

Seniors Looking to Keep Fit Take to Maine's Multi-Use Trails for Exercise and Recreation

By Jerry Harkavy

Anyone who worries that growing old means giving up on exercise and recreation could look to Tom and Anita Daley for inspiration.

The Scarborough couple—he's 84, she's 81—are a familiar sight as they walk, ride bicycles and cross-country ski along the Eastern Trail, a multi-use path that's slowly taking shape in Cumberland and York counties.

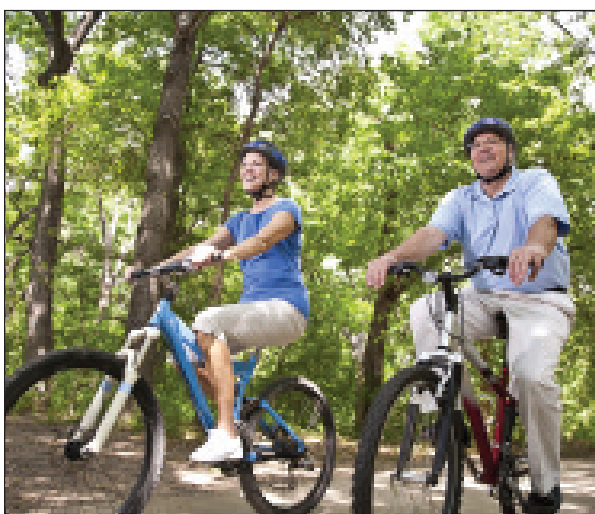
"We've been using it for years and years," said Tom Daley, who lives near the Scarborough Marsh and can see the trail from his kitchen window. "We bike it several times a week."

When they're seeking a change in scenery, the Daleys might switch to

another locale—the Portland Trails network that laces Maine's largest city or the partially completed Mountain Division Trail that runs for eight miles from South Windham to Standish.

These trails, along with similar ones throughout the nation, are being developed in response to a need for convenient and scenic paths that can promote healthier lifestyles by providing traffic-free routes for walking, running and biking.

No one keeps count of how many people use the trails, but it's believed that seniors make up a significant percentage. Some users and trail advocates estimate that seniors



may account for one-fourth to one-third of the walkers and cyclists during the late morning and early afternoon hours when many younger people are at work or in school.

"That's when you see a lot of the older people just strolling along," Daley said.

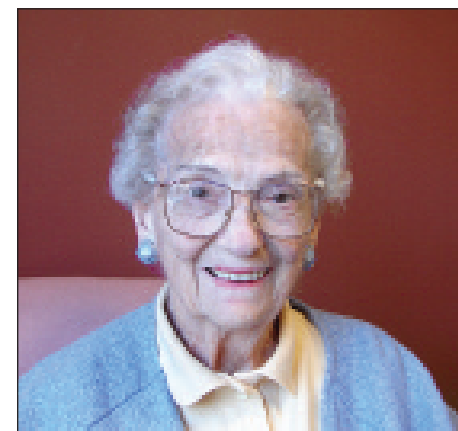
John Balicki of Brunswick, who served from 1998 to 2005 as bicy-

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Barbara Duke Artist, Musician and Author

By Joan O'Toole

Barbara Duke Fuchs, an 86-year-old Portland resident, has recently published her first book, *Growing up in Brooklyn*, a memoir of a remarkable childhood, under her professional artist name Barbara Duke. Her book details the awakenings of a life rich in learning and in discoveries about her varied talents. She was the youngest of three children, daughter of an inventor father and an immensely re-



silient mother. Her father died when she was seven and a half, leaving an impoverished family who found themselves moving to a succession of smaller and smaller apartments. This was during the Depression and when then Mayor LaGuardia started a Widow's Pension Fund some help was available. Through a number of setbacks, her mother grew stronger, managed to hold them together and provided a model of courage and strength until her death at age 98.

Barbara had an innate talent for drawing and at age six drew a picture of a stuffed owl. Her teacher sent the sketch to the Brooklyn Museum of Art and it won a prize. Continuing to draw, she won a scholarship to the Art Students League. She attended the High School of Music and Art in New York City. Singing at the time in a church choir, she discovered that voice is not simply a gift one is born with but a skill that can be taught. Her high school training included studies in voice as well as art. She later taught voice herself and was a prominent member of the New York Singing Teacher's Association for 20 years. Once it was discovered she could paint, she was paid to paint world famous opera singers and her paintings were displayed and presented to the singers on stage. She once sang in a huge cathedral and that remains an unforgettable experience.

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Southern Maine Agency on Aging

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From the Director's Desk Medicare Open Enrollment is Underway

Through our trained staff and volunteers, SMAA is prepared to offer 2,000 one-on-one appointments during Open Enrollment beginning October 15, one month earlier than last year.

Recent research shows that half of all people enrolled in Medicare never shop around for coverage. We encourage all beneficiaries to review their plans annually during Open Enrollment to make sure they are getting the best plan for their circumstances. SMAA does not sell insurance products or receive commissions for our advice. Our goal is to help people make informed Medicare decisions. There is still time to call



us to review Medicare Part D prescription drug plans for 2012. However, Open Enrollment ends on December 7 so don't wait too long! See the appointment schedule on page 3.

Care Transitions Intervention

In July, SMAA and Maine-Health submitted a joint proposal to the Centers for Medicare & Medicaid Services (CMS) to fund the expansion of the Care Transitions Intervention (CTI) program to five Maine hospitals. CTI is an evidence-based program that has been shown to smooth post-hospitalization transitions to home or a rehab facility, reduce hospital readmissions and improve patient outcomes.

A conference call with the CMS team followed in September, and we believe our proposal to serve 5,000 Medicare patients annually will be recommended for funding.

With CTI, SMAA will make great strides in meeting one of our strategic goals of working more closely with

the healthcare community. SMAA's Resource Specialists have proven to be effective in assisting physicians with their objectives of improving patient transition to home after inpatient care, and helping patients obtain important social services and benefits after a hospitalization.

Year End Financial Picture

Our Annual Report of Philanthropy on Page 9 recognizes our donors of \$100 or more. A complete report may be found on our website.

Here are the TOP TEN REASONS the Southern Maine Agency on Aging was able to touch the lives of over 24,600 people and still balance our 2011 budget:

1. Our 1,204 donors who contributed this year in amounts large and small;
2. Foundations who gave generous grants to support our operational expenses and special projects;
3. More than 1,100 volunteers

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What about the YMCA?

It's co-ed and there's a lot going on!

No matter what your limitations or your level of fitness, the three branches of the Cumberland County YMCA offer a wide range of programs and services for everyone. Located in Portland, Freeport and New Gloucester (Pineland Campus), the facilities have a strong commitment to supporting healthy living at every stage of life.

Their latest brochure is now available, detailing offerings for seniors in the pools, the wellness areas, or around a conference table. Here are some of the opportunities:

- Arthritis Classes in the warm-water therapy pool
- "Re-Youth-Enate", classes designed to help seniors improve flexibility, strength, and balance
- Gentle Yoga or Tai Chi while seated

- Meet new friends at "Cards and Coffee," candlepin bowling at the Pineland branch, or by taking a class (like a Brain Balancing Workshop in Portland or a watercolor class at the Freeport Y).
- Gain support, confidence, and new skills in our six-week "Living Well for Better Health Program"
- Work with a personal trainer to find a fitness regimen that's just right for you, including use of adaptive equipment if necessary.
- Take your grandchildren swimming

The possibilities are endless!

Although the Y does not have a specific senior membership rate, all



Y's are committed to ensuring that everyone is able to use the Y, regardless of finances. Accordingly, we offer a sliding fee scale based on household income. If you head south for the winter, you can put your membership on hold if you'd like for up to six months—or be a guest at any other Y in New England for free.

To receive a copy of a current program brochure, call 865-9600, or drop by your local YMCA and ask for a tour. More information about the Y schedules and services is also available at www.cumberlandcountymca.org.

- Greater Portland Branch
70 Forest Ave, Portland
874-1111
- Casco Bay Branch
14 Old South Freeport Rd
New Gloucester
865-9600
- Pineland Branch
25 Campus Drive, Freeport
688-2255

Anchoring Loose Dentures with Mini-Implants: A New Revolution for an Age-Old Problem

Over the years, the average denture wearer loses several millimeters of bone—just from wear-



ing the dentures! Because of this the dentures become looser and looser. It happens to a majority of people, especially on the lower jaw. The dentures do not

fit correctly which leads to more deterioration and so on and so forth. Many times a simple relining will make the dentures fit better for a time, but after a while, the whole process begins again. Sometimes a complete new remake of the dentures will help. A properly made denture can solve many problems.

If only there was a way to anchor those loose dentures so that they don't move around, especially during a good meal! Over the years many things have been tried. Better adhesives, suction pads, even plungers that go into the gums. But back in the late sixties, several forward-thinking dentists started experimenting with tiny implants that could be placed into the bone with very little if any discomfort and then anchoring the denture to those.

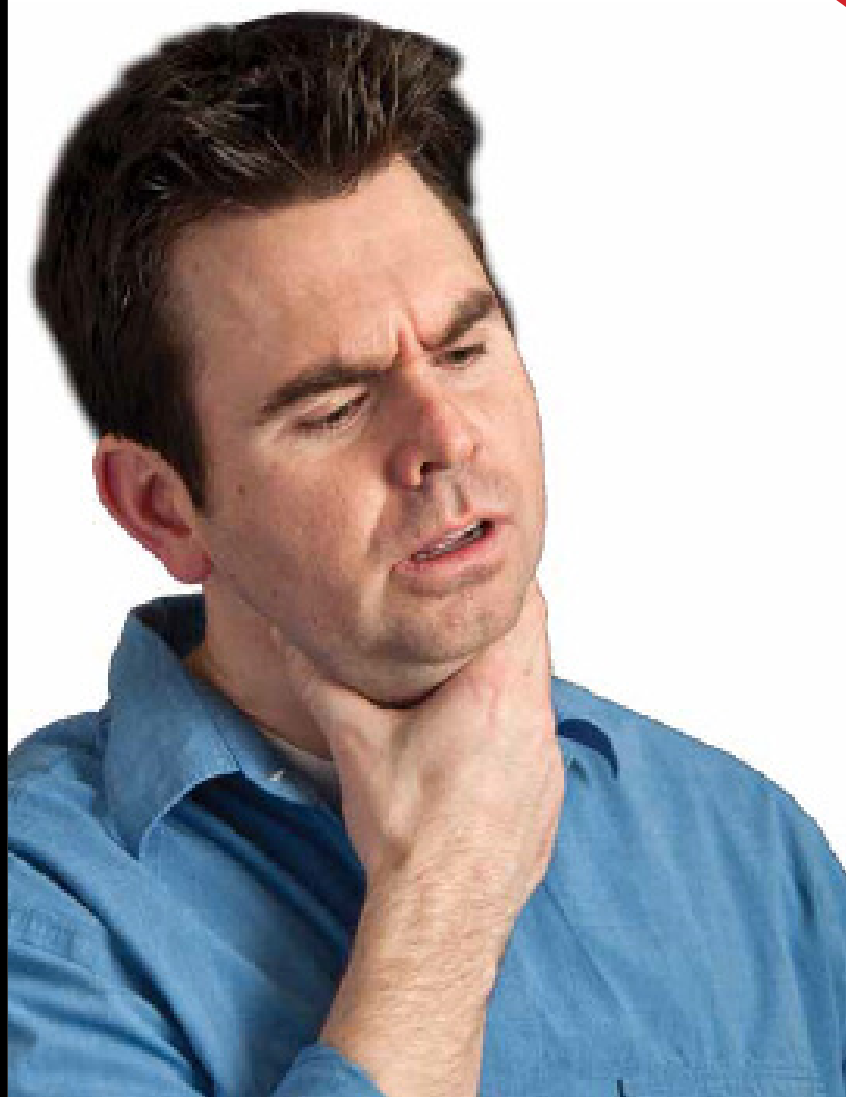
Fast forward to the 1990's and the technology was getting to the point that these "mini-implants" were taken seriously. Today they are becoming more and more common. With an upper denture, placement of the implants can eliminate the plastic in the roof (palate) of the mouth, thus allowing the denture to be horseshoe shaped and more comfortable. This allows people to taste their food better and feels much more natural. For the lower denture the mini-implants anchor it tightly and keep it from moving around.

The same thing can be done with a multitude of "conventional" implants, but often they are larger and can't be placed if there is not enough bone. Mini-implants have a much better chance in this situation because they are usually half the size of conventional. Conventional implants often cost between \$1800 and \$2500 each. On the lower a person would need two to four implants and on the upper usually four to six, and the healing time is 3-6 months. With Mini-implants the cost is between \$700 and \$900 per implant and they are usable immediately. In both cases the implants should last many years and provide a great service.

Please feel free to call Falmouth Dental Arts at any time, 781-5900, or visit our website at www.portlandmaindentists.com or www.knockoutsmls.com and we will answer any questions you may have.

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This advertorial is paid for by Falmouth Dental Arts for the benefit of "Senior News" and its readers.



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It's *always* best to call your doctor when you need medical care, but when your doctor isn't available **Bridgton Urgent Care** is for walk in care today. Our

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Emergency Department is open 24 hours a day, 7 days a week.**

Time to Review and Chose a Medicare Prescription Drug Plan for 2012

Open Enrollment Ends December 7, 2011

More than 2,000 one-on-one sessions have been scheduled by the Southern Maine Agency on Aging (SMAA) throughout Cumberland and York counties during 2011's Open Enrollment, which is one month earlier than in 2010. Medicare beneficiaries are encouraged to review their drug plans every year.

There will be 28 prescription drug plans offered in Maine during 2012. Many plans change benefits every year. It is important to confirm that the plan chosen will provide the best prescription drug coverage depending on the individual's medications. Also, of the 28 plans, 11 plans have increased their premiums and 13 have decreased their premiums. Four plans will cost the same in 2012. In addition, for those who have one of the 15 Medicare Advantage Plans, 10 offer prescription drug benefits and their coverage may also change.

The Southern Maine Agency on Aging provides unbiased help with making decisions about all Medicare options, because SMAA does not sell insurance.

Due to the high volume of people needing help, an appointment is

required, except at Bridgton Hospital. Call 1-800-427-7411 x524 or (207) 396-6524 or for Biddeford, call 776-4759.

Below is a list of the location, day and time of the Southern Maine Agency on Aging's remaining Open Enrollment sessions in 2011 for plans taking effect in 2012.

Biddeford, McArthur Library
Call: Linda Sprague-Lambert at 776-4759

Monday 11:30AM-2:30PM; Tuesday & Wednesday 9:30AM-12:30PM

Bridgton Community Center
Thursday, November 17 & December 1, 10AM-1PM

Bridgton Hospital
Tuesday, November 15, 22, 29 & December 6, 8:30-11AM
No appointment needed

Freeport Community Library
Thursday, December 1, 10AM-1PM

Gorham, Baxter Memorial Library
Friday, November 18 & December 2, 9:30AM-3:30PM

Kennebunk, St Martha's Church
Monday, November 21, 9AM-4PM

Naples Library
Tuesday, November 15, 22, 29 & December 6, 10AM-1PM

Portland, Maine Medical Geriatric Center
Monday, November 21, 28 & December 5, 9AM-noon

Portland Public Library (Main Branch)
Friday, November 18, 10AM-4PM

Portland, Woodfords Church
Wednesday, November 16, 23, 30 & December 7, 9AM-noon

Saco Community Center
Wednesday, November 16, 23, 30 & December 7, 9AM-1PM

Scarborough, Southern Maine Agency on Aging
Tuesday, November 15, 22, 29 & December 6; Thursday, November 17 & December 1, 9AM - 4PM

Springvale, Nasson Community Center
Wednesday, November 16, 23, 30 & December 7, 10AM - 4PM

Westbrook Community Center
Wednesday, November 16, 23, 30 & December 7, 9AM-2PM

Windham, Our Lady of Perpetual Help Parish
Tuesday, November 15, 22, 29 & December 6, 10AM-4PM

York Middle School
Call: (207) 361-6988 to schedule an appointment
Thursday, November 17 & December 1, 8:30AM-12:30PM

York Senior Center
Wednesday, November 16, 10AM-3PM

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Saco & Biddeford Savings Helps Seniors Manage their Finances and Protect their Assets with a Major Gift to Money Minders

Since 1906, the massive vault in the lobby of Saco & Biddeford Savings Institution on Main Street in Saco has been a symbol of security and protection for the assets of area residents. The bank continued this legacy recently by making a \$5,000 gift to Money Minders, a program of the Southern Maine Agency on Aging that helps older people remain financially independent. Money Minders are trained, bonded volunteers who assist nearly 60 people monthly with budgeting and bill paying. Notes Don Lauzier, the bank's vice-president of Community Relations, "Money

Minders helps older people with limited incomes avoid financial fraud and feel more financially secure. It's the modern equivalent of this old steel vault."



Laurence Gross, SMAA Executive Director accepts the gift from David Howe, Chairman of the SBSI Board; Peg Brown, SMAA Director of Development; and Don Lauzier, Vice President of Community Relations at SBSI.

Senior News

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

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- Assist you with insurance or Medicare issues?

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Mission Statement

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

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



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

Reclaiming My Track Record through Maine Senior Games

By Peg Brown

My 92-year old father doesn't recall my setting a record for the 100-yard dash in the city of Cedar Rapids, Iowa, in the spring of 1960. My athletic feats were overshadowed by my family's expectations for high academic achievement, and it was not cool for high school girls to be athletes. So I gave up track, the delight of beating the boys in every single elementary school race I had ever run, the excitement of competition and the thrill of running fast.

Fifty years later I show up at the South Portland High School track field on a balmy evening. Its surface is new and cushions my feet as I walk a quarter mile around to the red starting line for what is now called the 100 meter. Jo Dill, Mary Ann Molloy and Ginny Ketch, all fellow Maine Senior Games Advisory Board Members, urged me out there to participate in Maine Senior Games. With less than three weeks to train, Mary Ann had showed me how to train, sprint and cool down. That evening I make a vow to myself that no matter what my time, I will give it my best shot and show up for the 100 meter.

Five days into training I run up steep Julia Street early in the morning feeling good. How could I have forgotten how much I love to move, how pushing myself a bit more everyday builds confidence? The next evening I happen to meet Derry Rundlett working out on the same track, and he gives me valuable pointers about running form and training. I watch in admiration as he runs 100 meters—fast. He encourages me, asking me if I should consider running the 200 meter too.

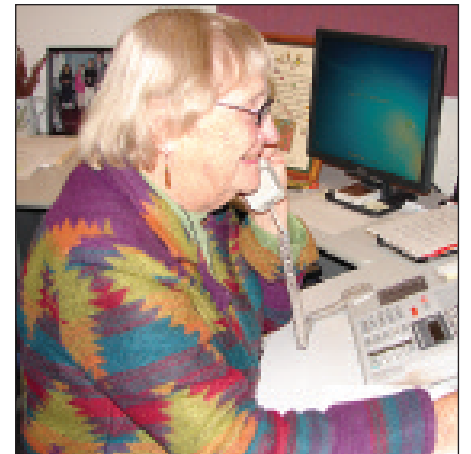
Three days before the race I have an epiphany on the track. Why not appreciate my strong sturdy legs that have gotten me this far? Years collapse as I experience the sweaty gritty intoxication of running toward the quiet curved lane ahead. My soul, now back at age 14, makes it clear that perceiving myself as old is an excuse for not testing my edges, the outer boundaries where the known gives way to the unknown. This is where I am meant to be.

The day of the race I wear my new light-weight running shoes as the sun beats down hard on the race track. It is 1:00 in the afternoon and my adrenaline pumps so that I do pushups with Mary Ann moments before my race with five women begins. I don't jump the gun, and I make it across the finish line with two runners ahead of me. We all give each other big hugs, happy in our achievements. Robin Rutherford puts a medal around my neck; Jo Dill takes a picture. I know I'll be back again next year, with plans to train earlier this year. It has taken 50 years, but I am an athlete again.

Peg Brown is the Director of Development at the Southern Maine Agency on Aging and can be reached at mbrown@smaaa.org.



Mary Ann Molloy on left with Peg Brown at 2011 Track & Field.



Priscilla Greene was recognized recently for 25 years of employment at the Southern Maine Agency on Aging. She interviews people who are looking for volunteer assignments and matches them with one of the many positions in the community or at SMAA. She is currently RSVP Coordinator for Cumberland County. Priscilla can be reached at 396-6521 or pgreene@smaaa.org.



"Truslow Adult Day Center gave my grandmother a life and helped me get mine back."

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"SMAA showed me how to save money on my drug plan, and lower my Medicare premium. I'm saving hundreds of dollars a year!"



Monthly Seminars
"Welcome to Medicare"
Call to see how much money you might save!

1-800-427-7411 for an appointment or visit www.smaaa.org
\$35 suggested donation



New Open Enrollment Dates for 2011
October 15 to December 7

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Family Caregiver Support Program



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

Is caring for an older loved one leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

Family caregivers are the backbone of elder care in Maine and across the U.S. Thank You!

"Reach Out for Help" for Family Caregiver Month

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

November is National Family Caregiver Month, when we celebrate the dedication and efforts of unpaid people who are assisting family and friends. This year's Caregiver Month theme is "Reach Out for Help." Other articles in this issue of "Senior News" talk about caregivers getting help and simplifying life while observing holidays. We can also consider how to have more help every day.

Often, people would like to help a caregiver, but they don't know where to start. Sometimes, caregivers are reluctant to seek help, because they aren't sure how to ask. Here are some suggestions that come from other caregivers:

- Be specific about what you need.
- Ask for time-limited help.
- Accept help when it's offered.
- Be ready with ideas when someone offers to help.
- Match the task to the helper. Ask people to do things they enjoy or that use their skills.
- People don't have to help with caregiving tasks. They can help you with other things.
- Helpers may not do things exactly the way you do, but that's ok.
- Give helpers the tools and information they need to be successful. The goal is for the experience to be positive and repeatable.
- Even people who live far away can help by using online tools, or providing funds or support

for you and the person you're helping.

- Show your appreciation.

And thank you for all that you are doing to help someone you care for!

Caregiving & Holidays

By Kate Cole Fallon, MS, LCPC,
Caregiver Advocate

Holidays are an exciting and magical time but they may also be a time of stress and high demand. Caregivers in particular, already fatigued from all they do on a regular basis, may find themselves taking on more than they can reasonably handle when holiday celebrations arrive. It is vitally important to prioritize and take a good look at your expectations to ensure a happy and healthy experience.

As I write this, it is the last week of September. Over the weekend I walked into the Mall to find a small forest of decorated Christmas trees inside the door! It was my first message of "Hurry! Get shopping!" There is no avoiding the pressured messages that surround this time of year. When you are putting your time and energy into caregiving, consider your approach to holiday celebrations within the context of "why?" You have a limited amount of energy, so it can be helpful to revisit the purpose behind traditions and make choices regarding

whether or not they are useful at this point in your life. Many times we approach holidays based on how it's always been done, with no consideration of why this is so. Ponder for a moment, what is truly meaningful for you? What makes this season wonderful for you? Is it hand writing cards, or cooking special foods, or decorating? Is it attending services or hosting elaborate celebrations? And which activities do you do because you simply feel obligated? What can you let go?

Once you've considered which activities feed your spirit, then look at how to best approach these so they are not overly taxing. Perhaps this is the year to write a general note to replace individual cards, or even send a group email greeting. If baking is a cherished activity, share this with someone who might like to help. If it's hard for you to get out but it is important for you to attend religious services, ask someone for a gift of a couple of hours of respite—a wonderful gift any time of year! Which traditions mean the most to you, and who might help before, during and after? As for celebra-

tions and family meals, relinquish the need to provide every morsel and invite pot luck to your party.

If you are caring for someone with dementia, it is important to consider their limitations as well. Keep to their routine as best as you can to limit confusion. Be sure they have time to rest, and a quiet place to go when there are visitors. Remember that people with dementia don't do well with lots of people and chaos. If you can, have small groups of visitors at any one time, and respect the fact that your person may not be interested in visiting. Communicate this to friends and family before they arrive so everyone's expectations are realistic. Involve your person in ways that work for them, which will limit your stress as well.

Most importantly, listen to your body. Rest when you feel tired rather than pushing to get finished. Enjoy without overindulging. Take care of yourself.

To really enjoy this time of year, let go of all sense of "should" and embrace what works for you and provides you with true feelings of comfort and joy.

STRATEGIES FOR CAREGIVERS:

What's important to you? What could be changed?

HOLIDAY TASKS	Would the holiday feel complete without it?	Is this something you want to change?	Do you do it out of habit, tradition, choice, or obligation?	Is it a one person job, or can it be shared?	Who can be responsible for seeing that it gets done?	Do you enjoy doing it?
Decorating						
Baking and cooking						
Going to office/school parties						
Making homemade gifts						
Sending holiday cards						
Buying clothes for the holiday						
Going to social events						
Doing holiday shopping						
Helping children to make gifts						
Having the house clean						
Gifts for teachers/coworkers						
Attending religious services						
Preparing traditional foods						

Adapted from: SIDS Network, Inc., <http://sids-network.org>

Keeping Choices in Mind

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Help For People Helping Aging Family Members

Class Schedule 2011-2012

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

November 17, 6:30-8PM: **Options for Older Drivers.** Wells-Ogunquit Adult Community Education. Call 646-4565 to register (required).

January 10, 17, 24, 31, February 7 and 15, 5-7PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

March 1, 8, 15, 22, 29, April 5, 2-4PM: **Savvy Caregiver.** Bonny Eagle Adult Education, Standish. Contact Kate Cole Fallon at 1-800-427-7411 x558 to pre-register (required).

March 6, 13, 20, 27, April 3 and 10, 1:30-3:30PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

April 25, May 2, 9, 16, 23, 30, 6-8PM: **Savvy Caregiver.** Wells-Ogunquit Adult and Community Education, Wells. Contact Kate Cole Fallon at 1-800-427-7411 x558 to pre-register (required).

May 18, 25, June 1, 8, 15, 22, 9:30-11:30AM: **Savvy Caregiver.** Bridgton Community Center, Bridgton, Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

July 12, 19, 26, August 2, 9, 16, 9:30-11:30AM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

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

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.

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

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

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

Scarborough: 2nd Monday of the month, from noon to 1PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

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

Other areas: Please call Kate or Ann at SMAA's Family Caregiver Support Program if you are looking for a group in another area. 1-800-427-7411.

Kinship/Grandparent Support Group

Sanford: Wee Care, support and discussion for kinship parents and grandparents helping to raise children, 2nd Wednesday of the month, 5:30-7PM. Supper and child care available. Contact Thea Murphy at Trafton Senior Center at 457-0080.

On-Line Discussion and Support Group

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



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SPECIAL HOLIDAY CLASSES — Open to the community

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December 15, 1-2PM: **Holiday Blues for Seniors and Caregivers**
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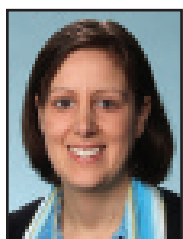
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Vitamin D, the Super Vitamin?

Josie Davis, MD
Geriatric Center
Maine Medical Center



From daily talk shows to national newspapers, reports about the potential benefits of vitamin D are everywhere. "The New York Times" stated, "Vitamin D promises to be the most talked-about and written-about supplement of the decade," and thus far it has lived up to this statement. It can be very difficult to know which reports include accurate, confirmed

information and which are based on opinion and theory. Yet people of all ages have been swept away on the vitamin D bandwagon and began taking vitamin D supplements of varying doses. Vitamin D sales jumped from \$42.5 million in 2001 to \$425 million in 2009 and continue to rise. While studies have confirmed a large portion of the population is vitamin deficient, researchers and the medical community are still trying to determine the right dose and blood levels for all.

Vitamin D has been shown to improve bone health, decrease falls, enhance mood, and improve memory. The most supporting evidence is for improvement in bone health. It has been known for several years that having adequate levels of vitamin D is a must to fight off osteoporosis and support strong bones. In 2010, an expert panel from the Institute of Medicine, which included our own expert from Maine, Dr. Cliff Rosen, released their recommendations for vitamin D based on looking at thousands of studies. The committee recommends that most people need a vitamin D level of 20-30 nanograms per milliliters (ng/ml) to support good bone health, even though most labs report a level of less than 30 as "deficient." A large portion of the population can obtain this level by a normal diet. Many foods are fortified with vitamin D and the sun provides the remainder. Others can achieve adequate levels by taking just 800 International Units (IU) per day of vitamin D. Those with levels less than 20ng/ml can easily acquire normal levels by taking 1,000 IU/day for 4-6 weeks. Some physicians recommend rapid repletion with large doses (50,000 IU/week for 6-8 weeks) but these large doses have not been shown to increase levels any faster and side effects or harm from high doses of vitamin D has not been established.


Having adequate vitamin D lev-

els has also been shown to decrease falls. It binds to skeletal muscle and helps to improve muscle strength. The best benefit was in those with low vitamin D levels which were corrected to normal (20-30ng/ml). Most of those people took 800-1,000 IU/day. In all the studies the researchers saw little to no benefit in people with normal vitamin D levels who took additional supplements.

Most studies looking at improved memory and enhanced mood certainly show promise but they were small and inconsistent. They had people on 800-1000 IU/day.

Getting too much vitamin D can be dangerous. Levels more than 200 ng/ml are considered toxic but signs of toxicity have been seen at 100ng/ml. Signs of toxicity include nausea, vomiting, constipation, fatigue and muscle weakness. Some studies where very high doses of vitamin D were given caused more falls and injuries than those not on vitamin D. There also may be an increased risk of pancreatic cancer with taking high doses of vitamin D, but this has not been confirmed by additional studies. The current recommendations state that persons aged 9-70 years should take 600 IUs of vitamin D, while persons over 70 should take 800 IU to support good bone health. Supplementation beyond that hasn't been supported by research yet and may have some harm.

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Every Annual Fund gift is important. Due to space limitations, however, we are only able to list donors who made gifts of \$100 or more. For a complete listing of all donors, go to www.smaa.org/donate.php. Recognition of those remembered by gifts In Memorium and In Honor will appear in the next issue of "Senior News."

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We express our heartfelt appreciation to all who gave this year and to those who have been so generous and loyal over many years.

+ Deceased

* SMAA Board Member

** Community Development Block Grant

"And How are You Today?"

By Don Kopp

I understand that in the world at large generally acceptable responses to, "And how are you today?" are "great," "excellent," "fine." A mere "Okay," however, is not really okay; it tends to raise eyebrows. And so I get it that it would be considered bad form to answer honestly by saying, for example, "I feel nauseated. Where is your bathroom?" Or, "I feel like crying; we just had to put our 17-year-old cat to sleep."

When it comes to visits to health care providers, however, these particular banal conventional exchanges are *insupportable!* If I have an appointment with a cardiologist because of chest pains, a bouncy youngster chirping, "And how is Donald today?" puts me in a bad place. Speechless, too, because the only response that comes to me is, "How do you think I am? Can't guess? Well here's a hint: I'm concerned about dying. So, 'How is Donald today?' Donald is hoping that someone here will tell him not

to worry and that he'll be okay." Of course, I don't say this; I mutely attempt what comes off like a creepy smile.

It also seems curious that physicians refer to me as "Mister Kopp," but that perky 20-somethings call me "Donald." No one calls me "Donald." My parents didn't call me "Donald," which makes me wonder why they put that name on my birth certificate. Friends call me "Don." My grandkids and immediate family affectionately call me "Donnee."

But this "Donald" thing is just a mild irritant, a thing of naught, a mere gnat to be casually swatted away compared to my perturbation over why it has not dawned on anyone in the medical profession, and I mean *anyone*, that, "And how are you today?" addressed to someone who has serious health concerns is, to put it nicely, thoughtless. Were I not to put it nicely, I might say "witless."

Once in a restaurant, a conscientious young waitress asked me how I had enjoyed my fresh-caught trout. I said, "I didn't. The bones

were a problem and the skin was inedible." While clearing the mostly-uneaten fish, which was staring balefully up at her as it had done with me, without hesitation this woman replied, "I'm so glad you liked it." In a medical office, my guess is that if in response to, "And how is Donald today?" I said, "I'm afraid I'm dying." the response, as with the trout, would be, "Well, that's great!"

If I ran the world, as I should—okay, maybe not the world, but if I ran a doctor's office or a hospital, I would play the role of a patient, and I would drill *every employee in that office* to greet me thusly: "Welcome to our office, Mr. Kopp. You can rest assured that everyone here will see that you receive the very best possible care." See what I mean? This would make all the difference. And it would mean that I no longer needed to clench my teeth when entering a health-care provider's office and then seem to leer when asked how I am. It's kind of a curse, I guess, but I happen to believe that the words we use should have meaning. Is anybody with me on this?

Don Kopp can be reached at donkopp@sacoriver.net.

EDITORIAL

The Well-Kept Secret About The "Doughnut Hole"

Medicare Part D has been a great program for thousands of beneficiaries. One part of this federally sponsored prescription drug program has been the COVERAGE GAP – a period known as the "Doughnut Hole" when, until this year, one must pay the full price of medicines. It is true that not everyone reaches the Doughnut Hole period. Those who do not use many medicines or whose drugs are relatively inexpensive (like generics) do not usually encounter the Hole. Still, the Hole has been a problem for many beneficiaries. Now, however, there is some relief from this onerous aspect of Part D.

This year (2011) Part D enrollees are getting a 50% discount on brand drugs, and a 7% discount on generics. The 50% discount will continue through 2012, and the discount on generics will increase to 14%. Discounts will increase in future years. The other good news for Part D beneficiaries is a poorly understood aspect of the period that follows the "Hole." Let me explain.

Some people who reach the "Hole" will stay in it until the end of the year. Others may not only get out of the "Hole," but when that happens they will begin to pay very little for their meds, only 5% in many cases. This final period has an unfortunate name. It is called "catastrophic coverage." I call it major coverage. Here is how it works: In 2012, when the full prices of the drugs purchased total \$2,930, one enters the "Hole." The next plateau is when the beneficiary (starting in January) has actually spent, out-of-pocket, \$4,700. This includes what he/she paid for drugs during the initial deductible period (if there was one), what he/she spent in co-pays and dispensing fees during the period before the "Hole," and—and here is the well-kept secret—the full prices of meds purchased during the coverage gap—not the discounted prices. That means that the benefit of big discounts during the "Hole" does not reduce the time it takes to reach that last "major" coverage period.

If you fail to understand what you just read, not to worry. You may never actually reach the "Hole." Or you can get further information by calling SMAA at 1 800-427-7411.

Stan Cohen, Bridgton, Maine Volunteer Medicare Advocate Southern Maine Agency on Aging

Stan is available for one-on-one assistance with Medicare and health insurance through the Bridgton Community Center by calling 647-3116 for an appointment. Or, show up at Bridgton Hospital on Tuesday mornings between 8:30 and 11:00.

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MEALS ON WHEELS NEWS

Al Cowie Named Ed Greenleaf Award Recipient



The second annual Edward Greenleaf Memorial Award recipient was named on September 8th by Liz Engel, site manager for the Southern Maine Agency on Aging at the Peoples Methodist Church in South Portland. The Award was presented to long-term volunteer Al Cowie by Becky Greenleaf in honor of her husband Ed who was a loyal Meals on Wheels volunteer until his passing in 2009. The Award is given annually to a South Portland-based volunteer who best demonstrates compassion and dedication to his or her Meals on Wheels recipients. A good crowd was on hand for the weekly luncheon, which included entertainment by the Sixty Plus Band and a barbecue with all the fixings.

Al began delivering Meals on Wheels in January 1999 and until recently he drove what he called the "Big Daddy" Scarborough route on Wednesdays and Thursdays. His route was about 42 miles long and could take up to three hours to complete. Al said he really enjoyed driving and seeing the people. "I get as much out of delivering as the people get from me and it gets me out of being The Lazy Boy," he said.

Our honoree, Al Cowie, was born in Bangor and was an athletic young man. He ran track and was never pinned in his school wrestling career. After two years of college, he joined the Army and served for 30 years in the Military Intelligence Branch and was one of the pioneers of the Army's Signal Branch. Remarkably, at one time he was in the position of preventing the certain death of 10,000 US troops by alerting the Army to intelligence he had gained. After completing his service to the country, Alan was a hotelier all over the United States. He lived for many years in Steamboat Springs, Colorado where he was a tireless community volunteer, founder of the Strings in the Mountains Classical Music Series and champion for the nine-mile pedestrian walkway along the Yampa River. After returning to Maine, he

volunteered for 12 years delivering Meals on Wheels.

Al Cowie drove his delivery route for the last time on Thursday, October 27 and passed away after a brief illness over the weekend. Al always had a bright smile and he clearly loved the people he delivered meals to. SMAA's Meals on Wheels program extends our deepest sympathy to Al's friends and family for their loss of this special man with a heart of gold.

Delivery Drivers Needed

Volunteer drivers are especially needed for Meals on Wheels routes in South Portland, Cape Elizabeth and Scarborough for one or more days a week for 1-3 hours. Mileage is reimbursed at the rate of .42 per mile. Please call Liz Engel for more information at 767-2255 between

the hours of 8:00-1:00 any weekday, except Wednesday.

Meals on Wheels drivers are always needed especially as some of

our volunteers move to warmer climates for the winter months.

To volunteer, call 396-6583 or 1-800-400-6325.



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From Jo Dill's Notebook



The 2011 Maine Senior Games are over and what an incredible journey it was. As the Coordinator and a participant, I had a wonderful time at each and every event. Congratulations to all of you who competed!

Quick facts about this year's games: 428 athletes registered, 65% male, 35% female; 28% of participants were new to Maine Senior Games and finally, the biggest jump in participation was in Candlepin Bowling, which went from 14 in 2010 to 44 this year! Complete results of this year's Games can be found on our website. www.MaineSRGames.org



Suvi Neukam volunteered as a road marshal for the cycling events held in Kennebunkport in September.

Volunteers

Thanks so much to all of you who volunteered for the Maine Senior Games. You are too numerous to mention for fear of leaving someone out BUT I could not have done it without you! Folding T-Shirts, passing out medals, checking folks in, being a road marshal, keeping

score, holding a tape measure, cheering folks on or whatever your role was... thank you, thank you and thank you!

MSG Advisory Board

MSG is so fortunate to have a caring and dedicated advisory board that meets every five weeks to discuss strategies, marketing, development, athletes, volunteers and other pertinent information. Our board consists of staff from SMAA: Peg Brown, Ted Trainer and Eileen Whynot as well as Janet Hoskin, Director of Community Services in Cape Elizabeth; Ginny Ketch, Piper Shores; Jerry LeVasseur, athlete and National Senior Games Board Member; Mary Ann Malloy athlete and owner, Healthy Body Fit Mind; Robin Rutherford, business owner; Deb Smith, athlete and founder, Not Too Late Basketball Camp; and, Kim Williams, athlete and Unum. Thanks to you all for donating your time!

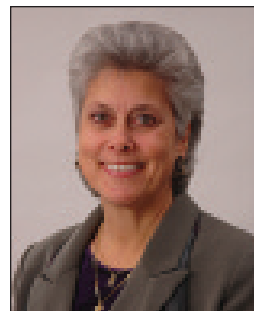


Lauren Ball, a sports management major from the University of New England, gave more than 250 hours of her time to Maine Senior Games and was a tremendous help in many ways. She lifted the heavy stuff and overall, made everything run smooth!

Young Architect Lives at the Veterans' Home for a Week

Evan Carroll participated in the University of New England's Learning by Living nursing home immersion program for a week in September. Although most participants in the program are medical students, Evan Carroll is a 29-year-old Portland architect who has dreams of designing or redesigning buildings that will work for people as they age. He hopes the experience will give him a better understanding of what residents in their own homes or in nursing homes may need in the future. Carroll was admitted to the Maine Veterans Home in Scarborough with the diagnosis of congestive heart failure and left-sided weakness after suffering a stroke. He lived in the dementia care unit for a week unable to use his left arm or leg.

The Learning by Living nursing home immersion program was designed by Marilyn Gugliucci, PhD, Director of Geriatric Research at the University of New England and a board member of the Southern Maine Agency on Aging. Among many honors and awards, Gugliucci was recently named a "Healthcare Hero" for her contribution to outstanding healthcare in Maine by Maine Today Media.



Marilyn Gugliucci, PhD, Director of Geriatric Research, University of New England.

Beach Day Reflections

By Evan Carroll, AIA

Today, the ninth of October, was a beautiful beach day—the kind of day that makes life worth living. My wife and I planned ahead and packed our beach gear into the car before heading to a small family gathering. This gathering was relatively impromptu and brought about by an unfortunate event; the death of my grandfather's wife. I had not known her very well, but thinking of my grandfather I can only begin to imagine the pain I would feel at the loss of my own wife.

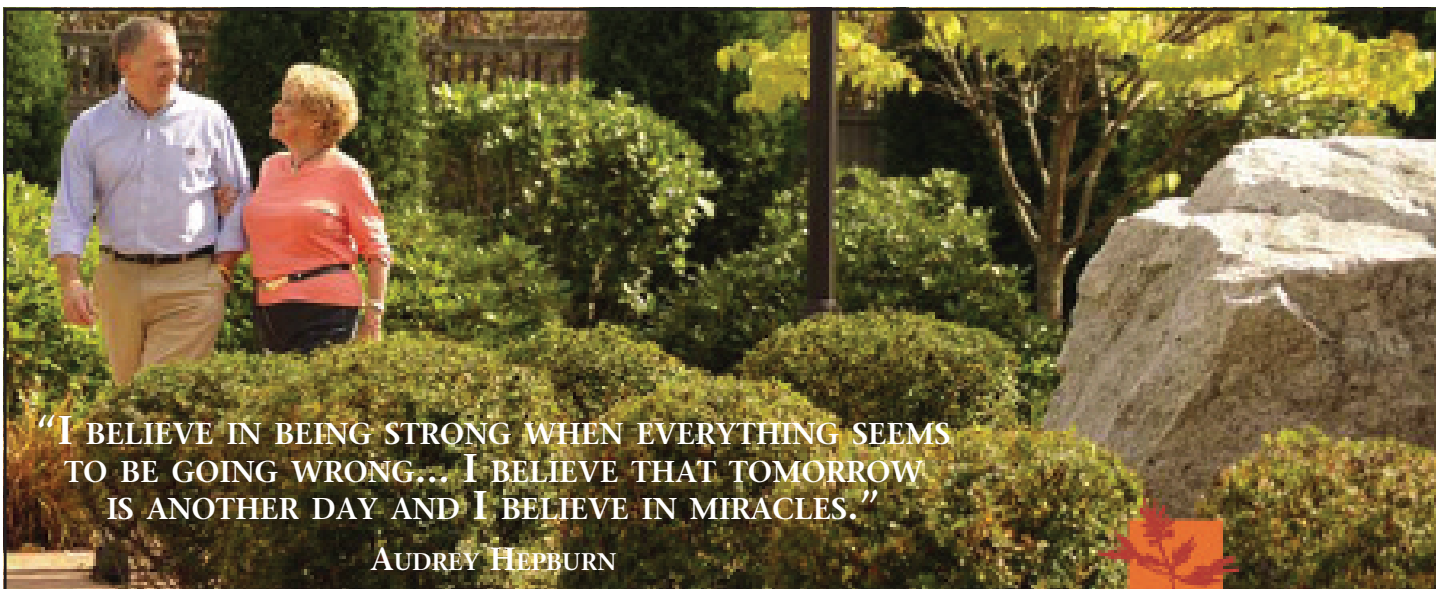


How people grow old, stay happy and pass away has been on my mind lately as a result of my recent experience living in the Scarborough Veterans' Home. I lived in the dementia unit, a place where, from the outside, one might wonder about the point of living. From the inside however, I found myself not questioning for a moment whether these were lives worth living. Undoubtedly they were.

In the unit where I lived for a week each resident could be made to smile, many of them were visited regularly by family and friends, and all of them were loved by the staff who they saw every day. It's true, they often had trouble living in the moment, but it was clear to me that memories of the past were part of their being. How these past memories were worked into the present moment created something that was not necessarily what others would call reality, but was as real to them as their lives had been.

Our relationship to our memories is what determines our self-proclaimed age in life. Those of us who focus on new memories and events of the future are young, or may be the ones who we call "young at heart." Those of us who are raising children tend to focus on the current events, because they will be the memories of the future. Those of us who focus on the memories we've already made do so because we may not see much future ahead of us, or because those memories are the source or the emotions we want to feel.

I was struck by the power of memories at the beach today. As I laid down on my towel to soak in the heat of this warm October day I spotted an elderly couple. They were two but with only one chair, and I could see that just crossing the sand was a challenge for them. I wondered how, with one chair, they expected to find comfort on the beach. I wondered how they would both be content. The chair, it turned out, was for the man, because the woman planned to walk the 300 feet to the surf.



"I BELIEVE IN BEING STRONG WHEN EVERYTHING SEEMS TO BE GOING WRONG... I BELIEVE THAT TOMORROW IS ANOTHER DAY AND I BELIEVE IN MIRACLES."

AUDREY HEPBURN

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She was not moving fast but very clearly intended to make it all the way to the waves to test the water. As I watched, my imagination took control and I could picture the many beach memories that this man and woman must have. I realized that coming here, even though it took great labor, was not as much about what they did but about all of the emotions and memories that the feeling of sand, the crash of the waves, and the patter of children's feet must bring.

I watched the elderly woman walk to the waves and then return to her gazing husband, and found myself hoping that I am creating the sorts of memories that will carry me when I am less physically able. I also realized that as we grow old it is only natural to look back more, and that doing so is not an idle curiosity but a way of bringing meaning to our actions.

Our identities are our stories of our lives and on this beautiful beach day in October I made memories with my loved family members and with an elderly couple who knew as well as I that today could not be missed.

Evan Carroll is an architect with Bild Architecture in Portland, Maine and can be reached at evan@bildarchitecture.com.

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Favorite Fall Foods

Susan Gay, Registered Dietician Nutrition Coordinator, Hannaford



Apples and pumpkins, it's your turn to shine! Sure as there were plenty of watermelons and strawberries in July and blue-

berries and green beans in August, my family and I have had our share of fresh apples recently. There's nothing like a crisp apple for an afternoon snack as it's easy, portable and inexpensive. Or a warm baked apple sprinkled with cinnamon, for a post dinner treat. Nothing says fall like pumpkin muffins, pumpkin pudding and recently we had a delicious pumpkin parfait! (See recipe below.) As we shift into the colder weather our taste buds transform, too. And that's when having a variety of foods in our diets can be lots of fun...and beneficial to our health!

What if an apple a day really could keep the doctor away? It's not that simple, however, apples are a "super food" in my opinion. Soluble fiber can help to lower cholesterol by interfering with its absorption and also contribute to blood sugar management by slowing down the absorption of the carbohydrates into the blood stream. Soluble fiber is found in blueberries, citrus fruit, oatmeal, ground flaxseeds and the flesh part of the apple. While insoluble fiber from the skin of many fruits and vegetables like apples, pears, and root vegetables like potatoes, help maintain a healthy digestive system including bowel regularity. A diet rich in fiber decreases the risk for ailments such as diverticulitis that's caused by weak areas in the intestines that become infected. Other sources of insoluble fiber include whole wheat, beans and green leafy vegetables. Contributing to its superior nutritional status, antioxidant properties of the apple help decrease chronic inflammation, which is good news especially for the heart! Pumpkin also is an excellent source of antioxidants that neutralize free radicals particularly helping to protect our eyes and reducing the risk of macular degeneration. Pumpkin is also abundant in Vitamin A for our skin and strengthening our immune system!

This Pumpkin Parfait is rich in antioxidants, fiber, Vitamin D and has fabulous fall flavor! Compliments of the October issue of "Organic and Natural" magazine...free at Hannaford.

Pumpkin Parfait

- 1/2 cup pumpkin puree
- 1/4 tsp cinnamon
- 1/8 tsp ground nutmeg
- 1/4 tsp vanilla
- 1 1/2 tsp low-fat milk
- 2 tsp sugar (Or 2 tsp local, real maple syrup)
- 6 oz low-fat vanilla yogurt
- 1/4 cup granola or favorite whole grain cereal



Combine all ingredients except the yogurt and granola.

Portion out and top with yogurt and granola!




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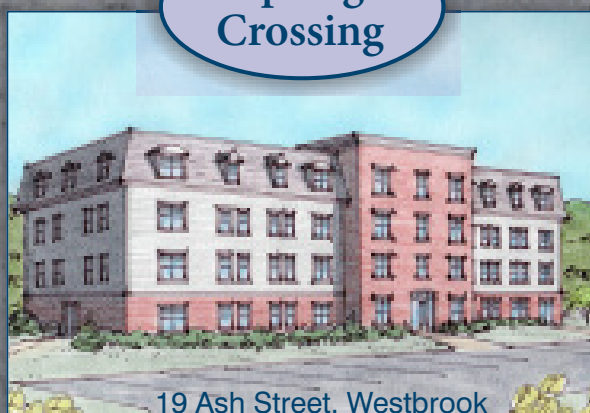
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What Your Dollars Do

Donors provided 17,411 Meals on Wheels by giving \$121,875 to the 2011 Annual Fund toward the program's costs.

Last fall Eddie Woodin challenged other donors to "stand up and deliver" by making gifts of \$1,000 or more to

Meals on Wheels.

We are gratified to acknowledge the following 29 donors whose generous gifts of \$1,000 or more to Meals on Wheels truly helped our 300 Meals on Wheels volunteers deliver!

Anonymous (3)	Douglas M. Dressel, MD	Rines-Thompson Fund
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City of Saco	Alan Nichols	Club
Madeleine Corson	David and Lucile Packard	James Wasserman, MD
Cumberland County	Foundation	Eddie Woodin
Commissioners Office	Caroline Pollock	



Members of SMAA's Meals on Wheels and Development staff enjoy a moment with Eddie Woodin and his dogs as he presents a leadership gift for Meals on Wheels to Jo Ann McPhee, Nutrition Manager.



Veteran Henri Gobeil proudly wearing his military medals with his sister, seated and his wife, Priscilla Gobeil, standing.

Veterans Appreciation Day at Truslow Adult Day Center

Twelve veterans who attend the Truslow Adult Day Center and veteran Linda DeLapp, a Center employee, were honored on October 17. Each veteran received a red rose from Debra Thomas, the Center's manager, who mentioned the veteran's service and awards. A patriotic-themed sing-a-long followed for all 30 participants of the program. Musician and vocalist Susan Reid led the musical revue.

The following veterans were honored: Ralph Bouvier, Charles Busch, Joseph Louie Giroux, Joseph Henri Gobeil, Gerard Paul, Richard Potvin, Sophie Prentiss, Elbert Putney, John Travers, Edgar Underkofler, Emile Vachon, and Linda DeLapp.

Truslow Adult Day Center is a Maine-licensed adult day health program operated in Saco, Maine by the Southern Maine Agency on Ag-

ing. The Truslow program is open to any adult who would benefit from social interaction, recreational activities, guided observation and medical monitoring between the hours of 8:00 AM and 5:00 PM during any combination of days Monday through Friday.

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Senior Moments

by Hunter Howe

No Pain, No Gain

We've all endured the parking lot trudge. You slam the car door, shrug your shoulders, hang your head and plod across the pavement toward the House of Humiliation.

You're in full mope, no zip, just zapped by fear of pending pain and mortification. You wonder how you got yourself in this mess. You've got a bad case of the heebie jeebies.

Doctor Poke About, the patrician-looking proprietor of the dreaded medical or dental procedure, waits for you.

The word procedure conjures up a nightmare scenario of scopes, tubes, probes and needles. The procedure alphabet supports this premise with scary sounding processes like arthroscopy, barium enema, biopsy, catheterization and cystoscopy. And that's only A-C.

A procedure suggests something going into a body cavity, not out. That's unsettling.

A dour-faced nurse marches you into a windowless, claustrophobic room, orders you to strip and points an intimidating finger toward a pile of pale green gowns. You ask, in a guarded manner, "Underwear too?" She throws you the bored how do



you think the doctor can perform the procedure look. Alone, you drop drawers. When the undies go, you're in serious trouble.

Naked, you frantically search for that one cloth gown hidden among the flimsy paper ones. Then, you attempt the dexterity test, trying to tie the cord in the rear that will secure the gown, hiding your behind. Most of us fail at this futile task and hold the gown closed with one hand.

Medical experts call this R-rated Candid Camera moment the "hairy hinny hand clasp."

Nurse Noxious, like a nostril sniffing hound, returns and nudges you to the Procedure Cell. It feels like you're going to jail. A collage of body anxiety consumes you: eyes dart, sweat drips, heart pounds, teeth grind. You yearn to avoid a bowel blast or breakfast barf. What a pickle. You sit, stand, shuffle, lean and wait. The instinct to bolt—huge. Clint Eastwood cool you're not. Worse, you need to pee.

The door swings open. You cringe. Doctor Plumber gives you the critical once over and asks, "How are you?" Don't you hate that? You're wearing a size 20 tent with nothing on underneath, numb with anticipation of what's to come.

You stammer and in a nervous willy voice say, "Great."

"Are you ready?"
"Will it hurt?"
"Just a twinge."
Twinge? Where's that on the

pain scale, a wimpy wince, trivial ouch, shrill shriek or long scream? Hey, what's a twinge between doctor and patient anyway. Suck it up baby. No pain, no gain.

Philip Bailey once said about life, "A bridge of groans across a stream of tears." Sounds like a procedure to me.


Once, I sat in a room at the Lاهی Clinic. I told the nurse that I wasn't too happy over the doctor inserting a tube down my throat. Oh no, she said, he's going down your nose. My nose, I thought. Why that's a smaller hole. How come it always gets worse?

Another time, as I sat in my dentist's waiting room, a patient walked

in. I realized he was the doctor who had performed two colonoscopies on me. We exchanged pleasantries. I glanced around, leaned over and said, "You know, I'd rather have a colonoscopy than a dental procedure. No pain." He liked that. Unfortunately, a dentist overheard our exchange and shot over, pleading with us to lower our voices. We laughed again. I guess it's a matter of which end you prefer. No butts about it.

Next time I'm scheduled for a procedure, trudge across the parking lot and hear the word twinge, I'm riding out of town with my new friend Clint.

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




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Living Well for Better Health is open to adults of all ages who have ongoing health problems or who care for people who do.

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- Use medications appropriately
- Communicate effectively with family, friends and health professionals
- Establish a personal nutrition plan
- Evaluate new treatments
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Workshops

Wednesdays, 9:30AM-12 noon, January 25 - February 29 at MMC Family Medicine, LRC/Falmouth Classroom, 5 Bucknam Road, Falmouth

Thursdays, 1-3:30PM, January 19 - February 23, Southern Maine Agency on Aging, 136 U.S. Route One, Scarborough

Call Jessica LeBlanc at 207-396-6583 or 1-800-400-6325 for more information or to register.

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- View falls and fear of falls as controllable
- Set realistic goals for increasing activity

- Make changes to reduce falls at home
- Exercise to increase strength and balance

Class Schedule

Wednesdays, 1-3PM January 18 - March 7, Southern Maine Agency on Aging, 136 U.S. Route One, Scarborough

Call Jessica LeBlanc at 207-396-6583 or 1-800-400-6325 for more information or to register.

New Support Group for People with Cancer in Sanford

Group will meet on the first and third Wednesday from 6-7:30PM at the Y Trafton Senior Citizen Center located at 19 Elm Street (next to the Elks Club and Library) in Sanford. The first Wednesday of the month will be a support group; the third Wednesday of the month will offer educational programs. For more information or a listing of the educational programs and speakers, call Thea Murphy at (207) 457-0080.

Southern Maine Volkssport Association

You still have time to walk the Brunswick, Maine Mall, Saco and Yarmouth Walks before SMVA retires them this year. The Brunswick, Saco and Yarmouth walks close on November 30; the Maine Mall walk continues until December 31.

Group walks (5K) have been planned in Saco and at the Maine Mall; if you would like to help plan a group walk in either Brunswick or Yarmouth, please contact Denise at SMVA2005@yahoo.com or leave a message at (207) 774-3415.

Maine Mall Walk: 8AM, Wednesdays, December 7, 14, 21, and 28. Meet at the Food Court—close to Johnny Rockets.

Osteoporosis Support Group

January 3, 2012

Topic: "How to talk to your Primary Care Provider about your Bone Health", Speaker: Brandy McKenney, PA-C, Scarborough Healthcare

February 7, 2012

Topic: "Protect your Hands" Speaker: Jenny Shubert, PT, CHT Seacoast Hand Therapy

The Osteoporosis Support Group meets at Greater Portland Bone and Joint Specialists at 800 Main Street, South Portland.

Call 828-1133 to get more information or to sign up for the email list for the group.

Free Leg Health Screening

The Vein Healthcare Center will be giving free leg screenings on Tuesday, November 29, from 9AM-5PM. Visits will include a venous exam of both legs, an overview of treatment options, and an opportunity to have your questions answered by Dr. Cindy Asbjornsen, one of the leading vein specialists in Maine.

An appointment is required. Call the Vein Healthcare Center at 207-221-7799 to make an appointment, or visit www.veinhealthcare-center.com for more information. The Vein Healthcare Center is located in South Portland at 100 Foden Road, Suite 307.

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The Grandparents Visitation Act

By Hanna Sanders, Esq.

The "Grandparents Visitation Act" was enacted by the Maine legislature in the early 1990s to provide a forum for grandparents to seek continued contact with a grandchild through the court system. Since that law was enacted, Maine's Supreme Judicial Court has found that grandparents must have an "urgent reason" to use this court process, as litigation with the child's parent interferes with the parent's constitutional right to make decisions about childrearing.

The Maine Supreme Court has determined that grandparents do **not** have a constitutional right of access to their grandchildren. The Grandparents Visitation Act is the only means a grandparent has to petition a court for visitation rights, and the legal hurdles to clear are

quite high. A grandparent may petition the court for visitation or access only if: 1) one of the child's parents has passed away; 2) there is a "sufficient existing relationship" between the grandparent and child; or 3) there is no existing relationship, the grandparent has made sufficient efforts to establish one.

In addition to these three factors, the grandparent must show an "urgent reason" or threat of harm to the child. According to the Maine Supreme Court an "urgent reason" exists, for example, when a grandparent has previously acted as a parent to their grandchild.

The court process is relatively straight-forward and is spelled out by statute. The grandparent prepares a petition along with a sworn statement about their case, which is then filed with the District Court in the county where the child lives.

The parent(s) may respond by filing their own sworn statement, and the judge will then decide whether the grandparent has shown all the factors necessary to have their petition heard by the court.

If the answer is yes, the judge may appoint a guardian ad litem, may order the parties to mediation, and/or may conduct a hearing. The judge can grant a grandparent visitation or access only if she finds that visitation would be in the child's best interest. By law, the judge must consider several factors about the child's best interest, including the child's age and preferences, stability of the child's living situation, ongoing relationship between the child and grandparent, motivation of the parties involved and their capacity to give the child love, affection, and guidance, and the ability of the parties to cooperate with each other and resolve disputes. In addition, the court will only award visitation or access to a grandchild if it

would not significantly interfere with the parent-child relationship.

In the event that a grandparent cannot clear the difficult hurdles of the Grandparents Visitation Act there may be other avenues available to petition the court for visitation, such as intervening in a parental rights matter or a guardianship proceeding. However, it is advisable for any grandparent to make every effort to work things out with the child's parent(s) in order to avoid a court proceeding.

If you have questions about your visitation rights, please call Legal Services for the Elderly (LSE) for a **free** consultation with a lawyer at 1-800-750-5353. Or you can visit our website www.mainelse.org for more information. LSE provides free legal counsel to Maine residents age 60 and older. The information contained herein does not constitute legal advice and should be used for informational purposes only.

From the Director's Desk

continued from page 1

who made it possible to expand our Medicare seminars, deliver Meals on Wheels and provide a myriad of other services;

4. Board Members who gave generously of their time and resources;

5. Businesses who sponsored more than 40 Maine Senior Games events, providing 72% of the revenue critical to sustaining the Games;

6. Members of Advisory Committees who contributed expertise, advice, and service for Money Minders, Maine Senior Games, Family Caregiving, planned giving and SMAA in general;

7. Our partners: MaineHealth, InterMed, the Good Shepherd Food Bank, and Preble Street, to name a few;

8. Southern Maine municipalities who provided significant unrestricted support and work with us to ensure the well-being of their older residents;

9. Service organizations such as Rotary and Lion's Clubs who give generously every year; and,

10. Our clients, who contributed to the Annual Fund and expressed their heartfelt appreciation to our staff and to our donors.

I extend my best wishes to you for a healthy and happy Thanksgiving and holiday season.

Laurence W. Gross
Executive Director

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"I was blown away by the range and scope of SMAA's outreach programs for the elderly when I attended a Volunteer Recognition Luncheon earlier this year. One other volunteer was 100 years old, knitted blankets, and typified the spirit of all attendees: enthusiastic, engaging and uniformly positive in outlook. Each and every volunteer loved what they were doing and each EMPATHISED with the many needs and issues of the people they served."

"SMAA is unique, precious and a leader. Thank you all, staff and volunteers. For these reasons, I am a generous donor and SMAA is part of my estate plan."

Impersonation: Do You Know Who Is Contacting You?

By Jessica Wood



Southern Maine has recently witnessed an increase in attempts made by individuals impersonating a bank employee to obtain clients' confidential information. While a number of innocent targets have reported these events, many others may have unknowingly fallen prey to this type of scam, which opens the door to identity theft, unauthorized access to your account(s) and other potentially expensive misfortunes.

In the scam mentioned above, a client is contacted via phone by a person claiming to be a legitimate bank employee, often employed by your personal bank. Impersonators may say they need to speak with you regarding your account, and may deceive you by 'confirming' some of your personal information. The goal, of course, is to make you feel as though you're speaking with a legitimate bank employee. Scam artists may also contact banks to obtain your confidential information by impersonating fellow bank associates, or by identifying themselves as the customer.

In one recent example, a customer was contacted during business hours by bank impersonator 'Jane Smith,' who confirmed some of the client's personal information and said she was calling to verify a check number. However, the client became suspicious when she asked for the amount of the check being verified, and Smith provided an amount that didn't sound right. After asking for Smith's telephone number and saying she would need to return her call, the customer contacted her local bank, which ultimately discovered the call was fraudulent. Interestingly, when the bank called the number provided to the customer, the recording sounded legitimate, but the Bank was able to verify fraud once the scam artist was on the telephone.

Another example demonstrates how your information or identity can also be used to gain unauthorized access to your account. A call center employee recently received a 'relay call,' a method of communication used by people with a hearing impairment. In this instance, the suspect, pretending to have a hearing disability, uses an operator to facilitate the call. The suspect was able to verify some of the victim's account and personal information,

but not all that the employee requested. The bank employee ultimately ended the call and contacted the true customer, who confirmed that she did not initiate the call, nor was she hearing-impaired. The client then came into a local branch to establish her identity and to implement protective and preventive measures.

After these events, another financial institution circulated an alert warning banks of these potential scams, which are becoming more common not only in Maine but across the nation.

If you suspect you are a target of a similar scam, do not be afraid to ask questions, since the answers can help determine the call's legitimacy. Also, obtain names and telephone numbers and report the event to your local bank or to the police. Under no circumstances provide your account information over the telephone or the Internet, or to any suspicious individual or entity making a request. If the request is legitimate, you will be able to confirm that with your local bank.

Jessica Wood is an Investigator at Key Bank. She may be reached at Jessica_Wood@keybank.com or 207-294-7376.

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Seniors Looking to Keep Fit

continued from page 1

cle/pedestrian coordinator for the Maine Department of Transportation, suggests that seniors may, on weekdays, account for the majority of trail users. "Trails are popular with all ages," Balicki said. "But I think that they're particularly popular both for families with young children and for older people who I think have more reservations about walking, jogging or bicycling at times on the roadway." Many older people feel more comfortable using trails that don't put them on rural highways with fast-moving traffic, city streets with crosswalks jammed with vehicles or suburban roads that often lack adequate shoulders. Trails are well suited for seniors who haven't exercised regularly but hit retirement and decide that they have more time and want to be more active, Balicki said.

Daley and his wife vary their routes, biking five miles one day and 15 miles another or walking from two to four miles. On occasion they use the South Portland Greenbelt, which is also part of the Eastern Trail, or take the Portland Trails along Back Cove or to the East End Beach and onto the Maine State Pier.

While the Daleys are regular trail users, other seniors use them less frequently. Mary Ann Larson, 63, of New Gloucester likes to walk along the Portland Trails when she's in the city, often with her dog, Patrik. She has been on many of the Portland Trails and enjoys the varied landscapes they offer.

"What I like about them is the fact that they're all different," she said. "The terrain is different. The scenery is different. I'm not somebody who likes to walk in the same place over and over."

It's no secret that health professionals have long prescribed regular exercise as a way for middle-age and elderly patients to combat such conditions as high blood pressure, high cholesterol, diabetes, osteoarthritis and osteoporosis. Some also regard exercise as helpful in maintaining cognitive function.

"In general, physical activity raises everything you want raised and lowers everything you want lowered," said Douglas Beck, physical activity coordinator with the Maine Center for Disease Control and Prevention. "Any level of physical activity is better than no level of physical activity."

Walking, which requires no special equipment, is the ideal way for most older people to become more active, according to Beck. "Quite simply, walking is the most natural physical activity," he said. Seniors who as adults haven't been on bicycles tend to regard them as "toys for kids" and are unlikely to take up cycling, he suggested.

Users looking for suitable trails not far from home can go online at www.healthymainewalks.org—a website sponsored by a coalition of trail and health agencies that catalogs trails in all regions of the state. The listings include details such as permitted activities, trail surface, access points, parking and scenic attractions.

The Mountain Division Trail allows snowmobiles, while the Eastern Trail does not. Some trails are open to equestrian traffic. People looking to use a trail for the first time can find each trail's rules on the website.

Surfaces vary, with some trails topped with pavement that can accommodate road bikes. Others might have gravel or stone dust that are better suited to mountain bikes or hybrids. Some trails are plowed during the winter and others are not.

Beck said the website is being revised to include more information that may be of particular interest to seniors, such as which trails have rest areas with benches, toilet facilities and drinking water.

Some Maine trails fit the definition of rail-trails, which are built along rights-of-way of rail lines that are no longer in use. The Rails-to-Trails Conservancy, a Washington, D.C.-based nonprofit seeking to create a nationwide trail network from abandoned rail lines, says there are 16,000 miles of rail-trails in the U.S., which includes 298 miles in Maine.

The longest of the Maine rail-trails is the Down East Sunrise Trail, an 84-mile gravel covered pathway that runs through sparsely populated areas of Hancock and Washington counties. Unlike most other trails, the Down East is open to all-terrain vehicles.

Other rail-trails include the popular Kennebec River Rail Trail that runs from Gardiner to Augusta and the Mountain Division Trail. One feature of rail-trails that seniors may find appealing is their relatively flat terrain. That's because the trains that used to run along those routes were limited to grades of no more than three percent.

Some walkers and cyclists say each of the trails has its own attractions and character, providing an incentive to switch from time to time. Some offer water views, more shade or sun, and opportunities to view wildlife.

Such sightings are not unusual. Daley recalled recent outings in which he saw a large deer one day and a great blue heron the next.

Just as advocates of the Eastern Trail hope to see it run nearly 70 miles between Kittery and South Portland as part of the multi-state East Coast Greenway bicycle path, promoters of the Mountain Division Trail have a vision of a 52-mile route from Portland to Fryeburg.

Major funding for trail development comes from the federal government, which includes it in transportation money it disburses to the states. At a time when Washington

faces huge pressure to slash the federal debt, even the most fervent trail advocates admit that the completion of such ambitious projects will take years, if not decades.

Even so, trail users this year will be able to celebrate incremental improvements that include new bridges along the Eastern Trail that cross U.S. 1 in Saco and the Maine Turnpike in Kennebunk. On the Mountain Division Trail, a total of nearly four miles is set to open this year and next in Fryeburg. Planners also have lined up funding for an engineering study for a five-mile stretch from Windham to Westbrook.

"There are years when nothing goes on, and this last year, or year and a half, a lot of the pieces have come together," said David Kinsman, president of the Mountain Division Alliance.

Balicki cautions, however, that even as federal funding for trail construction remains constant, it may become tougher for states and local communities to come up with the required matching money. "People are going to have to be patient. It's a tough economic climate," he said.

Still, Balicki remains optimistic and maintains that support for new trails is unlikely to dissipate.

"With all of the health issues today, and the baby boomer generation becoming seniors and wanting to stay fit and remain active, I think the demand is going to be there for a while," he said.



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EDITOR'S NOTE

Thanks for making "Senior News" possible!

Our readers have come through!

As of October 1 we have received \$2,093 in donations in the past eight months to support the newspaper. That means 210 people have donated. Let's see if we can push both numbers up! Readers can send a check or call with a credit card number anytime. Thank you.

To inquire about writing for the newspaper, contact Eileen at 396-6512 or 1-800-427-7411 x512 or ewhynot@smaaa.org

If you no longer want to receive the paper, please contact Bonnie at 396-6526 or 1-800-427-7411 x526 or email bcaig@smaaa.org to be removed from the mailing list. Thank you!

—Eileen Whynot, Editor of "Senior News," Southern Maine Agency on Aging

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From Daily Stress.

When Marianne Fenton's father, John Garner, needed the specialized support of memory care, she and her mother, Pauline, visited Scarborough Terrace. "Halfway through the tour, Mom said, 'I wonder if living here wouldn't be best for both of us.'"

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Barbara Duke

continued from page 1

Through the years art has remained her primary love. She worked in Manhattan for 10 years in a photo retouching studio learning to use an airbrush, sliming overweight people and fixing wrinkles in clothing and that sort of thing. Barbara married an engineer and had a daughter, she calls "the joy of my life." The family eventually moved to Long Island, NY where she painted and sold her work from a studio in her home. Her portfolio includes oil paintings, which include strikingly realistic portraits of children, landscapes, seascapes and pets as well as many prominent opera singers.



One of the many pastels Barbara Duke created on commission.

She entered the first of four assisted living facilities in Pennsylvania where she then lived after the death of her husband. She moved to Portland Center for Assisted Living to be near her daughter. Her daughter has now moved to upstate New York and has gone back to school as a young retiree at age 62. Mother and daughter remain close despite the distance and Barbara smiles and her eyes twinkle when she speaks of her daughter's new pursuits.

Barbara is enthusiastic about her life, eagerly looking forward to each day's events. She has many friends and many interests, including learning French from a friend. Since she no longer has a studio in which to paint with oils, she now works in pastels. She is working also on a sequel to her first book, which ends with her high school experience. Unhappy with the first draft of this book, she may revise it as a work of fiction. She expects this book to be her last as she continues to consider herself primarily a visual artist.

She was encouraged and supported by her family in her development as an artist and singer, yet describes herself as a child as "a shy thing." While there is a diffidence about her and not a trace of the prima donna, she is today outgoing and energetic in her enthusiasm for the possibilities of her life. She attributes her increased confidence largely to her work with a therapist over the past two years. While she can no longer sing or type and her living conditions no longer enable her to paint with oils, she remains firmly committed to art, to reading, to her daughter and her friends and to each day's opportunities for learning.

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A Spotlight on Jane Hurst

By Monika Pardon,
VISTA Volunteer

When interviewing Jane Hurst, I found myself thinking about how incredible she is on paper. She not only is a caregiver for her mother, but she volunteers as a SMAA Meals-on-Wheels driver, a docent at the Portland Museum of Art, and she teaches the "Living Well" workshop through SMAA. Then, I met her. Her zest for life and staying active was clear from everything about her. Jane is a person who sees the glass half full rather than half empty. She talks about people with enthusiasm and respect. Within moments of meeting her, it became clear that she loved to talk, but she was an even better listener. So with a smile on her face, we sat down together so I could learn more about how Jane became so involved in living. Here is what I found out.

Even though Jane grew up in the suburbs of Boston, she feels more of a connection with her Maine roots that date back to 1906 when her great-grandparents bought a summer home on Littlejohn Island in Yarmouth. When it was time for college, Jane stayed in Boston and earned a teaching degree. Her first teaching job in Keene, New Hampshire lasted 33 years. While working as a fulltime teacher, Jane raised three children. Fortunately, she was well-suited for this demanding and rewarding lifestyle!

Jane started out as an elementary school teacher, but kept chang-

ing grade levels. She frequently changed her curriculum, because she says, "I like learning new things." When Keene changed from a junior high school to a middle school, Jane was fascinated and changed to middle school where she taught physical science to eighth graders.

During her time there, she had a student who by everyone else's standards was troubled. This student was always in detention and sent to the principal's office. He hardly ever talked, so when Jane needed to talk to this student, she started that conversation by commenting on how his notebook was covered with duct tape. He told her how he loves duct tape, so she built a rapport with him by talking to him about duct tape. Eventually, this student started to respond well to her, and she never had to send him to the principal's office or give him detention.

Jane believes that it is a teacher's job to connect with each student and get them to be involved. As a volunteer with Meals-on-Wheels, she still connects with people. She loves people, and as she put it, "they are my people," and "you couldn't pay me enough to give up my Meals-on-Wheels route."

Jane loves her time volunteering at the Portland Museum of Art and has also become a Living Well Leader. At first, she felt inadequate as a volunteer leader since she doesn't have a medical background, but once she took the series of classes,

she realized that she could definitely teach it. She told me that as a Living Well Leader she had to tune



into people and their needs, and work with them to learn how to cope with their chronic health issues.

Jane came to SMAA and RSVP thinking that volunteering was going to be like a job, which would provide activities to fill her schedule, but to her surprise, volunteering became so much more. She finds joy in serving others, and she found that volunteering takes her mind off the negative. For Jane, volunteering has impacted her life in a positive way. Like most people, Jane finds a tremendous value in volunteering her time, because she says volunteering helps her cope with any personal crisis that comes along. Now she actively recruits anyone to volunteer, because she knows that they will love it, too.

CATCH Healthy Habits Seeks Volunteers

Change a life one celery stick at a time. This is the tag line for CATCH Healthy Habits, an inter-generational project in the greater Portland area offered by the OASIS Institute and RSVP, the volunteer placement service based at SMAA.

Consider volunteering for CATCH Healthy Habits, an after-school program that brings teams of adults age 50 or older together with

children learning about good eating habits and playing active games.

There are lots of ways to get involved. You can work directing with the children in grades K-5 by leading fun, active games, sharing healthy snacks and teaching about good food choices. Sessions meet once or twice a week for an hour and training is provided. Or, you can help in other ways, like helping to organize sessions, preparing snacks, taking pictures, etc.

To learn more, contact the CATCH Healthy Habits Coordinator, Christine Ellis. You may call her at 396-6523 or email her at celis@smaaa.org.

Help children develop healthier lifestyles, while reinforcing or improving your own positive choices. Contact us today.

People Age 55 and Older Have Additional Opportunities to Help People of All Ages Through RSVP

In addition to the many volunteer opportunities available within the Agency on Aging (see below), people age 55 and over have access to even more volunteer opportunities with other nonprofit and healthcare organizations through RSVP, the Retired and Senior Volunteer Program. Some that we are featuring may be found in "The Tip of the Iceberg" below.

Volunteers of All Ages Needed To Support Senior Independence

Southern Maine Agency on Aging has a long history helping people age 60 and over live full and independent lives. We have done that by providing clear, objective information and a variety of services. Volunteers have always been key to our success. Here are some of the many ways you could help as a volunteer:

- Help Seniors with Everyday Finances as a Bill-Paying Assistant
- Deliver Meals on Wheels
- Shop for Groceries for a Senior
- Lead a Group to Help Seniors Improve their Balance
- Lead a Group to Help People Cope with Chronic Illness
- Help Organize Maine Senior Games



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- Support Residents of Larrabee Village in Westbrook by Leading Activities, Visiting or Grocery Shopping
- Help with Activities and Events at Truslow Adult Day Center in Saco
- Become a Medicare and Health Insurance Advocate
- Help Provide Information & Resources to Seniors
- Put Your Office Skills to Good Use at SMAA
- Meals-on-Wheels needs additional drivers who willing to drive in the winter months. Please note that in snow storms the Meals on Wheels runs are cancelled and participants use their "storm packs."
- 2012 tax time is around the corner. Train to become a tax preparer helping people with their returns during the filing season. Also needed are facilitators who greet clients and help them make sure they have their tax papers in order.
- Several nonprofit agencies need volunteers to help in their offices with things like filing, mailing, answering the phone or data entry.
- Become an "activity pal" playing games, walking or doing crafts with people who have developmental disabilities.
- Support our multinational population by assisting with English as a second language. Training is available.

To learn more, call the Volunteer Hotline at (207) 396-6525 or 1-800-427-7411, Ext. 525.

The Tip of the Iceberg

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

Cumberland County

An elementary school in the greater Portland area needs a library helper to help keep books and the library organized and a teacher's helper to assist a student with reading and practice with math facts.

Volunteers are needed to help with a recreational program for people with visual impairments.

Give Priscilla Greene a call at 396-6521 or 1-800-427-7411 Ext. 521, and we can discuss these and many other ways you can make a difference. Or, you may email Priscilla at pgreene@smaaa.org.

York County

• Do you like to knit? An assisted living center would like someone to teach the Activity Director

and a few residents how to knit.

- A nonprofit bookstore in Sanford that benefits Home Health Visiting Nurses needs volunteers for three hours a week, either between 10AM and 1PM or between 1PM and 4PM. Call RSVP for more information
- A nursing home in Saco has requested volunteers to visit with residents in the afternoons.
- Another nursing home in Kennebunk is looking for a volunteer to visit with a gentleman who resides there.
- Two schools in southern York County are looking for mentors for students. Call RSVP for more information.
- Medical Literacy volunteers are needed at Goodall Hospital to meet with patients prior to their discharge and go over their discharge plans to insure clarity of the instructions.
- Two therapeutic riding programs in York County are looking for volunteers.
- SMAA's Springvale Community Café is looking for volunteers to help seniors who come in to purchase tickets for the "As You Like It" meal program.

To learn more about these and many other volunteer opportunities, if you live in southern York County, contact Deborah Levine at (603) 205-4073 or dlevine12@yahoo.com.

If you live in the rest of York County, contact Ken Murray, at 1-800-427-7411, Extension 520 or by e-mailing kmurray@smaaa.org

New Volunteers

Judith Deroche
Jim DeWitt
Michael Fantasia
Molly Fitzpatrick
Jean Gatanguilya
Candace Johnson
Tom Langzettel
Joan Loignon
Brett Morgan
Paul Nolette
Eileen Purdy
Joyce Rasque
Marilyn Reilly
Pamela Reynolds
Katherine Romano
Peter Romano
Dan Rothermel
Nancy Sawyer
Bill Swetland
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New Community Sites for RSVP

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