



Senior News

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VOL. 23, ISSUE 136

SEPTEMBER-OCTOBER 2019



From the Director's Desk

I am thrilled to be writing my first column for the Southern Maine Agency on Aging as its new CEO. I am inspired by the dedicated and talented staff, the critical programming SMAA delivers to the community, and the responsibility of leading the Agency into the future.

SMAA is known as the expert in the community when families and caregivers are looking for information and resources to help them "age in place." Whether it is answering questions about assisted living options, finding help through the Money Minders program, signing up for Meals on Wheels or navigating the complexities of Medicare, SMAA leads the way in southern Maine. As the former CEO, Larry Gross devoted more than 40 years of his working life to making sure that SMAA stayed in the forefront to raise awareness about the issues of aging in our state. I know I have big shoes to fill but I am committed to building on Larry's legacy as SMAA continues to create better days for older adults in Cumberland and York counties.

My focus in the next few months will be learning more about the Agency, our partners, and the people we serve. I hope to meet with as many volunteers, clients and program participants as possible so I can gain a deeper understanding of all that SMAA provides in the community. I am committed to working on behalf of vulnerable populations who don't have a voice—or a loud enough voice—to advocate for themselves. We need to continue to raise awareness to the needs of older adults and to work successfully on their behalf across all boundaries.

I would love to hear from YOU. What do you think are the biggest challenges to aging in Maine? How can SMAA better position itself to meet the growing needs of

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Join Us: September 13, 2019, 11AM-2PM

CHARTING THE FUTURE: Innovation in Dementia Research, Treatment and Care

CHARTING THE FUTURE



Join us on Friday, September 13 for our second annual educational luncheon to understand the latest advancements in dementia research, treatment and care, at the Doubletree in South Portland. Last year, 220 guests heard from leading experts in the field including both our state senators.

This year will highlight several high profile speakers and panelists who are experts in Alzheimer's research and treatment. Our featured speakers will include Michael Sasner, PhD, Research Scientist and Center Manager for the MODEL-AD Program at The Jackson Laboratory, Reina Benabou, MD, PhD, SVP & Chief Medical Officer at Cognivue, Inc., and Erin Stevens, DO, Geriatrician and Palliative Care Physician at Mass General Hospital.

Joining the panel discussion this year are Laurie Bowie, Executive Director of the Maine Chapter

of the Alzheimer's Association, Cliff Singer, MD, Chief Geriatric Mental Health, Northern Light Acadia Hospital, and Susan Wehry, MD, Chief of Geriatrics, The University of New England College of Osteopathic Medicine. Jud Knox, Chief Executive Officer, President and Trustee of York Hospital, will be returning to moderate the panel discussion.

Additionally, Senator Susan Collins is scheduled to speak at the event. Senator Collins is a tireless advocate for Maine's seniors and chairs the Senate Select Committee on Aging.

This year's topics will include the most current updates in terms of early diagnosis, prevention, and treatment, while also focusing on BOLD (Building Our Largest Dementia In-

frastructure for Alzheimer's Act 2/18), a federal legislative act sponsored by Maine's senators, Susan Collins and Angus King, Jr. BOLD aims to create a national public health network to increase early detection and diagnosis as well as prevent avoidable hospitalizations.

Some of our key sponsors will host exhibit tables offering demonstrations and information. Proceeds from the event will benefit the Laurence W. Gross Member Access Fund for the Sam L. Cohen Adult Day Center in Biddeford, SMAA's very own "State-of-the-Heart" Adult Day Center.

For more information and tickets, visit our website: www.smaaa.org/chartingthefuture or call 207-396-6547.

BOLD aims to create a national public health network to increase early detection and diagnosis as well as prevent avoidable hospitalizations.

The Harvard Pilgrim Healthcare Foundation Supports Expanded Access to Evidence-Based Falls Prevention and Family Caregiver Programs

SMAA will be offering more evidence-based falls prevention programs including A Matter of Balance and Healthy Steps for Older Adults in York and Cumberland Counties. We will also be offering additional SAVVY Caregiver Programs and access to a web-based caregiver program called Trualta. All of these programs are evidence-based or evidence-

informed. This means that they have demonstrated positive results for people who participate.

The additional community resources are being offered through sponsorship from The Harvard Pilgrim Health Care Foundation and in partnership with Elder Services of Merrimack Valley. SMAA is most appreciative that our partnership with both organizations delivers a direct benefit to the residents of York and Cumberland Counties.

SMAA worked with The Harvard Pilgrim Health Care Foundation last year as they sponsored Family Caregiver Classes. Our partnership was so successful that the foundation opted to expand the number of programs and added falls prevention to support our community.

Be sure to check SMAA's event calendar for upcoming classes (www.smaaa.org/events.html) to find a convenient class near you.



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

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

You may also call 396-6578 to learn about falls prevention programs or 396-6541 for family caregiver classes in your area.

MEDICARE

A Medicare Nugget #634, September 2019

By Stan Cohen

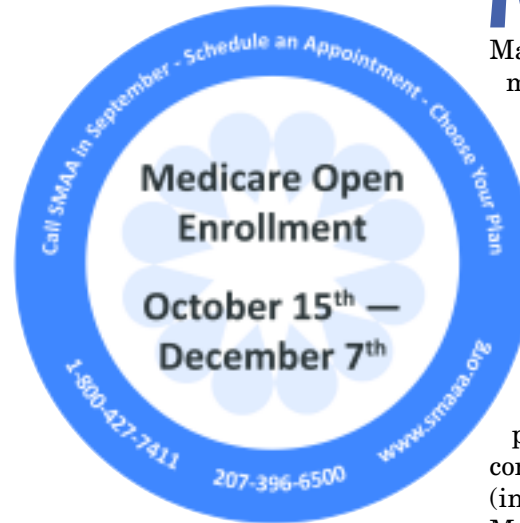
Most Medicare beneficiaries know that Medicare now offers a battery of free preventive services. These screenings, shots and tests are part of the government's plan to help seniors stay healthy or at least delay the onset of medical problems. They are free if your doctor takes "assignment" from Medicare. Unfortunately, many Medicare beneficiaries do not take advantage of these services. Some of the procedures listed below are available annually, others less frequently, or when your doctor signifies that you may be at risk. Take a look and talk with your doctor:

- Bone mass measurement, or bone density test
- Cardiovascular disease screening
- Depression screening
- Diabetes screening and self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots & Hep B infection screening
- Hepatitis C screening test
- HIV screening
- Colorectal cancer screening (a copay may apply if certain tests are included).
- Lung cancer screening
- Mammogram (screening only; diagnostic mammograms do include some cost-sharing for the patient).
- Nutrition therapy services
- Obesity screening and counseling
- Pap test and pelvic exam
- Abdominal aortic aneurysm screening
- Alcohol misuse screening and counseling
- Annual wellness visit

- Pneumococcal shot
- Prostate cancer screening
- Sexually transmitted infection screening and counseling
- Smoking cessation counseling

Need help?

Get some unbiased advice by calling 1-800-427-7411.



Medicare Open Enrollment Starts October 15

Medicare Open Enrollment is the time 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 2020, because premiums and benefits may change.

Our staff and volunteers are fully-trained, certified SHIP counselors that can help you to navigate Medicare and the complexity of choosing the right drug plan for you. This process can be confusing, time consuming, and involve many steps (including using the Centers for Medicare and Medicaid website)—let SMAA help. Last year SMAA counselors helped save clients an estimated \$667,361 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. Please note—there is now an additional Medicare Advantage Plan only enrollment/disenrollment period from January 1 to March 31.

SMAA is offering Open Enrollment sessions in 16 locations throughout southern Maine; please see the list below. Appointments are required and fill quickly—sign up today! To schedule an appointment, call SMAA at 396-6524, or statewide, toll-free 877-353-3771. For the Bridgton Community Center please call 647-3116 directly for more information.

1-on-1 Appointment Locations

Biddeford, Cohen Center
 Bridgton Community Center - please call 647-3116
 Freeport Community Library
 Kennebunk, St. Martha's Church
 Kennebunk Senior Center
 Kittery Senior Center
 Saco, Dyer Library
 Sanford, Goodall Memorial Library
 Scarborough, Southern Maine Agency on Aging (SMAA)
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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.

2019 Medicare Open Enrollment Dates

DATES AND DEADLINES YOU NEED TO KNOW

October 15, 2019 – Open Enrollment Begins

This is the first day you can enroll for 2019 health coverage or make changes to your 2020 plans.

December 7, 2019 – Open Enrollment Ends

This is the last day you can enroll for 2019 health coverage or make changes to your 2020 plans.

January 1, 2020 – First Date Coverage Can Start

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, 2020.

January 1, 2020- March 31, 2020- Medicare Advantage Plan Only Enrollment/Disenrollment Period

One can change to a different Medicare Advantage Plan or switch back to Original Medicare with or without a Part D plan once during this time. These changes will be effective the first of the month after the plan gets your request.

College Scholarship Scam

It's back to school season, and for many parents and grandparents of college students that may mean looking for ways to help pay for school. Please beware of scholarship, financial aid and government grant scams. Fraudsters guarantee to award a scholarship as long as you pay an upfront processing fee for their services, but then you never see any scholarship money. To apply for true federal student aid, use the FAFSA (<https://studentaid.ed.gov/sa/fafsa>), the official online form which is free to submit. Save your money and put it towards education instead.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

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Senior News is a publication of



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Design: Becky Delaney

Printing: Sun Press, Lewiston

Senior News is published six times per year in January, March, May, July, September and November.

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.



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

For details on advertising in "Senior News," log on to www.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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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.

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Monthly Support Meetings For Alienated Grandparents

Have you been cut off from access to your grandchildren, or have severe limits been placed on your visits with the grandchildren? Has alienation occurred from what was once an existing loving grandparent/adult child/grandchild relationship only to be destroyed by the behaviors of a difficult daughter, DIL, son, or SIL? Has it occurred as the result of a high conflict divorce, or the death of an adult child? Have you been prevented the joy of meeting, knowing, or holding your grandchild? A peer support group is now formed here in Southern Maine. **Support group meetings are held from 1:30 to 3PM on the second Tuesday of each month at the Wells Public Library, 1434 Post Road (Rte 1), Wells, ME 04090.**

Grandparent Alienation is a global epidemic. There are no socio-economic boundaries. This phenomenon can be inter-generational. It is not uncommon for families to isolate themselves from the influence and interaction of their parents by severely restricting, controlling and/or denying contact between their children and the children's grandparents.

The effects of this rift can be severe, especially if a relationship between the grandparent and grandchild has already been formed. Grandparent Alienation is considered by the experts to be a severe form of elder abuse and a severe

form of child abuse. Professionals in the fields of mental health, medicine, religion, law, education, and elder abuse have joined together to offer an anonymous support group for grandparents experiencing the sadness and emotional pain associated with Grandparent/Parental Alienation.

Grandparents are an intricate part of raising and loving a child unconditionally, and can serve as out-

standing role models. Studies have shown that multi-generational contact between children and their grandparents provides a special foundation of unconditional love and nurturing which is healthy for children. If death takes a grandparent from a child, that is a tragedy; but if family bickering and vindictiveness deny children the love of a grandparent, that's an emotional

and psychological shame and causes harm to all the parties involved.

Studies show the best form of help for those who suffer from complicated grief (grief without closure) is to attend a peer led support group. AGA, Inc. has registered 107 strategic alliances in the past six years. If you would like more information about AGA peer support group meetings, please email Bill and Barbara at AGAYorkCo@gmail.com

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Nutrition Program Seeks Assistant Site Manager in Westbrook

Southern Maine Agency on Aging's Nutrition Program is seeking an Assistant Site Manager, 30 hours per week, for our Greater Portland Meal Site in Westbrook. The Assistant Manager will be responsible for training volunteers, inventory management, supporting the home delivered meal preparation, and completing program eligibility assessments. Candidate must have reliable transportation and be computer literate and proficient in all traditional or current office equipment. Excellent interpersonal skills are required as the Assistant Site Manager must deal tactfully with staff, clients, volunteers and the general public.

Benefits are pro-rated; starting pay is \$13.00 per hour.

Please send a cover letter and recent resume by e-mail to jobposting@smaaa.org. Please note, applications without a cover letter will not be considered.

Or mail to: Job Posting, Southern Maine Agency on Aging, 136 U S Route One, Scarborough, ME 04074

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SMAA to host Kinship Parent Support Group in Partnership with Adoptive and Foster Families of Maine, Inc.

If you or someone you know is a kinship provider caring for a child, consider attending this support group meeting on Wednesday, September 25 1-2PM at the SMAA office, 136 US Route 1 in Scarborough.

A kinship provider may be grandparents, aunts, uncles, family member, or family friends raising children. SMAA is partnering with Adoptive and Foster Families of Maine to support seniors who are supporting children. The support group will help get information on resources and supports as well as the opportunity to establish relationships with other caregivers.

If you're interested please call Carey Pierson at Adoptive and Foster Families of Maine, 207.827.2331 for more information

www.smaaa.org

From Jo Dill's Notebook

National Senior Games

Maine Senior Games athletes did an amazing job this past June competing in Albuquerque, NM. There were 13,700 athletes from all over competing in different sports for close to two weeks. Maine came back with 55 medals and 24 ribbons. Congratulations to everyone who competed.



Schedule

It's not too late to sign up for the remaining events. Go to www.maine.srgames.org to register.

Golf: September 9, Willowdale, Scarborough, Monday

5K Road Race/Power Walk: September 12, Sanford/Springvale YMCA, Thursday

Cycling: September 15, Kennebunkport Bicycle Company, Sunday

Basketball (Men's): September 21, Cape Elizabeth High, Saturday

Hot Shot/Foul Shoot: Men's September 21, Women's September 22, Cape Elizabeth High

Basketball (Women's): September 22, Cape Elizabeth High, Sunday

Bowling Candlepin: September 26, Big 20, Scarborough, Thursday

Swimming: September 28, Bangor YMCA, Saturday

Darts: September 29, The Gold Room, Portland, Sunday

Table Tennis: October 5, Lewiston Armory, Lewiston, Saturday

Bowling 10 Pin: October 6, Sparetime Bowling, Augusta

MSG Program

The first ever Maine Senior Games program has been published and is available to athletes, volunteers, businesses and organizations. Everyone will get one when they compete and/or volunteer. Thanks to those who took out an ad. Ad prices are available for 2020. Contact Jo at 396-6519 if interested.

Raffle Calendar

Our 2019 raffle calendar is available. There are amazing prizes this year. \$10 for one or \$25 for three. Your name stays in the entire month even if you have won something. The calendar will be for sale at most all of the events or by emailing at jdill@smaaa.org. A sample of the prizes include: \$100 Visa GC, \$100 Buy Local GC, \$50 cash, wine basket, Pet Portrait, pottery and much more. Drawing starts on October 1.

Newest Sports

Our two newest sports have generated much conversation and folks are ready to sign up for next year: the one mile road race held in Scarborough and the Buoy Toss held on the Eastern Prom. Kudos to those who took a chance and participated.



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About Maine SHIP

SHIP is the State Health Insurance Program. If you have Medicare insurance, or expect to have it soon, you may have questions or need help to understand your Medicare benefits. Trained health insurance counselors are available throughout Maine to provide you information about Medicare and other health insurance issues. You can also learn about programs in Maine that help lower the cost of prescription drugs and other out-of-pocket medical expenses. SHIP services are free, confidential and available to older people and people who have Medicare because of a disability. SHIP Counselors do not sell insurance or recommend policies.

SHIP services:

- Provide information and answer your questions about Medicare, Medicare Advantage, MaineCare, Medigap and other programs and benefits that supplement Medicare.
- Give you information about preventive health benefits paid by Medicare.
- Help you understand the Medicare Prescription Drug Coverage (Medicare Part D) and your options in Maine.
- Answer questions and help to follow up on your concerns about medical bills, insurance

claims, and Medicare notices.

- Give comparison information about Medicare supplemental policies and plans to help you make a choice.
- Meet with you by telephone or in-person to review national and state-specific programs, including prescription drug discount programs, to help you reduce out-of-pocket medical expenses.
- Help you to enroll in Medicare Savings Programs.
- Refer and help you to connect to other local, state and federal agencies, including the Centers for Medicare & Medicaid Services (the federal Medicare Agency), Social Security Administration and the Maine Department of Health and Human Services.
- Provide you with written materials, support and follow up.
- Talk to you about your rights and options for appeals and quality of care in Medicare and MaineCare.
- Teach you how to detect and report errors, abuse and fraud in Medicare and MaineCare.
- Make presentations to groups in your community to give updates and help people get the most out of their Medicare and MaineCare benefits.

Call SHIP: Maine's five Area Agencies on Aging and Legal Services for the Elderly provide SHIP services

- 1-877-353-3771 - local Area Agency on Aging
- 1-800-750-5353 - Legal Services for the Elderly (Voice & TTY)
- State SHIP Office - OADS Aging Services, 1-800-262-2232
- TTY - Maine relay 711

If you need an Interpreter one will be provided at no cost to you.

The Maine SHIP is a health insurance assistance program funded by the Centers for Medicare and Medicaid Services (CMS), the federal Medicare agency. SHIP services are sponsored in Maine by the OADS Aging Services, Maine's Area Agencies on Aging and Legal Services for the Elderly, Inc.

Sanford Meals on Wheels Moves to New Location

Effective September 1, 2019, the Sanford Meals on Wheels site will be moving to 1491 Main Street in Sanford (in the Shains of Maine Building).

Office hours will remain the same for "As You Like It" ticket requests: Tuesday through Thursday, 9AM-12PM.

If you have any questions, please call the site at 207-324-5181.



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- Let your grandchild know that you are always there no matter what happens

For More Info: Visit www.cascobaycan.org "Parents/Family" section and download "The Power of Grandparents" guide

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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.

Plan B – Many Questions

You are a family caregiver for an older adult. Congratulations on being courageous enough to take on this very difficult job and doing it to the best of your ability. However, there are some questions that all caregivers should consider before a crisis occurs.

Are you all alone in this job, caring for your spouse, parent, sibling, partner, or friend? Do you have the occasional help from family or friends? Do you have a bit of paid help?

What will be the next steps in your caregiving journey? Where will this take place?

When a caregiver consults with us at SMAA, we try to get them to think about the future. What will happen if or when you can no longer take care of that person? Have you

thought about what set of circumstances may bring you to that place? How will you pay for long term care? Do you understand the rules surrounding Long-term Care Maine Care? Should you put the person's name on some facility wait lists just in case?

Sometimes, this type of long range planning becomes an immediate need. SMAA's Family Caregiver Specialists quite often field calls about immediate alternative care for a person whose caregiver is unexpectedly unable to care for them. This is what we refer to as "Plan B"—not the way you wish things had gone, but a "good enough" plan.

Who will care for the person if you have to go to the hospital unexpectedly in an ambulance? Who will care for them overnight?

What about the subsequent weeks of your recuperation? The caregiver must think about all of these possibilities.

Here are some options to consider: Can your person move in with someone you both know who can provide the same level of care? Can someone move in with the care recipient? Can you afford to hire round-the-clock in-home caregivers? Can the person move to a facility temporarily to receive the care that they need?

Many family caregivers tell us, "I'm healthy, that will never happen." But did you know that caregivers are at greater risk than the general population for all kinds of illnesses? Stress is not good for our bodies. Have you missed any medical checkups, medications or needed treatment recently because you were too busy taking care of someone else? Are you physically active

and do you take good care of yourself? Good for you! Are you immune to all falls/injuries? Are you taking care of yourself emotionally as well?

So back to a Plan B. You can think about all of these things now and write down your answers. Let someone who knows both you and the care recipient know where this information is kept. Ask if they would be willing to follow through with your Plan B if you are unable to provide care, either temporarily or permanently.

If you would like some assistance to formulate a "Plan B", please call SMAA's Family Caregiver Support Program at 396-6541 for more information.

VISIT OUR WEBSITE
www.smaa.org

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AND COUNTING."**

—ROY JENKINS OF WISCASSET, LUNG CANCER PATIENT



When Roy Jenkins was diagnosed with cancer, he was given less than two years to live. So when Dr. David Benton told Roy about a clinical trial he could participate in at our Topsham office, Roy figured, "What do I have to lose?"

Five years later, the immunotherapy drug—now FDA-approved—has controlled Roy's lung cancer into remission, and he is building his own 27-foot powerboat.

Immunotherapy is just one of the innovative new treatments we're testing—often with remarkable success—right here at our three offices in Maine.

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NewEnglandCancerSpecialists.org

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Understanding Cognitive Loss: Basics for Family Caregivers – September 17

Join us on September 17 from 3-5PM at the Yarmouth Town Hall for Understanding Cognitive Loss: Basics for Family Caregivers. This two-hour class will include basic information about cognitive changes and dementia, and we will discuss some helpful strategies to communicate with someone with cognitive loss.

There is no cost for this program, but we ask family caregivers to pre-register by calling 396-6541 or going to www.smaaa.org by September 16.

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Healthy Aging: Mind and Body

September 7, 10am-12pm
Sam L. Cohen Center, Biddeford

Join us at the upcoming **Healthy Aging: Mind and Body Seminar**. Hear from experts on caregiving, nutrition, and brain health. You'll leave with a better understanding of how to make the most of the years to come and you'll also find resources to help manage health concerns common to aging! The **Healthy Aging: Mind and Body Seminar** is **FREE** to attend, so bring a friend!

For more information, visit or call:
www.smaaa.org
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Come to the Basics Fitness Festival Open House

Saturday, Sept. 28, 10 am–2 pm, 380 Western Ave, South Portland

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OPEN HOUSE SPECIAL:

For new and returning members, join and get one **FREE** month with no enrollment fee! Current members who refer a friend will get one **FREE** month too!

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See our page on Facebook or call (207) 774-3536 or more information.

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LIVE HEALTHY



Agewell Schedule

A Matter of Balance

September 13 – November 8, Fridays, 1:30-3:30PM, Wells Ogunquit Center at Moody, Wells. Program Sponsor: York Hospital

September 17 – November 12, Tuesdays, 10:15AM-12:15PM, Libby Memorial Library, Old Orchard Beach. Program Sponsors: Maine Medical Center Trauma Program and Libby Memorial Library

October 2 – November 27, Wednesdays, 9:30-11:30AM, Southern Maine Agency on Aging, Scarborough. Sponsored in part by the Maine Medical Center Trauma Program

October 8 – November 26, Tuesdays, 1:30-3:30PM, Pineland YMCA, New Gloucester. Program Sponsor: the Harvard Pilgrim HealthCare Foundation

REGISTER FOR AGEWELL WORKSHOPS ONLINE!

Did you know that you can register and pay for Agewell workshops online? Find all our classes listed at www.smaaa.org/wellness/agewell-calendar.html. For most classes, you'll have the option to register through our calendar. Once you've signed up you'll receive a registration confirmation by email, and we'll even send you event reminders! From there, you'll proceed to our secure payment page where you can make your donation for your program with a credit or debit card. You'll automatically receive an email payment receipt. Participants who register and pay online will receive a special gift at the start of the program!

Healthy Steps for Older Adults

Thursday, September 5, 9AM-2PM with lunch provided, JR Martin Community Center, Biddeford. Program Sponsor: the Harvard Pilgrim HealthCare Foundation

Wednesday, September 18, 9AM-2PM with lunch provided, York Housing, York. Program Sponsor: York Hospital

Friday, September 27, 9AM-2PM with lunch provided, Freeport Community Services, Freeport. Program Sponsor: the Harvard Pilgrim HealthCare Foundation

Wednesday, October 30, 9AM-2PM with lunch provided, Plummer Senior Living, Falmouth. Program Sponsor: Plummer Senior Living. To register call Falmouth Community Programs 699-5302.

Friday, November 8, 9AM-2PM with lunch provided, Bonney Eagle Adult Ed, Buxton. Program Sponsor: the Harvard Pilgrim HealthCare Foundation. To register call Bonney Eagle Adult Ed 929-9185.

Tai Chi - Introductory

Introductory classes have a suggested donation of \$110 per 11-week series (22 classes). Returning students have a suggested donation of \$90.

September 10 – November 21, Tuesdays & Thursdays, 9:30-10:30AM, Southern Maine Agency on Aging, Scarborough

September 16 – December 4, Mondays & Wednesdays, 10-11AM, Kennebunkport Recreation Center, Kennebunkport

September 16 – December 4, Mondays & Wednesdays, 1-2PM, Trinity Episcopal Church, Parish Hall, Saco

September 23 – December 11, Mondays & Wednesdays, 1-11AM, United Methodist Church, Cape Elizabeth

September 24 – December 12, Tuesdays & Thursdays, 9-10AM, Woodfords Church, Sealey Hall, Portland

September 24 – December 12,

Tuesdays & Thursdays, 1:30-2:30PM, St. Ann's Episcopal Church, Parish Hall, Windham

September 24 – December 13, Tuesdays & Fridays, 10-11AM, United Methodist Church of York Ogunquit, York

September 30 – December 18 Mondays & Wednesdays, 3-4PM, Martin's Point, Community Room, Scarborough

October 1 – December 19, Tuesdays & Thursdays, 1-2PM, Plummer Senior Living, Falmouth

Falls Prevention Awareness Day Tips from the Experts

Here in the Agewell Programs we're all about Falls Prevention no matter the month, but September 23 brings Falls Prevention Awareness Day on the first day of fall (pun definitely intended), and it's a great opportunity to bring this important issue to center stage! In our neck of the woods we focus on sharing strategies with our program participants that help them to feel empowered to minimize their chances of falling through their own behaviors—whether it's practicing tai chi, making some changes around the house, or changing that long-time behavior that they know is more than a little risky. But if we know anything about falls it's that there's no one-stop-shop for a simple fix—so we've asked some of our colleagues who also have expertise in the area to share their advice on how to stay safe, proactive, and upright.

From the Pharmacy – Dr. James Krebs, Pharmacist and Clinical Associate Professor, University Of New England College of Pharmacy

I encourage all patients to regularly review their prescription

drugs, over-the-counter medications and herbal supplements with their pharmacist. They can develop a plan that includes medication changes, and a monitoring plan for potential side effects to reduce fall risk. Since drugs are a modifiable risk factor, a periodic drug review among older adults should be incorporated in a fall prevention program. Several types of drugs are associated with a significant risk of falls. These include medications used for high blood pressure, anxiety, depression, sleeping, allergies and pain. These medications can cause dizziness, sedation, confusion, blurred vision or hypotension, which put patients at risk for a fall. Talk with your doctor and pharmacist about how you can STOP medications when possible, SWITCH to safer alternatives, and REDUCE medications to the lowest effective dose.

From the Doc's Office – Megan Bridgeo, Physician Assistant, Kennebunk Family Medicine, Southern Maine Health Care

Some seniors may be hesitant to talk to their healthcare provider about recent falls or fear of falling as they worry about ending up in a nursing home and losing their independence. In reality, it's the opposite as we want seniors to live strong, independent lives in our community. If we are proactive and help them find ways to keep active, strong and flexible as they age, patients can look forward to many years of safe, independent living. We can also examine their medications and identify any that could make them prone to falling. The best way to do all of this is to start a conversation with your primary care provider.

From the Home Safety Expert – Tim St. Hilaire, Certified Aging in Place Specialist, Owner, Custom Property Solutions

Many older adults know they need to have some work done in the home to keep it safe and accessible for the long term, but aren't sure where to start. As a professional in the field I have some helpful tips to share – look for someone with professionalism who can share an experience they learned from. If you are hiring someone to make home modifications, test to see if they have the patience to observe and listen – they should have the curiosity and creativity to make the right fit for your home. Ask them to share a story of a creative solution they had to come up with to meet a client's need that was a real success. Also, ask for examples of how they have collaborated with their clients. Visit the National Home Builders Association and search the CAPS directory listing to find a Certified Aging in Place Specialist in your area: <https://www.nahb.org/en/learn/designations/certified-aging-in-place-specialist.aspx>.

Thank you to our contributors for sharing their expertise!



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Agewell Visits Capitol Hill

This June, Agewell's Program Manager Anna Guest had the opportunity to visit Capitol Hill while in Washington, D.C. for the National Council on Aging's Age+Action conference. As part of the conference offerings, NCOA staff scheduled visits for over 160 conference attendees with the elected congressional and senate officials from across the country. Along with representatives from the State of Maine and MaineHealth, Guest met with Senator Angus King during his Constituent Coffee open office hours, staff from Senator Susan Collins' office on the Special Committee on Aging, and staff from both Congresswoman Chellie Pingree and Congressman Jared Golden's offices. It was a busy day full of opportunity to educate our senators and congress-people about the important work we do at the Southern Maine Agency on Aging, and the

issues that face Mainers related to aging, as well as learn more about how each of them is tackling issues like healthcare, falls prevention, and reauthorization of the Older Americans Act. At the end of the day we had the opportunity to attend a special award ceremony during which NCOA honored both Senator Collins and Senator Robert Casey of Pennsylvania with a Trailblazer Award for the work they have done in the field of Aging.



Maine Medical Center Trauma Program Tip of the Month

DON'T FALL IN THE FALL!

With the change of seasons you may be thinking of doing some maintenance around your home. Keep these great tips in mind:

If you feel tired or dizzy, or are prone to losing your balance (for any reason), **LEAVE THE LADDER WORK TO SOMEONE ELSE!**

Factors contributing to falls from ladders include: sudden movements, lack of attention, corrective lenses, wet or damaged ladder, improper footwear, and the user's age and/or physical condition.

If you are physically able to climb a ladder, make sure that the ladder is in good condition. If there are any loose or missing parts do not use the ladder. If it is "rickety" in any way, do not

use the ladder. If the ladder is unsafe, buy or borrow a ladder that is safe.

- The ladder must be long enough so that the climber does not have to stand on the top rung/step to access the work area.
- The ladder must be set on firm, dry, level ground
- Only one person at a time can use the ladder
- Wear slip resistant shoes
- Always have three points of contact when climbing up or down a ladder, use a tool belt or a line to raise tools up from the ground.

Information from the American Ladder Institute

Please visit our online calendar for the most up to date listing of workshops!
www.smaaa.org/events.html



DON'T LET A FALL STOP YOU IN YOUR TRACKS.

Join us at an upcoming falls prevention class to help keep you on your feet this fall.

Healthy Steps for Older Adults

Thursday, September 5 9 AM — 2 PM with lunch provided
JR Martin Community Center, Biddeford

Friday, September 27 9 AM — 2 PM with lunch provided
Freeport Community Services, Freeport

Friday, November 8 9 AM — 2 PM with lunch provided
Bonney Eagle Adult Ed, Buxton

**** To register call Bonney Eagle Adult Ed 929-9185 ****

A Matter of Balance

October 8 — November 26 Tuesdays, 1:30 — 3:30 pm
Pineland YMCA, New Gloucester

Registration is required for all classes.

Please call **207-396-6578** or visit www.smaaa.org for more information.

Generously sponsored by:



From the Director's Desk
continued from page 1

our rapidly aging state population? I know there is much I need to learn as I begin this exciting new chapter in my career and I welcome your insight! You can email me at mwalton@smaaa.org or reach me by mail at Megan Walton, SMAA, 136 US Route 1, Scarborough, ME 04074.

I am excited to be a part of this year's 2nd Annual Charting the Future: Innovations in Dementia Research, Treatment and Care event on September 13. Our keynote speakers will include a researcher from Maine's own Jackson Lab, a geriatrician from Mass General Hospital who is piloting some inno-

vative models of patient care and the medical director from Cognivue, the first FDA approved digital diagnostic test to determine dementia. I know it will be an informative and educational program. I hope you will join us at the Doubletree Hotel in South Portland for lunch on September 13. Ticket information is available on SMAA's website, www.smaaa.org.

Medicare Open Enrollment is right around the corner and I urge you to call and make an appointment to review your health insurance options for 2020. 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 \$668,000; for 446 clients, the average savings was \$1,326 in avoided out of pocket expenses. Each year, the demand for this service increases so I strongly encourage 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.

I'm looking forward to spending this fall season getting to know our SMAA community and enjoying this beautiful state. I hope you all will get out and enjoy it too!

Megan Walton
Chief Executive Officer

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Basics Fitness Center Celebrates its New Look
Open House September 28 features mini classes, demos, speakers, prizes, specials

The Marston family knew when they opened Basics Fitness Center in South Portland in 2004, they wanted to cater to a niche population—baby boomers. They believed that no other gym in Greater Portland dedicated itself to the 50-plus age group.

It was a shrewd decision.

Fifteen years later, Basics, at 380 Western Ave., is thriving, offering its growing membership a facility that focuses on the needs of each member. By guiding and educating members on proper strength training, cardiovascular exercise and stretching, the staff at Basics takes the guesswork out of creating a safe and effective exercise plan. At Basics, we've become really good at guiding members' success!

The facility has just undergone a major renovation, with a new layout, new flooring, new group fitness space and more.

To celebrate, Basics will showcase its new look at the first Basics Fitness Festival, Saturday, September 28, from 10am-2PM. The open house will feature mini classes, demonstrations, guest speakers, prizes, refreshments and informational booths on wellness services offered at the gym and in the community.

A membership special of one FREE month with no enrollment fee will be offered for new and returning members. Current members are encouraged to bring a friend. Members who refer a friend will get one FREE month added to their membership.

Basics' goal is "to improve lives by assisting each member to develop the fitness habit," says owner Matt Marston. "Since 2004 our team of fitness professionals have been guiding members to increased stamina, balance, and strength. The community here at Basics is welcoming and encouraging for all members regardless of ability level. Now with our renovation complete, we are excited to offer a fresh new facility with an expanded group exercise space perfect for keeping members motivated and moving!"

At the heart of the program is the staff of dedicated fitness professionals, and Basics is thrilled to be honoring Peter Allen at the Sept. 28 event. He'll be recognized for his 10 years as fitness director, trainer, and Lifeline class instructor at Basics.

"With 35 year of experience to draw from, Peter knows how to develop safe, effective exercise programs for all populations including cardiac, pulmonary, stroke, diabetes, cancer, baby boomer and more. He cares passionately about the well-being of each Basics member and his contribution to the program and the quality of life of the members is enormous," Marston said.

For more information, call (207) 774-3536 or see the Basics Fitness Center page on Facebook.

This advertorial is paid for by Basics Fitness Center for the benefit of "Senior News" and its readers.

Reps Learn About Simply Delivered

Congressman James McGovern (2nd District, Massachusetts) and Congressman Jared Golden, (2nd District, Maine) as well as representatives from the office of Congresswoman Chellie Pingree (1st District, Maine) met with SMAA staff to gain a greater understanding of SMAA's Simply Delivered program. Simply Delivered is a nutrition program offering

nutritionally balanced meals accommodating a range of dietary needs for people who need meals for a short or long term. Simply Delivered meals are available for purchase and are delivered twice weekly. Congressman McGovern is the founder and chairman of the House Hunger Caucus and is the Ranking Member of the House Subcommittee on Nutrition.



Top Row Left to Right: Nancy Connelly, SMAA. Renee Longarini SMAA, Megan Walton SMAA, Rhiannon Hampson (district Representative 1 ME, Chellie Pingree's Office)
Bottom Row Left to Right: Katlyn Blackstone SMAA, Congressman Jim McGovern 2nd Dist. MA, Congressman Jared Golden 2nd District ME



CHARTING THE FUTURE

Innovation in Dementia Research, Treatment and Care

Friday, September 13, 2019, 11am-2pm
 DoubleTree by Hilton Hotel, South Portland ME

Join us for our 2nd annual **Charting the Future: Innovation in Dementia Research, Treatment, and Care** to learn about and understand the latest in the drive for advancements in dementia research, treatment and care.

Spend an afternoon with renowned dementia experts learning about the latest in dementia research, and the future of treatment and care.

FEATURED SPEAKERS

Michael Sasner, Ph.D.
Research Scientist and Center Manager for the MODEL-AD Program at The Jackson Laboratory

Reina Benabou, MD, PhD
SVP & Chief Medical Officer at Cognivue, Inc.

Erin Stevens, DO
Geriatrician and Palliative Care Physician at Mass General Hospital

GUEST PANEL

Laurie Bowie, Executive Director of the Maine Chapter of the Alzheimer's Association, **Cliff Singer, MD**, Chief Geriatric Mental Health, Northern Light Acadia Hospital, and **Susan Wehry, MD**, Chief of Geriatrics, The University of New England College of Osteopathic Medicine.

Jud Knox, President and CEO of York Hospital, will moderate the panel discussion.

Tickets to this event are \$40 per person.
Ticket includes the two-hour session and lunch.

To register, or for more information:
www.smaa.org/chartingthefuture • 207-396-6547


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Call Elizabeth today! 207.885.5568 or visit ScarboroughTerrace.com



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VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

A Day in the Life of a SMAA Volunteer

Lona Norton

By Judie Alessi O'Malley

Lona Norton of South Portland is a product of New England. She grew up in Vermont, attended college in Massachusetts, landed her first job as an executive secretary in New Hampshire's Dartmouth Medical School, and moved to Maine in 1978. After she and her husband started their family, she began teaching in South Portland schools, retiring after 21 years of service to young children.

Upon her retirement, Lona dis-

covered SMAA by reading the Senior News, and liked what she learned about the Agency. Feeling that most of her work life was spent helping children, she says, "I wanted to help folks on the other side of the age spectrum."

Lona began volunteering in the Nutrition Department in 2012, giving SMAA over 1,100 lifetime volunteer hours assisting with a variety of tasks in the office. Each Tuesday there is a different project waiting for her. She may be working at the computer, assembling information packets, or doing a myriad of other tasks that help the Nutrition Department employees better serve their clients.

Nutrition Manager Renée Longarini describes Lona as, "...a giant

ray of sunshine," and praises her as "a great asset to the office." Each staff member who comes in contact with Lona agrees she brightens any room she enters. Likewise, Lona is impressed with Nutrition staff, describing them as, "dedicated to make life better for people who need help." She elaborates by saying, "spending time with such a wonderful group of people is a delight."

When not volunteering, Lona helps out with her grandchildren, visits family and friends, and loves travelling with her husband.

"Life is good," says Lona, and a part what makes her life good is volunteering at SMAA. "It is a satisfying feeling to volunteer at the Southern Maine Agency on Aging and I would recommend it to anyone

who wants to make a difference in the lives of older adults in southern Maine."

The Southern Maine Agency on Aging (SMAA) Nutrition Department runs the Meals on Wheels, Community Cafes, As You Like It, and Simply Delivered for ME programs in Cumberland and York counties. These all offer nutritious meal options for older adults, either through home delivery, at congregate meal sites, or through the purchase of meal vouchers that can be used at participating restaurants. To learn more about Nutrition's offerings, visit our website at www.smaaa.org/wellness/ or call Nutrition Manager Renée Longarini at 207-396-6510. To learn how you can volunteer at SMAA, contact Volunteer services at 207-396-6595.



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Doing Good Does You Good

On Thursday, August 8, Volunteer Services was pleased to partner with the Agewell Program at Southern Maine Agency on Aging for a new volunteer engagement program that took place at the Kittery Community Center called "Doing Good Does You Good".

"Doing Good Does You Good" focused on the health and wellness benefits of being a volunteer, which included reduced stress levels, staying mentally active, and developing new skills. Additionally, all attendees were provided with an overview of the many volunteer options provided by SMAA and the RSVP program. It was an extremely positive experience, and Volunteer Services looks forward to continuing to work with the Agewell Program to find innovative ways to recruit new volunteers.

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seniornews@smaaa.org

Volunteer Corner

In each issue of Senior News we will feature a Southern Maine Agency on Aging/Retired Senior and Volunteer Program (RSVP) volunteer. Hopefully, learning about our volunteers will inspire more of our readers to contact Volunteer Services at 207-396-6595 to learn about the diverse volunteer opportunities available in Cumberland and York counties through SMAA/RSVP.

Constance Grant Strives for a Simple Life That Includes Volunteering

By Judie Alessi O'Malley

Constance "Connie" Grant's goal is to have a simple life, but that life includes three completely different and challenging volunteer opportunities through SMAA/RSVP. She serves as a bill payer in our Money Minder program, as a clerical assistant in our Nutrition Department, and as a cruise ship greeter for Visit Portland, one of our SMAA/RSVP Stations.

A graduate of the University of New Hampshire in Durham, which she still visits by taking AMTRAK from Portland, Connie is a retired CPA. Connie bought the local company she worked for years ago, only to later sell it to one of her employees upon retirement. After retirement, Connie continued to work for her former company during tax season, but she then had the flexibility to begin volunteering and felt becoming a bill payer for our Money Minder program was the perfect fit for someone with her experience. The program matches



trained volunteers with clients who need help getting their monthly bills paid on time. She also served as a health insurance counselor in our Medicare program for nine years.

In Nutrition, she takes on whatever assignment given, using her computer skills for data entry and special projects. The SMAA employees she helps describe her as a flexible, quick learner who is willing to take on any task. They enjoy her time with them as much as she enjoys volunteering for them.

During the summer and fall, you will find Connie behind information counters either in Ocean Gateway Terminal or the Maine State Pier, greeting visitors disembarking cruise ships and passing out information about restaurants, businesses and local tourist sites. Connie says the number one question asked is where to find the best lobster roll, followed closely by questions about Maine's many lighthouses and local tours.

Connie would definitely recommend volunteering through SMAA/RSVP, citing her interactions with other volunteers and employees as the best part of her work here. In fact, she recently recruited her husband, Daniel Grant, who is now a substitute driver for Meals on Wheels routes in South Portland.

When talking about her 10 years of volunteering for SMAA/RSVP, Connie states unequivocally, "It has been a wonderful, fulfilling experience for me. Everyone at SMAA cares and that makes a difference."

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SEPTEMBER 19

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Bath, ME

OCTOBER 2

746 Daniel Webster Highway #3
Merrimack, NH

OCTOBER 9

452 High Street
Somersworth, NH

OCTOBER 16

68 Marginal Way
Portland, ME

OCTOBER 24

Homewood Suites by Hilton
377 Western Ave
Augusta, ME

All classes are 9 a.m.–1 p.m.

¹Maine licensed drivers 55 years of age or older may receive an insurance premium discount upon successful completion of the online or classroom courses. Certain restrictions may apply. NH and VT drivers should inquire with their insurance provider for available discounts. ²\$10 class discount offer valid for ME, NH and VT residents through 12/31/19 who mention the offer, register for the AAA Roadwise Driver class and receive an insurance quote for AAA Insurance. Discount valid on classroom course only. New quotes only. Not valid for online quotes. AAA insureds not eligible. NO PURCHASE REQUIRED FOR QUOTE. AAA Northern New England membership requires the separate payment of annual dues and an admission fee for new members. AAA insurance is a collection of AAA branded products, services and programs available to qualified AAA members. AAA personal lines insurance is provided by the Interinsurance Exchange of the Automobile Club (Exchange). AAA Northern New England is the licensed agent for the Exchange. Limit one \$10 discount per class, per household per 6 months. We reserve the right to provide a substitute discount. Membership is not required for discount offer. Driving school schedules, locations and pricing subject to change without notice. Copyright © 2019 AAA Northern New England. All Rights Reserved.