenting your parents." At first glance, this seems quite descriptive. It suggests a feeling of role reversal, and is meant to describe the caregiver now being

the responsible one, as the needs of the older person increase. But implying that the adult child is now the parent can be a bit of a slippery slope.

When my kids were little, I had certain rights and responsibilities being the parent. Though hardly a dictatorship, I had the final word. I made decisions, granted permission and set limits. Despite having great respect for what my kids thought and wanted, it was up to me to guide and teach so that they could ultimately stand on their own and make good choices. This works with kids, and it's appropriate.

Caring for a parent exists in quite a different realm. No matter how frail or confused, your parent is still your parent. Stepping up as a caregiver does not mean usurping your parent's rights. Even a con-

fused adult is still an adult, and they know it. Competent adults of all ages have every right to make their own choices, even if we don't agree with them. One way to look at this is to consider whose agenda is the primary one. As a caregiver, my agenda may be to move my mom where I believe she'll be safer, but if her agenda is to stay in her own home, then it is my job to explore how to best make that happen safely for as long as possible. As long as there are realistic options, the focus is on what the older person wants, while also considering the caregiver's abilities and well-being. At some point, of course, what the older person wants may no longer be feasible. There is nothing harder than watching someone you care about need help and refuse it. This is a time caregiving gets really tough.

If health deteriorates and people require assistance, retaining some sense of independence, dignity and control is crucial. Be sure to include your parent in the discussion about their care. This is someone who has a lifetime of accumulated wisdom. Be sure to respect that. Do all you can to consider what they'd like, and compromise whenever possible. It is important to be clear that you are still the child, and your parent is still your parent. You may have taken on the roles of caregiver, advocate and protector, but you have not become the parent. That role is already taken.

Biddeford: For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 229-4308.

Bridgton: 2nd Wednesday of the month, 1-2:30PM, at the Bridgton Community Center. Contact Ann O'Sullivan at 1-800-427-7411 x 541. Respite care is available on site. Respite reservation needed.

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

Scarborough: 2nd Monday of the month, from noon to 1PM at SMAA. Contact Kate Cole Fallon 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, from 1-2 PM, 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.

Kinship/Grandparent Support Group

Sanford: Wee Care, support and discussion for kinship parents and grandparents helping to raise children, 2nd Wednesday of the month, 6-7PM. Supper and child care available. Contact Thea Murphy at Trafton Senior Center at 457-0080.

On-Line Discussion and Support Group

This private Yahoo! message board is available 24/7. If you are caring for an aging family member or friend, and you have Internet access, please join us! Contact Kate at SMAA, 1-800-427-7411 or online@smaa.org.

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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? The **Family Caregiver Support Program** can help support you as you help someone else.

Fall 2012

August 7, 14, 21, 28 and September 4 and 11, 5:15-7:15PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

Thursdays, September 13, 20, 27 2-4PM OR October 4, 11 and 18, 2-4PM: **Savvy Caregiver** at York Hospital. Contact Kate Fallon at 1-800-427-7411 x558 to register (required).

October 2, 9, 16 and 23, 5:15-7:15 PM: **Putting the Puzzle Together.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

October 4, 11, 18 and 25, 6-7:30 PM: **Ongoing Loss While Caring for Someone with Dementia** discussion series. Bonny Eagle Adult Education. Contact Kate Fallon at 1-800-427-7411 x558 to pre-register (required).

October 15, 22, and 29. (No class on Nov 12). 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).

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

S.O.S. Phones Provide a Sense of Security

Donations of Used Phones Welcome

Southern Maine Agency on Aging has teamed up with The 911 Cell Phone Bank to collect used cell phones for older adults AND adults aged 18+ with disabilities who need easy access to dial 911 in case of emergency. S.O.S. Phones are cell phones equipped with 911 dialing capabilities for use in emergencies providing a Sense Of Security (S.O.S.).

S.O.S. Phones can offer peace of mind for older adults, people with disabilities, and their caregivers with an additional level of security. Under the on-going agreement, SMAA will continue efforts to collect used cell phones throughout the community, which will then be sent to the 911 Cell Phone Bank, reconditioned for 911 service, and given to those in need.

If you are a senior or adult aged 18+ with a disability and are interested in receiving a FREE S.O.S. Phone, please contact Southern Maine Agency on Aging at 1-800-427-7411 or (207) 396-6500.

If you have an old cell phone/s to donate, please drop them at the Southern Maine Agency on Aging, 136 U.S. Route 1, Scarborough, Maine.

Are you Caring for a Family Member with Dementia?

Free, 12-hour training Savvy Caregiver

The Savvy Caregiver training 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. So far, feedback from caregivers who have taken the class has been overwhelmingly positive.

Classes will be held at York Hospital in September and October and in Scarborough in October and November. The course runs for six weeks, and it is important to attend all six sessions. Pre-registration is required. Participation in this training includes evaluating the program by completing pre- and post-surveys for the funder's research.

You can find details in the Senior News caregiver class schedule, on the SMAA website (www.smaa.org) or you can contact Ann O'Sullivan at SMAA (1-800-427-7411).

You've Earned a Say Make your Voice Heard on Social Security and Medicare

In this crucial election year, AARP is taking the necessary steps to bring the discussion about Social Security and Medicare out from behind closed doors in Washington and into the hands of Americans everywhere. You've Earned a Say is a national initiative to give millions of people who rely on these programs the chance to tell us what they think should happen. Our goal? To give you the chance to state your view and offer your ideas about how to keep Social Security and Medicare strong long into the future. Through You've Earned a Say questionnaires being distributed to our members and their families, AARP is listening.

We call the effort You've Earned a Say, because Americans have earned your benefits by paying into Social Security and Medicare for years. You deserve to know what changes politicians are putting on the table, so you can speak out about how they would affect you and your family. This is a national conversation and we want you to be a part of it!

Please go to www.earnedasay.org to join in the discussion. You can also complete the questionnaire at 1-888-OUR-AARP. It will only take a few minutes, but we hope you will take the time.



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CREATE A LEGACY.**



Last July Nancy H. Payne wrote a Create a Legacy article describing how she had taken the money from a mature Certificate of Deposit 11 years ago and invested the fund in a charitable gift annuity through the Maine Community Foundation.

Nancy died this spring at the age of 94. She is missed by people

from all walks of life who loved her spirit of adventure, her humor and her passion for learning.

Nancy's Memorial Service program included a quote that reminds us of her marvelous spirit, "I have had a truly wonderful life, which I appreciate

more and more with each passing year. I have known, loved and been loved by wonderful people, had a superb education, seen much beauty, had magnificent challenges and been highly privileged in so many other ways. And, I have learned finally what I value most was not de-

pendent on monetary riches."

As Nancy had planned, the Southern Maine Agency on Aging became the beneficiary of the Nancy Payne Charitable Fund. It was formed by half of the remainder left in her charitable gift annuity. Interest from this endowment will be given to SMAA for unrestricted support. We are deeply grateful to Nancy for creating a legacy that will help serve older people in Maine for years to come.

To learn how to create your own legacy, please contact the Southern Maine Agency on Aging's Development Office at 207-396-6590 or visit planned giving on our website www.smaaa.org/planned_giving.php

What Your Dollars Do

Biddeford Savings Bank Gives to Money Minders Program

On the cover of Biddeford Savings' handsome 2011 Annual Report are the words, "Helping customers along their path to prosperity." A generous donor to the Southern Maine Agency on Aging for 12 years, Biddeford Savings helps Maine people over age 60 retain and manage their hard earned assets as they age.

Through its support of SMAA's Money Minders program for the past five years, Biddeford Savings has helped older people with modest means keep control of their monthly finances. Money Minders matches volunteers such as Biddeford Savings' employee, Lynn Chase, with people who need help ensuring that bills get paid on time and that their checking accounts are not overdrawn.

Financial stability, independence and peace of mind—these are the invaluable gifts that Biddeford Savings makes possible through its support of Money Minders. Thank you Biddeford Savings, for helping not only your own customers, but many other older people in communities throughout southern Maine live without worrying about keeping their bills paid and avoiding overdraft fees.

Thank You and Goodbye

Over the past six years as SMAA's Director of Development, I've had the privilege of getting to know very generous people who care deeply about assisting older people with the challenges of aging. You have taught me that generosity has less to do with one's assets and more with one's sense of appreciation and abundance.

Thus, the retired school teacher who gives \$50 a year to support Meals on Wheels, because her mother once received them, is making a very generous gift in relation to her income. The retired Meals on Wheels volunteer who spends \$70 a month on gas for his Meals on Wheels delivery route and waives the ability to

be reimbursed is equally generous. Here at the Southern Maine Agency on Aging we appreciate all gifts!

Some donors have told me they regard philanthropy as a way of sharing their good fortunes. The more they have, the more they want to give. It's kind of like paying your way in a civilized society. People don't give because they are pressed; they give because it feels good and they trust and respect the organizations they are giving to.

A fundraising consultant friend of mine said that she no longer uses the word donor, instead preferring the word investor. I agree with her. One such investor writes, "I see

philanthropy as a form of investment, albeit investing in community instead of investing for one's own benefit. As in any investment there is a return, but one that benefits all of society instead of just oneself."

Thank you so very much for being investors in the Southern Maine Agency on Aging. I hope you feel informed about the good your gifts have created, the lives changed and families supported through your investments. As I prepare to move to Colorado, I will remember your kindness and generosity and carry in my heart what you have taught me about generosity.

Sincerely yours,
Margaret A. Brown
Director of Development



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The Best Friend Fund

Supporting the Loving Bond with Pets

Just two years ago Eddie Woodin of Scarborough helped initiate the Best Friend Fund with a donation of \$2,500 to help older people cope with unexpected veterinary bills. Woodin challenged others to come forward and give to the fund, so that older pet owners wouldn't be faced with losing their beloved pet because of unusual or expensive care. Since then, the Best Friend Fund has helped nearly 50 low-income pet owners take care of the special needs of their pets on a one-time basis. Below are a few of their tales with happy endings.

While travelling through Canada, a Biddeford woman noticed an abandoned Shih Tzu puppy standing alongside the road. She decided to bring the pup, which she named Gizmo, home without realizing the many costs associated with owning a pooch. Gizmo needed to be neutered and some shots. These expenses quickly added up. Fortunately, the woman learned about the resources of the Best Friends Fund, which covered the costs for this care. Now Gizmo has a new home in the U.S. and his owner has a fine companion.



Last fall a 69-year-old Casco woman decided to take in a stray cat she found wandering the neighborhood. She had intended to drop him at a shelter in the morning, as she already had a cat at home. However, she quickly warmed to the new house guest and by morning she had decided to make him part of the family. The one year old cat needed shots and care for a wounded eye. While the woman could afford the

vaccinations, she turned to the Best Friends Fund to cover the expenses related to care for his eye. Today the cat is happy, healthy and enjoying life with his new owner and playmate.

Last winter a Saco woman noticed that her seven-year-old dog Precious was having difficulty eating. Upon a visit to the veterinarian, it was determined that the dog needed several teeth pulled. The Best Friends Fund helped with the cost of the tooth extractions and now Precious and his owner are enjoying food and life.

In January, a Portland woman living in subsidized housing learned of a little Yorkie named Rusty who had been abused and was looking for a new forever home. The woman wanted to take in the pup, but with little income to spare, she knew she couldn't afford to pay to bring Rusty up-to-date on his vaccinations. Then

she reached out to the Best Friends Fund and was delighted when SMAA approved paying for a health exam and shots, giving both Rusty and his new owner a new lease on life!

A 67-year-old Portland woman living in subsidized housing wanted the companionship of a young cat named Muffin, who belonged to one of her friends who could no longer care for it. But Muffin still needed to be neutered and the woman knew she couldn't afford the procedure. Enter the Best Friends Fund, who paid for the operation, and now both Muffin and his new owner are doing well.

This spring, the Best Friends Fund was contacted by a 78-year-old woman from Arundel who had adopted a Beagle in 2008. While the woman was on a fixed income, she had been able to afford routine care for the dog over the years. However, the dog recently developed a mass on its gums and was in need of an expensive procedure. The Best Friend Fund covered the costs of the surgery and related medications. Now the pup is back to normal and the owner is grateful for the support she received.

A Scarborough resident with Lyme disease typically took her cat Sophie and her housebound neighbor's cat Raymond to the Pet Quarters annual low-cost vaccine clinic. However, this spring she was unable to make the clinic due to medical problems. That's when she turned to the Best Friend Fund and requested that they help cover the expense of

Sophi's and Raymond's annual exams, which was gladly provided.

A man at a senior living facility in Berwick adopted a cat that had been abandoned by its owner. He decided to name the cat Harriet II, as his current cat was named Harriet. The addition of the new pet put a strain on his already tight budget, so he reached out to the Best Friends Fund, which paid for annual exams for both cats. Now Harriet and Harriet II are on a path to enjoy long and happy lives with their owner.

Last winter an 88-year-old woman from South Portland contacted the Best Friends Fund to ask them to pay for surgery for her beloved cat Billy. Billy had stopped eating due to a blockage. Without surgery, the cat would not get better. Yet the woman could not afford the expensive procedure. The Best Friend Fund paid for the surgery and now the cat and his owner are back to normal and grateful for Billy's new lease on life.

Donations

To sustain the great work of the Best Friend Fund by making a donation, call Liz Thompson in the Development Office at 207-396-6591 or email tlthompson@smaaa.org. You can make a contribution online by going to www.smaaa.org/donate.php or by mailing a contribution marked Best Friend Fund to Southern Maine Agency on Aging, 136 US Route One, Scarborough, ME 04074.

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TO THE EDITOR

Health Insurance Circus

In case you haven't noticed, lately various physicians have banded together with a couple of local hospitals in a scheme that somehow lets the hospital get paid for "clinic" services even if one doesn't go near the hospital, but has visited one of the physicians belonging to the group. There are two main groups in the Portland area, each headed by a hospital. They are milking the Medicare program and Blue Cross/Blue Shield.

Here's the drill:

1. I visit my doctor and get a copy of the codes for the billing.
2. Medicare gets billed and either pays or doesn't; then sends an explanation of benefits and forwards information to my supplemental insurer.
3. Secondary insurance company gets coordination papers; sends me a summary; maybe a small check after meeting deductibles and copays.
4. The "associated hospital" gets paid a "clinic" charge, even though I wasn't near the hospital. I get an explanation of

benefits.

5. I get a statement and bill for a balance from the Dr.'s billing office in Scarborough. Frequently this is many months later (last one was received in May for and August 2011 visit).
6. I have to mail my check or credit card payment to Lewiston. All of this for a 15 minute session with my primary care physician.

Is this crazy or what? In addition to all the postage, this visit has generated 12 or 14 pieces of paper. Now, you tell me that single payer would be less desirable, paid for by everyone through taxes that are certainly to amount to less than what we're putting out in this process. Last year our medical expense including insurance, without serious illness, amounted to \$14,211.) I suggest that the present system is a full employment scheme for data input clerks, mailing department personnel, claims evaluators, highly paid executives, attorneys, accountants, telephone personnel, IT professionals, insurance and pharmacy company lobbyists.

Bob Tripler
Cape Elizabeth

News from SMAA's CATCH Healthy Habits To Help Reduce Childhood Obesity

Today's children live in a different world. Going outside to play is rivaled by less active alternatives such as television, computers and video games. Working families are busier than ever, making healthy eating a challenge. The result is a startling rise in childhood obesity, leading to an anticipated rise in heart disease, diabetes, strokes and cancer. CATCH Healthy Habits is a physical activity and healthy eating program that has been proven through research to increase healthy behaviors in children. Current studies are looking at positive behavior change in CATCH volunteers, beyond all the documented benefits of volunteering.

Governor's Council Award

On June 6th volunteer Olga Schimmer and coordinator Sharon Schulberger were pleased to represent the volunteers of SMAA's CATCH Healthy Habits program at an award ceremony of the Governor's Council on Physical Activity. Maine's First Lady Ann LePage and Council co-chair, Dr. Erik Steele presented CATCH with the 2012 Maine Fitness Award in the Adult Category. Volunteers were recognized for their efforts that include preparing healthy snacks, teaching a short nutrition lesson and leading the children in active physical games. By helping children learn how to make healthy lifestyle choices now, we hope they will have a healthier future.

Volunteers Needed

SMAA is currently seeking volunteers age 50 and over to work this fall in teams of 3-5 people to present CATCH at sites in Westbrook, South Portland and Portland. Volunteers commit to a training program and a minimum of eight weekly, one-hour sessions. By committing just 24 hours of time, you can have a positive effect on the future health of area children!

THANKS, Redbank! Students in grades 3-5 recently completed an eight-week program through South Portland Parks & Recreation. Our great volunteers included Trudi Martin, Diane Gotelli, Marcia Chute, Elba Parr, Olga Schimmer and Marcia Grant.

CATCH on CTN TV5

Trudi Martin and Sharon Schulberger were featured on Community Update, a CTN Channel 5 TV show, which aired four times a day during the week of May 14th. You can view the segment at <http://archive.org/details/ctn5-4921-communityupdate>.

CATCH Receives National Award

The Coordinated Approach to Child Health Program, the "parent" program of CATCH Healthy Habits, has received the "Pioneering Innovation Award" from the Centers for



Disease Control and Prevention (CDC) at the national Weight of the Nation Conference in May.

FMI about volunteering or to add CATCH activities to your school or afterschool programs, contact Sharon Schulberger at the Southern Maine Agency on Aging at 396-6523 or e-mail sschulberger@smaaa.org.

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

Everyone 55+ Welcome at CHOICES

CHOICES, a Scarborough Community Services 55+ program, acts as a catalyst and confidential support group to help seniors make choices that are consistent with the way in which they choose to live. Invited speakers help the group take advantage of the resources available to them. Recognizing that we need to provide the balance between what we are capable of doing and when we need to ask for help, CHOICES focuses on:

- 1) Taking care of our health with proper nutrition and exercise
- 2) Being socially active—volunteering or joining social or special interest groups
- 3) Furthering our education—SAGE or OLLI (Senior College)
- 4) Acknowledging that we have a right to be happy and live in a peaceful environment
- 5) Asking for help when we need it

Guest speakers have included Lenore Fleming, MD, Ann Murray from SMAA's Living Well Workshop as well as a nutritionist, a home health nurse, and an acupuncturist. The group has also enjoyed bowling, mini-golf, movies, a Casco Bay Cruise and trips to Trader Joe's and Whole Foods.

CHOICES meets at Bessey Commons on Route One in Scarborough every other Monday at 10AM. This program is free and open to both Scarborough residents and non-residents. For more information and upcoming events, please call Scarborough Community Services at 730-4150 or Linda Bidler at 883-2202.

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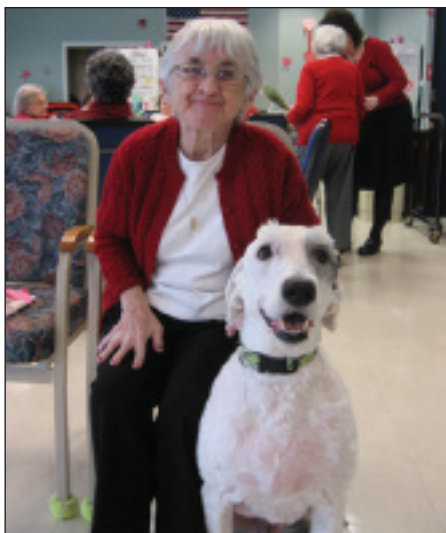
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Jason Wilson, MSB, CFE



Marney Murphy with a therapy dog at Truslow Adult Day Center.



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.

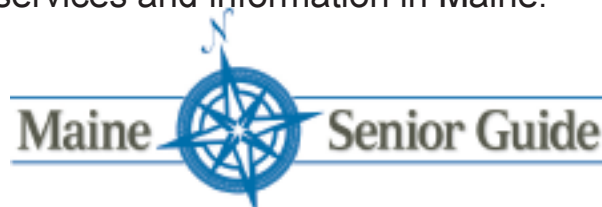


Information for seniors and their families

Looking for information on senior communities, activities or services? Check out


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- Barbara Pires RN




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From Jo Dill's Notebook

Registration for 2012

Registrations are coming in every day! You can register online at www.maineseniorgames.org or go to the website to download the form and send it in by mail. We're expecting 400-500 athletes this year so earlier rather than later registration helps!

2012 MSG Schedule

Track & Field: July 21, Scarborough HS, 10AM, Saturday, (Rain date: July 22)



Horseshoes: August 18, Deering Oaks, Portland, 9AM, Saturday, (Rain date: August 19)

Triathlon: August 19, Tri for Preservation, Cape

Elizabeth, 7:30AM, Sunday

Golf: August 21, Nonesuch River, Scarborough, 8:30AM, Tuesday

Archery: August 26, Lakeside Archery, North Yarmouth, 9AM, Sunday (Rain: Sept. 9th)

5 K Road Race: August 26, LA Bridge Run, Auburn, 9AM, Sunday

Tennis: September 6, Men/Women Singles, Men's Doubles, Racket/Fitness, 9AM, Portland, Thursday

Tennis: September 7, Women's Doubles, Mixed Doubles, Racket/Fit-

ness, Portland, 9AM, Friday

Cycling: September 9, Kennebunkport Bicycle Co, 9AM, Sunday

Basketball (Women's): September 15, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Saturday

Hot Shot/Foul Shoot: September 15, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday

Basketball (Men's): September 16, Cape Elizabeth HS, Cape Elizabeth, 9AM, Sunday

10K Road Race: September 16, Portland Trails, AM, Sunday

Swimming: September 16, Cape Elizabeth HS, Cape Elizabeth, 10AM, Sunday

Bowling Candlepin: Singles/Doubles: September 20, Big 20, Scarborough, 10AM/1:00PM, Thursday

Table Tennis: September 21, Pineland YMCA, 9AM, Friday

Pickleball: September 22, Racket/Fitness, Portland, 10AM, Saturday

Racquetball: September 22, Racket/Fitness, Portland, 9AM, Saturday

Bowling 10 Pin: Singles/Doubles: September 23, Yankee Lanes, Portland, 10AM, Sunday

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Volunteers Needed!

Many volunteers are needed at each Maine Senior Games event. We need folks to register the athletes, hand out bags and t-shirts, keep a time clock, be a line judge, stop traffic at the cycling event and the list goes on. Email Jo at jdill@smaaa.org or call 396-6519 to volunteer! Volunteers have so much fun AND you get a beautiful t-shirt!

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Remember, our sponsors help make Maine Senior Games possible! The logos of our exclusive Lead Sponsor Martin's Point www.martinspoint.org and our Gold Sponsors, Anthem www.anthem.com and Piper Shores www.pipershores.org, are featured on the front cover of this newspaper.



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Welcome to Harvard Pilgrim Health Care, our newest Silver Sponsor, joining Falmouth Orthopaedic Center. We really appreciate all of your support!

For information about becoming a sponsor of Maine Senior Games, contact Jo Dill jdill@smaaa.org at 396-6519.

SMAA COMMUNITY SERVICES
Outreach News

inars and one-on-one appointments, volunteers can go over benefits such as MaineCare, food stamps, tax or rent rebate, fuel assistance, veteran's benefits, prescription drug assistance, Medicare savings and more.

John Holland, a parishioner and SMAA volunteer, worked with SMAA's Medicare Educator Carol Rancourt to create the Windham site in 2010. Medicare Volunteers who have made the Windham site successful include Pat Paine, Nancy

Gordon, Marian Rowan, Mary Smith and John Holland. We also appreciate the support of Father Joseph Koury and Parish Administrator Donnamarie Innman.

Call 207-396-6500 or 1-800-427-7411 for an appointment.



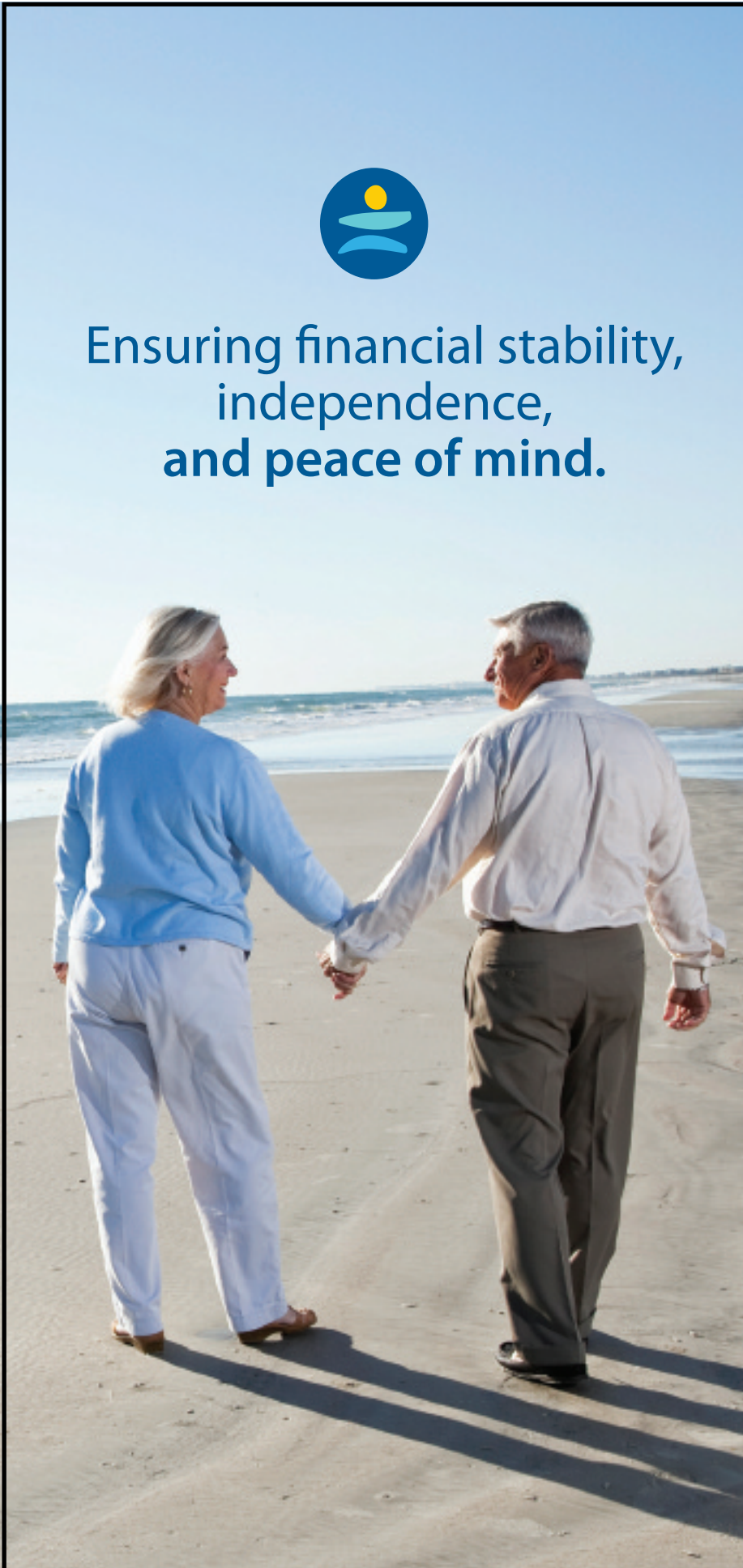
Father Joseph Koury and SMAA Medicare Volunteer and parishioner John Holland.

Windham Parish's Generosity Helps Lakes Region Residents

For the last few years, SMAA staff and volunteers have had office hours Tuesdays at Our Lady of Perpetual Help Catholic Church in Windham. This donation of meeting space has made it possible for nearly 500 Lakes Region residents to explore their Medicare and benefits options much closer to home. In addition to Medicare Sem-

"We clearly would not have the easy access and presence in the community for our Medicare counseling services without the strong support of local partners like Our Lady of Perpetual Help."

— Laurence Gross, SMAA Executive Director



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Matter of Balance coach, Penelope Kullaway of Kennebunk, left, with Liz Weaver, AgeWell Coordinator at Southern Maine Agency on Aging.

A Matter of Balance

- Are you concerned about falling?
- Do you restrict your activities because of falling concerns?
- Are you interested in improving your balance, flexibility and strength?
- Are you age 60 or older, ambulatory and able to problem-solve?

A Matter of Balance is a nationally recognized program designed to help you manage falls and increase your activity levels. The workshops are given in two-hour sessions once a week for eight weeks.

You will learn to: view falls and fear of falls as controllable; set realistic goals for increasing activity; make changes to reduce falls at home; exercise to increase strength and balance.

Upcoming Schedule

Casco Bay YMCA, 14 Old South Freeport Road, Freeport, September 4-October 30, Tuesdays, 1-3PM

Paul Hazelton House, 7 Smith Lane, Saco, September 10-29, Mondays, 2-4PM

Southern Maine Agency on Aging, 136 US Route One, Scarborough, September 11 - October 30, Tuesdays, 1-3PM

MaineHealth LRC, Falmouth, 5 Bucknam Rd, Falmouth, September 12-October 31, Wednesdays, 1-3PM

The Matter of Balance Team at Harbor Terrace from left, Julia Schafer, Joanie Grondin, Amy McLaughlin and Deb Spiller.



Learning Valuable Skills through a Matter of Balance Class

Joanie Grondin and Amy McLaughlin, nursing students at the University of Southern Maine, took on a special challenge their senior year when they became Matter of Balance (MOB) Coaches through the Southern Maine Agency on Aging. Once trained, they teamed up to lead a MOB class for twelve residents at Harbor Terrace in Portland. This experience offered Amy and Joanie the opportunity to interact with the residents, learn more about the health needs of older adults and promote wellness. Their team also included two American Sign Language interpreters, Deb Spiller and Julia Schafer, to support Joanie in leading the class, since Joanie is deaf. Master Trainer Anne Murray was their mentor as the duo taught the class. USM professor Linda Samia oversaw their community partnership experience. What a team!

Interpreters Deb and Julia read the MOB coach handbook to become familiar and well-versed with each week's material. They were able to relay Joanie's conversation fluently and accurately for class participants.

The participants were eager and motivated to address their con-

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cerns about falling, sharing their stories easily. Class participants learned more about the importance of exercise and in the process, realized that they are able to engage in physical activity. Participants also learned to challenge their concerns about falls, to make exercise a regular habit and to begin to socialize more often. One gentleman really wanted to go to his grandson's football games without worry, so the group helped him work through his fears and found a way for him to negotiate the bleachers. Everyone was very enthusiastic!

Future nurses Joanie and Amy learned the value of team work. They also learned how to facilitate a group, manage their time, and balance a busy family and school schedule—skills they will use throughout their lives. They felt privileged to hear the stories that were shared. Joanie says she gained a valuable understanding of the residents and their challenges. She has increased confidence in herself and thinks she will be a better nurse from this experience.

Amy said that she learned a lot about herself, how to keep a group engaged, and manage each session working closely with Joanie to present the curriculum each week. Amy says she witnessed a change in the residents that will definitely impact her nursing career. Both Joanie and Amy came away from their community experience with a deeper appreciation and understanding of the older adults they will meet in their future careers.

To learn more about the Matter of Balance course or to become a coach, call Liz Weaver at 396-6578.

Living Well for Better Health Leader Training

Become a Living Well Leader!

Do you want to make a difference in your community while gaining valuable professional skills? Do you want a powerful incentive for reaching your own health goals?

The Southern Maine Agency on Aging will offer a free, four-day training course for volunteer leaders of "Living Well for Better Health," a nationally-recognized self-management workshop for adults of all ages with chronic health challenges such as pain, arthritis, heart disease, depression and other conditions. Leaders receive thorough training, ongoing support and great materials for teaching this fun, interactive workshop. You do not need to be a health professional to become a leader.

Next Leader Training will be October 11, 12, 18, 19 from 8:30AM to 4:30PM (must attend all 4 days for certification). Breakfast and lunch provided each day. To be held at the Southern Maine Agency on Aging in Scarborough. Pre-registration is required by calling Anne Murray or Liz Weaver at 800-400-6325.

See AgeWell on Facebook at www.Facebook.com/agewellsmaa.



Anne Murray takes her next big step... nearly 65 years later. "I've loved the AgeWell groups and volunteers, and the staff here at SMAA has been so supportive and easy to be with."

Anne Murray organized, trained and recruited participants for "A Matter of Balance" and "Living Well for Better Health" during the past six years.

Anne is retiring with her husband Ken Murray in July.

Living Well for Better Health Workshops

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Upcoming Schedule

Martin's Point Healthcare, 331 Veranda Street, Portland, October 5 - November 9, Fridays, 9-11:30AM

Fall Prevention Program

Senior Center at Lower Village, Kennebunk on Monday August 6, 10AM. Sarah McLean, a physical therapist from Southern Maine Medical Center, will discuss why people fall, risk factors, how to be safe, what to do if you do fall, the use of assistive devices (walkers, canes, etc.) and resources that will help you prevent falls. Be sure to sign up by Monday, July 30 for this program by calling the Senior Center, 207-967-8514.



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The Bombardier, Part IV

By Hunter Howe

This is the last of a four part series. In World War II, Dean Whitaker, like many other Americans, answered the call to duty ultimately flying 20 missions over Hitler's Germany.

Parts I, II and III may be viewed in Senior News at www.smaaa.org. Part I focused on the years 1941 to 1944, covering Dean's enlistment and training. Part II focused on his combat missions, flying from a base in England. Part III covered his ordeal as a Prisoner of War.

On November 2, 1944, Dean's "Stormy Weather" B-17 sustained a direct hit while raiding an important oil refinery in central Germany. With their tail gunner dead and the plane out of control, the crew bailed out.

Dean and three crew members survived. Angry German civilians clubbed or shot the other four. For the next six months, Dean remained in captivity. In January 1945, the American and Russian armies advanced on the camp. German soldiers marched the POWs south through harsh winter conditions. Near the end of April, General Patton and his troops liberated the camp. After ten days, a C-47 took off from an abandoned German airfield flying Dean to France and freedom.

"We stayed at 'Camp Lucky Strike,' a rehabilitation center for POWs, in the port city of Le Harve in the Normandy region of France. From here, we saw many derelict boats in the water, left from the D-Day invasion in June 1944. The medical staff put us on a strict diet of hospital rations, which included lots of vitamins to build us up from the starvation regiment we'd been on."

After a few days, Dean boarded an old World War I transport for the long trip to Trinidad (off the Venezuelan coast) and on to New



Women from all over the U.S. pitched in for the war effort. "Chippers" women war workers of Marinship Corp.

York City. "Upon entering the harbor, we were greeted as returning heroes and given the fireboat water welcome. I called my mother in California, the first correspondence with her in many months. While a POW, only one letter had made it home. Needless to say, a few tears were shed on both coasts."

Dean reported to a camp outside of New York City where he remained in the hospital for three weeks. "Finally able to eat normal food, I had my first real meal since before being shot down; you guessed it, steak and potatoes."

"I sent my Mom the exciting news, I WAS ON MY WAY HOME. I took a troop train across the country carrying only a GI duffle bag and wearing the same clothes we'd been issued at camp 'Lucky Strike.' We were quite a sight, no fancy uniforms, just a weary group of kids glad to be home on American soil. I arrived at the same station where I'd left to begin my training. I spied my Mom, tears in her eyes and joy on her face. My little sister, two of my brothers and two uncles greeted me. Both uncles had served in World War I and wore a look of pride on their faces.

"My three brothers had enlisted in a different branch of the service, Alan in the Navy, Kay in the Army and Owen in the Marines. The good news, each survived. They've since passed away.

"But there was bad news. I found out that my best friends, Bill Willson and Warren Thompson, who'd enlisted with me, were shot down and killed in the skies over Europe. Another friend, Lester Newton, was killed on an aircraft carrier in the Battle of the Coral Sea in the Pacific Theater."

In addition, Dean lost five of his crew members. Nose gunner Arnold Money and engineer Cornelius Harrington survived, both now deceased, leaving only Dean and the co-pilot Paul Deininger still living.

"Paul and I became good buddies while POWs. Today, he lives in Pennsylvania and is like a brother to me. I send him copies of the Senior News each time a new 'Bombardier' part is written; Paul is blind but his daughter reads them to him."

"I also remained friends with Bill Frankhouser, our original navigator. When transferred to another crew, I assumed his duties. Bill wrote a book called World War II Odyssey.



Many women entered vocational schools to learn war work.

From Dean's base in England, the 398th Bomb Group flew 195 combat missions losing 58 B-17C Flying Fortresses. Dean and his

wife Lucille have attended many 398th Bomb Group reunions held each year in a different city. "Unfortunately our numbers are dwindling, probably down to 70 or so. Now our kids have taken over because of the 'old stories' they've heard from their parents. It's gratifying to see this."

"At one of these gatherings I was reunited with Bernie MacKenzie, who was a crew member during our training in England. On a take-off practice run, our aircraft wheels hit a tractor. The plane crashed through trees and burst into flames. Bernie was badly burned. The last time I'd seen him he was covered in bandages."

After the war, Dean worked as a carpenter and attended architectural school at the University of Southern California. In 1946, he married. "I quit school and then tried to get back in but there were so many vets utilizing the GI Bill, I couldn't." Dean and his brother formed a contracting company called the Whitaker Brothers, building homes along the coast south of Los Angeles. After that, he constructed 32' cruiser boats. "They had big diesel engines and when the cost of diesel fuel rose, I returned to building homes mainly in the Laguna Beach area. During my working days, I also taught construction at a high school, drove a fire truck, and owned a dragster with one of our two sons—we won many trophies."

Dean and Lucille moved to Las Vegas 24 years ago. He's the Commander of the Las Vegas 711 Chapter of the American Ex-Prisoners of War. Each Memorial Day, he represents the Chapter riding in a Mustang convertible in a large parade. In addition, over the years, he's spoken about his war experiences at many high schools and radio stations.

Like many veterans, Dean didn't mention his medals, but I inquired. Five years ago, at a ceremony at Nellis Air Force Base in Nevada, he finally received a Purple Heart, 60 years overdue. He also has an air medal with several bronze leaf clusters, a D-Day medal, a Victory in Europe medal and a POW medal. And, in September 2001, John Ensign, a U.S. Senator



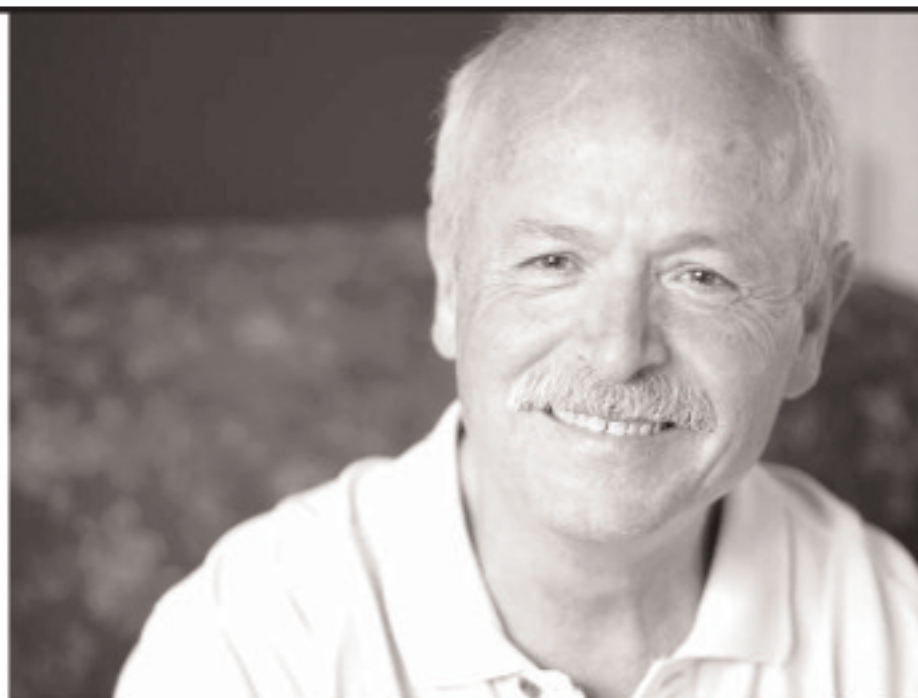
With many parents engaged in war work, children had to learn point rationing to shop for the family.

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airmen, along with all the others who stood for their country.”

Imagine life without our freedom. For Americans, it's in our fiber, it's in the way we live, and it's who we are. There are so many to thank for the precious gift of freedom, like Dean Whitaker, his courageous crew, and our own hometown heroes. Next time you walk by the honor roll on your town common, pause. Next time you see the Flag flying high, reflect. Freedom isn't free.

from Nevada, had Dean's story placed in the Congressional Record.

I asked Dean for any final thoughts. For a moment, I listened to his silence. Then, he echoed a concern I've heard before. "The kids today know little about World War II. Our schools could do more. And, I believe our veterans need more recognition."

I thought about his comments and opened up Gerald Astor's book, *The Mighty Eighth*. Near the end, he writes, "The intimacy of the bonds among those who lived together and faced death together comes only in the maw of war. But nevertheless, for many that time continues to burn brightly in their memories. And they can still draw satisfaction that they did end one terrible threat to our way of life. The generation born since can hardly appreciate what their fathers and grandfathers experienced, but it would seem appropriate for them to realize what was achieved by the

Author's Note: In March 1972, around one in the morning on a quiet English airfield, U.S. Air Force First Lieutenant Hunter Howe climbed up a ladder into a dark RC-135 (reconnaissance aircraft). I sat at the navigator's table. Using my flashlight, I scrutinized the aircraft forms to insure everything was in order, all discrepancies fixed and signed off by the appropriate technicians. I personally knew the crew who'd fly the plane in two hours. I never thought that forty years later I'd interview a World War II Army Air Force bombardier-navigator who had been stationed nearby, at a now defunct base.

I'd like to express my profound appreciation to Dean for sharing his story with me over many lengthy phone calls and in letters and e-mails. Most of all, I want to thank my new friend for flying for our freedom, so many years ago.

Readers may contact Hunter at grayowl@maine.rr.com



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Financial Exploitation: Prevention & Assistance

By Elizabeth LaPierre, Staff Attorney, York County Legal Services for the Elderly

Unfortunately, the existence of financial exploitation, a form of elder abuse, is a troubling reality. While there are no hard and fast numbers to report regarding the incidents of elder financial exploitation, one matter is certain: financial exploitation is woefully underreported. From get rich quick schemes sent via email, to scam phone calls regarding winning the Jamaican lottery, from text messages sent under the guise of local banks seeking information from customers, to the fear-mongering phone call from a scammer impersonating a grandchild in trouble, the array of recent news stories reveals the prevalence of scams targeting our community's seniors.

Now is the time for us to be savvy technology participants, to ask lots of questions of the people or organizations who contact us so that we may have a better chance at determining whether or not they are legitimate (and fending them off if they are not), and to heed the wisdom of the old adage, "If it sounds too good to be true, it probably is."

Now is the time to also be mindful of another aspect of financial exploitation: strangers are not the only perpetrators. The recent news of scams should not distract us from the troubling fact that many elders are exploited by those they love, rely on and trust the most, their family members or caregivers.

Awareness is the key to the prevention of financial exploitation. Caretakers of elders in our community should educate themselves about the risk factors and signs of financial exploitation. Seniors should be empowered to actively participate in putting up their best defenses against financial exploitation by heeding the advice of the National Committee for the Prevention of Elder Abuse (NCPEA): stay organized, stay informed and stay alert. Locally, for example, seniors may obtain assistance with staying financially organized from Money Minders, offered through the Southern Maine Area Agency on Aging, may stay informed by consulting with an attorney from Legal Services for the Elderly regarding

the benefits and pitfalls of tools such as joint bank accounts and powers of attorney, and may stay alert by ensuring they are not left out of decisions about their finances and future.

If you have been the victim of financial exploitation, you should know you are not alone and you are not to blame, and there are organizations and resources available to help stop the exploitation, potentially recover what has been lost, and prevent future losses. The easiest way to start connecting with someone for help is to contact the Southern Maine Area Agency on Aging at 1-800-427-7411. Here are some additional contact numbers for resources statewide:

- Adult Protective Services: 1-800-624-8404
- Legal Services for the Elderly Helpline: 1-800-750-5353
Helpline is generally open from 9AM-12PM and 1-4PM Monday-Friday except for holidays
- Maine Office of Securities (for any scams related to investments): 1-877-624-8551
- Maine Attorney General's Office: 207-626-8800
- York County Elder Abuse Task Force: Officer Candice Simeoni, Eliot Police Department: 1-207-439-1179

Long-Term Care Insurance Partnership Exchanges

Does your policy qualify? If so, deadline is 9/27/12.

LD 642, Public Law, Chapter 198

By Mark Patrick, SMAA Volunteer Medicare Advocate

In 2009 Maine implemented the Maine Long-Term Care Partnership Program. Any new long-term care policy sold after July 1, 2009 has been issued as a Partnership Policy, if it met minimum inflation protection standards. These policies may allow an individual to protect assets equal to the insurance benefits received if applying for MaineCare.

LD 642¹, effective September 2011, extends partnership status to all previous long-term care policies that would have qualified at the time of sale. "Qualified" generally means that the policy has a minimum of 3% compound inflation protection, if purchased by someone under age 61; and, a minimum of 3% simple inflation protection when purchased between ages 61 and 75. Although recommended, no inflation protection is required for purchasers age 76 and older.

Companies that sell partnership policies in Maine are required to provide notice to eligible policy holders for purchases that were made after July 1, 2004. The company must also tell policy holders about eligibility for partnership conversion. Policy holders that purchased policies prior to July 1, 2004 must ask their insurer, in writing, to review their policy for exchange eligibility. The deadline to do so is September 27, 2012.

If your policy does not qualify for Partnership Exchange under LD 642, it may be eligible for exchange as a new policy, subject to underwriting and your age. This exchange for a new policy may not be the best action for holders of older policies.

Further information can be obtained from your insurance company's customer service line, your local policy servicing agent, or the Maine Bureau of Insurance at www.Maine.gov. Search for Bulletin 381 or phone 800-300-5000.

Contact the Southern Maine Agency on Aging for assistance with any health insurance matter by calling 1-800-427-7411 and asking for a Resource Specialist.

¹An Act to Require Insurance Companies to Re-issue Qualifying Long-term Care Partnership Policies

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The Other Side of HELP

By Mariana Tupper



“Help” is a good word, right? It brings to mind Red Cross workers and medical professionals, good Samaritans, and neighbors caring for each other. So why even mention that it happens to be a four-letter word? Certainly none of us wants to discourage the firemen and ambulance workers who help our communities every day; or the teachers who offer extra help to our children. As a handicapped person, I ask for help daily and count on the good will of friends and strangers alike.

Over the past five years I have come to know “the other side of help.” As my physical challenges increased and became more visible, I found that people reacted to me differently than they used to. I appreciated the empathy of family and friends who witnessed my changing abilities. However, I was surprised by the variety of questions and comments that were directed at me—by strangers as well as people I knew. “Did I use to be like them?” I wondered, recalling the 45 years that I spent as an able-bodied biped. The answer, I’m sure, is “yes.” I really did not know what it was like to be a “handicapped person” until I became one.

I’d like to share some of what my handicapped peers and I have learned during our transitions from being “people who appear able-bodied” to “people who need to use canes, walkers, wheelchairs, scooters, or other mobility devices.” The cause of my own handicapped status is Multiple Sclerosis (M.S.), a non-communicable, auto-immune condition. M.S. can manifest in a variety of ways; my own biggest symptom is having weak legs. I’m sure people with other handicaps could add to the following list of 10 tips—but here’s a start:

- Please...
- 1. Talk to me face-to-face.** People sometimes start speaking to me when they are behind my back. It can be challenging to identify the speaker’s voice—especially in a crowd.
 - 2. Introduce yourself**—and ask my permission—before using my body as “Exhibit A” in your lecture to your child about “handicapped people”. Treat me like a human being, so that your child learns to do the same.
 - 3. Shake hands**—whichever of my hands is free to greet you. Don’t scrub at my back, grab at my arms, or pat my head.
 - 4. Talk about the weather.** Don’t assume that “handicapped people” necessarily want to talk about our appearance, status, or adaptive equipment. It is “old news” to us.

5. For longer conversations, sit down so I don’t have to bend my neck back in order to make eye-contact with you.

6. Acknowledge my presence. Sometimes a person will ask how I’m doing by addressing the family member or friend next to me, as if I were miles away.

7. Look where you’re walking. As when driving a car, it’s important to see what’s in front of you, which may be me.

8. Think before offering non-emergency help. Remember that offering help implies that you think a person looks like they need help. Is this really the message you want to convey? Many times I’ve been offered help when I’m simply reading a newspaper or watching a neighborhood ball game.

9. Let me ask for help. If I don’t do so, then it’s probably because I don’t need any at that moment. People with handicaps can be very resourceful; this includes finding people who can help us when needed.

10. Remember that “help” is a 4-letter word. At its best it is synonymous with “good”, “love”, and “life”. At its worst, it is synonymous with: “#@%#%&!”

Thank you!

Mariana Tupper may be contacted at catalpa.girl@gmail.com.

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Jo Ann McPhee, Manager of SMAA's Meals on Wheels program, left, presents Virginia Billings with the first Virginia Billings Inspiration Award. Billings has been the site coordinator for the Windham area for 29 years, which includes Gray, Standish, and Raymond. The Award will be given annually to a Meals on Wheels staff member for a specific accomplishment during the previous year.



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Lesbian, Gay, Bisexual and Transgender (LGBT) Older Adults:

Challenges and Needs

By **J. Mary (JM) Sorrell**
Director, SAGE Western
Mass., www.sagemw.org
Trainer, National
Resource Center on
LGBT Aging



Do you know that legally married same-gender spouses are not entitled to the same social security benefits as heterosexual spouses? This is just one of the many, significant examples of federal discrimination still in existence today. Thousands of such couples in New England do not have federal rights.

While norms and laws are changing at state and federal levels, it is not happening fast enough to protect many LGBT older adults. Studies suggest that LGBT elders face many difficulties in addition to the challenges they share with the older adult population at large.

Consider that up to 75% of LGBT older adults live alone and 90% of them do not have children. Their need to rely on formal systems of care is higher than their heterosexual counterparts, and yet:

- More than 70% of LGBT elders are resistant to using Area Agency on Aging (AAA) services (Meals on Wheels, home care, money management, to name a few) and less than 19% of lesbian and gay elders have tried to have any contact with their local senior center.
- More than half of the Massachusetts AAAs polled admitted that openly LGBT elders would be unwelcome at most senior centers (figures for Maine are unknown).
- The Family and Medical Leave Act do older es not cover families of choice for LGBT people.
- It is still legal to actively discriminate against people in the workplace based on sexual orientation in 29 states and based on gender identity in 37 states.

Barriers to services are often fear-based for LGBT older adults. Loss of privacy, fear of insensitivity, heightened fear of separation from those they trust, fear of exposure, previous bad experiences, fear of the system, fear of not fitting in, and the fact that paperwork and forms are not LGBT-inclusive, compound aging and health care access issues for LGBT older adults.

LGBT elders have an increased risk of untreated serious illness due to fear and mistrust. Many lived through times when lesbians and gay men were institutionalized, because their sexual orientation was defined as a mental illness, when LGBT people were more commonly beaten or killed for being "out," and when being out meant losing custody of children and being refused

service in public places. Just as the elder population at large may suffer from trauma-related feelings from early life experiences, LGBT elders do the same. Their issues are compounded by not being welcome in a myriad of circumstances.

In April, I spent a morning with 21 Southern Maine Agency on Aging staff members—all of whom serve your communities with admirable dedication. They participated in a four-hour training to better understand the needs and challenges for LGBT older adults. Already, SMAA is incorporating new LGBT-inclusive practices, and you can expect to see more!

Visit www.lgbtagingcenter.org to learn more about the first federally-funded organization to serve LGBT older adults. Their comprehensive training offerings have been culled from partners and research from around the country.

The SAGE affiliate where I work is part of SAGE USA, the largest and oldest LGBT elder advocacy organization in the country. Visit their web site www.sageusa.org to learn more about their groundbreaking work and to link to studies and other sites.

Put simply, human beings share a desire to feel loved and protected. Older adults have their own individual needs based on life experiences, and those of us who serve elders do our best work when we recognize and honor those needs.

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www.smaa.org

Welcome to Medicare Seminars

Southern Maine Agency on Aging (SMAA) recommends that you attend a Medicare Seminar about three months before you turn 65 or become eligible for Medicare. Check the schedule below and call 1-800-427-7411 or 207-396-6500 to make an appointment.

While there is no fee for this service, we welcome a suggested donation of \$35 to attend, which includes a one-on-one follow up session. No one will be turned away for the inability to make the suggested donation. Seminars and one-on-one sessions are made possible by trained volunteers, donations and funds from the Centers for Medicare & Medicaid (CMS) and Maine's Office of Aging and Disability Services.

Scarborough

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	7/23	2-4PM
	7/26	5:30-7:30PM
August	8/2	10AM-12PM
	8/13	2-4PM
	8/16	10AM-12PM
September	8/23	5:30-7:30PM
	9/6	10AM-12PM
	9/10	2-4PM

Windham

Our Lady of Perpetual Help, 919
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July	7/17	10AM-12PM
August	8/7	10AM-12PM
	8/21	10AM-12PM
September	9/4	10AM-12PM

Sanford

Goodall Hospital, 25 June St.

August	8/7	2-4PM
September	9/5	2-4PM

Senior Fitness for Free!

Senior Fitness is a low-intensity aerobic workout. It combines standard aerobic style movements with balance training and stretches to help with flexibility. The class is free. Monday and Wednesday from 11 to 11:45AM at Lifestyle Fitness Center, 29 Pleasant Hill Road in Scarborough. Phone: 207-883-2979.

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VOLUNTEER CONNECTIONS RSVP

"An Invitation to Make a Difference"

Best Wishes

by Ken Murray

Well, dear friends, it's happening. I am turning 65 in July and I have decided to retire. I will be finishing up on July 27.

It has been my great privilege to serve Southern Maine Agency on Aging for over 22 years, and to serve as Director of RSVP and Volunteer Services for more than 16 years. In this work I have gotten to meet some wonderful people!

I have been truly inspired by the spirit of our volunteers and the dedication with which they undertake their volunteer opportunities. Countless individuals and organizations have benefitted from the tasks they have undertaken and the love they have shared.

To our RSVP volunteers, I want you to know that I have learned from you. I have learned what it means to make this stage of life meaningful and creative. Therefore, I am looking forward to retirement as a time to learn more, continue to grow and serve others. My wife Anne

is also retiring, so we are looking forward to new adventures together.

Thank you so much for all that you have shared with us over these many years. And all the best wishes for the future.

The Tip of the Iceberg

There are hundreds of volunteer opportunities available for people age 55 and over through RSVP. The ones listed below are just "the tip of the iceberg."

A Cool Idea for Hot Days – VOLUNTEER

CUMBERLAND COUNTY

- Help enrich the life of a third to fifth grader by tutoring this summer. Classes will run from 8AM to 12PM, Monday through Friday, starting on July 12. This opportunity is available in two Portland schools.
- Here is a chance to assist with the Maine Senior Games. You can participate as an athlete and/or volunteer on site on various dates in July, August and September. You can also volunteer to help with the preparations beforehand. This is open to volunteers of various ages.
- Become a VIP—Volunteer in Police Service! A local police department is looking for volunteers to help with a variety of tasks. These would include office and computer opportunities as well as foot patrol and community policing events. They are also looking for a volunteer to help coordinate the work of the other volunteers. All volunteers are trained before starting their assignments.
- If weekends are the only time you have to give to volunteering, here is a possibility for you. On Sundays, from 12 to 4PM, help is needed to answer phones and

help people with nature-related questions. Training and resource material are provided.

- Support a worthy cause by helping people become citizens. You would be trained to provide the citizenship course.
- Volunteers age 50 or over are needed to work with children in grades K-2 or 3-5 in an out-of-school-time program called CATCH Healthy Habits. We are setting up programs for the summer and for the fall. Call now to learn more.
- Southern Maine Agency on Aging needs volunteers to help us support the independence of seniors. Possibilities include delivering Meals on Wheels or helping out in a community cafe, shopping for groceries for a senior, counseling people about Medicare and other health insurance, teaching healthy aging courses, helping at Larrabee Village Assisted Living in Westbrook or helping seniors manage their daily finances. These opportunities are open to volunteers of various ages.

What interests you?

The opportunities listed above are just a few of the many that are available. To learn more, please call or email Priscilla Greene, at 396-6521 or 1-800-427-7411 Ext. 521, or pgreene@smaaa.org.

YORK COUNTY

- A trolley museum located in Kennebunkport is looking to build its local volunteer corps. There are many opportunities available, some year-round, some seasonal. These include office-type opportunities, helping with special events, staffing the museum store, marketing, providing entertainment to visitors, sprucing up the buildings and grounds, serving as a docent to tell visitors about the exhibits and serving as

a trolley car driver or conductor. Call us at RSVP to learn more.

- United Way of York County has lots of openings for volunteers on special projects. Two current projects are the Partnership for a Hunger Free York County and helping out with Houses for Change. RSVP can tell you more.
- Southern Maine Agency on Aging needs volunteers to help us support the independence of seniors. Possibilities include delivering Meals on Wheels or helping out in a senior dining center, shopping for groceries for a senior, counseling people about Medicare and other health insurance, teaching healthy aging courses, helping at the Truslow Adult Day Center and helping seniors manage their daily finances. These opportunities are open to volunteers of various ages.
- A number of nursing homes and assisted living facilities are looking for volunteers to visit with residents or help with activities.
- York County has a number of fine libraries and museums that are always looking for volunteers. Call us to learn more.

To learn more about these and many other volunteer opportunities, if you live in southern York County, contact Deborah Levine at (603) 205-4073 or dlevine12@yahoo.com. If you live in the rest of York County, contact Ken Murray, at 1-800-427-7411, Extension 520 or by e-mailing kmurray@smaaa.org

Baby Yarn Needed

Lucette Logrien is an avid knitter of hats for newborn babies, and she donates the snugly hats to area birthing centers. If you have yarn that you'd like to donate, please contact Lucette at 207-324-7397 or email jawnl@hotmail.com. She will pick up yarn or provide her mailing address.

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Mary Keefe,
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Contact: Joline Pothier RN
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2012 Volunteer Recognition

On May 16, SMAA held a Volunteer Recognition Ice Cream Social at the Saco Plaza Ramada Inn. The event was attended by 125 people who enjoyed ice cream with all the fixings, fresh fruit and beverages. Volunteers celebrating 5, 10, 15, 20, 25 and 30 years of service were listed in the day's program and many volunteers in attendance won nifty raffle prizes donated by various businesses and RSVP or SMAA program volunteers.

Wonderful musical entertainment was provided by Mary Kennedy, Deborah Levine and Jessica Peck. Larry Gross, SMAA's Executive Director, welcomed and thanked the volunteers and then presented an award to retiring Director of Volunteer Services, Ken Murray. Barbara Miller, Chair of the RSVP Advisory Council, then presented Ken with a beautiful quilt that she had made.

New Volunteers

The following volunteers joined us through the end of March 2012. Welcome to you all, and thank you for sharing your gifts with others through volunteering.

Dawn Baumer
Sally Boardman
Thomas Cloutier
Barry Drake
Ann Dugovic
Elaine Esposito
Tim Fitzpatrick
Carlisle Graves
Herman Helmar
Linda Kirstein
Joyce Krahlung

Penelope Kullaway
Avis Malloch
Ashley Martin-Robinson
Sanford McCann
Thomas MeEnaney
Dianne McMillen
Jennifer O'Gara
Patrick O'Leary
Patti Olson
Judith Reis
Katie Thuotte
Claire Turcotte
Barbara Valeriani
Carolyn Widen

New RSVP Station

Peaks Island Children's Workshop

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Eat More Fresh this Summer

Susan Gay, Registered Dietician
Nutrition Coordinator, Hannaford

I love Maine primarily because of the four seasons. I look forward to every one! Each of the changing weather patterns brings different and desirable cuisine. For example, it's all about apples in the fall, hearty stews and bean chili in the winter, and tender asparagus in the spring? The time is now for those summer selections that just don't taste the same at any other time of the year like home-grown cukes and tomatoes, sweet corn and sugar snap peas, and fresh picked strawberries. Summer isn't just fabulous for the weather but also a great time to enjoy eating right!



Research shows that indeed there is a relationship between eating well and being well by decreasing chronic inflammation. Risk factors for chronic inflammation are thought to negatively impact our health by causing damage to our cells that leads to certain diseases. We can't see it. And, we can't necessarily feel it; however, some studies have revealed a decrease in pain in some patients with rheumatoid arthritis through a fresh food diet. So how do we reduce inflammation within? For starters, eating more whole foods and less processed foods.

This time of year, fresh and local produce is plentiful, making it easy to get more fiber, vitamins and minerals and the protective antioxidants/phytonutrients provided by nature's bounty. Try these three simple but spectacular summer salad toppers over your favorite salad greens like baby spinach or romaine lettuce.

1. Grill/roast vegetables like peppers, mushrooms and zucchini with olive oil, until desired tenderness. Add sunflower seeds too!
2. Fresh raspberries and walnuts with a light raspberry vinaigrette dressing.
3. Try the Edamame and Corn Salad with Vinaigrette Recipe below.

Note: Edamame is fresh green soybeans, which are high in soy protein and fiber.

Ingredients

- 2 pkgs (8 ozs) Hannaford frozen, shelled, steam-in-a bag edamame
- 2 cups cooked fresh corn, removed from the cob or frozen
- 1 medium red, orange, or yellow bell pepper, coarsely chopped
- 4 green onions, thinly sliced

Vinaigrette:

- 1/4 cup olive oil
- 1/4 cup cider vinegar
- 2 Tps (or to taste) McCormick® Garlic and Herb, salt free!

Directions

Microwave edamame following instructions.

Mix edamame with corn, pepper and green onions in large bowl.


Mix all ingredients for vinaigrette in small bowl and coat edamame and veggies.

Refrigerate. Toss before topping greens.


Makes 6.5 cups. Can easily be cut in half!




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