



From the Director's Desk

Augusta Update

As this issue of the Senior News goes to print, the legislature has just voted to overturn Governor LePage's veto of the state budget. This budget includes money to continue the Drugs for the Elderly program, preserving a key elder service that provides prescription drugs to 70,000 older adults in the state of Maine. This budget inclusion was in jeopardy until a bipartisan committee unanimously agreed to a compromise proposal to continue the program.



Sequestration Impacts

Now that the dust has settled a bit on the initial impact of the federal sequestration cutbacks, we have a better understanding of the long-term effect they will have on SMAA programs in the future. It is becoming clearer that these sequester cuts may be in place for the next 10 years and our Agency must be prepared to weather the impact it will have on the services we provide. Over the past five years, we have absorbed cuts in Meals on Wheels funding by reducing the number of days we deliver meals from five days to four and more recently reducing the dessert offering to just cookies. We have made other cuts to several programs in order to avoid having a waiting list for Meals on Wheels. In order to spare our most frail clients further cuts to Meals on Wheels and other programs, SMAA has also instituted five Agency-wide furlough days. In the coming months, SMAA will be closed on Monday, July 24, and Monday, August 19. If necessary, we will also be closed on Friday, September 13. I anticipate that these funding challenges are only going to increase in the coming years, which is why it is imperative that we continue to look for ways to generate greater financial support from individuals, communities and other private entities. Although these uncertain times affect each and every one of our clients, volunteers and staff, I continue to be impressed with the can-do spirit of cooperation and dedication exhibited by all involved at SMAA and am very grateful for the hard work and compassionate care they deliver each day.

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5K Second Wind Road Race

Sunday, June 2 marked the first annual 5K Second Wind Road Race to benefit the Maine Senior Games. 42 athletes, ages 42-78, gathered at Scarborough High School to run, jog, or walk across the finish line. A total of 25 medals were given out for 1st, 2nd, and 3rd place in each age group.

In addition to everyone who participated in the road race, we want to take a moment to thank the 13 volunteers that helped run the event as well as all of the friends, family, and supporters who came to cheer our athletes on.

All in the Family

If the old saying is "the family that plays together stays together", then what can be said about a family that tackles a 5K together? Event Coordinator, Deb Smith found herself in good company on Sunday when



Left to Right: Deb Smith, Cliff Smith, Peggy Ellis, Joyce Green, Sandy Nicholson and Reta Hailey

five of her family members came to run, walk, or be there for support.

The group hails from across Maine: Fairfield, Hudson, Milo, Sangerville, Portland, and Waterville. Gathering together was no

easy feat. In fact, this was the first event like this that all six have gotten a chance to participate in. This family also manages to keep fit! Deb plays basketball several times a week, Rita, Joyce, and Peggy walk daily and Cliff brought home a medal for his age group.



IN MEMORIAM

Dorothy J. Cleveland—the Face of Meals on Wheels



Dot Cleveland, center, with her family.

It would be impossible to spend any time at SMAA without hearing of or learning about Dorothy J. Cleveland. Dorothy, or "Dot" as she preferred, volunteered as a driver and kitchen helper for our Meals on Wheels program for the past 20 years. Dot, of South Portland, passed away peacefully on Wednesday, May 29, 2013 at the age of 84.

Dot was often asked to show

new volunteers the ropes as well as to escort new South Portland City Mayors and other dignitaries on her delivery route. When a speaker was needed, Dot was always first in line to help. Dot eventually became the "face" of the Meals on Wheels program both figuratively and literally. Ten years ago SMAA purchased a delivery truck to distribute food to the 12 dining centers in Cumberland and York Counties. Dot's picture graced the side of that truck for many years. In 2012 Dot was presented with the Edward Greenleaf Memorial Driver of the Year Award in recognition and appreciation of her dedication to SMAA and the Meals on Wheels program.

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My First 5k

The 5K Second Wind Road Race was Molly Brake's first 5K. More impressive is that just a year and a half ago Molly struggled to climb a flight of stairs. Molly, beaming with pride upon crossing the finish line said, "It feels really good. It's awesome. This is a big accomplishment."



Molly Brake (right) with friend Shelley Juneau (left)

In order to get to this place today, Molly took on some tough challenges. She walked almost every day for the past year and a half. She also focused on good nutrition and eat-

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Thank you Ocean Communities Federal Credit Union Kennebunk Branch! They and their customers raised \$300 for our Meals on Wheels program as a part of the Maine Credit Unions' Campaign for Ending Hunger.

Left to Right: Donna Lachance and Jo Ann McPhee of SMAA's Healthy Aging Department and Jeanne Riche and Vanessa Mouzas of Ocean Communities Kennebunk Branch.



Maine's Memory Cafés

Last issue we introduced you to the new Memory Cafés developing around Maine. And we told you that Cafés are your chance to talk with other people who have dealt with Alzheimer's Disease or other dementias and memory loss—safely—without criticism. And several of you listened.

This past month, you shared concerns about your doctor and getting a good diagnosis.



You shared the concern of family members about letting it be known that a family member has “dementia.” I met a lady

who had all she could do not to cry because of her husband's failing memory—she was afraid of losing her best friend ever—forever.

At Maine Memory Cafés, we are all in the same boat. Some of us are just coming on board, some are bailing water desperately, some are swimming for shore. Whatever your situation, we'll listen, and your peers may be able to offer you solutions or support, a hug, or a pat on the back. Everyone is welcome. No obligations implied.

Current Locations:

PORTLAND –
2nd Tuesday of month, 1:30-3PM at the Woods at Canco

BIDDEFORD –
4th Tuesday of month, 9-11AM at the North Dam Mill

KENNEBUNK –
1st Monday of month, 11:30AM-1:30PM at the Seed & Bean

COMING SOON:
Bangor; Dover-Foxcroft; Aroostook; Scarborough

For more info contact: Ken Capron watchdog@maine.rr.com; 797-7891 (Volunteer's wanted) www.meetup.com/MemoryWorks

1st Annual Alzheimer's Awareness and Caregiver Appreciation Day at the Ballpark

August 11 will be the 1st Annual Alzheimer's Day at the Ballpark—a Sunday afternoon with the Portland Seadogs that patients, family, caregivers and providers can call their own.

General Admission seats are up high. They normally are priced at \$8 for adults and \$5 for kids and seniors. We get a break on the adult charge at \$5 each when you buy 20 general admission tickets. There is no guarantee that seats will be together, but the Seadogs will try to mark them off.

Reserved seats are mid-level; sit together. Normal pricing \$9 for adults and \$8 for kids and seniors. Discount price is \$7 each when you buy 20 Reserved tickets.

To buy your tickets contact MemoryWorks@maineppi.org.

In Memoriam

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From her friends at the South Portland Meal site:

Dot Cleveland was not only the face of Meals on Wheels or the face of the South Portland meal site; she WAS the South Portland meal site. Dot was the most dedicated and caring volunteer there ever was. Her smile brightened the kitchen each and every Tuesday, and any other day we might need her. Her unending kindness and caring was shown on Thursdays, or any other day she stepped in to deliver meals, to the seniors on her route. She was always a phone call away when we needed her. The loyalty and commitment she gave to the Meals on Wheels program was the true definition of volunteerism.

She is dearly missed for her quick wit, fun sense of humor and her flashy red hair. She always had time to lend a sympathetic ear to anyone who may need it. The kitchen is a little less bright without her there, and I know from all the phone calls from the seniors she delivered too—Thursdays just are not the same without Dot.

She was loved by many and will be missed by all. Forever truly dedicated to the Meals on Wheels program, in lieu of flowers, if desired, memorial donations may be made to: Southern Maine Agency on Aging —Meals on Wheels.

Travel throughout the Greater Portland Region this Summer

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Seniors and persons with disabilities ride for reduced fare of 75¢ (with Medicare Card or picture ID).

METRO provides bus transportation throughout Portland, Westbrook, Falmouth and the Maine Mall area of South Portland with connections to the Jetport, Amtrak train service, Casco Bay Ferry Terminal, South Portland Bus Service (FREE transfers) and other regional bus services.

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SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

Adult Day Center – Kimball Health Center, Saco, Monday through Friday, 7:30AM-5PM 283-0166

A Matter of Balance – Paul Hazelton House, Saco, Starts October 11, 1-3PM, 396-6529

Community Café – JR Martin Community Center, Biddeford, Mon, Tue, Thurs, and Fri at noon, 283-2477

Family Caregiver Support Group – Community Partners, Biddeford, 2nd Monday of the month, 3-4:30PM, 713-3723

Free Information & Assistance – McArthur Library, Biddeford, Mon, Tue, Wed, call for appt, Linda Sprague-Lambert, 776-4759.

FALMOUTH

Medicare 1-on-1 Appointments – Falmouth Library, 3rd Thursday, 10AM-1PM., 396-6500 for appt.

FREEPORT

Free Information & Assistance – Freeport Library, 2nd Tuesday, 1-4PM, 396-6500 for appt.

GORHAM

Free Information & Assistance – St. Anne's Catholic Church – Rte 25, Every Thursday, 9AM-2:30PM, 396-6500 for an appt.

GRAY/NEW GLOUCESTER

Maine Senior Games – Table Tennis, September 21, 5PM, Pineland YMCA, New Gloucester

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

A Matter of Balance – Woods at Canco, Portland, Starts September 9, 12-2PM, 396-6529

Community Café – Peoples Methodist Church, South Portland, Every Thursday at noon, 767-2255

Community Café – Westbrook Community Center, Westbrook, Last Tuesday of the month at noon, 878-3285

Free Information & Assistance – Portland Hope Gateway Church, 4th Tuesday of the month, 12PM-1PM
Salvation Army, 2nd Wednesday of the month, 10AM-12PM
Woodford's Church, 3rd Monday of the month, 1-3PM

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

Maine Senior Games – 10k Road Race September 22, Eastern Prom Trail

Maine Senior Games – 3 on 3 Basketball Tournaments, Women's Tournament, September 14, 8:30AM
Men's Tournament, September 15, 9AM
Cape Elizabeth High School

Maine Senior Games – 10 Pin Bowling October 6, Singles 10AM, Doubles 11:30AM
Yankee Lanes, Portland

Maine Senior Games – Horseshoes August 17 (Rain date August 18)
Deering Oaks Park, Portland

Maine Senior Games – Hot Shot and Foul Shooting, September 14, 3PM
Cape Elizabeth High School

Maine Senior Games – Pickleball September 28, Men's and Women's Doubles
September 29, Mixed Doubles and Singles (if time), Racket and Fitness Center, Portland

Maine Senior Games – Racquetball, September 21, Racket and Fitness Center, Portland

Maine Senior Games – Swimming September 15, 10:15AM warm-up, 11AM meet starts, Cape Elizabeth High School

Maine Senior Games – Tennis, August 14, 9AM Women's Singles, Men's Doubles, 1PM Mixed Doubles

August 15, 9AM Men's Singles
Racket and Fitness Center, Portland

Maine Senior Games – Triathlon, August 18, 7:30AM, Crescent Beach State Park, Cape Elizabeth

Medicare 1-on-1 Appointments/Free Information & Assistance – Westbrook Community Center 2nd and 4th Wednesday of the month, 9AM-12PM, 396-6500 for appt.

KENNEBUNK/WELLS

Community Café – Park Street School, Kennebunk, 1st Friday of the month at noon, 985-2588

Next luncheons, July 12 and August 2.

Community Café – Ross Corner Woods, Kennebunk, Mon, Tue, Thurs, and Fri at noon, 985-2588

Maine Senior Games – Cycling, September 8, 40k 9AM, 20k 11:30AM, 10k/5k 1PM
Kennebunkport Bicycle Company

Medicare 1-on-1 Appointments – Kennebunk Senior Center, 3rd Wednesdays of the month, 12PM-3PM, 396-6500 for appt.

KEYS REGION (KITTERY, ELIOT, YORK, AND SOUTH BERWICK)

Community Café – Eliot Methodist Church, Eliot, 1st Thursday of the month at noon, 475-7399, Next luncheon, August 1

Family Caregiver Support Group – The Gathering Place, Kittery, 1st Thursday of the month, 3-4:15PM, 439-6111

Family Caregiver Support Group – Heart Health Institute, York, 3rd Tuesday of the month, 1-2PM, 475-1167

Medicare 1-on-1 Appointments – York Hospital 2nd Thursday of the month, 9AM-4PM, 396-6500 for appt.

Welcome to Medicare Seminar – York Hospital, Quarterly seminar to be scheduled in fall, 396-6500.

KEZAR FALLS/HIRAM

Community Café – Sacopee Valley Rescue Barn, Hiram, 2nd and 4th Tuesday of the month at noon, 625-4057

LAKES REGION (BRIDGTON, CASCO, NAPLES, AND SEBAGO)

Family Caregiver Support Group – Bridgton Community Center, 2nd Wednesday of the month, 1-2:30PM, 1-800-427-7411

Medicare Appointments – Bridgton Bridgton Hospital every Tuesday 8:30-11AM, Walk-in first come first serve basis.

PARSONSFIELD

Free Information & Assistance – Parsonsfield Town Office, Last Wednesday, 9AM-10PM, 396-6500 for appt.

SANFORD

Community Café – Nason Community Center, Springvale, 3rd Tuesday of the month at noon, 324-5181

Medicare 1-on-1 Appointments – Goodall Hospital, Sanford, 1st Tuesday of the month, 9AM-

4PM, 396-6500 for an appt.

Welcome to Medicare Seminar – Goodall Hospital, Sanford, 1st Tuesday of the month, 2-4PM, 490-7606

SCARBOROUGH (SMAA Main Office)

A Matter of Balance – Starts October 2, 10AM-12PM, 396-6529

Chronic Pain Self-Management Information Session – August 26, 1PM - 396-6529

Chronic Pain Self-Management Workshop – Starts September 20, 1-3:30PM - 396-6529

Family Caregiver Support Group – 2nd Monday of the month, 12-1PM and 4th Thursday of the month, 12-1PM, 1-800-427-7411 x558

Living Well Information Session – August 30, 1PM - 396-6529

Medicare 1-on-1 Appointments – 2nd and 4th Mondays and 1st and 3rd Thursdays, 9AM-4PM, 396-6500 for an appt.

Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends – September 3, 10, 17 and 24, 5:15-7:15PM, 1-800-427-7411 x541

Savvy Caregiver – July 10*, 17, 24, 31, August 7 and 14, 9:30-11:30AM, September 17, 24, October 1, 8, 15, and 22, 1-3PM, 1-800-427-7411 x541, *Class is full; call to be on wait list.

Understanding Cognitive Loss: Basics for Family Caregivers – August 21, 4-6PM, 1-800-427-7411 x541

Welcome to Medicare Seminar – Mondays and Thursdays, Call for days and times,

1-800-427-7411

SCARBOROUGH

Maine Senior Games – Candlepin Bowling September 19, Singles 10AM, Doubles 1PM
The Big 20 Bowling Center

Maine Senior Games – Golf, August 19, 8:30AM
Nonesuch River Golf Course

STANDISH

Free Information & Assistance – Standish Municipal Center, 177 Northeast Road 1st and 3rd Wednesday of the month, 9AM-3PM 396-6500 for an appt.

WINDHAM

Community Café – Unity Gardens, Windham Mon, Tue, Thurs, and Fri at noon, 892-3891
Next catered luncheons, July 11 and August 8.

Free Information & Assistance – Our Lady of Perpetual Help – Rte 302 396-6500 for an appt.

Medicare 1-on-1 Appointments – Our Lady of Perpetual Help Church, Windham, 1st and 3rd Tuesdays, 9AM-noon, 396-6500 for appt.

Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, Windham 1st and 3rd Tuesdays, 10AM-12PM

YARMOUTH/NORTH YARMOUTH

Community Café – Masonic Lodge, Yarmouth Every Tuesday at noon, 846-6693

MAINE SENIOR GAMES – Archery, August 25, 9AM, Lakeside Archery, North Yarmouth



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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.

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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.

**VISIT OUR WEBSITE
www.smaaa.org**

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 brcraig@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!

Dads and Daughters: A Special Bond

**Debbie DiDominicus Carr,
Deputy Director, SMAA**



I always felt as if I had been robbed! My Dad, Tony, died when I was only 25 years old. He was 52 at his death and was so active. As a letter carrier, he braved all types of weather and seemed to enjoy being outside and greeting people on his route. He was handsome, fit, and had a reputation of being a great golfer. His heart however wasn't in good shape. Back then, options to take care of my Dad's heart were limited, especially when he insisted upon keeping his health a secret between himself and his doctor. Losing that sweet guy who loved Vi and me with a passion was devastating.

Dad crammed in a lot of love for us. He served in WWII and wrote to Mom faithfully. She saved all her letters from him and one day after both my parents were gone, I started to read them. They were newsy and showed him to be a very good writer and a man in love. After just a couple of letters, I felt they were so personal that I tucked them back in the Hope chest. I had just wanted to be close to them both again.

He taught me how to ride a bike and to hit a softball. Dad was an exceptional golfer and had wanted so much for me to learn to golf. I was young and hated the heat as he always walked the course when he played. Riverside golf course was his home away from home. He was joined by Frank Terrabassi and Ed Feeney to name just a couple of buddies. They were not the designated "dump rangers" I had heard so much about but they were his dear friends. You see, when you grew up in Bayside in the 30's or maybe I should say when "boys" grew up in Bayside, they had a club of sorts. They named themselves the "dump rangers." How apropos. On the perimeter of Bayside was the city dump. Beyond the dump was Back Cove where the dump rangers would swim. I know what you are thinking and you are right. Ew, swimming in Back Cove! Watson Gribbin, Coly Walsh, the Kane brothers, and many others were all

part of that illustrious group. And they really loved each other like brothers. Even when they grew up, married and had families, there remained a special bond amongst them that never wavered no matter how old they became. Friends meant a lot.

Dad lost his Father when he was 12 years old. Life was tough all throughout his growing up years. No breadwinner was there to help the family and the country was in the depression. He completed high school and went into the Army. After the War, Dad wanted to go to college on the GI bill; and apparently from what Mom told me, the Army really wanted him to get an education as he scored so well on tests. However, he got married and the education was put on hold. Then I came along and the education was put on hold again. Dad read a lot and was such a deep thinker. He wanted that education for me and nothing was going to stop him from assuring that I got a college education. I swear I got into Bates because my Dad at one time met with the head of Admissions, Dean Milton Lindholm. Throughout my college years, Dean Lindholm who was a special man himself always asked for my Dad. Education was a key to success in my Dad's eyes.

I remember once during my sophomore year I was struggling at Bates and made the decision to leave. I called my parents and told them to come and get me. Mom was ecstatic because she wanted me home anyway; you may remember from my story about Vi that she really never wanted me to leave home. Dad was another story. He came up to Lewiston and took me to dinner. I remember it as if were yesterday, he told me that he believed in me and understood that I was being tested. He told me I was up to the challenge and that he would stand by me no matter what I decided. I stayed and did well and both my parents cheered me on. I owe a lot to both parents but Dad is the one who led me to the career path I took. For that, and so much more, I am grateful. I am a lucky girl!



Thank you to the Girl Scouts of Maine who donated 1200 boxes of their delicious cookies to our Nutrition program. The cookies were a special delivery for our homebound, Meals on Wheels, clients and others who might not normally have easy access to a treat like this.



SMAA wants to wish Merryl Hodgson, Tom O'Connor, Vivien Eisenhart, and Owen O'Donnell best of luck in their retirement!

Award winning chefs to cook you dinner every night!

Award winning dining awaits you! Our culinary team takes great pride in the diversity & quality of the selections and meals they offer our residents. Enjoy meals served restaurant style in our elegant, yet comfortable, dining rooms. Menus offer a blend of healthy choices, traditional New England favorites and seasonal specialties, all attractively prepared and presented by our professional culinary team.

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Family Caregiver Support Program



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

Is caring for a family member or friend leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

Help For People Helping Aging Family Members

Caregiver Class Schedule 2013

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.

July 10, 17, 24, 31, August 7 and 14, 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). Class is full; call to be on waiting list.

August 21, 4- 6P.M.: **Understanding Cognitive Loss: Basics for Family Caregivers.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

September 3, 10, 17 and 24, 5:15 – 7:15 PM: **Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

September 17, 24, October 1, 8, 15 and 22, 1-3PM: **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 SMAA (1-800-427-7411) with questions.

Understanding Cognitive Loss: Basics for Family Caregivers

SMMA has been offering the very successful Savvy Caregiver program for the past five years under two Administration on Aging grants to the State. Many family caregivers of people with cognitive loss who are living in the community have benefitted from the series.

During this time, it became evident that a full six-week series is not what some caregivers need. They may be helping someone so early in their dementia course that the material isn't relevant. They may not have time in their schedules for the full series. The time or location of upcoming courses may not fit for them. In response to this need, we have developed a new two-hour course, "Understanding Cognitive Loss: Basics for Family Caregivers", which we hope will fill this gap.

We will offer the class for the first time at the SMAA office on Wednesday, August 21, from 4 to 6 P.M. Because this is a pilot, we will ask for your feedback at the end of the class.

If you are a family caregiver for a person who has been diagnosed with dementia, or about whom you have concerns, we hope you will sign up. Please note, this session is not appropriate for people who have dementia. The class size is limited, so pre-registration is required. Please contact the Family Caregiver Support Program at SMAA, 1-800-427-7411 x 558 to add your name to the list.

Caring For Aging Family Members

Support/Discussion Groups

You're not alone. Connect with other caregivers in a safe setting. Find out what's working for other people. Groups are coordinated by SMAA or the community providers listed.

Biddeford: For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 207-713-3723.

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 with prior reservation

Kittery: 1st Thursday of the month, from 3-4:15PM, at The Gathering Place. Respite available onsite for a fee; please call ahead to reserve. Contact Jill Larson at 207-439-6111.

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. NOTE: This group will discontinue meeting after August 12.

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 207-475-1167.

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.

For online support and information, "Like" us on Facebook!—
www.facebook.com/SMAAcaregivers

Putting the Puzzle Together Series

We will offer Putting the Puzzle Together, a 4-part series for family caregivers, at the SMAA office in Scarborough on Tuesdays in September. The classes are for people who are currently providing assistance to older adult family or friends, and those who are thinking ahead. The course meets in 4, two-hour sessions from 5:15-7:15P.M. Participants should plan to attend all 4 sessions. Topics include health as we age, resources, supports, living options, legal / financial issues, family communication, caregiver coping, and action strategies.

Flyers for the programs are available on the Family Caregiver Support Program pages of the SMAA website, www.smaa.org. The class often fills and the registration deadline is August 28. **Pre-registration is required.** Please contact the Family Caregiver Support Program at 1-800-427-7411 to register or for more information.

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2013 Day of Caring

On June 5, members of the Truslow Day Center enjoyed a fun-filled day with volunteers from the Biddeford Center of Technology, Unum, and Hussey Seating as part of the United Way Day of Caring for York County.

Field Day Activities, including golf, t-ball, and horseshoes, were headed-up by the Biddeford Center for Technology. The Feathered Friends Project was also led by these volunteers and included bird house painting and filling suet and bird feeders for the gardens. These students created a lot of smiles and happiness throughout their volunteering and made the field day activities fun for our members as well. The birds and bees are very grateful too—especially the hummingbirds!



Truslow member, Ralph, paints a birdhouse for the center's garden.

Volunteers from Unum, directed and assisted by one of the Truslow Day Center members, participated in our garden clean-up and plantings. The group made garden work fun and brought our gardens and flower beds back to life. They worked hard and made a difference that will be noticed for the rest of the season.

Our friends at Hussey Seating were invaluable in coordinating our Fun in the Sun BBQ! The set up and planning for this event was extensive and thanks to these enthusiastic volunteers, it was well organized. We all enjoyed a chicken BBQ outside and we couldn't have had a better day in the sun.

The Hussey and Unum volunteers also had a hand in the field activities and table games which were a topic of conversation long after the day ended. We especially appreciated their good humor and engagement throughout the day.

This was a busy and enjoyable day for us all at the Truslow Day Center.



Hussey staff-Let's Play Ball!

News from Nutrition

The Nutrition Department at SMAA is a tight-knit group of individuals who often go above and beyond to serve their clients and the Agency. Spread out all across southern Maine makes getting together hard, but in the middle of June the entire Nutrition Department gathered to celebrate four-fold.



We want to wish Connie Reed and Debbie Strachan all the best in their retirement and thank them for the many years of dedication to Meals on Wheels and our Community Cafes. Connie Reed has served as Site Coordinator for the Kezar Falls area and Debbie Strachan has



L to R: Debbie Strachan, Connie Reed, Director of Healthy Aging Ted Trainer, and Nutrition Manager Jo Ann McPhee

served as Site Coordinator in-Yarmouth. Both Connie and Debbie have put in 8 years of excellent service each and they will both be missed greatly.

This gathering also marked the second annual Virginia Billings Award. The Virginia Billings Award is given out to a nutrition staff member who is a shining example of excellence in serving those in the community. This year we are proud to offer the Virginia Billings Award to Ann

MacAusland for her stellar work in the Kennebunk area—most notably her hard work in launching our brand new Park Street School Community Café.

Lastly, we want to express a great amount of appreciation for Beth Miller. Beth is both a SMAA employee and volunteer extraordinaire. Whenever we need help, Beth is always there and with a smile.

Many thanks to the Narragansett Number One Foundation who recently awarded SMAA \$10,000 for our Meals on Wheels program. We are also pleased to be A City of South Portland Community Development Assisted Project in the amount of \$9,000.



L to R: Jo Ann McPhee and Ann MacAusland



L to R: Beth Miller and Jo Ann McPhee

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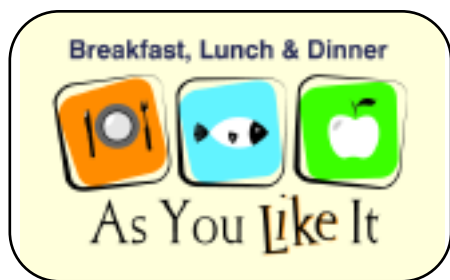
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**Featured Eatery:
Jake's Seafood**

Southern Maine Agency on Aging wants to give a hearty welcome to our newest "As You Like It" eatery – Jake's Seafood. Situated right on Route 1 on the Wells/Moody line, Jake's Seafood has become a favorite for locals and visitors alike. Only a mile from the beach, Jakes Seafood is the perfect stop for anyone looking for a great meal and some sun and surf.

Jake's Seafood has prepared a wonderful breakfast and lunch menu for "As You Like It" members. Start your day off with traditional



favorites like eggs and bacon, ham, or sausage, or lighter fare like a delicious homemade muffin and fruit. Jake's Seafood even has some gluten-free options available for those with dietary concerns.

The lunch menu features seafood entrees sure to please. Try out a cup of chowder and half sandwich or treat yourself to a traditional fried fish plate complete with French fries or onion rings and coleslaw that's perfectly portioned for a healthy diet. Members can also enjoy bay scallops, grilled salmon, or grilled tilapia served with your choice of side and vegetable.

Lunch offerings finish off with a scoop of ice cream, chocolate-chip cookie, or fruit.

The dining room at Jake's Seafood is bright and comfortable and the staff makes you feel welcome from the moment you walk in. Enjoy your meal inside the nicely air-conditioned dining room on a hot summer day, or outside on the shaded patio on cooler days. Whether

you're 5 minutes or 50 minutes away, Jake's Seafood is worth the trip!

Jake's Seafood is located on Route 1 on the Wells/Moody line. Hours of Operation: Breakfast, 5am-11am & Lunch, 11AM-3PM. "As You Like It" dining voucher required to receive meal.

To learn more about "As You Like It" visit us online at www.smaaa.org.



**White Soul Food:
A Celebration of
Colorless Northern
European Cuisine**

By Merryll Hodgson

My ancestors came from England, Scotland and Sweden, countries not known for colorful meals. My mother, a fantastic cook, was married to a die-hard Scot who must have had vampire blood; he turned pale(er) in the presence of garlic. My father always said his mother was a terrible cook, and I hold her responsible for some of the more damaging experiences of my childhood.

My sister and I would occasionally step off the school bus and immediately start gagging from the smell, wafting all the way out to the end of the driveway, of one of my father's three favorite dishes. They were Finnan haddie, salt cod and boiled spareribs. Finnan haddie, a Scottish dish only slightly less repulsive than haggis, consisted of a tough slab of some kind of smoked fish (I'm not talking lox here) placed in a large, shallow pan and cooked in milk. After cooking for hours, the milk developed a tough scum that resembled a huge brown blister. The salt cod was soaked in water and then boiled. It was served with a chalky white sauce sprinkled with bits of hard cooked eggs. The jewel in the crown of these three meals was boiled spareribs. I have no idea where this recipe came from since I have never met anyone else who had to pick through greasy globs of fat to find a few stringy bits of pale pork which resembled Spam. A few of the kitchen stoves from my childhood had a recessed rear burner about fourteen inches deep. A pot resembling an inverted top hat resided in this hole, and nothing appetizing ever came out of that hole in the stove. That's where the boiled spareribs were cooked.

My Swedish grandmother and great grandmother were no slouches when it came to cooking unappetizing white food. One of their contributions was vile smelling lute-fisk, a Christmas Eve tradition, and the butt of a lot of jokes about fish balls. They also made pale, tasteless spritz cookies for the holidays.

When I started cooking in my twenties, I rejected all the bland white food of my childhood; I took up equatorial cuisine, colorful and spicy. It wasn't until much later when I took part in a women's spirituality group that I got back in touch with the white comfort food of my childhood. Some of the good recipes are chicken pot pie, crab bisque, white lasagna, cheese fondue, bread pudding, rice pudding and floating island. When I cook and eat these foods, which have eliminated the gag-factor, I feel the presence of my wonderful female ancestors.

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**A REMINDER
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If you would like more info about personal information safety, please call 396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist.

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SMMA offers seminars to help you sort through your Medicare options. If you are eligible for Medicare, consider registering to attend a "Welcome to Medicare" Seminar to help you maximize your benefits.

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. Volunteers and donations help SMAA offer this service.

During our one-on-one appointments our staff and Medicare Volunteers can assist you with decisions and questions about:

- Medicare
- Health insurance
- Supplemental insurance (Medigap)
- Prescription Drug Plans
- Medicare Advantage Plans
- Plan enrollment

The Southern Maine Agency on Aging offers *Welcome to Medicare Seminars* in Scarborough, Windham, Sanford and coming soon in York. Seminars are offered each month. Registration is required, call 396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist.

Affordable Care Act – Wellness Benefits

Did you know that the Affordable Care Act covers some wellness benefits for Medicare recipients? Each year you can receive a wellness visit with a doctor to review your medical history. Together you and your doctor can plan a course of healthy actions for the year. These wellness benefits can also help detect various health concerns through preventative diabetes screenings, mammograms, colonoscopies, and more.

For more information please call 396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist.

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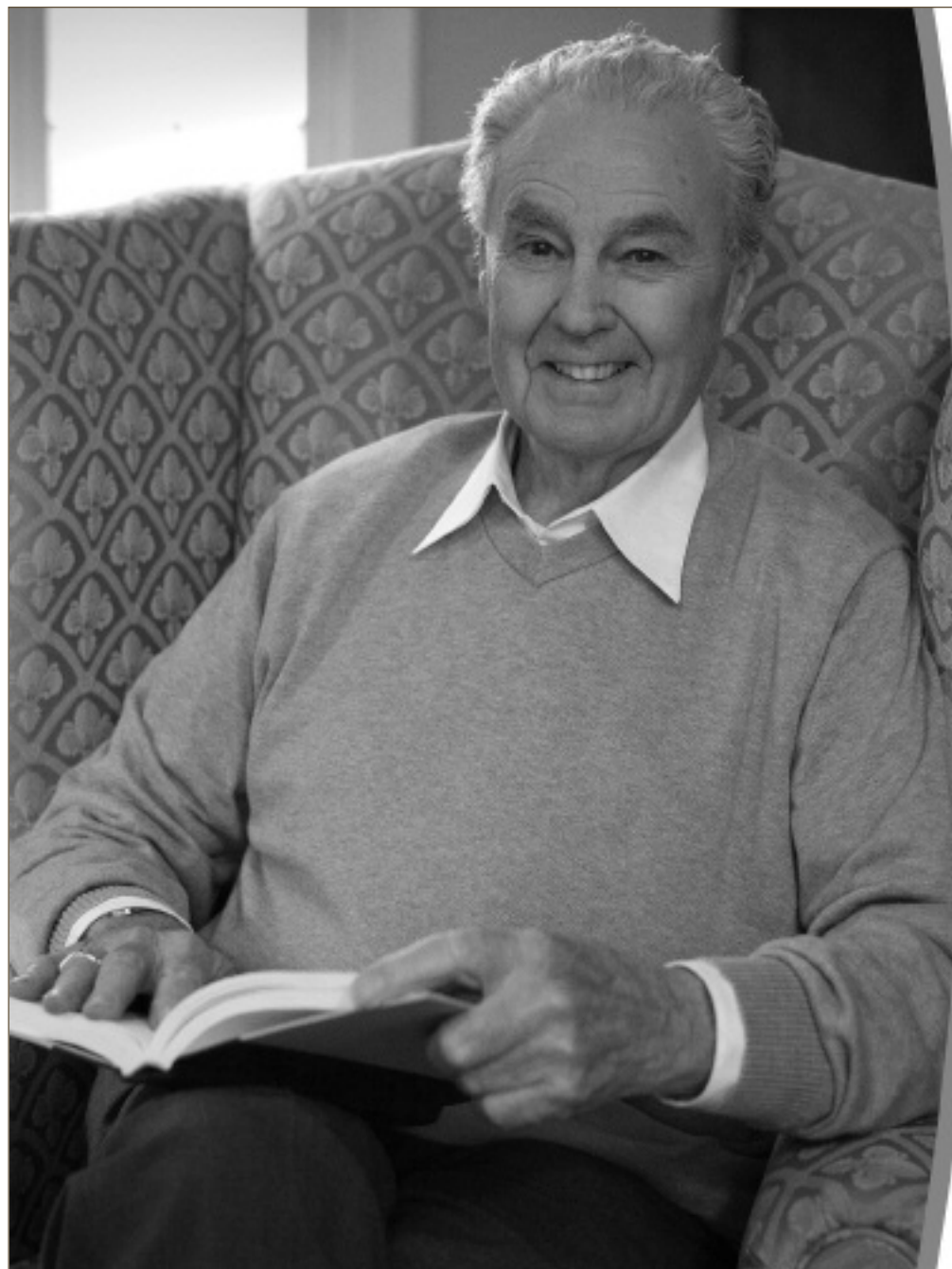
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EDITORIAL

from Stan Cohen



According to Robert Pear in a N.Y. Times article, tens of thousands of people with chronic conditions and disabilities may find it easier to qualify for Medicare coverage of potentially costly home health care, skilled nursing home stays and outpatient therapy. This is because of policy changes planned by the Obama administration. In a proposed settlement of a nationwide

class-action lawsuit, the Obama administration has agreed to scrap a decades-old practice that required many beneficiaries to show a likelihood of functional improvement before Medicare would pay for skilled nursing and therapy services. They called this practice the "improvement standard".

Under the agreement, Medicare will pay for such services if they are needed to "maintain the patient's current condition or prevent or slow

further deterioration," regardless of whether the patient's condition is expected to improve. Federal officials have agreed to rewrite the Medicare manual to make clear that Medicare coverage of nursing and therapy services "do not turn on the presence or absence of an individual's potential for improvement," but is based on the beneficiary's need for skilled care. This change will provide relief for families and caregivers who often find themselves stretched financially and personally by the need to provide care.

Dr. Lynn Gerber of George Mason University in Virginia, called the settlement "a landmark decision for Medicare recipients with chronic illness and especially those with disability."

Stan Cohen, a Medicare Volunteer Counselor, is available for free, one-on-one consultations at Bridgton Hospital on Tuesdays, 8-11AM. No appointment is necessary. Alternatively, call the Southern Maine Agency on Aging - (800 427-7411) and ask for a Medicare Advocate.

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From Jo Dill's Notebook

Registration

There is still plenty of time to register for the Maine Senior Games. Athletes are encouraged to register online as it is much cheaper and saves the agency time. You can still pay by check if you don't want to use your credit card. If you are having trouble registering or can't remember your passwords call Jo at 396-6519 for help. www.mainesrgames.org



single if time) South Portland CC, noon

Bowling 10 Pin: Sunday, October 6, Singles/Doubles, Yankee Lanes, Portland, 10AM

Photographer

Maine Senior Games is looking for an experienced volunteer photographer to take pictures at each of the events. Memory card for your camera will be provided plus a Maine Senior Games T-Shirt!! Contact Jo if you can help out at some or all of the events. 396-6519.

2013 Schedule

Tennis: Wednesday, August 14, Women's Singles/Men's Doubles 9AM, Mixed Doubles 1PM, Racket/Fitness

Tennis: Thursday, August 15, Women's Doubles, Men's Singles, 9AM, Racket/Fitness

Horseshoes: Saturday, August 17, Deering Oaks, Portland, 9AM, (Rain date: Aug. 18)

Triathlon: Sunday, August 18, Tri for Preservation, Cape Elizabeth, 7:30AM

Golf: Monday, August 19, Nonesuch River, Scarborough, 8:30AM

Archery: Sunday, August 25, Lakeside Archery, North Yarmouth, 9AM

Cycling: Sunday, September 8, Kennebunkport Bicycle Co, 9AM

Basketball (Women's): Saturday, September 14, Cape Elizabeth HS, Cape Elizabeth, 8:30AM

Hot Shot/Foul Shoot: Saturday, September 14, Cape Elizabeth HS, Cape Elizabeth, 3PM

Basketball (Men's): Sunday, September 15, Cape Elizabeth HS, Cape Elizabeth, 9AM

Swimming: Sunday, September 15, Cape Elizabeth HS, Cape Elizabeth, 10AM

Bowling Candlepin: Singles/Doubles: Thursday, September 19, Big 20, Scarborough, 10AM/1PM

Table Tennis: Friday, September 20, Pineland YMCA, 5PM

Racquetball: Saturday, September 21, Racket/Fitness, Portland, 9AM

Pickleball: Saturday, September 28, Men's /Women's Doubles South Portland Community Center, 9AM

Pickleball: Sunday, September 29, Mixed Doubles (Men/women



Thanks so much to AARP for sponsoring the "Let's Go Maine Party" on July 12, at the Fireside Inn. Athletes, coaches and managers will be treated to a pasta dinner, receive goodie bags for their trip, hear from well-wishers and more. AARP is also sponsoring the snacks at all of the Maine Senior Games events!! THANKS AARP!

Volunteers Needed!

Maine Senior Games is currently looking for the following volunteers: four volunteers to help at the finish line at the Triathlon. This event is at Crescent Beach State Park in Cape Elizabeth on Sunday, August 18. Two volunteers are needed on August 14 and two on August 15 for the tennis events at the Racket and Fitness Center in Portland. Call Jo if you can help out: 396-6519

Medical Support

Medical support for the Maine Senior Games is sponsored by Orthopaedic Physical Therapy Associates owned by Ken and Gwen Simons. THANKS OPTA!



AARP DRIVER SAFETY CLASSES

The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed to meet the safety needs of mature and experienced drivers. It is a four-hour class that helps drivers learn about defensive driving techniques, new traffic laws, rules of the road and much more. It helps older drivers learn how to adjust their driving to age-related changes in vision, hearing and reaction time.

The registration fee is \$12 per person for AARP members, \$14 for non-members, and advance registration is required. Class size is limited and registrations will be accepted while space is available.

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. For more information visit the website at DriverSafetyME.weebly.com.

BATH

Bath Area Senior Citizens' Center, 45 Floral St.

September 10.....8AM-12:30PM
Instructor: Jason Aucoin, 443-4875
To register, call 207-443-4937

BRUNSWICK

Pejepscot Terrace, 36 Pejepscot Terr.

July 10.....8:30AM-12:30PM
Call instructor to register:
Joe Hahn, 207-751-9364

GRAY

Gray High School, 10 Libby Hill Rd.

September 24.....9AM-1:30PM
Instructor: John Hammon, 655-4943
To register call GNG Adult Ed, 657-2620

LEWISTON

Seniors Plus, 8 Falcon Rd. at Fairgrounds

August 29.....9AM-1PM
Instructor: David Whittier,
To register, call 207-795-4010
September 17.....9AM-1PM
Instructor: Tom Harvey, 597-2331
To register, call 207-795-4010

PORTLAND

AARP Office, 1685 Congress St.

July 12.....9AM-1:30PM
August 9.....9AM-1:30PM
Call instructor to register:
John Hammon, 207-655-4943
September 13.....9AM-1:30PM
Call instructor to register:
Dr. Ralph McClean, 207-829-4664

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Woods at Canco, 257 Canco Rd.

July 59AM-1:30PM
Call instructor to register:
Dr. Ralph McClean, 207-829-4664

WINDHAM

Public Library, 217 Windham Ctr. Rd.

September 7.....9AM-1:30PM
Call instructor to register:
John Hammon, 207-655-4943

YORK

York Senior Center, 36 Main St.

September 18 & 19.....6:30-9PM
September 19.....9AM-2PM
Instructor: Tom Harvey, 597-2331
To register call Janis Colby, 207-363-1036

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- Barbara Pires RN



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5K Race

continued from page 1

ing right. According to her friend Shelley, Molly's hard work has paid off in many ways. Not only did she complete her first 5K, but her positive health choices enabled her to lose almost 80 pounds.

When Molly and Shelley were asked if there was anything else



they'd like to share they replied, "You don't have to worry about winning. You just have to do it. Set your goals and go!"



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SENIOR MOMENTS

by Hunter Howe

Do Squirrels Poop?

Come on, Hunter, that's a silly question.

Sure it is. But, I'm a great believer in worrying about the questions, even if they're silly.

By now, you know I embrace the gospel that we seniors need to laugh more. Silly questions help provide that stimulus.

I decided to toss the two Pulitzer Prize pieces I'd written into the trash can. You see, I realized it's the summer season, a time for folks to loosen their britches a bit and not worry about higher order thinking and the serious side of life.

Silly questions are fodder for when you're sipping your favorite Sauvignon Blanc and devouring your sardines on the back deck. Lighten up, Louie.

So I decided to Hunter-gather the Net for whacky and fun tidbits. What I found in Goofy Land boggles the brain, surely not meant for intellectual skinny dipping. And that's ok. Here's a smorgasbord of Ivy League silly questions that I stumbled upon:

"Why is the time of day with the slowest traffic called rush hour?"

"If money doesn't grow on trees then why do banks have branches?"

"Since bread is square, then why is sandwich meat round?"

"Does killing time damage eternity?"

"Why are carrots not called oranges as they are more orange than oranges?"

"Do pediatricians play miniature golf?"

"Did the early settlers go camping?"

"If you're born again, do you have two bellybuttons?"

"Why does an alarm clock go off by going on?"



"Why did Kamikaze pilots wear helmets?"

"Do vegetarians eat animal crackers?"

"Why doesn't glue stick to the inside of the bottle?"

"When newscasters say they'll be right back, where do they go and what do they do?"

"Crime doesn't pay ... does that mean my job is a crime?"

"What is a refried bean? Why do they have to fry it twice?"

"By the way, who are *THEY*?"

"When you wash your clothes, why does your underwear turn inside out?"

"Why do you go to the top of a building only to put money into binoculars to look at things on the ground?"

"Why do people say 'heads up' when you should duck?"

Silly stuff, huh? That's the point.

Now you know why I embarked on this silly summer column. No, I haven't gone senile yet. No need to douse me with pepper spray.

Say, I can see that slight, sly smile growing on your face. Admit it, haven't you ever stopped to think ... and forgot to start again. Well, you're having a Silly Senior Moment.

Oh, the answer to my silly lead is, Squirrels Do Poop.

Hunter says, "In order to maintain our sanity in the face of reality, we surely need a dash of silliness and a dab of nonsense in our daily porridge."

Meals on Wheels Across America

Meet Phil Cihwsky. Phil is a recent retiree. Instead of lounging by the pool or hitting the link, Phil decided to go for a walk—a walk across the entire country. He's not just pounding the pavement for himself, but to raise awareness about homebound seniors and Meals on Wheels.



Phil's journey started on March 4 in San Diego, California. Walking an average of 19 miles a day, Phil's trip will take him 7 months and through 15 states. His final destination is York Harbor, Maine.

Look for more updates about Phil's journey in the next issue of Senior News as well as his welcome to Maine in the November/December issue. We wish Phil the best of luck and the best of weather!

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Nutrition Tip from Susan Gay, RD, LD
Portland Hannaford Dietitian

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CATCH Healthy Habits Hosts Dignitaries

During a volunteer celebration, Anthem Blue Cross and Blue Shield and the Anthem Foundation announced continuing support of the CATCH Healthy Habits program in Southern Maine. The funding will allow CATCH to be a part of schools, community centers, and youth clubs through 2014. The CATCH Healthy Habits (CHH) grant from the OASIS Institute was awarded to SMAA to establish the intergenerational, educational pilot program of nutritional and physical education that is addressing the issue of rising overweight and obesity rates. In the last three decades, the rate of obesity has tripled among children and doubled among adults. Children who are overweight now are at a higher risk of being heavy as adults, putting them at increased risk of chronic health problems such as diabetes, heart disease and some cancers. Our goal is to give children in grades K-5 knowledge so they can make healthy, lifelong decisions. Adults can also benefit by role modeling healthy nutritional and physical activity choices. We thank Anthem Blue Cross and Blue Shield and the Anthem Foundation for their continuing support of our work.

Three volunteers for the CATCH Healthy Habits program received the Anthem Community Angels Award for 2013. Sponsored by the Anthem Blue Cross and Blue Shield Foundation, the Anthem Community Angels Award recognizes the work of William “Bubba Billy” Brown, Sheila Brown, and Beth Thompson for their hard work and dedication to the CATCH Healthy Habits program at the Westbrook Community Center. Together these three volunteers led two 13-week sessions for children in grades K-2 that included providing a healthy snack, teaching about good nutrition, and how to keep active with playing and games.

In addition to the award and recognition the trio received earlier this spring at a Portland Pirates game, they received a \$500 award check. Ever dedicated to the children they serve; the three have opted to donate the award check to the Westbrook Community Center where it can be used for summer “camperships”.

Also present at the event were the Mayor of Westbrook, Mrs. Colleen Hilton, Ray Ruby representing the Boys and Girls Club of South Portland, SMAA Director Larry Gross, our Volunteer Services Department (Carol Rancourt, Priscilla Greene and Cynthia Bastarache), and Kate Putnam and Jessica LeBlanc from Development. We also introduced our newest volunteers who were in the middle of their training: Donna Gordon and Peggy York.

Manchester Afterschool Graduation

We want to congratulate the nearly 30 children in the Windham Raymond School Age Child Care program at Manchester School who received their Certificates of Participation on June 5th. They were a great group of children.



Receiving the Anthem Community Angels Award for 2013: William and Sheila Brown (Not pictured: Beth Thompson)



Pictured left to right: CATCH Healthy Habits Coordinator Sharon Schulberger, Volunteer Sheila Brown, SMAA Executive Director Larry Gross, Volunteer William Brown, Westbrook Mayor Colleen Hilton, and Anthem Foundation Program Manager Katie Heenan

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation. CATCH Healthy Habits received the 2012 Maine Fitness Award in the Adult Category from the Governor’s Council on Physical Fitness. Volunteers received the Anthem Community Angels Award in 2013.

Thanks to volunteers Olga Schimmer, Beverly Wyse, Donna Gordon and Jan Keiper for their dedicated leadership.

Volunteers Needed

We are working to expand CHH to new sites in the Portland area. To do that, we require more volunteers age 50 and over who can devote one afternoon a week to serve a healthy snack, lead a short nutrition lesson and play active games with the children. Free training and the curriculum are provided. For more information, contact Sharon Schulberger at 396-6523.

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Thanks for Your Time

Submitted by SMAA Client,
Hazel Fritz

Young man learns what's most important in life from the guy next door.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday." Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?"

"Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said...

"Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mom told him.

"I loved that old house he lived in," Jack said.

"You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important. Mom, I'll

be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away.

The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time.

Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture. Jack stopped suddenly...

"What's wrong, Jack?" his Mom asked.

"The box is gone," he said

"What box?" Mom asked.

"There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,'" Jack said.

It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it.

"Now I'll never know what was so

valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox: "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read. Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago.. The handwriting was difficult to read, but the return address caught his attention. "Mr. Harold Belser" it read. Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside.

"Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filled his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch.

Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved:

"Jack, Thanks for your time! -

Harold Belser."

"The thing he valued most was... My time"

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days. "Why?" Janet, his assistant asked.

"I need some time to spend with a friend," he said. "Oh, by the way, Janet, thanks for your time!"

Think about this. You may not realize it, but it's 100% true.

1. At least 15 people in this world love you in some way.
2. A smile from you can bring happiness to anyone, even if they don't like you.
3. Every night, SOMEONE thinks about you before they go to sleep.
4. You mean the world to someone.
5. If not for you, someone may not be living.
6. You are special and unique.
7. When you think you have no chance of getting what you want, you probably won't get it, but if you trust God to do what's best, and wait on His time, sooner or later, you will get it or something better.
8. When you make the biggest mistake ever, something good can still come from it.
9. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.
10. Someone that you don't even know exists loves you.
11. Always remember the compliments you received. Forget about the rude remarks.
12. Always tell someone how you feel about them; you will feel much better when they know and you'll both be happy.
13. If you have a great friend, take the time to let them know that they are great.

Share these thoughts with all the people you care about, if you do so, you will certainly brighten someone's day and might change their perspective on life... for the better.

To everyone who read this, "Thanks for your time."

If you are interested in writing for Senior News, please contact Jessica LeBlanc at 396-6520 or jleblanc@smaa.org

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Portland Museum Of Art: June/July 2013 Calendar

New Exhibition

Shangaa: Art of Tanzania June 8 - August 25

Shangaa: Art of Tanzania is the first major exhibition in the United States to focus on the traditional arts of Tanzania. "Shangaa" means "to amaze" in Swahili, the primary shared language in East Africa. This exhibition features 166 objects on loan from private and institutional collections throughout the United States and Europe, ranging from expressionistic to abstract, from raw to refined. Mostly sculptural, these works highlight how Tanzanian cultures use art to channel energy to heal, embody authority, mark initiation into adulthood, address the spirits, and celebrate life and competition. The objects range in date from the 19th century to recent works made by celebrated artists for contemporary events, underscoring the vibrant, living traditions of art and culture in Tanzania.

Ongoing Exhibitions

The William S. Paley Collection: A Taste for Modernism Through September 8

This spectacular exhibition of modern art showcases 61 works from the renowned William S. Paley Collection at The Museum of Modern Art, New York. Paley was a formative President and Chairman of the Board at CBS for decades. With Paley at its helm, CBS grew exponentially and nurtured the talents of broadcasting greats including Edward R. Murrow and Walter Cronkite. With his penchant for new technologies in business, Paley was drawn to modern art as a collector. Paley, inspired by trips abroad to Europe, began to collect art in the 1930s. He filled his homes with works by Henri Matisse, Pablo Picasso, Francis Bacon, Georges Braque, Paul Cézanne, and Paul Gauguin, among others. Highlights of the exhibition will include Picasso's superlative *Boy Leading a Horse*, 1905-1906, André Derain's *Bridge over the Riou*, 1906, and Gauguin's *The Seed of the Areoi*, 1892. The Portland Museum of Art is the only New England venue for the collection's 2012-2014 North American tour. A special surcharge of \$5 per admission.

PMA Family Space: Design Lab Through September 8

Inspired by the architectural shapes and forms in the museum, Portland architect Kyo Bannai and her design team, Petra Simmons and Guy Hernandez, have transformed the PMA Family Space into an interactive design lab. In the new *PMA Family Space: Design Lab*, your family can enter the world of a designer—think big and play with the elements of architectural design. Design tools and materials allow families to build models and interact with this fun, family-friendly activity. A special map will send you to explore sites around the museum, inviting families to rethink the dy-

amic spaces in the PMA.

Museum Programs

Curator Talks
Select weekdays at noon.
Free with PMA admission.

Join PMA curators as they provide short lectures on special exhibitions at the PMA.

July 17: Director Mark Bessire, *Shangaa: Art of Tanzania*

July 26: Curator Margaret Burgess, *The William S. Paley Collection: A Taste for Modernism*

Gallery Talks:
Fridays, 6PM; Saturdays, 1PM
Free with PMA admission.

Join our Docents for a discussion about various exhibitions and works of art at the PMA.

July 13: *The William S. Paley Collection: A Taste for Modernism* by Sy Epstein, 1PM

July 19: *The William S. Paley Collection: A Taste for Modernism* by Susan Rudy, 6PM

July 20: *The William S. Paley Collection: A Taste for Modernism* by Carol Patterson, 1PM

July 26: *The William S. Paley Collection: A Taste for Modernism* by Carol Patterson, 6PM

July 27: 7/27: *Shangaa: Art of Tanzania: Art as a Communication Tool* by Oscar Mokeme, Director, Museum of African Culture

Book Signings at the PMA
Maine Artist Dahlov Ipcar
Saturday, July 20, 10AM to noon.
Free with PMA admission.

Come meet Dahlov Ipcar, one of Maine's most beloved artists and children's book illustrators. Ipcar's children's books and other merchandise, including the 2014 calendar *Dahlov Ipcar: Full Circle*, will be available for purchase in the PMA Store and online.

PMA Picks
Wednesdays at 11AM
Free with PMA admission.

PMA Picks offers a unique opportunity for the staff to share in-

sights, behind-the-scenes stories, and discuss artwork with you!

July 10: Shawn Emerick, Security Supervisor

July 24: Rachel McDonald, Visitor Experience Associate

Artist Interventions
Select Free Fridays at 5PM

A team of artists from the 2013 *Portland Museum of Art Biennial: Piece Work* will design "happenings" in the galleries that share the artists' creative process and change the way you see the PMA.

July 12: Crystal Cawley

August 23: Caleb Charland

Museum Information

The Portland Museum of Art (PMA), Maine's premier art museum, showcases fine and decorative arts from the 18th century to the present. From Winslow Homer and

**SCHEDULE IS SUBJECT TO CHANGE.
PLEASE CALL TO CONFIRM DATES**

Andrew Wyeth to Pablo Picasso and Claude Monet, the PMA features three centuries of art and architecture. The museum is located at 7 Congress Square, Portland. Hours are: 10AM - 5PM Tuesday-Thursday, Saturday, and Sunday, and 10AM to 9 PM on Friday. Memorial Day through Columbus Day, the PMA is open on Mondays from 10AM to 5PM. Admission is \$12 for adults, \$10 for seniors and students with I.D., \$6 for youth ages 13 to 17, and children 12 and under are free. Special exhibition fees may apply. Admission is free on Friday evenings from 5-9PM. No admission is required to visit the PMA Café and Store. For more information, call 775-6148 or visit portlandmuseum.org.



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The Difference One Word Can Make

by Don Kopp

It was late Friday afternoon when a nurse called with my medical test results, but I wasn't home. Insisting on speaking only with me, the nurse was unmoved by the prospect, vividly painted by my wife, that if I had to wait for the results until Monday, I would spend the weekend anxiously brooding and endlessly speculating about them.

When my wife reached me on my cell phone, we were both thinking how ominous the report must be for the nurse not at least merely to say that it was okay. With only five minutes before the medical office's closing time, I careened off the road and called. After I badgered her, a reluctant receptionist, whom I pictured with her hat on, car keys in hand, and half way out the door, finally paged the nurse. There were now only two minutes until closing.

When the nurse came on the line, what I heard her chirp was: "I have the report on your procedure. Um. Let's see. It says that your condition is fatal." I sucked in my breath and tried to focus, wondering, "Is this how they tell you? Do I have enough time left to make it home?"

Finally, I managed, "Excuse me, but I want to be sure that I understood what you just said." What I heard her blithely repeat was, "The report says your condition is fatal." I was at a loss for words. Finally, I croaked, "Are you telling me that my condition is f-a-t-a-l?"

She was clearly exasperated—which was nothing compared to what I was experiencing—and replied, "I said that according to the report your condition is s-t-a-b-l-e."

"Jeezum Crow!" I erupted, "I thought that you said f-a-t-a-l. You scared the living daylights out of me."

Evidently not interested in pursuing that theme, she hung up. I mean, Jeezum Crow! You know?

BOOK REVIEW

Major Pettigrew's Last Stand

by Helen Simonson (2010)

We are introduced to the intelligent and refined Major Pettigrew, a 68 year old former British army Major, who has just lost his brother. Major Pettigrew has been widowed for six years and lives in a small town in Sussex England named Edgecombe St Mary. We also meet the Major's self-centered, obnoxious son who has an entirely different set of values, concerned with money and promoting his banking career, thereby creating a father-son clash. Into this mix enters the learned and attractive widow ten years the Major's junior, still considered Pakistani by this village even though she has never been beyond the Isle of Wight. Finally, add the rest of the town's residents, along with a couple of stereotypical American businessmen, all with their idiosyncrasies and fondness for "the right sort of people." Thus, you have the characters you will enjoy meeting in this well-written romantic comedy by Helen Simonson.



Major Earnest Pettigrew is a man in a constant state of "repressed irritation:" his daily tea is often not to his liking, people do not exhibit the proper manners and politeness he thinks is expected. His son barges in on him unexpectedly upsetting his weekly schedule, and he has to confront the shallowness of racial and religious intolerance amongst his village neighbors. Fortunately, he is able to find respite in his new companion, Mrs. Jasmine Ali, an independent woman who shares many values with the Major and is affected by her own cultural family and societal issues. She and the Major engage in bright and witty dialogues, sharing a love for reading, especially Kipling. Through it all, you cannot help but cheer for them to have a successful relationship despite the many problems they encounter throughout their courtship.

The book is filled with humor, much of it emanating from the Major's relationship with his son, Roger, and also from the social interactions with the many colorful characters living in the town. Ms Simonson's first novel is a very entertaining story directed primarily at the over fifty age group, with a message to not give up on love no matter what stage of life. It is also a good read for anyone wanting to enjoy an amusing look at English folkways and mores.





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What's Not To Love About Amour?

By E. Michael Brady,
Chair, SMAA Board

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Portland Press Herald.

During a recent trip to New York City, I saw the highly acclaimed French film *Amour* directed by Michael Haneke. Rightfully, this intense drama depicting an elderly married couple's relationship in the face of the wife's stroke and debilitating health trajectory has garnered numerous international awards and Academy Award nominations.

This is undoubtedly a great film. But in the eyes of a career-long gerontologist, professor, and recently elected President of Southern Maine Agency on Aging's Board of Directors, there are aspects of this story that were hard to love.

Anne (played by Emmanuelle Riva) and Georges (Jean-Louis Trintignant) are 80-something year olds living in an apartment in Paris. They are surrounded by memorabilia from a long history in the music world. They have one adult daughter, married to another musician, who live in London. For the most part Anne and Georges are isolated.

In the face of Anne's sudden stroke followed by a rapid decline in ability to communicate and perform basic activities of daily living, Georges faces the challenges of providing care to his wife mostly alone

(during this long film twice a neighbor comes to the door with groceries and two nurses are privately employed with one being promptly dismissed). That's the extent of the support this couple receives.

This is where my involvement with the Southern Maine Agency on Aging triggered protest: "Georges – why haven't you reached out for help? Are there no Agencies on Aging, or their equivalent, in Paris? What about adult day care which would provide services to Anne and respite for you? What about meals on wheels? Other in-home services?"

Across the United States these agencies exist, in fact 629 of them, whose main mission is to help people like Georges and Anne. They are called Area Agencies on Aging and are federally mandated by the Older Americans Act. Every American over the age of 60, no matter their level of income or where they live in the 50 states and territories, are eligible for services from the Agency on Aging in their geographic region.

A core service within the mission of every Agency on Aging is assistance for family caregivers of older adults. From the comprehensive range of services available I consider this one to be especially critical. Numerous times in my teaching career at USM I've been approached by a colleague or an adult student with the following request: "Mike, my 85 year-old mother lives in Oregon (or

Iowa, or Arizona) and is getting frail. How can I find help for her to stay at home?" Because of this network of agencies my response is both simple and consistent: "Call the Agency on Aging in her area." In fact, the motto on the web site of the Southern Maine Agency on Aging states this mission rather succinctly: "Your first stop for answers."

One special quality of Agencies on Aging is their flexibility. Each of the 629 geographical areas across the United States that have Agencies on Aging—we have five here in Maine—is different and the law allows for diversity in services based on the special needs of older people in each region. For example, agencies in rural areas may invest more resources in transportation; those in urban areas may choose to do more with crime prevention.

In addition to the core services required by law, here in the Southern Maine region we have programs, supported by paid staff and a cohort of over 1200 volunteers, which focus on such vital issues as financial management, delivering meals, and a hugely popular Medicare education program. In addition, Southern Maine Agency on Aging is one of the few providers of adult day care in the state with plans for new facilities and an expansion of services in Biddeford and Falmouth.

I loved *Amour* as a film, but I didn't love it as a prescription for the way older people need to live in the face of serious illness and frailty. There are better ways and, fortu-

nately, we have them. Here in Maine they are a simple toll-free phone call away: 877-Elders1.

E. Michael Brady teaches adult and higher education at USM and is President of the Board of Directors of Southern Maine Agency on Aging

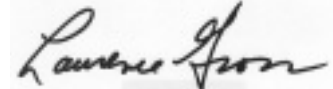
From the Director's Desk

continued from page 1

Maine Senior Games

It is exciting to note that more than 100 senior athletes will be representing the state of Maine and the Maine Senior Games at the National Senior Games in Cleveland, Ohio this summer. Many of our senior athletes have medaled at the National Games in previous years and Jo Dill, coordinator of the Maine Senior Games is confident that this year's contingent will be equally successful. I wish them all luck in their individual events and look forward to hearing the results when they return from Cleveland. If you are interested in participating in the 2013 Maine Senior Games this summer and fall, there is still plenty of time to register. It's a great way to stay fit and have a lot of fun.

Enjoy these glorious summer months in Maine!



Lawrence W. Gross
Executive Director




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dthomas@smaaa.org for a complimentary visit.

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Adult Day Care is covered by VA benefits.**

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State-licensed, Adult Day Health provider for VA, MaineCare and Office of Elder Services.

SOCIAL SECURITY

No Change in Projected Year of Trust Fund Reserve Depletion

The Social Security Board of Trustees released its annual report on the long-term financial status of the Social Security Trust Funds. The combined assets of the Old-Age and Survivors Insurance, and Disability Insurance (OASDI) Trust Funds are projected to become depleted in 2033, unchanged from last year, with 77 percent of benefits still payable at that time. The DI Trust Fund will become depleted in 2016, also unchanged from last year's estimate, with 80 percent of benefits still payable.

In the 2013 Annual Report to Congress, the Trustees announced:

- The combined trust fund reserves are still growing and will continue to do so through 2020. Beginning with 2021, the cost of the program is projected to exceed income.
- The projected point at which the combined trust fund reserves will become depleted, if Congress does not act before then, comes in 2033—the same as projected last year. At that time, there will be sufficient income coming in to pay 77 percent of scheduled benefits.
- The projected actuarial deficit over the 75-year long-range period is 2.72 percent of taxable payroll—0.05 percentage point larger than in last year's report.

"The Social Security Trust

Funds' projected depletion dates have not changed, and three-fourths of benefits would still be payable after depletion. But the fact remains that Congress needs to act to ensure the long-term solvency of this vital program," said Carolyn W. Colvin, Acting Commissioner of Social Security. "The projected year for Disability Insurance Trust Fund depletion remains 2016, and legislative action is needed as soon as possible to address this financial imbalance."

Other highlights of the Trustees Report include:

- Income including interest to the combined OASDI Trust Funds amounted to \$840 billion in 2012. (\$590 billion in net contributions, \$27 billion from taxation of benefits, \$109 billion in interest, and \$114 billion in reimbursements from the General Fund of the Treasury—almost exclusively resulting from the 2012 payroll tax legislation)
- Total expenditures from the combined OASDI Trust Funds amounted to \$786 billion in 2012.
- Non-interest income fell below program costs in 2010 for the first time since 1983. Program costs are projected to exceed non-interest income throughout the remainder of the 75-year period.
- The asset reserves of the com-

bined OASDI Trust Funds increased by \$54 billion in 2012 to a total of \$2.73 trillion.

- During 2012, an estimated 161 million people had earnings covered by Social Security and paid payroll taxes.
- Social Security paid benefits of \$775 billion in calendar year 2012. There were about 57 million beneficiaries at the end of the calendar year.
- The cost of \$6.3 billion to administer the program in 2012 was a very low 0.8 percent of total expenditures.
- The combined Trust Fund asset reserves earned interest at an effective annual rate of 4.1 percent in 2012.

The Board of Trustees is comprised of six members. Four serve by virtue of their positions with the federal government: Jacob J. Lew, Secretary of the Treasury and Managing Trustee; Carolyn W. Colvin, Acting Commissioner of Social Security; Kathleen Sebelius, Secretary of Health and Human Services; and Seth D. Harris, Acting Secretary of Labor. The two public trustees are Charles P. Blahous, III and Robert D. Reischauer.

The 2013 Trustees Report will be posted at www.socialsecurity.gov/OACT/TR/2013/

Declare your Independence with my Social Security

By Robert Clark
Social Security Representative

Independence Day is a good time to declare your independence from heavy traffic, long lines, and visits to crowded offices by taking important matters into your own hands. When it comes to doing business with Social Security, you can!

Anytime, anywhere—Social Security's website is waiting to let you take care of important matters yourself, independently, without the need to visit or call an office.

All you need to do is visit www.socialsecurity.gov/myaccount to set up a my Social Security account so you can do business with Social Security the easiest, fastest, and most convenient way.

We're only halfway through 2013 and, already, more than six million people are registered for a my Social Security account. They use it to easily get information and service—without needing to visit an office or make a call. That's a great reason to set off some fireworks!

The things you can do using your account are as varied as the menu at a Fourth of July picnic! For



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SOCIAL SECURITY

example, you can use *my Social Security* to obtain a copy of your Social Security Statement to check your earnings record and see estimates of the retirement, disability, and survivor benefits you and your family may be able to receive.

If you are already receiving benefits, you can join the parade. We recently expanded *my Social Security* for those receiving benefits; now you can use your account to view, save, and print a benefit verification letter, check your benefit payment information, and even change your address and your phone number in our records. You also can start or change your direct deposit information. You can do this all from the comfort of your home.

Whether you are currently getting Social Security benefits, or you are planning for that day in the future when you do, you can easily access all your important Social Security information by creating a *my Social Security* account. Just visit www.socialsecurity.gov/myaccount.

Before you go to your Independence Day picnic and fireworks, declare your independence from traffic and lines by going online to www.socialsecurity.gov. And happy Independence Day!

Apply for Disability Benefits from the Convenience of Home

By Robert Clark
Social Security Representative

Have you been thinking about applying for Social Security disability benefits, but you are unable to visit a Social Security office to complete the interview? Or perhaps your disabling condition makes it difficult to visit a Social Security office. We have good news: you can complete your application for Social Security disability benefits from home. Get started at www.socialsecurity.gov/disability.

The application process involves determining 1) whether you have sufficient work to be eligible for Social Security; 2) the severity of your medical condition; and 3) your ability to work. Because we carefully review so many cases—more than three million each year—it can take us three to five months to determine whether you are eligible to receive benefits.

The amount of time it takes to make a decision on your application can vary depending on a number of factors, such as:

- the nature of your disability;
- how quickly we obtain medical evidence from you, your doctors, hospitals, or other medical sources; and
- whether we need to send you for a medical examination to obtain evidence to support your claim.

We have several important initiatives to speed up the process. For example, our Compassionate Allowances initiative allows us to fast-track certain cases of individuals with very severe disabilities. Two hundred different types of disabilities qualify for this expedited decision, and the list continues to expand. Since Compassionate Allowances began in 2008, the agency has fast-tracked more than 250,000 disability applications, getting benefits to people in a matter of days instead of months. Another way we speed up decisions is with our Quick Disability Determinations initiative, which uses technology to identify applicants who have the

most severe disabilities and allows us to expedite our decisions on those cases.

There are things you can do to help speed up the decision process too. The more information you provide up front, the less time it will take us to obtain the evidence we need—and the faster we can make a decision on your application. The types of information we need include:

- medical records or documentation you have; we can make copies of your records and return your originals;
- the names, addresses, and phone numbers for any doctors, hospitals, medical facili-

ties, treatment centers, or providers that may have information related to your disabling condition;

- the names, addresses, and phone numbers for recent employers and the dates you worked for each employer; and
- your federal tax return for the past year.

If you're not able to work due to a disability and getting to an office is troublesome, don't worry. You can apply online for Social Security disability benefits at www.socialsecurity.gov/disability.

SOCIAL SECURITY ONLINE RESOURCES

Get started at: www.socialsecurity.gov/disability

Learn more about Compassionate Allowances at: www.socialsecurity.gov/compassionateallowances

Read more about Quick Disability Determinations at: www.socialsecurity.gov/disabilityresearch/qdd.htm

“Mom was diagnosed with Alzheimer’s.
But sometimes I feel like I’m the one
losing my mind.” — MaryAnne C.



She raised me to be the woman I am today. For that I owe her everything. It's why I chose Cape Memory Care for mom. My biggest fear was having her in a place where she would not get the right care. But from the first visit to last week's dinner together, I can say she seems more alert and engaged than when she lived with us. I'll admit, it was tough to say I couldn't take care of mom on my own, but I made the right move. Now, we're both in a place we can feel good about.

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Our Society Must Make it Right

Elizabeth LaPierre,
 Staff Attorney, Legal Services
 for the Elderly

On behalf of the York County Elder Abuse Task Force, I am pleased to announce that we awarded a \$500 scholarship to a 2013 York County high school graduate. The scholarship recipient wrote the following essay, which reflects on the question "What is elder abuse and why does it matter?" I share this moving piece with you because its writer reveals that there is hope that our community's youth have the empathy, awareness and motivation to repair the breakdown of the intergenerational compact in our society.

At age 71, my grandfather had a stroke. The left side of his body was permanently paralyzed. He learned to walk with a cane and his car was outfitted with special levers so he could continue to drive.

Mentally he was sharp though physically he was limited but not defeated. He lived at home with my grandmother, his wife of over 50 years. She cared for him lovingly and together they sold their home and moved into a condominium for easier access. They arranged their finances to prepare for future medical expense and even their death. My grandfather was a realist—he knew he would not live forever.

Twelve years later he had a second, more debilitating stroke. This stroke brought dramatic mental changes. He did not know the day of the week nor could he name the town he lived in his entire adult life. He was unable to dress or feed himself. My grandmother was exhausted caring for him at home. She decided the best option would be a clean, caring long term care facility where she visited him daily and the extended family visited him on weekends. He was, in many ways, not the same man I knew all my life. He confused my face with his long deceased brother's and asked me to "Bring my blue car from the garage in Winthrop so I can break out of here!" I was told he did own a blue car about 60 years earlier and parked it in the garage where his parent lived in Winthrop in the late 1940's.

When my grandfather died in that facility several months later at age 83 we knew he was clean and warm and in a safe place.

When I reflect on the last year of my grandfather's life, I am grateful that we could support him emotionally and the financial plans were in place for his care. Sadly, this is not the case for all elderly men and women. Many are alone in sub-standard facilities without family to ensure they are comfortable. Some are not safe and are unjustly harmed. Some have lost their life savings to scoundrels or even a family member who secretly steals from them.

Elder abuse matters to me because I am going to study Pre-Law in college and ultimately be a lawyer. In some situations the law is the only protection the elderly have. If their families are not available to protect them, the legal system has an obligation to do so. There is a well known quote by Pearl Buck which states: "Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members."

I want to be a defender and supporter of the elderly so that every grandparent lives their last days in comfort and leaves this world with dignity.

The above essay identifies a sad but true fact: that sometimes, the law is the only protection the elderly have. Unfortunately, many elders do not have the means, financial or otherwise, to obtain as-

sistance with navigating our complex legal system. It is for this reason that Legal Services for the Elderly (LSE) was established in 1974 to provide free, high quality legal services to those economically and socially needy members of our Maine community who are 60 and older. And, together, we can ensure that all seniors who need legal help find their way to LSE.

HELPLINE: 1-800-750-5353

If you are 60 or older and in need of legal assistance, please call our Helpline. If you know someone 60 or older who is in need of legal assistance, please give him or her the Helpline number.

Legal Services for the Elderly's Helpline is generally open from 9AM-12PM and 1-4PM Monday-Friday except for holidays.

Need Help Balancing Your Monthly Bank Statement?

The Southern Maine Agency on Aging offers MONEY MINDERS... a FREE program to assist people age 55 and older who need help balancing a checkbook and writing checks.



To learn more or to see if you are eligible, Call: 1-800-427-7411



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When Someone You Care About is Hoarding

Kate Cole Fallon,
MC, LCPC, NCC

In the past few years, thanks in part to reality television, public awareness of hoarding has increased. These shows offer simplistic solutions within the context of entertainment. But if you care about someone who is dealing with a hoarding issue, you know there is nothing simple about it.

Many of us occasionally feel like we have “too much stuff”, but hoarding is a very different and specific problem. Over time, people who hoard collect so many things that they may have only narrow paths to walk in throughout their homes. Possessions may fill their homes so thoroughly that they may not be able to use the stove to cook, the bathroom to wash, or the bed to sleep. This creates safety hazards in the home including potential falls, fires, infestation and poor hygiene. It endangers the person or people who live there, and also any neighbors nearby. Family and friends who see the hoarding issue worsen may try to intervene, only to meet denial, anger and resistance.

It’s important to remember that people in the midst of hoarding experience a range of feelings and reactions. These people often have poor insight, meaning they genuinely don’t believe their belongings are a problem. Each item has a purpose, or it represents something, or they believe it may be valuable one day. Often, people who hoard have a tendency toward perfectionism, making it difficult to throw anything away lest it be needed later. Hoarding brings with it a great deal of ambivalence. They are attached to their belongings, but also often feel great shame and anxiety about others seeing them. People who “collect” are proud of their things; people who hoard are not.

For family and friends who want to help, here are some tips for how to approach and support someone who is hoarding:

- Be respectful; use their language (“things” vs. “junk”)
- Have sympathy. Seek to understand their perspective. Acknowledge their feelings.
- Encourage them to make their space safer, rather than cleaning it out. Negotiate.
- Collaborate with them. Rather than telling them what to throw out, seek their input. Avoid touching their things without their permission.
- Remember that it will take time, and lots of it. Years of acquiring cannot be cleared out in a day without risking the emotional well-being of the person.

It’s not unusual for families to end up at terrible odds over hoarding behavior. In their book *Digging Out*, Tompkins and Hartl offer

families a simple acronym for helping: LEAP. This stands for listen, empathize, agree and partner. Supporting someone to make their environment safer, also known as harm reduction, is a gentler and more successful approach than confrontation.

Hoarding is an especially difficult disorder to treat, and it often exists with other conditions such as depression and anxiety, as well as physical and/or cognitive impairments. Help is out there, but the person with the issue must want to change. As frustrating and horrifying as it can be to watch someone you care about bury themselves in their own possessions, providing gentle, patient support and offering help for when they are ready to accept it is your best chance at making a difference.

Help is out there, but the person with the issue must want to change.

FOR MORE INFORMATION ABOUT HOARDING AND RESOURCES, GO TO www.hoardingme.org.

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VOLUNTEER CONNECTIONS RSVP

"An Invitation to Make a Difference"

RSVP of Southern Maine Begins New Grant Year

On July 1, 2013 Southern Maine Agency on Aging's RSVP program began its 40th year of service in southern Maine! Our RSVP program was the 2nd program of its kind in Maine. It has been matching people aged 55 and older who want to volunteer in meaningful volunteer assignments in York and Cumberland counties since 1973. During those 40 years RSVP has had five directors, thousands of volunteers and given millions of hours of service through non-profit organizations to help make a difference.

With this 40th grant year RSVP of Southern Maine will be turning a new page in Senior Corps' six impact areas designated for special attention. Those areas are Healthy Futures, Education, Environmental Stewardship, Economic Opportunity and Veterans and Military Families.

We are looking for people who are interested in teaching a financial literacy curriculum prepared by The Institute for Financial Literacy; volunteers to train to counsel others with their Advance Care Planning using a curriculum from Gunderson

Lutheran Health Care in Minnesota and people who want to work with veterans using a model created by the Good Neighbor Program at the Connecticut Veterans' Administration. These opportunities and others will be part of RSVP in 2013-14.



RSVP of Southern Maine continues to grow, change and make a difference in the lives of many seniors in the community — HERE'S TO 40 MORE YEARS!



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Some Cool Ideas for Hot Days



In York County...

- Tutor children (grades 1-3) who are struggling with reading and/or writing. Tutors are needed in the fall for the upcoming school year.
- Help people reduce their risk of falls, and improve their balance by becoming a Matter of Balance coach. There is a need for coaches in the towns of Kittery and York. Training will be held this fall.
- Volunteer to deliver meals to home-bound seniors.
- Serve meals and visit with people who drop into a community center.
- Volunteer outside this summer as a tour guide on nature walks, or as a conductor on trolley tours.
- Volunteer as a driver to give rides to cancer patients to and from their treatments and therapies.
- Help a non-profit by providing support with marketing, grant writing, or administrative duties.
- Volunteer some of your time to help other adults learn English by having 1-on-1 conversations!
- Spend some time outside working on town clean-up projects, or serve on committees to help plan future projects!
- Help someone in need by volunteering on a hotline, or becoming a mentor.
- Volunteer to walk a mile-long stretch of road while recording signs of wildlife at road crossings.

In Cumberland County...

- Enjoy the cool breezes of Casco Bay while volunteering. Train to be a guide or ticket taker for a local lighthouse.
- If you are into fitness become an instructor for a seniors class. Some experience required.
- Help people who are visually impaired or blind to attain community integration by becoming a customer satisfaction survey caller. Good phone skills are required.
- The Meals on Wheels program needs drivers for once a week or as a substitute. The time commitment is usually two hours a week. This is a great way to share a volunteer opportunity with a spouse or child.
- Libraries always need help with shelving, repairing books or cleaning DVDs and CDs. Many offer summer reading programs also.
- Bridge players alert! Share your skills with a group of seniors

who haven't played for a while and need a refresher.

- Maine Senior Games is starting up soon! Are you ready to participate? Lots of events are starting in August — Tennis, Horseshoes, Golf, Archery and Triathlon. If you are interested in helping behind the scenes we could use your help.

Remember, these are only a few of the many opportunities we have for you to choose from. For more information in Cumberland County call 396-6525 e-mail volunteer@smaaa.org.

Welcome New Volunteers!

In April and May, 51 new volunteers were welcomed into Volunteer Services and RSVP! Some of their names are listed below:

Rose Burke
Miriam Carle
Sarah Choroszy
David Coolidge
Rick Copeland
Jane Croston
Judith Cutler
Vivien Eisenhart
Andrea Gauvreau
Donna Gordon
Joe Holbrook
Barbara Hopkins
Jane Keiper
Stephen Murphy
Kenneth Murray
Jorie Ohlson
Susan Owen
Sandy Penna
Linda Pramis
Michael Quinn
Terry Smith-Peterson
Cheryl Talbot



A Matter of Balance

A Matter of Balance is a nationally recognized, award-winning time-tested program for people over 60 designed to help you manage falls and increase your activity levels.

August 21 - October 9: Intermed, 84 Marginal Way, Portland, Wednesdays; 2:30-4:30PM **InterMed Patients ONLY**

September 9 - October 3: The Woods at Canco, 257 Canco Road, Portland, Mondays and Thursdays; 12-2PM

October 2 - November 20: Southern Maine Agency on Aging, 136 US Route 1, Scarborough, Wednesdays; 10AM-12PM

October 2 - November 20: InterMed, 259 Main Street, Yarmouth Wednesdays; 9:30-11:30AM

InterMed Patients ONLY

October 11 - December 6: Paul Hazelton House, 7 Smith Lane, Saco Fridays; 1-3PM

Living Well

Living Well is a nationally recognized, award-winning program designed to empower you to become more active in managing your health.

August 30: Information Session, 1PM, Southern Maine Agency on Aging 136 US Route 1, Scarborough

October 16 - November 20: InterMed, 84 Marginal Way, Portland-Wednesdays; 3:30-6PM **InterMed Patients ONLY**

Chronic Pain

Our six-week Chronic Pain Self-Management Program (CPSMP) workshop can help you learn to manage pain so that you can get on living a satisfying and fulfilling life.

August 26: Information Session, 1PM, Southern Maine Agency on Aging, 136 US Route 1, Scarborough

September 20 - October 25: Southern Maine Agency on Aging, 136 US Route 1, Scarborough; Fridays; 1-3:30PM

More workshops coming to Freeport, New Gloucester and other locations soon! Call for more information. 1-800-427-7411

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 those who need easy access to dial 911 in case of emergency. S.O.S. Phones are cell phones equipped with 911 dialing capabilities providing a Sense Of Security (S.O.S.). S.O.S.



If you are a senior or adult with a disability and 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 a cell phone/s to donate, please drop them at the Southern Maine Agency on Aging, 136 U.S. Route 1, Scarborough, Maine.

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Bridgton Hospital Foot Care Clinic Every Wednesday

The Diabetes Program at Bridgton Hospital is growing with the addition of a **Foot Care Clinic** managed by Certified Foot Care Nurses.

The program brings an advanced knowledge base in diabetic foot care essential for preventing complications affecting the feet. The primary goals of nursing care and patient education are:

- Prevention of thermal, mechanical, and chemical injuries of the feet;
- Early detection of foot and nail problems;
- Maintenance of skin and nail integrity or referral when indicated;
- Enhancement of patient self-care and monitoring skills.

CERTIFIED FOOT CARE NURSES Elaine Drew, RN, CDE, CFCN
Sue Rivet, RN, CFCN

LOCATION Medical Office Building
(Orthopedic Office area)

APPOINTMENTS Call 647-6064.
Foot Care will be scheduled every Wednesday, 8 AM – 4 PM.
Foot exams will also be performed during Diabetes Education.

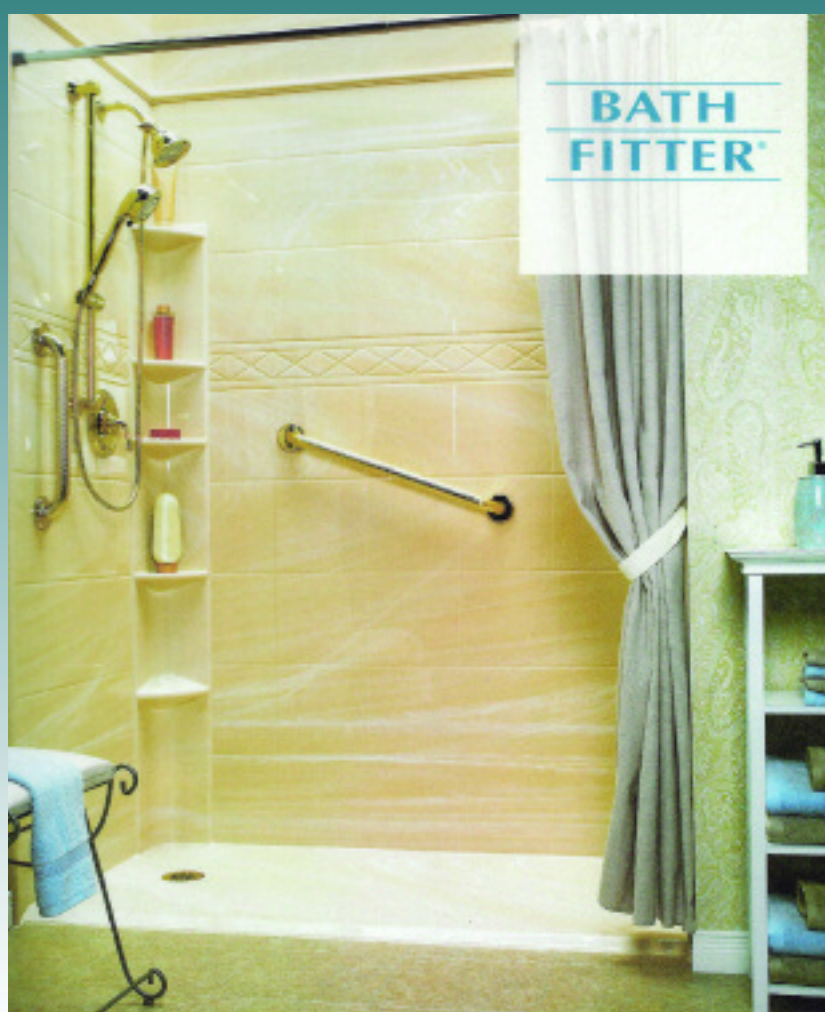
- ROUTINE FOOT CARE WILL INCLUDE**
- Lower extremity assessment
 - Trimming nails
 - Filing nails
 - Reducing thick nails if needed
 - Callouses and corns reduced or removed
 - Diagnostic testing available for loss of protective sensation and vascular compromise:
 - Monofilament testing
 - Vibration testing
 - Ankle Brachial Index
 - Toe Brachial Index

NOTE Routine Foot Care may not be covered by Medicare.
Patients who do not meet Medicare or insurance guidelines will be offered routine foot care for a cost of \$30.00 at the time of service.
Dr. Jeffery Johnson, Podiatrist, will join the Foot Care Clinic in June 2013.



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