



From the Director's Desk

Medicare Open Enrollment

Each year, between October 15 and December 7 (the annual Medicare Open Enrollment period) SMAA strongly encourages all Medicare recipients to review their Medicare Advantage and Medicare Part D (prescription drug) plans for the coming calendar year. Insurers are allowed to change premiums, drug coverage, and other select benefits annually. By doing an annual review of your plan, you might be able to avoid pricing or coverage surprises, find better coverage, save money, or all three. Last year SMAA's Medicare staff and volunteers helped clients save almost \$933,000; for 542 clients, the average savings was \$1721 in avoided out of pocket expenses. During the past few years, SMAA's State Health Insurance Assistance Program (SHIP) staff and volunteers have assisted nearly 2,000 people annually during Open Enrollment—an increasing demand that has stretched SMAA's capacity to dedicate the needed financial resources for this critical program. Due to a decrease in federal funding for SHIP, this year SMAA will have fewer appointments available during Open Enrollment. I urge you to call our Scarborough office (207-396-6500 or toll free 1-800-427-7411) as soon as possible to schedule your appointment for an Open Enrollment review.



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National Falls Prevention Awareness Day

September 22, 2017, the first day of fall, marks the 10th annual National Falls Prevention Awareness Day. Falls are the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and are responsible for more than half of fatal head injuries. This

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Medicare Open Enrollment Starts October 15

Now is the time to make plans to review your Medicare Drug Plans or Medicare Advantage plans. Mainers on Medicare are advised to make an appointment with their local Area Agency on Aging to review their options for 2018, because premiums and benefits may change.

Our staff and volunteers are fully-trained, certified SHIP coun-

sultors that can help you to navigate Medicare and the complexity in choosing drug plans with deductibles, copays and falling into the coverage gap (the so called the "donut hole"). This process can be confusing, time consuming, and involving many steps (including using the Centers for Medicare and Medicaid website)—let SMAA help. Last year SMAA counselors helped save clients an estimated \$933,000 on their Medicare plan costs!

Any changes to Medicare Drug Plans or Medicare Advantage Plans need to be made during Medicare's Open Enrollment period, which begins October 15 and ends December 7.

SMAA is offering Open Enrollment sessions in 13 locations throughout Southern Maine; please see the list below. Appointments are required and fill quickly—sign up today! Some evening appointments are available. The SMAA Medicare Appointment Line will be open starting 9/1/2017. To schedule an appointment, call at 396-6524, or statewide, toll-free 877-353-3771. For the Bridgton Community Center please call 647-3116 directly FMI.

1-on-1 Appointment Locations

Biddeford
Bridgton Community Center -
please call 647-3116 FMI
Cumberland, Prince Memorial
Library
Falmouth, Stewart Center
Freeport Community Library
Kennebunk, St. Martha's Church
Kennebunk Senior Center
Parsonsfield, Town Office
Sanford
Scarborough, Southern Maine
Agency on Aging (SMAA)
Westbrook Community Center
Windham, Our Lady of Perpetual
Help Parish
York Hospital

SMAA is a nonprofit that relies on donations in order to meet its mission. While there is no charge for SMAA's 1-on-1 Medicare Appointments, donations are welcome and are greatly appreciated. With programs like SHIP facing potentially large cuts in funding on the national and local levels, your donation will help to ensure that SMAA is able to continue providing unbiased information for many open enrollment periods to come.

2018 Medicare Open Enrollment Dates

Dates and deadlines you need to know

October 15, 2017

OPEN ENROLLMENT BEGINS

This is the first day you can enroll for 2018 health coverage or make changes to your 2018 plans.

December 7, 2017

OPEN ENROLLMENT ENDS

This is the last day you can enroll for 2018 health coverage or make changes to your 2018 plans.

January 1, 2018

OPEN ENROLLMENT BEGINS

Even if you enroll in Medicare or make changes to your coverage during open enrollment these changes won't go into effect until January 1.

SMAA's Best Friend Fund: Helping Seniors Care for Their Pets

SMAA has long recognized how important pets are to older people. As the years pass and friends and family move away, often a person's only constant companion is his or her pet. A pet's unconditional love and companion-

ship sustains us daily. As we age, the value of that companionship increases. Challenging economic times and fixed incomes limit funds available to care for an aging person's pet. SMAA's Best Friend Fund offers a bridge for



low income seniors needing support for extraordinary costs associated with pet care. Our Best Friend Fund was started by Eddie Woodin and Nancy Robinson in 2010. Since that time, gifts from Eddie and Nancy and many other SMAA donors have helped vulnerable seniors manage their pet expenses.

Eddie and Nancy lost their beloved chocolate labs, Madison and Morgan in 2014. And while nothing will ever replace them, Eddie and Nancy have welcomed two new chocolate labs into their lives: Millie and Moxie. To celebrate the joy these two energetic dogs have brought to their lives, Eddie and Nancy are once again

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

Money Minders:

An Extra Set of Eyes and Ears When You Need Them

Dan became aware of Money Minders, a free program that matches trained volunteers with low-to-mid income seniors, through a position he had before retiring. Following his retirement, he was asked by a former colleague if he would consider volunteering with a very special almost-eighty-year-old who lived in his town.

"She is a dear person," Dan says about his Money Minders client. "She clearly both needs and appreciates the help, and I feel very committed to helping her." Many seniors, he feels, find it hard to ask for help, even though they fear the alternative of having to go into a nursing home or assisted living facility.

One of the things Dan has learned is "just how financially fragile some people's lives are." But for Dan's client, his Money Minders

skills and his care and patience are helping her continue to live independently.

In addition to writing checks and balancing his client's checkbook, Dan was able to identify that his client was being billed for internet service, but she didn't have a computer. He was able to call and get that charge removed from her bill. He calls himself "the eyes and ears" for his client because he can see and explain things to her that she might not otherwise be aware of.

"People's health," Dan says, "can bring them to a point where things that they used to think nothing of can cause them to feel overwhelmed." He has watched that happen with his client and says it is "startling" to see how quickly that change can happen. Dan feels that his relationship with his client has been a very positive one, and that by assisting her in getting her finances in order, he knows "that she is much better off than she was before."

One of the biggest challenges for Dan has been staying within the

boundaries of the Money Minders Program. He often wishes he could do more when he sees a need, but he feels that having the information and resources of the Southern Maine Agency on Aging available to him and to his client has made all the difference in how much help he has been able to find for his client.

For example, Dan's client was having trouble with health insurance—choosing which Medicare plan was best for her, reading the Explanations of Benefits that came in the mail and finding ways to save money on health insurance but still have necessary care covered. He was able to refer his client to other SMAA services, such as Information & Resources, and his client was able to get her health insurance squared away and will now have an extra \$104 a month, which will be a huge help to her.

One piece of advice that Dan would offer to seniors is "if you need help, be careful who you ask to help you. It is far better to ask an agency

or other insured organization than to ask your nephew or a neighbor. They might have other agendas than just helping you." And, Dan continues, he "absolutely" wants a MM volunteer if he should need help with bill-paying later in his life.

For more information about the Money Minders Program, and to find a volunteer like

Dan to help you keep your finances in order, please call the Southern Maine Agency on Aging at 1-800-427-7411 or 396-6500 and ask to speak to a Resource Specialist. For Money Minders like Dan, it is their job and their pleasure to help you.

He calls himself "the eyes and ears" for his client because he can see and explain things to her that she might not otherwise be aware of.



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SMAA 6th Annual Medicare Volunteer BBQ

The Southern Maine Agency on Aging hosted its 6th Annual BBQ for the SMAA Medicare volunteers and staff, here at the Agency in Scarborough. The well-attended event was held on the evening of Wednesday, June 28. Even the rainy weather did not dampen our spirits as a wonderful time was had by all who dined on a feast of scrumptious food, enjoyed the wonderful company, and delighted in the musical sounds of Tim Eisenhart and Mark Ettinger.

Thank you to everyone who was able to join us. A special shout out to our chefs, Paul Doyon and Dean Hadlock, who braved the elements to man the grills. We would also like to thank the following companies who donated goods to help make this event a success:

- BJ's Wholesale
- National Distributors
- Coca-Cola of Southern Maine



Hidden Treasures of Portland

On Thursday, September 28, SMAA is partnering with Pierce Atwood, LLP, Epstein and O'Donovan, LLP, US Trust, Bank of America, Key Bank Monument Square and Jensen Baird Gardner and Henry to showcase their incredible corporate art collections in Portland. From 5-7:30PM, patrons will tour the collections which include works by Stephen Etnier, Bernard Langlais, Tom Crotty, Paul Black and Sarah Knock and many more.

Tickets are \$50 each to tour all of the locations. Those interested in greater insight of the Pierce Atwood collection can purchase a \$100 VIP ticket for a tour with Ralph Lancaster, Of Counsel at Pierce Atwood. Mr. Lancaster was instrumental in acquiring many of the pieces at Pierce Atwood.

"We are grateful to all of our participating businesses for opening their offices to our patrons for this exclusive look at their collections. The money raised at this event will support SMAA's programming to help vulnerable seniors during turbulent budget times," said Kate Putnam, Chief Advancement Officer for SMAA. Kate continued, "We are looking forward to a wonderful evening seeing the beautiful art and learning about the history of these hidden treasures."

If you're interested buying a ticket, contact Janet Bowne at 207-396-6533.

Become a GEM!

We are so grateful to have many loyal donors. Some of our supporters are GEMs or Giving Every Month. They opt to spread their annual donation out over 12 months through an automatic transfer from their bank or via their credit card. It's a simple and paperless way to donate. If you're interested in becoming a GEM, contact Andrea Cole, Development Associate in the Development and Marketing Department at 207-396-6571 to complete the simple steps!

Back by Popular Demand: Estate Planning Workshop 2.0

We held our first Estate Planning Workshop in July. Over 30 people attended but many more asked to consider hosting another one in the fall. We are happy to announce that Jennifer Kruszewski, partner with Epstein and O'Donovan, LLP, Maine's first boutique trusts and estates law firm, will host another Estate Planning Workshop on Thursday, October 12, from 10-11AM, at our offices, 136 US Route 1 in Scarborough. SMAA is grateful for Jennifer partnering with us on this valuable workshop again.

Jennifer will share her insights on estate planning basics. Because of the nature of the workshop, she won't be able to address specific questions but will provide an overview of estate planning. This event is sponsored by the Better Day Society, SMAA's legacy giving group.

After graduating from the University of Vermont and attending the University Of Maine School Of Law, Jennifer served an AmeriCorps Member and the coordinator of an AmeriCorps program serving elderly persons and adults with disabilities. She is a member of the Maine State Bar Association, the Cumberland County Bar Association and is a board member and the immediate past president of the Maine Estate Planning Council.

Sign up today! Please understand that space is very limited and registration is required by contacting Janet Bowne, jbowne@smaa.org or 207-396-6533. Please register before October 5.



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Best Friend Fund continued from page 1

giving generously to the Best Friend Fund! Eddie explained his philosophy about starting and donating to the Best Friend Fund, "A dog or cat is one of many in the world, but to someone older and living alone, that pet is the world."

How Does the Best Friend Fund Help a Vulnerable Senior?

Here's a recent situation where the Best Friend Fund helped. Su-

san (name changed for privacy) called our Information and Referral Department. Susan is 68, semi-retired and had been supplementing her minimal pension by working part time. However, Susan had to quit her part time position due to some health issues. Susan's 8 year old cat, Twink, had been her constant companion since Susan moved from the Midwest to care for her now deceased mother in Maine. At Twink's annual checkup, a test revealed that Twink needed medication for a bladder issue. With her reduced income, Susan couldn't afford the medication. She contacted SMAA and our team was

able to help her with the cost of the medication because of the Best Friend Fund.

Susan and Twink are just one example of how we've been able to help our clients keep their pets. The Best Friend Fund exists because of generous donors who give to support this fund. If you'd like to join Eddie and Nancy and support our Best Friend Fund, consider a gift today. You can send a check to SMAA Best Friend Fund, Southern Maine Agency on Aging, 136 US Route 1, Scarborough, ME 04074 or donate securely online at <http://www.smaaa.org/giving.html>



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Mission Statement

The Southern Maine Agency on Aging's mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them.

Commitment to Reasonable Accommodation:

The Southern Maine Agency on Aging will, with adequate notice and upon request, provide appropriate auxiliary aids and services to persons with disabilities, to assist in effective communication and to participate equally in programs, services and activities. Call 1-800-427-7411 x503 or from the Portland calling area call 207-396-6503 to make your request.

The Southern Maine Agency on Aging (SMAA) is a non-profit, charitable organization. Services of SMAA are supported in part by state and federal funds provided through the Office of Aging and Disability Services of the Maine Department of Human Services. Learn more at www.smaaa.org or by calling 207-396-6500 or 1-800-427-7411.

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

Senior News

is a publication of



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

For details on advertising in "Senior News," log on to www.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 Janet Bowne at 396-6533.

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

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HEALTHY EATING WITH HOLLY: Calcium Matters

By Holly Bresnahan RD, LDN

As most of you know, calcium promotes strong teeth and bones, BUT did you know it sends messages through the nervous system, helps your blood clot, muscles contract, and regulates the heart's rhythm? Calcium is used by almost every cell in your body.

For adults aged 51+ years 1,000-1200mg/day is needed. When calcium stores are low your body takes calcium from the bones to keep normal cell function. This can lead to weakened bones. Low calcium levels can also contribute to or exacerbate irritability, anxiety, depression and sleep difficulties in seniors.

So what can be done? Doctors recommend that your calcium needs be met by food instead of supplements. Calcium is better absorbed by food sources. Good sources include dairy products, leafy green vegetables such as kale or Chinese cabbage, sardines, tofu and calcium fortified cereals.

Choose low fat or non-fat dairy products. Higher calcium sourced dairy products include low fat or no-fat milk, yogurt, part skim mozzarella, cheddar and cottage cheese providing 300-400mg calcium per serving.

- Try a fruit smoothie for breakfast with milk and yogurt added.
- Steel cut or rolled oats are calcium fortified for a filling breakfast. Try cinnamon sprinkled on top.
- Use plain low fat yogurt in place of sour cream in dressings and dips.
- A small cheese plate with fruit can be a great snack or dessert.
- Greens can be easily added to soups, casseroles or stir fry to give a calcium boost. Be adventurous. Try cabbage, turnip or dandelion greens, collard greens or kale.

GREEK YOGURT RANCH DIP

A quick and easy creamy ranch dip. Can be stored in the fridge in an airtight container for 3-5 days. Serve with your favorite fresh vegetables, Enjoy.

1 cup plain, non-fat Greek yogurt
 3/4 teaspoon garlic powder
 1/2 teaspoon onion powder
 1/2 teaspoon dried dill
 1/4 teaspoon kosher salt
 1/4 teaspoon Worcestershire sauce
 1/8 teaspoon cayenne pepper
 Fresh, chopped chives garnish

1. In a medium bowl, stir together all of the ingredients: Greek yogurt, garlic, onion, dill, salt, Worcestershire, and cayenne. Garnish with fresh chives and serve.

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 SMAA Main Office, Scarborough

October 4, 1-2:30PM
 Sam L. Cohen Center, Biddeford

November 15, 1-2:30PM
 SMAA Main Office, Scarborough

If you plan to join us, please RSVP by phone or email: 207-396-6546, jminkowitz@smaaa.org

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From Jo Dill's Notebook

Volunteers

Maine Senior Games depends on volunteers to help out at each of the events. We have a core group who are amazing but we are still in need of more. If you are able to help out at an event (checking in athletes, road marshal, etc.) please contact Jo at 396-6519. Some events are all day whereas others are morning or afternoon only. Check the schedule below for upcoming events.



Format: Single elimination, Preliminary rounds, Best of 3 games, 501, Cricket, Cork calls 3rd game. Winner advances, Final round: best of 5 Cork calls 5th game. For more information contact the event coordinator: Dan McKeown at: dan@mckeowns.org

Registration

There is still time to register for upcoming events. Registering online at www.mainesrgames.org costs less. You may also register by check or with cash for an extra fee. Please remember that if you are playing doubles in any sport that both you and your partner have to register. If you have trouble registering or need to make a change, let me know and I will try to get it done for you.

Schedule

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

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

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

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

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

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

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

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

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

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

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

Table Tennis: October 14, Lewiston Armory, Lewiston, Saturday, 10AM

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

Darts

Our newest event is to be held at the Gold Room at 512 Warren Avenue in Portland on Sunday October 1 at 10AM. On-site registration will be available.

Fundraisers

October Raffle Calendar

This calendar is one of our fundraisers for the Maine Senior Games. Please consider purchasing one or help to sell a few. \$10 for one and \$25 for three. It is possible to win more than once as your name goes back in for the next day's drawing. Calendars will be sold at each of the events. Many days have two drawings. Check out the calendar on our website: www.mainesrgames.org



Ford Car/Truck Blanket

One of our long time athletes/volunteers, Dot Lee, made a blanket (Ford trucks and cars) for the MSG to raffle. We will bring this to events. Tickets \$1 each or 6 for \$5.



Thank You Davis Family Foundation!

The Stewart and Sam L. Cohen Adult Day Centers express a sincere amount of gratitude to the Davis Family Foundation. The Centers were recently awarded a grant to expand their Art and Music Therapy programs. This grant supported the purchased of a variety of art supplies in several mediums, a collection of hand instruments and music therapy tools, as well as provided funding for enrichment and education by professional music and art therapists.



“Groups would start out quietly, some people resting with eyes closed, and then as songs came up, members would sing along and verbalize memories related to the music- about playing music with family, going to dances on the pier, traveling, having pets that brought peace to a home. Sometimes discussions ensued about how hard it is to get older and have the body not feel as strong as it used to, not be able to do the same things, and feel the losses of family members and friends. We talked about ways to still find peace and joy in each day.” – Music Therapist



The Davis Foundation’s grant has helped many of our members renew their love for the arts, reconnect with lost memories and emotions, and feel peace of mind and a sense of accomplishment through art and music therapies.

“Art therapy gives members an opportunity to express themselves in an open and safe manner. They were able to process feelings that were triggered by the practice of art making and the specific art experience they were working on. I was working with a member with Parkinson’s disease who has trouble steadying his hands. They were able to complete a watercolor painting despite the physical struggle and were so proud of their final piece.” – Art Therapist



Daytime Resource for Caregivers

Our Adult Day Centers support caretakers of parents and spouses with memory loss. They offer an affordable and friendly environment where your loved one will be among peers. During the day, members engage in physical activity, social interaction and enjoy good food with friends. At night they come home feeling confident and happy. Centers are conveniently located in Biddeford and Falmouth.

Tours and complimentary trial visits are available. Contact us today to learn how your family can participate.

Contact Janet Bowne at 207-396-6533 or jbowne@smaa.org for more information.

Southern Maine Senior Expo

Thursday, October 5, 2017 9 a.m. - 2:30 p.m.
Hilton Garden Inn, 5 Park Street, Freeport

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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.

Upcoming Caregiver Classes

SMMA's Family Caregiver Support Program will be offering two different educational opportunities for family caregivers this fall.

Understanding Cognitive Loss: Basics for Family Caregivers is one two-hour class. This class was developed for family caregivers who may have concerns about someone's memory and thought processes, those who are helping someone early in the course of dementia, or those who may not be able or ready to attend a full 6-week Savvy Caregiver series. This class covers the basics about different conditions which might affect cognition, and strategies which may be helpful for caregivers of people who are experiencing these changes.

This class will be held at SMAA's Scarborough office on Wednesday, September 20, from 4-6PM; and again on November 7, from 2:30-4:30PM. The class is limited to unpaid family members and friends. Class size is also limited, so pre-registration is required by September 15 and November 2 respectively. There is no cost for this program. Please call 396-6545 if you have questions or wish to register.

The second educational opportunity for caregivers is the *Savvy Caregiver series*, which will be held over the course of six weeks, Tuesdays, September 19 to October 24, from 2-

4PM, at SMAA's Scarborough office. This is a 12-hour, evidence-based training course for family caregivers of people with diagnosed Alzheimer's disease or other dementias who are still living at home. The series offers knowledge about the course of the disease and how it can affect behavior; strategies for interacting and communicating with the person with dementia and managing challenging behaviors; and tips for caregiver confidence and self-care. In addition to the weekly lectures and discussion, caregivers will participate in "try-it-at-home" activities designed to gain insight into caregiving and its challenges and rewards.

Because the sessions build upon one another, it is important for Savvy Caregiver participants to commit to attending all six sessions. There is no cost for the series, but class size is limited and pre-registration is required by Wednesday, September 13. Please call 396-6540 to pre-register.

Full Schedule

September 19, 26, October 3, 10, 17, and 24, Tuesdays, 2-4PM: **Savvy Caregiver.** SMAA, Scarborough. Donation requested. Contact Lori Campbell at 800-427-7411 x 540 to pre-register (required) by September 13.

September 20, Wednesday, 4-6PM: **Understanding Cognitive**

Loss: Basics for Family Caregivers. SMAA, Scarborough. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required) by September 15.

October 4, Wednesday, 6-8PM: **Caregiver Well-being.** Windham Adult Education, Windham. Fee required. Register through Windham Adult Ed, 892-1819.

October 19, Thursday, 1:30-3:30PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** Sam L. Cohen Adult Day Center, Biddeford. Contact Kirsten Bouse at 1-800-427-7411 x558 to pre-register (required) by October 13.

October 26, Thursday, 1:30-3:30PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** Stewart Adult Day Center, Falmouth. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required) by October 20.

November 7, Tuesday, 2:30-4:30PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** SMAA, Scarborough. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required) by November 2.

Please use the numbers listed above to register. Feel free to call the Family Caregiver Support Program at SMAA (1-800-427-7411) with questions.

Caring For Aging Family Members

Support/Discussion Groups

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

Biddeford – Community Partners: For caregivers of people with dementia

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

Bridgton – Community Center: For caregivers of an older adult or person with dementia. On-site respite (call 647-2826 to reserve no later than the day before the group meets)

- Second Wednesday of month, 1-2:30PM. Contact Lori Campbell at 396-6540.

Scarborough – SMAA: For caregivers of an older adult or person with dementia.

- Third Thursday of month, 4:15-5:30PM. Contact Lori Campbell at 396-6540.

York – Living Well Center: For family and friends assisting an older adult with a chronic condition.

- Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

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From the Director's Desk
continued from page 1

year's theme, "10 Years Standing Together to Prevent Falls", seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls. For years, SMAA has been heavily involved in falls prevention through the evidence-based Matter of Balance workshops that we conduct at many sites in Cumberland and York counties during the year. On September 21, SMAA staff will be part of a panel discussion on Maine Public Radio's Maine Calling show about falls prevention. We will also offer balance screening assessments on September 22 at the Maine Strong Balance Center in Scarborough and at York Hospital on September 25.

For a complete listing of Matter of Balance Workshops and balance screenings, check out our website at www.smaa.org.

As another beautiful Maine summer winds down, I hope you have taken time to smell the flowers, and enjoy the simple pleasures that summertime affords. And as the days get a little shorter and the air a bit crisper, bundle up and get outside to welcome Fall.


Laurence W. Gross
Chief Executive Officer



Put on Your Dancing Shoes for a Good Cause

The 13th Annual "Oldies Benefit Dance" will be held on Saturday, October 14 from 7PM to 12AM at the Eagle's Hall at 57 Birch Street in Biddeford.

Join us for the top dance tunes from the 50s, 60s, 70s and 80s provided by OLDIES R' US. We'll also be featuring prizes for a dance contest, trivia questions, and more.

Tickets are \$10 per person. Tickets are limited to 250 and are going FAST! Proceeds from this event will benefit the Ronald McDonald House of Portland. With your help this event has raised over \$38,800.

Call Bruce at 284-4692 for tickets or more information.

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Upcoming Agewell Workshops

Preregistration is required for all Agewell Workshops. Please call 207-396-6500 or 1-800-427-7411.

A Matter of Balance

September 13 – November 1
Wednesdays 9:30-11:30AM
Woods at Canco, Portland

September 19 – November 13
Mondays 10AM-Noon
Noble Adult Education,
North Berwick

October 3 – November 21
Tuesdays 1:30-3:30PM
Ridgewood Avesta, Gorham

October 3 – November 21
Tuesdays 9:30-11:30AM
Ross Senior Center, Biddeford
October 5 – November 30
Thursdays, 9-11:30AM
The Drowne School, Cumberland

Tai Chi for Health and Balance – Beginner Classes

September 11 – November 8
Mondays & Wednesdays, 3-4PM
Martin's Point, Scarborough

September 12 – November 9
Tuesdays & Thursdays, 9-10AM
Ross Senior Center, Biddeford

September 12 – November 9
Tuesdays & Thursdays, 9-10AM
SMAA Main Office, Scarborough

September 12 – November 9
Tuesdays & Thursdays, 9-10AM
Woodfords Church, Portland

September 18 – November 15
Mondays & Wednesdays, 1-2PM
Presumpscot Commons, Westbrook

Tai Chi for Health and Balance – Deepening Classes

September 12 – November 9
Tuesdays & Thursdays, 10:15-11:15AM
Ross Senior Center, Biddeford

September 12 – November 9
Tuesdays & Thursdays, 10:15-11:15AM
Woodfords Church, Portland

Living Well for Better Health

September 18 – November 6
Mondays, 9:30AM-12PM
Lake Region Senior Center, Gorham

October 13 – November 17
Fridays, 9-11:30AM
Ross Senior Center, Biddeford

October 16 – November 20
Mondays, 9-11:30AM
South Portland Community Center

October 19 – November 30
Tuesdays, 1:30-4PM
Martin's Point, Scarborough

Balance Screenings

September 22, 9AM-12PM
Maine Strong Balance Center,
Scarborough

September 25, 10AM-1PM
York Hospital

Space is limited! Please call 207-396-6529 to register

Upcoming Volunteer Trainings

Matter of Balance Coach
September 27-28, 8AM-12:30PM,

ness Day—so read on to find out more about why falls happen and what you can do to prevent them!

Why is my body changing and what causes a fall?

Jason Adour, Physical Therapist with the Maine Strong Balance Center in Scarborough explains “Balance can be defined as your body's ability to integrate sensory input (such as processing the type of surface you are standing on or visually recognizing what's in front of you) and producing proper movement output to keep the weight of your body centered over your feet. There are over a dozen systems involved in this process. As we age, these systems go through some form of degenerative change. How quickly we go through these changes varies based on other health considerations we may have, for example arthritis or cataracts. The good news is that despite these changes, research has clearly shown that these systems can be ‘tuned up’ with different interventions including community based programs and physical therapy.”

Feeling Unsteady On Your Feet?

Have you noticed a change in your balance this year? Maybe even taken a fall? Falls happen throughout our lives, but the risk of injury becomes a more significant concern as we age. We're less likely to bounce back as quickly, and a fall can have life-changing consequences. In fact, falls are the leading cause of injury for people 65 and older. During September, we recognize Falls Prevention Aware-



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What steps can I take?

Stay active: “One common thing that can happen as we age is that our muscles are not as strong”, explains Adour. Maintaining or improving muscular strength, flexibility and balance means being active regularly. Finding something you enjoy doing or making plans to exercise with a friend can help you start and maintain a routine!

Talk to your doctor: Great news - more healthcare providers are asking people about falls, and how you respond could improve your health and prevent a fall. Many people are afraid that owning up to a fall could result in a loss of independence, but most falls are preventable, and working with your doctor to find out why can keep you safe and independent in the long term. Next time your provider asks, be open and clear about your concerns and also your wishes and health goals - chances are they want to help you meet them.

Medication Reviews: Certain medications can impact your balance and make you more likely to fall, for example antidepressants, opioids, sleeping aids. Here’s what you can do – use one pharmacy for all your prescriptions, be knowledgeable about the medications you take, and have them reviewed regularly by your pharmacist. Finally, ask if you have questions or notice side effects.

Vision and Hearing Checks: Our vision and hearing are two senses that tell our brains a lot about what’s going on around us and how we should respond to balance challenges. Be sure to have your vision and hearing checked regularly, annually is best. Make sure your eye glass prescription is up to date, and give yourself time to adapt to a new prescription.

Home Safety: How our homes and environments are set up can enhance or sabotage our safety. Consider things like clear pathways, lighting, stairways, railings, and terrain. A few small changes could save you the emotional and health expenses of an unexpected fall. Check out this Home Safety checklist for a thorough survey of your own home: https://www.cdc.gov/steady/pdf/STEADI_CheckforSafety_brochure-a.pdf

Balance Screenings and Evidence-Based Programs: Now that you’ve learned more about balance, falls, and why it’s important to be proactive, here are a few things you can do: Attend one of our Balance and Strength Screenings or try an evidence-based workshop like A Matter of Balance or Tai Chi for Health and Balance. **See our schedule of fall classes to find a workshop or event in your area. Visit www.smaaa.org for more information.**

Long story short, falls are an important and serious issue for older adults, but there are many things you can do to prevent them and maintain an active and independent life. What can you do today to make a difference in your life?

Chronic Pain Awareness Month

September is Pain Awareness month and SMAA would like to announce a new class we are teaching specifically designed to reduce chronic pain. It is an evidence-based workshop originally created by Stanford University. By joining gentle exercises along with mind and body connection practices, participants learn how to better treat and live with their pain. All workshops are led by professional and compassionate instructors who often have had chronic pain themselves. Workshops are held in a supportive and safe environment and all who attend are welcome to share as much or as little about their diagnosis or pain as they are comfortable with.

Our first workshop will be taught at the Cancer Community Center (CCC) in South Portland and will be open only to the CCC’s community—those who have been affected by cancer in some way. Whether you are in remission, deal-

ing with a new diagnosis, care for someone with cancer or have lost someone to cancer, please consider joining our class: September 22 through October 27, 1-3:30PM at the

Cancer Community Center. Additional classes and leader trainings are being planned in the community. Please contact Nicole Petit at 207-396-6513 or npetit@smaaa.org if you are interested in learning more.



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Windows are a major source of heat loss, but upgrading them is an expensive endeavor. Fortunately, there is a simple, low-cost, yet highly effective solution to drafty windows that can be accomplished by combining “Yankee ingenuity” with community effort: WINDOW INSERTS. Window inserts dramatically reduce

heat loss by stopping air infiltration around windows and increasing the R-value significantly, and they can be used year after year for up to ten years. No more fiddling with that pesky plastic film and tape—just press a custom-fitted insert into place inside your window and you are all set for the winter!

The inserts have a very real impact: one square foot of insert saves approximately one gallon of heating oil per season. A typical window may be ten square feet (roughly 2' x 5'). **This means ten inserts in your home saves one thousand gallons of heating oil over the ten year life of the inserts!**

The Narragansett Number One Foundation and the Horizon Foundation have stepped up to ensure that **cost is not a barrier to any-**

one in York and Cumberland County who would like to get window inserts. We have a unique opportunity this year to offer this solution at whatever you can afford. There is no application process nor income threshold; grant funding will be applied to make inserts affordable to anyone who would like them at whatever they feel is affordable for their household—or at no cost if needed.

Sign up soon—the funds are being distributed on a first-come basis until they are all assigned. Just go to <http://windowdressers.org/> to inquire, or write us at BuxtonGorhamWindowDressers@gmail.com.

How a “Community Build” Works

The price of these inserts is kept low because they are built by teams of volunteers at a Community Build. Volunteer teams of “measurers” will visit homes during the spring and summer to measure your windows. **We are beginning this stage of the process; sign up now to reserve your spot!**

The Window Dressers production shop in Rockland custom builds each of the frames and provides them to us to cover with clear plastic and edge with weather-stripping at our Community Build. **No skills or tools are needed to be a volunteer—and there will be a great lunch provided for all volunteers.** Our Community Build will be held from November 11-20, 2017 in the former Gorham Auto behind the Southern Maine EMS building on Rte. 202 in Gorham. We will be running two four-hour shifts of volunteer workers per day (8:30am to 12:30pm and 1:30pm to 5:30pm).

If you live in a house that can benefit from these inserts, or know anyone that does, please visit <http://windowdressers.org/> to sign up for inserts! And even if you don't need them yourself, please join us as a volunteer—it is lots of fun!

Please help us spread the word—tell your friends and neighbors! For more information, please write to us at BuxtonGorhamWindowDressers@gmail.com

Upcoming AARP Smart Driver Courses

This class is designed to help experienced drivers improve their driving skills and learn how to adjust their driving to take into account age-related changes that may affect driving ability. Among the topics discussed will be rules of the road, road configurations, the effects of medicine and alcohol on driving, how to drive safely at intersections, on high speed highways and in difficult weather conditions, and how to share the road safely with other drivers and pedestrians. Most Maine drivers who are 55 or older will be eligible for a reduction on their automobile insurance upon completion of this course. The cost is \$15 for AARP members and \$20 for others. Class size is limited. Please contact the class directly for more information.

Upcoming Classes

September 11, 12-4:30PM – Thornton Oaks, Brunswick. 373-4600

September 15, 9AM – AARP Office, Portland. 370-9647

November 17, 9AM – AARP Office, Portland. 370-9647

For a complete listing of classes available across Maine, please visit driversafetyme.weebly.com

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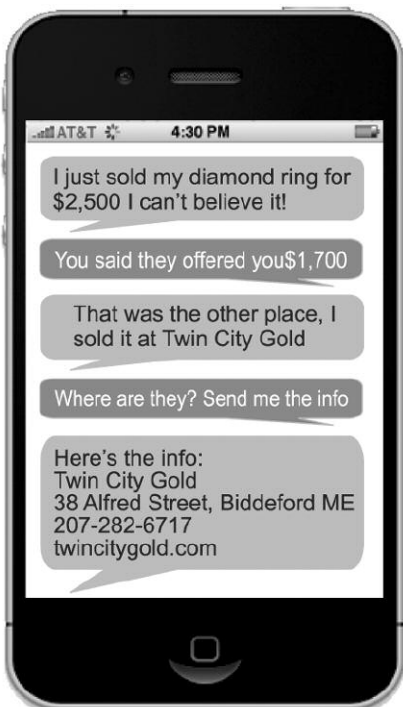


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Social Security Announces New Online Service for Replacement Social Security Cards in Maine

Available to People through a my Social Security Account

The Social Security Administration introduced the expansion of online services for residents of Maine available through its *my* Social Security portal at www.socialsecurity.gov/myaccount. Nancy A. Berryhill, Acting Commissioner of Social Security, announced that residents of Maine can use the portal for many replacement Social Security number (SSN) card requests. This will allow people to replace their SSN card from the comfort of their home or office, without the need to travel to a Social Security office.

"I'm pleased to offer the residents of Maine the added convenience of replacing a Social Security card through the *my* Social Security portal," Acting Commissioner Berryhill said. "We will continue to work on innovative initiatives to provide people with safe, secure and convenient options for doing business with us online or in person."

The agency is conducting a gradual roll out of this service; Maine is one of the states, plus the District of Columbia, where this option is available. Throughout 2017,

the agency will continue to expand the service option to other states. This service will mean shorter wait times for the public in the more than 1,200 Social Security offices across the country and allows staff more time to work with customers who have extensive service needs.

U.S. citizens age 18 or older and who are residents of Maine can request a replacement SSN card online by creating a *my* Social Security account. In addition, they must have a U.S. domestic mailing address, not require a change to their record (such as a name change), and have a valid driver's license, or state identification card in some participating states.

my Social Security is a secure online hub for doing business with Social Security, and more than 31 million people have created an account. In addition to Maine residents replacing their SSN card through the portal, current Social Security beneficiaries can manage their account—change an address, adjust direct deposit, obtain a benefit verification letter, or request a re-

placement SSA-1099. Medicare beneficiaries can request a replacement Medicare card without waiting for a replacement form in the mail. Account holders still in the workforce can verify their earnings history and obtain estimates of future benefits by looking at their *Social Security Statement* online.

For more information about this new online service, visit www.socialsecurity.gov/ssnumber

Want to learn more about classes and seminars offered through SMAA?

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Merci, Gracias, Danka— However You Say it "Thank You" is Universal!

The 2017 Annual Volunteer Appreciation luncheon on June 23 celebrated and thanked SMAA/RSVP volunteers for their service to so many others in southern Maine. About 100 volunteers joined us for a fun afternoon with Bill Greene of Bill Greene's Maine on WCSH and lunch.

Twelve local people and businesses provided raffle prizes for the event: Lyric Theater tickets, Portland Stage Theater tickets, Jo Jo Thai Restaurant gift certificate, Boston Harbor Cruise Whale Watch tickets, Casco Bay Lines Cruise tickets, Pho Hong Vietnamese Restau-

rant gift certificate, O'Reilly's Cure gift certificate, Southworth Planetarium Annual Membership, three original photographs by James Baker, "Derailed at Moosehead" handmade quilt by Chris Ronco, four Portland SeaDogs tickets, homemade pie by Hayden Anderson and a gift certificate from Dickenson's Candy Company.

We at SMAA can't say thank you enough to the volunteers who serve our mission to "Create Better Days" for the people of southern Maine and to those who generously made the luncheon a success.



Volunteer Help Needed

In York County — volunteer gardeners are needed. The gardens encircling the exterior of the Sam L. Cohen Center in Biddeford are in need of some tender, loving care. We are looking for volunteers to trim hedges, weed the gardens and evaluate future planting needs. We have some tools and can provide whatever you need. If this opportunity calls to you contact Volunteer Services at 207-396-6547 or email volunteer@smaaa.org.

In Cumberland County — Volunteer Receptionists during the Medicare Open Enrollment period from October 15th through December 7th in SMAA's Scarborough office. Volunteers are needed to greet and direct people to the Medicare/insurance clinics on Tuesdays and Thursday.

ITN Portland is looking for drivers to provide arm-through-arm, door-through-door dignified transportation for seniors living within a 15-mile radius of Portland (from Freeport to Cape Elizabeth and west to Windham.) Volunteers help seniors remain independent and healthy while getting mileage reimbursements for part of the rides and transportation credits for the rest of the ride for your personal use in the future.

Weekend volunteers as Kitchen Assistants for Hospice of Southern Maine-Gosnell Memorial Hospice House. Volunteers needed for baking, cooking, grocery shopping, washing dishes. There is some lifting required, as well as a knowledge of basic cooking skills and the ability to follow recipes. 6AM.-2:30PM, Saturdays and Sundays. Ongoing

opportunity but can be either day or every other week – they are very flexible, knowing these hours are challenging. If any of these opportunities peak your interest contact Volunteer Services at 207-396-6547 or email volunteer@smaaa.org.

Also Office help needed to assemble packets for in town Portland and Saco locations. Short term assignments during weekday business hours.

SMAA Welcomed 49 New Volunteers in the First Half of the Year!

Those who joined us include:

- Margaret Aspinall
- Richard Aube
- Mercer Bonney
- Marques Bostic
- Douglas Boyce
- Elizabeth Boynton
- Linda Bridges
- James Cowie
- Daniel Espinal
- Jeffery Ham
- Stephen Higgins
- Deborah Houle
- Larry Kerr
- Cathy Kline
- Paul Lapierre
- Louis Leveille
- Jayke Longarini
- Janette Lynch
- Thomas Madsen
- Jennifer Major
- Michelle McNeil-Brown
- Bernard Nadeau
- Edmond Neault
- Jerald Paradis
- Victoria Passmore
- Brent Rolf
- Sean Ryan
- Gene Sledzieski
- Corianna Snedecor
- Karen Taylor
- Rebecca Thomen
- Christine Vaughan
- Sherry Wadsworth
- James Weaver

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

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



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www.smaaa.org

Team 7 Vet to Vet Volunteers Begin Service

Fifteen veterans recently finished training to become new Vet to Vet volunteers. They will be visiting veterans and providing needed companionship and referrals to other services.



Members of Team 7 who attended the training at the Maine Veterans Home in Scarborough are front row, from left: Robert Humphreys and Andrea Tolbert; back row, from left: Douglas Cowie, Edmond Neault, Jerald Paradis, Robert Humphreys, Daniel Espinal, Paul Lapierre, Louis Léveillé, Sam Kelley, Harry Slininger, and Lester Evans.

Photo credit: Sharon Roberts



Members of Team 7 who attended the training at the Sanford-Springvale Unitarian Universalist Church, from left: Steve Passerman, Stephen Higgins, Brent Rolfe, and Ben Nadeau.



Age Ain't Nothing But a Number in Service

From the Corporation for National and Community Services Office of External Affairs we recently read a study that found happiness levels decline from the late teen years until you reach 40, then starts to rise again at 46.

Want to guess when people in the study were the happiest? Age 74.

The study concluded that this happiness was derived from older people being more appreciative, leading one doctor to note, "If you make fruitful use of what you have discovered about yourself in the first half of your life, the second half can be the most fulfilling."

At the Corporation for National and Community Service, we get to see both sides of this coin. Our RSVP, Foster Grandparent, and Senior Companion volunteers engage in a variety of service opportunities that directly benefit people in the communities they serve. While serving, they reap the benefits of better health and a more positive outlook on life. We know this because our Senior Corps volunteers report improved physical and emotional health, even after just one year of service.

Senior Corps programs are open to adults 55 and older, but we have many volunteers who continue serving into their 80s, 90s, and past the age of 100. Volunteering is something that pays off whether you are a teen, adult or a senior; whether you have years of experience or are just starting out.

Age ain't nothing but a number when it comes to service because everyone has something to contribute.

Vet to Vet Participant on Honor Flight to DC

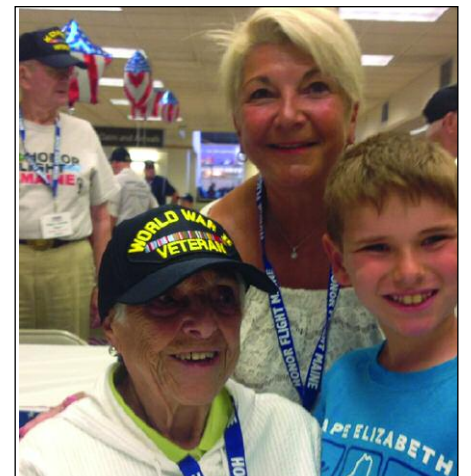
Viola Palmacci, a participant in SMAA's Vet to Vet program, toured veterans' monuments in Washington, D.C. as one of 47 veteran guests of Honor Flight Maine in June. Honor Flight Maine is a nonprofit organization created to honor America's veterans for their service and sacrifices. The organization transports veterans free of charge to the nation's capital to tour, experience, and reflect at their memorials. Top priority is given to terminally ill veterans of all conflicts and World War II survivors. Korean and Vietnam veterans are also transported when space allows. Viola served as a nurse practitioner during World War II.

Viola's daughter, Joann Palmacci, accompanied her mother on the flight. Charlene Vaughan, Viola's Vet to Vet volunteer, arranged for Amer-

ican Legion post 91 Woman's Auxiliary to cover Joann's costs on the trip. Joann sent her mother's photograph and biography to the Women in Military Service for America Memorial, where it was projected on a screen when Viola arrived at the site. Charlene is a charter member of the women's memorial.

The group of veterans left Portland on June 23 after breakfast at the Jetport. During the flight, Viola read a box of letters from friends expressing their good wishes. In Washington, the veterans visited the National World War II Memorial and the Korean Memorial, among others during their stay. They returned to Portland on June 25 to a huge reception featuring bagpipes, an honor guard, the Freeport flag ladies, and a huge gathering of friends and family.

Viola told Vet to Vet volunteer Charlene that she had a wonderful trip and that the experience allowed her to "achieve her dream."



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Tree of Life
Memorial Service



You're invited

to our annual community
Tree of Life Memorial Service

Sunday Nov 5, 2017, 1 - 3 pm

North Congregational Church
22 Church Hill Road | Buxton, Maine

Refreshments will be served following the service

Please join us as Compassus honors and remembers each of our hospice patients and community members who have passed away this last year. In memory, leaves with individuals' names will be placed on our Tree of Life display.

Everyone is invited to bring photos and mementos to display on our memory tables throughout the afternoon.

For more information please call:
(207) 761-6967

This service is free and open to the public.

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CLASS SCHEDULE

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SEPTEMBER 13

395 Griffin Road
Bangor, ME

SEPTEMBER 20

746 Daniel Webster Highway #3
Merrimack, NH

SEPTEMBER 27

68 Marginal Way
Portland, ME

OCTOBER 12

220 Main Street
Waterville, ME

OCTOBER 24

5 General Moore Way
Ellsworth, ME

OCTOBER 25

68 Marginal Way
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