



From the Director's Desk

Thank you to all our 2014 Donors

As this season of thanksgiving and celebration commences, I want to thank each of the 1882 individual donors, foundations and corporations who contributed more than \$686,000 in critical operating support for the many programs and services delivered by the Southern Maine Agency on Aging during our fiscal year 2014. Enclosed in this issue of Senior News is the 2014 Report of Philanthropy, which lists the names of all who contributed to the Agency from October 1, 2013 through September 20, 2014. The outstanding support we received allowed the Agency to serve more than 22,000 people in Cumberland and York counties in 2014.



The financial challenges to provide the same level of critical services and information to an increasing number of older adults are greater than ever before. Without the continued support of the greater community, those challenges would be insurmountable. Thank you for keeping the Southern Maine Agency on Aging a priority in your philanthropic plans for the year. We truly could not do what we do without your generous support.

The Stewart Center Opens in Falmouth

I am delighted to report that the Stewart Adult Day Center, located in the re-purposed Lunt School building on the OceanView campus in Falmouth, is now open. It is extremely gratifying to see the end result of our years of research. SMAA has created a state-of-the-art Center that reflects best practice in space planning and person-centered programs that transforms adult day service. Concurrently, we have completed the site work, paving and some landscaping at our new Biddeford location. The \$3 million Phase One of our \$6 million capital campaign has been successfully completed and we are now fully engaged in Phase Two—raising \$2 million for the construction of the Biddeford Adult Day Center, scheduled to open in the fall of 2015.

SMAA receives \$954,000 Grant for Dementia Capable Service Network

I am proud to announce that SMAA has received a \$954,000 grant from the federal Administration for Community Living

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STEWART ADULT DAY CENTER OPENS IN FALMOUTH



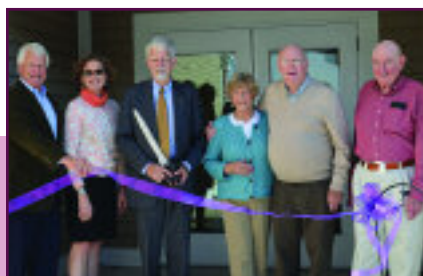
On Friday, October 17 the Southern Maine Agency on Aging (SMAA) celebrated the grand opening of the Stewart Center, a state of the art day center for individuals with dementia and their caregivers. Located in the former Lunt School building on the OceanView campus in Falmouth, the new Center offers person-centered programs in a beautiful home-like setting for up to 28 members per day.

Community leaders including Karen Farber, chair of the Falmouth town council; John Wasileski, CEO of OceanView; Laurence Gross, Executive Director of SMAA; David Smith, president of the SMAA Board of Directors and Tim and Howsie Stewart for whom the new Center is named, cut the ribbon and invited more than 100 guests to tour the new space. In his welcom-

ing remarks, Gross said, "the Southern Maine Agency on Aging is delighted to bring a center of excellence for the care of those living with dementia and their caregivers to the greater Falmouth area. This Center will provide dynamic programming for our members, but also much needed respite opportunities for their family caregivers."

Along with the other community and project leaders, Tim and Howsie addressed the crowd prior to the ribbon cutting. Both Stewarts are well known in Maine for their work as avid volunteers and are

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Top—L to R: Main entrance to the Stewart Center; Stewart Center Garden
Bottom—L to R: John Wasileski, CEO OceanView at Falmouth, Karen Farber, Falmouth Town Council Chairman, Laurence Gross, SMAA Executive Director, Howsie and Tim Stewart, Dave Smith, SMAA President of the Board; Howsie Stewart and Jane Webster



STEWART
CENTER
Southern Maine Agency on Aging

Southern Maine Agency on Aging Awarded \$954,457 Grant from the Administration for Community Living

The Southern Maine Agency on Aging is excited to announce that we have been chosen, among only 10 organizations nationwide, to receive a grant from the federal Administration for Community Living in the amount of \$954,457. This grant will be used to expand—over three years—the Agency's capacity to provide services to people and families living with

Alzheimer's disease and related dementias and people with intellectual and developmental disabilities aging into dementia.

This grant will support the development of the Southern Maine Dementia Capable Service Network, a collaborative effort between SMAA and regional and national partners such as Maine Medical

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Meeting With A Medicare Volunteer Could Save You Thousands

Each year during Medicare Open Enrollment, more than 2000 people meet with SMAA staff or trained volunteers for one-to-one sessions to review their Medicare drug plan options for the upcoming year. "It is so important that Medicare recipients take the time every year to review their options," said Mary Hadlock, the Agency's Medicare

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If you no longer want to receive the paper, please contact Jessica at 396-6520 or 1-800-427-7411 x520 or jleblanc@smaa.org.

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Agency on Aging
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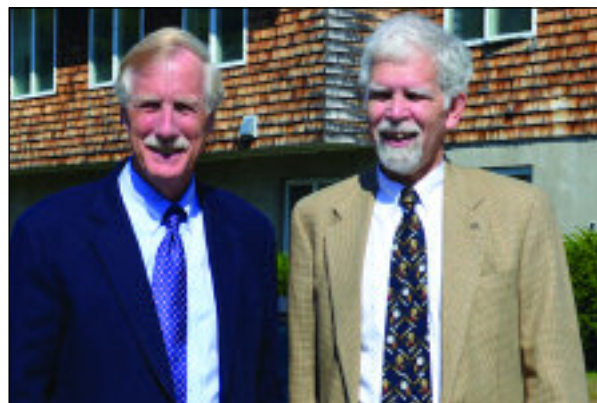
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Senator King Visits Truslow Adult Day Center

This fall Senator Angus King and his staff had the opportunity to visit the Truslow Adult Day Center in Saco. During the visit, SMAA staff and the Senator had a chance to discuss the impact of the aging state, the increase in Alzheimer's and other dementias in southern Maine, and to see firsthand how the Truslow Adult Day center can help adults living

with Alzheimer's and other dementias and their family caregivers.

"Finding affordable, high-quality support services can often be challenging for Maine seniors and their families," Senator King said. "Thankfully, places like the Truslow Center are stepping up to provide our aging population with world-class care. Given that the demand for these services is only expected to rise, it's critical that we continue to develop and evaluate ways to meet this growing need in an affordable and responsible way. By providing care during the day and creating a welcoming atmosphere for Maine seniors through carefully planned programming, the Truslow Center is an important part of that endeavor."



Senator King and Laurence Gross, SMAA Executive Director

On September 27, the staff at the Truslow Adult Day Center participated in the Alzheimer's Association's Walk to End Alzheimer's. This awesome group walked for the members at Truslow and for the families impacted by Alzheimer's. Leading up to the walk, the members and staff held fundraising events such as a yard sale, raffles, "penny wars", pie in the face, and a bake sale.

Way to go... TEAM TRUSLOW!

A Heartfelt Thanks!

It is that time of year when we look back and reflect on the things that we are thankful for. In my new journey as a caregiver, I have found that it takes a village to care for Mom. She has vascular dementia and every day is a new day. I am thankful for my friends, my neighbors and mostly for the Truslow Adult Day Care Center.

Often I have had to juggle the hours and days I work. This means that the village has to help. My village consists of my friends, neighbors and Truslow Adult Day Center. Often we have to figure out who is taking Mom to Truslow and at what time and who is picking her up and when? We have a calendar set up for the month for each day. Sometimes things come up, like today, my husband is a line worker for the power company and is out of town. But we figure it out and everyone in the village works together to give Mom the best care possible.

The folks at Truslow seem to understand what is going on. They understand Mom and her needs and they also understand my needs. Many days I come in all hurried as we may have had to clean up a mess or Mom is still in yesterday's clothes because she was non-cooperative. Or I come in with her breakfast because it had not been an hour since she had her meds because she did not want to get up. The professional staff at Truslow are kind and gracious. They know that I am doing my best to take care of Mom and to make a living at the same time. If I did not have them I would not be able to work at all. They are there when I sought out respite. We had not been in our home without Mom for five years.

They are there for every step of this journey. I am thankful for the talented and dedicated staff, the volunteers and the entertainers that come in to brighten Mom's day.

So as we gather together this Thanksgiving, please remember those that help seniors age gracefully and with dignity. Thank you to the staff at Truslow Adult Day Center.

Liz Havu

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



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SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

Adult Day Center – Kimball Health Center, Saco, Mon-Fri, 7:30AM-5PM. 283-0166

A Matter of Balance – Paul Hazelton House, Saco Feb 4- Mar 25, 1-3PM, Registration: 396-6583

Community Café – JR Martin Community Center, Biddeford, Mon, Tue, Thur, and Fri, Noon, Reservations: 283-2477

Family Caregiver Support Group – Community Partners, Biddeford 2nd Mon, 3-4:30PM or 2nd Monday, 6-7PM. 713-3723

– Truslow Adult Day Center, Saco on 1st and 3rd Thursday, 3-4PM. 283-0166

Living Well for Better Health Workshop – JR Martin Community Center, Biddeford, Feb 17 – Mar 24, 1-3:30PM, Register: 396-6583

Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Mon, Tue, Wed, call for appt. Linda Sprague-Lambert 776-4759

Memory Café – Elements: Brooks Coffee, Biddeford, 2nd Thurs, 11AM. 797-7891 or cafe@memoryworks.org

CUMBERLAND

Memory Café – Louie's Grille, 3rd Tues, 11AM. 797-7891 or cafe@memoryworks.org

FALMOUTH

Medicare 1-on-1 Appts. – Falmouth Library, 3rd Thur, 10AM-1PM, 396-6524 for appt.

FREEPORT

Medicare 1-on-1 Appts/Free Information & Assistance – Freeport Library, 2nd Tues, 1-4PM, 396-6500/1-800-427-7411 for appt.

GORHAM

Memory Café – The Gorham House, 4th Tue, 1PM. 797-7891 or cafe@memoryworks.org

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

A Matter of Balance – Woodford's Church, Portland, Jan 28 – Mar 18, 10AM-12PM, Registration: 396-6583

Community Café – Peoples Methodist Church, South Portland, Every Thur, noon. Reservations: 767-2255

Community Café – Cummings Center, Portland, 3rd Thurs, noon, Reservations: 878-3285

Community Café – Westbrook Community Center, Westbrook, Last Tue, noon, Reservations: 956-1348

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

Medicare 1-on-1 Appts/Free Information & Assistance: Portland, Hope Gateway Church, 4th Tue, 12-1PM; Salvation Army, 2nd Wed,

10AM-12PM; Woodford's Church, 3rd Mon, 1-3PM, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts/Free Information & Assistance - Westbrook Community Center. 2nd and 4th Wed, 9AM-12PM, 396-6500/1-800-427-7411 for appt.

Memory Café – Beach Glass Transitions, South Portland, 1st Wed, 11AM, "Tech Café", 797-7891 or cafe@memoryworks.org

KENNEBUNK/WELLS

A Matter of Balance – Park Street School, Kennebunk, Jan 14 – Mar 4, 1-3PM, Registration: 396-6583

Community Café – Park Street School, Kennebunk, Nov 7 & Dec 5 from 11AM-1PM, Reservations: 985-2588/329-5400

Community Café – Ross Corner Woods, Kennebunk, Mon, Tue, Thur, and Fri, noon, Reservations: 985-2588

Medicare 1-on-1 Appts – Kennebunk Senior Center, 3rd Wed, 12-3PM, 396-6500/1-800-427-7411 for appt.

Memory Cafés: Huntington Commons, Kennebunk - 3rd Thurs, 11AM; Seed & Bean, West Kennebunk - 1st Mon, 11AM. FMI: 797-7891 or cafe@memoryworks.org

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

Community Café – Eliot Methodist Church, 11:30AM on Nov 6 & Dec. 11, Health screening clinics available during luncheons by Cornerstone VNA, Reservations: 475-7399

Family Caregiver Support Group – Gathering Place, Kittery, 1st Thurs, 3-4:15PM. 439-6111

Family Caregiver Support Group – Heart Health Institute, York, 3rd Tue, 1-2PM. 475-1167

Medicare 1-on-1 Appts – York Hospital, 2nd Thurs, 9AM-4PM, 396-6500/1-800-427-7411 for appt.

Memory Cafés: The Inn at Sentry Hill, York - 2nd Tue, 11AM; The Gathering Place, Kittery - 3rd Wed, 12:30PM; A Perfect Move, Kittery - 4th Tue, 11AM; York Senior Center - 1st Tue, 11AM, Includes light lunch. 797-7891 or cafe@memoryworks.org

Welcome to Medicare Seminar – York Hospital. 396-6524/1-800-427-7411 to schedule.

KEZAR FALLS/HIRAM

Community Café – Sacopee Val. Rescue Barn, Hiram, 2nd & 4th Tues, noon. Reservations: 625-4057

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

Family Caregiver Support Group – Bridgton Community Center, 2nd Wed, 1-2:30PM 1-800-427-7411

Medicare 1-on-1 Appts – Bridgton Hospital, Every Tues between 8:30-11AM. Walk-in first come first serve basis.

PARSONSFIELD

Medicare 1-on-1 Appts/Free Information & Assistance – Parsonsfield Town Office, 3rd Mon, 9AM-12PM. 396-6500/1-800-427-7411 for appt.

SANFORD

Community Café – Nason Community Center, Springvale, 3rd Tue, noon. Reservations: 324-5181

Medicare 1-on-1 Appts – Southern Maine Health Care, Sanford, 1st Tue, 9AM-4PM. 396-6500/1-800-427-7411 for an appt.

Memory Café – Gentiva Home Health, Sanford, 2nd Tue, 11AM, 797-7891 or cafe@memoryworks.org

Welcome to Medicare Seminar – Southern Maine Health Care, Sanford, 1st Tue, 2-4PM. 396-6500/1-800-427-7411 to schedule

SCARBOROUGH (SMAA MAIN OFFICE)

Family Caregiver Support Group, 3rd Thurs, 5:15-6:30PM, 396-6540

Medicare 1-on-1 Appts/Free Information & Assistance, Every Mon, Weds and Fri, 9AM-4PM, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Welcome to Medicare Seminar – 2nd and 4th Mon, 2-4PM and 1st and 3rd Thurs, 10AM-noon. Call 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH

Blue Point Congregational Church Luncheon – Scarborough, 3rd Mon, noon, Reservations: 510-4974

SHS Oak Hill Players Present: Irving Berlin's White Christmas, Winslow Homer Center for the Arts – Scarborough High School, Nov 6-8, 7PM, Nov 9, 12PM, Nov 13-15, 7PM, and Nov 16, 2PM, Tickets: \$12/adults, \$10/seniors and students

Weekly Wednesday Lunches at Camp Ketcha – Scarborough, Every Wed, 11:30AM, All Welcome! \$5 for 60 and up, \$7 for all others Reservations: 730-4150 by 2PM the Mon prior

WINDHAM

Community Café – Unity Gardens, Nov 14, noon - Roast Turkey and fixings. Music by Bob Gendreau, Dec 11, noon - Pot roast dinner. Holiday exchange of \$1 gifts for woman or man. Entertainment by Marion Rochford. Regular meals on Mon, Tue, Thurs, and Fri at noon. Reservations: 892-3891

Free Information & Assistance - Our Lady of Perpetual Help Church, 396-6524 for an appt.

Medicare 1-on-1 Appts/Free Information & Assistance - Our Lady of Perpetual Help Church 1st and 3rd Tue, 9AM-NOON. 396-6500/1-800-427-7411 for appt.

Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, 1st and 3rd Tues, 10AM-NOON, 396-6500/1-800-427-7411 to schedule.

YARMOUTH/NORTH YARMOUTH

Aging and Grace Symposium – Sacred Heart Church Hall, Yarmouth:

Nov 12, 3-5PM – Richard Traynor, trial attorney discussing need for advance directives and Catherine Gentile, award-winning author, caregiver/advocate, discussing the facets of caregiving and resources

Nov 19, 3-5PM – Bonita Usher, 2012 advocate of the year discussing downsizing and estate dispersal and Don Harden, founding member of ME Council on Aging discussing how to access long-term care services. FMI: 553-9076 / georgette@pothe.org

A Matter of Balance – Yarmouth Community Center, Jan 23 -March 13, 1-3PM, Registration: 396-6583

Community Café – Masonic Lodge, Yarmouth, Every Tue, noon. Reservations: 846-6693

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In a customer satisfaction survey this fall, Money Minder participants offered their take on the Money Minders program:

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"I look forward to seeing my volunteer every month. She makes me feel better about myself."

"My volunteer is a HUGE help. I don't know what I would do without her. She is wonderful and a great new friend."

"I am extremely grateful. I sleep better now and have tremendous respect and trust for my volunteer."

"I can never thank the agency or my volunteer for all her wonderful assistance and kindness."

"It's a great sense of relief when living alone."

"I'm very satisfied and grateful."

"I appreciate the humor and friendship of my Money Minders volunteer."

"My Money Minders volunteer is always helpful, courteous and kind."

The Money Minders program matches well-trained and highly skilled volunteers with clients who need help getting their monthly bills paid in an accurate and timely manner. Volunteers help sort mail, create a basic budget, prepare (but not sign) checks, and balance the check register to the bank statement. Money Minders is a FREE program for eligible persons 55 and older who meet income and asset guidelines and other program criteria. Please call 396-6500 or 1-800-427-7411 and ask to speak to a Resource Specialist for more information about applying for a Money Minders Volunteer to help you.



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AARP Smart Driver Classes

Class size is limited and registrations will be accepted first-come, first-served while space is available. The registration fee is \$15 per person for AARP members, \$20 per person for all others, and advance registration is required. Please register by calling the number listed with the class.

November 13, 9AM-2:30PM
York Senior Center
363-1036

November 14, 9AM-1:30PM
AARP State Office, Portland
370-9647

December 12, 9AM-1PM
AARP State Office, Portland
829-4664

For dates and locations of other Driver Safety courses nationwide, go to: www.aarp.org/drive

Senior News

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Circulation: Mailed directly to 15,000 households and 7,500 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 23,000

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

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

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Mission Statement

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

Commitment to Reasonable Accommodation:

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

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

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



The Stewart Center

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passionate philanthropists. As long time supporters of SMAA, this project became very personal for the Stewart family as Tim was diagnosed a few years ago with frontal lobe dementia. In addition to understanding how dementia affects the individual, Howsie knows that it is equally important to care for the caregivers. The Stewart Center offers support for the entire family.

The Center was designed using the latest research regarding how

people with dementia respond to their environment. The interior design colors, the images on the wall, the layout and the floor plan were all chosen based on the recommendations of the latest research by a leading group of architects and gerontologists working together at the Institute for Aging and Architecture at the University of Wisconsin.

The person-centered programming offered at the Stewart Center is focused on what the member retains, not what he or she has lost in the course of the disease. The staff, working with the members and

their families, designs activities that appeal to each individual member. The Center has a beautiful fenced terrace which will have raised beds for gardening. There's also an attractive seating area, allowing members to enjoy the outdoor patio while safe and secure. In the new Center, members who need a quiet space can easily retreat to the study or game room for a break from more social activities. Smaller activity spaces like the specially designed arts and crafts room and the therapeutic kitchen encourage member independence in a very home-like setting. Kirsten Dorsey,

the Stewart Center program director said the kitchen has become the social hub of the new space. "In the morning, when our members are first arriving, they gravitate to the chairs around the island in the kitchen, enjoy a cup of coffee and have wonderful discussions. On many occasions, their caregivers join in as well. It's a great way to transition into the day."

The Stewart Center also offers a separate Family Caregiver Support area where caregiver classes and workshops will be held as well as support group meetings.

If you'd like more information about the Stewart Center, please visit our website or call Polly Bradley, Director of Adult Day Centers at 207-396-6512.



Photos — Clockwise: Kay and Jack Emory and Gail McBride, Norway Savings Bank; Adult Day Center Staff— Arin Jourdrej, Kim Gagne, Marilyn Durgin, and Elisha Stickney; Living Room at the Stewart Center; Karen Farber, Falmouth Town Council Chairman speaking at the Ribbon Cutting Ceremony; Julie Pew and Didi and Holmes Stockly; Howsie and Tim Stewart cutting the ribbon; Chris Wasileski, OceanView at Falmouth and OceanView staff; Jack Evans, Charlie Roscoe, Josh Burns, and Susan Roscoe

Campaign to Create a Better Day Receives Support

We would like to thank Saco and Biddeford Savings Institution for their support for The Campaign to Create a Better Day. Thank you to Don Lauzier, VP, Community Relations Officer for visiting our office in Scarborough recently.



ATTENTION: Snowbirds

Before you fly away, please let us know your winter mailing address. If the Post Office informs us of your change of address, it costs us more than \$3! If you want the "Senior News," we want you to receive it. To update your address or to be taken off the mailing list, contact Jessica LeBlanc at jleblanc@smaaa.org or leave a message at 207-396-6520 or 1-800-427-7411 x520. Be sure to specify the date of your expected return to Maine. Happy reading!

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.

Caring For Aging Family Members

Support/Discussion Groups

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

Biddeford – Community Partners: For caregivers of those with dementia.
 • Second Monday of month, 3-4:30PM
 • Second Monday of month, 6-7PM.
 Call Barbara Alberda at 713-3723.

Bridgton – Community Center: For caregivers of an older adult or person with dementia. On site respite available (call 647-8143 to reserve).
 • Second Wednesday of month, 1-2:30PM. Call Ann O'Sullivan at 1-800-427-7411 x 541.

Kittery – The Gathering Place: Respite available onsite for a fee; please call ahead to reserve.
 • First Thursday of month, 3-4:15PM.
 Call Jill Larson at 439-6111.

Saco – Truslow Adult Day Center: For caregivers of an older adult or person with dementia.
 • First and third Thursday of month, 3-4PM. Contact Edie Reno at 283-0166.

Scarborough – SMAA: For caregivers of an older adult or person with dementia.
 • Third Thursday of month, 5:15-6:30PM (trial). Contact Lori Campbell at 396-6540.

York – Living Well Center: For family and friends assisting an older adult with a chronic condition.
 • Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

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Family Caregivers Make All the Difference

By Ann O'Sullivan, OTR/L, LSW, FAOTA
 Family Caregiver Support Program Coordinator

Family caregivers provide unpaid assistance to older adults and people living with dementia. Rosalynn Carter has said that there are only four types of people in the world:

- Those who *are* family caregivers
- Those who *have been* family caregivers
- Those who *will be* family caregivers
- Those who *will need* family caregivers

Did you know...?

- There are more than 190,000 family caregivers in Maine.
- They provide care worth \$2,200,000,000 each year.
- Family caregivers provide 84% of the long term care in the US.
- If caregivers were actually paid it would cost the US more than \$450,000,000,000 a year.
- Having the help of a family caregiver can be the key to older adults and people with dementia continuing to live in the community.
- Family caregivers frequently provide complicated medical care, such as wound management, giving IV fluids, and managing medications, often with little or no training.
- Family caregivers may see themselves as just doing what any spouse, partner, son, daughter or friend might do, and so may not seek help.

The Family Caregiver Support Program at SMAA offers

- support
- problem solving assistance
- training
- options counseling

This program is for family caregivers of older adults and people with dementia, on the phone, by email, or in person at our office.

November is National Family Caregiver Month

Thank you to all family caregivers! What you are doing is incredibly important and it is an honor to assist you.

Older Adult Resource (OAR) Toolkit

Free, downloadable resource guide for health and human service providers, older adults, and family caregivers in York and Cumberland Counties.

2014 updates of all 15 sections, including resources and links.

Available online at www.smaaa.org on the Family Caregiver pages

A collaborative effort of the Family Caregiver Support Program at Southern Maine Agency on Aging and the Geriatric Education Center at the University of New England.

A BIG THANK YOU to our Foundation Donors

During a time when our campaign to open two new Adult Day Centers may steal much of the spotlight, the Southern Maine Agency on Aging would like to take this opportunity to highlight the generosity of several Foundations and Funds who have recently shown their support for our traditional programs and services. We could not do what we do without your support. Thank you!

Banfield Charitable Trust
\$1,500, Best Friend Fund

Doree Taylor Charitable Foundation
\$25,000, Meals on Wheels & Simply Delivered Meals

Eunice Frye Home Foundation
\$5,000, Unrestricted Support

Fisher Charitable Foundation
\$5,000, Agewell Programs

Hudson Foundation
\$7,500, Meals on Wheels

John T. Gorman Foundation
\$20,000, Simply Delivered Meals

Narragansett Number One Foundation
\$15,000, Meals on Wheels & Simply Delivered Meals

People's United Community Foundation
\$5,000, Money Minders

Portland Provident Association
\$1,000, Meals on Wheels

Prouts Neck Association
\$1,650, Meals on Wheels

Robert G. and Jane V. Engel Foundation
\$2,000, Meals on Wheels and Best Friend Fund

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Agewell Schedule

Living Well for Better Health

February 17 – March 24, 1-3:30PM
J.R. Martin Community Center,
Biddeford

A Matter of Balance

January 14 – March 4, 1-3PM
Park Street School, Kennebunk

January 23 – March 13, 1-3PM
Yarmouth Community Center

January 28 – March 18, 10AM-12PM
Woodfords Church, Portland

February 4 – March 25, 1-3PM
Paul Hazelton House, Saco

FMI or to register for a workshop:
207-396-6583

Interested in learning more about becoming an Agewell coach or leader?

Find out how you can help others take charge of their health! The next Volunteer Leader Training for Chronic Pain Self-Management will be held in March, stay tuned for more details or contact Crystal Castro at 207-396-6529 or email ccastro@smaaa.org for more information.

COMING SOON: Tai Chi Coming to SMAA!

Are you looking for a fun new way to stay on your feet and improve your health? Tai chi may be for you!

Tai Chi is now known as one of the most effective exercises for physical and mental well-being. Practiced throughout the world for its many health benefits, Tai Chi strengthens and mobilizes joints and muscles, improving physical fitness and mental relaxation. It is especially suitable for people with arthritis or other kinds of chronic pain because its movements are slow and gentle, and the level of exertion can be adjusted to suit each person's physical condition.

Tai Chi consists of fluid, gentle, graceful and circular movements that are relaxed and slow in tempo, and can be particularly helpful for those who are interested in:

- Improving strength, flexibility, balance and mobility
- Improved breathing, internal energy and relaxation
- Improving balance and preventing falls
- Decreasing pain, depression, stress and loss of ability to do things
- Overall increased health

Tai Chi is a fun, easy way to improve both physical and mental health! It is easy to learn and do, no matter what your physical condition

or age and even without prior knowledge of Tai Chi. Tai Chi movements are slow-moving and easy to learn, making it suitable for most people. No special equipment is necessary—participants are encouraged to wear loose, comfortable clothing that they can move freely in.

SMAA will be offering the Tai Chi for Health and Balance program as designed by Dr. Paul Lam and a team of Tai Chi and medical experts for the Arthritis Foundation. This program has been widely researched and has been cited as a highest level evidence-based program by the Centers for Disease Control and Prevention (CDC) and Center for Medicare Services.

The Southern Maine Agency on Aging will be free hosting drop-in sessions and demonstrations throughout the holiday season, with classes set to start in the New Year. For more information, call Crystal Castro at 396-6529 or email ccastro@smaaa.org.

Thank You!

The Center for Agewell Programs at Southern Maine Agency on Aging would like to thank everyone who took part in this year's Fall Prevention Awareness Day fall risk screening events. We like to extend thanks to Woodford's Congregational Church in Portland, the JR Martin Community Center in Biddeford, and Park

Street School in Kennebunk for hosting our screening events. We would also like to thank our partners MaineHealth, Maine Medical Center, and the University of New England for helping to make these screenings a success.

Where is your Advance Health Care Plan?

Many will say "in my lawyer's office". This is a good answer, but not sufficient to assure that your wishes for health care will be followed if you can no longer express them.

SMAA has been part of a pilot project to help Mainers develop and share their wishes for health care in such an event. None of us can predict when or if we will meet with an unfortunate accident and be in a coma or unable to speak. Out of 30 people we have worked with only two have an advanced health care plan in their medical file for their medical providers to follow. If this is something you have neglected, please join us at one of our upcoming Advance health care seminars:

- November 20, 2-4PM in Scarborough
 - December 16, 2-4PM in Saco
- Call 396-6525, 219-0155 or e-mail volunteer@smaaa.org to register.

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The Stewart Center is a state-licensed, Adult Day Health provider for WA, MaineCare and Office of Elder Services.

From the Director's Desk

continued from page 1

tion for Community Living to support the Agency's development of the Southern Maine Dementia Capable Service Network, a collaborative effort with a number of local, regional and national partners to expand caregiver services, training, and supports for family caregivers, service providers, and specialized populations of persons with Alzheimer's Disease and related dementias and those with intellectual and developmental disabilities who are aging into dementia. As one of only 10 organizations nationwide to receive this three year grant, it is a wonderful national endorsement of the Agency's established expertise in the area of dementia care and support for people living with dementia and their caregivers.

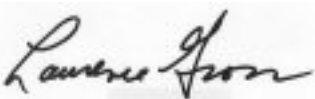
Medicare Open Enrollment Has Begun

Each year SMAA recommends that Medicare beneficiaries review their Part D drug plan options during Open Enrollment, because premiums and benefit levels often change from year to year. With 27 drug plans and 21 Medicare Advantage plans from which to choose in 2015, your selection of a drug plan can dramatically affect your annual out of pocket expenses.

For many people, utilizing the Center for Medicare and Medicaid Services (CMS) self-guided website is a good way to compare their options and make an informed decision. For many others, navigating the website is a complicated ordeal with unfamiliar terms and unrecognized financial implications. SMAA has 50 specially trained volunteers as well as staff to help you sort through your options. Last year, our Medicare team of staff and volunteers met with more than 2000 people and were able to identify savings that totaled approximately \$400 per client. Open Enrollment runs from October 15 through December 7. During those eight weeks, our CMS trained volunteers and staff will assist people at 18 sites throughout Cumberland and York counties. I urge you to call for an appointment well before December 7 to find the best Medicare D plan for 2015. It pays to have that annual Medicare D review!

THANK YOU

We could not accomplish all that we do without our committed volunteers, our incredible staff and all those who support the Southern Maine Agency on Aging. My best wishes to you all for a healthy and joyous holiday season.



Laurence W. Gross
Executive Director

www.smaa.org

Weekly Lunches at Camp Ketcha

Join your friends on Wednesdays for a wonderful catered meal and entertainment or an informative program following the lunch! Our weekly lunches are held at Camp Ketcha, a beautiful facility located in Scarborough at 336 Black Point Road. It is handicap-accessible and there is ample parking. Everyone is welcome! Lunch is served at 11:30AM and is \$5 (ages 60+) or \$7 (under age 60). To register for a lunch or to cancel your reservation, please call Scarborough Community Services at 730-4150 no later than 2PM by the Monday prior. If you do not cancel and do not attend, you will be asked to still pay for that missed meal. You do not need to be a 55+ member to participate in these lunches.

November 12: Baked ziti w/ meatballs, garlic bread, tossed salad, and fruit. Singer Vickie Lee performs

November 19: Roast turkey w/gravy, potato, vegetable, stuffing, and cranberry sauce. Group BINGO.

December 3: Pot roast w/ potato, carrots, and fruit. Balsam Fir Wreath Workshop at 1pm. *Must pre-register separately by November 21, \$16—can also purchase additional supply kits for \$9 (cash only, paid to instructor day of)

December 10: Chicken Alfredo with garlic bread, tossed salad, and fruit. Program TBD.

December 17: Baked Virginia ham. Musicians Themis & Alec perform for a Holiday Party! *If you'd like to participate in a gift swap, please bring a wrapped gift suitable for a male or female worth no more than \$5

What's Your R-Q Quotient?

By Don Kopp



The holidays are approaching. Can holiday parties be far behind? But are you ready? Are you sure? Well, let's just see. Close your eyes and imagine yourself at a holiday party. As you arrive, your host says that she wants you to meet Bruce, explaining that Bruce is from "away." Following your introduction, this is what occurs:

Where do you live, Bruce? *Massachusetts.*

How do you like it there? *It's okay.*

What do you do? *I'm retired.*

Do you have kids? *Yes.*

Do they live nearby? *No.*

Grandkids? *Yes.*

What do they call you? *Bruce.*

Bruce, has it ever occurred to you that when it comes to aftershave more is not necessarily better?

No wait. You're just thinking that while at the same time fighting the urge to grab Bruce by his lapels, shake him, and shout, "Bruce, I have asked you seven questions! How thoughtless do you have to be not to have asked me one single question in return? For example, when I asked, 'Where do you live?' would it have killed you to say, 'And where do you live, Don?' See what I mean, Bruce? Jeezum Crow!" (You're a Mainer; you say things like "Jeezum Crow.")

In short, you are irked. Why? Because through no fault of your own you have found yourself in a socially awkward spot and have been endeavoring heroically to make the best of it. It has been you and you alone, like

Sisyphus, rolling question after question up an enormous conversational mountain only to find yourself, after each question, back at the bottom and starting to roll all over again. You have entered a twilight zone where conversations go to die, where reciprocal questions do not exist, a world populated by the scourge of social outings—someone whose R-Q Quotient, that is to say Reciprocal-Question Quotient, is zero.

Okay, now it is shoulder-squaring time. Man-up, or woman-up as the case may be. Reflect back on holidays past and your social skills. On your honor, how was your R-Q Quotient? Could you have scored higher? Me too. I'm betting that we can do better this year.

Happy Holidays!

Don Kopp can be reached at donkopp@saconriver.net

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Can't Decide How Best To Help Your Loved One With Alzheimer's?

Try Keeping A Notebook

By Catherine Gentile

Keeping Notes Will Further Develop Your Awareness:

Alzheimer's disease decreases the ability to recall words, dates, and events, all of which affect our loved one's ability to communicate their needs and wants. Since they aren't always able to use words, we, as caretakers must decide what our loved ones are trying to tell us.

While this is challenging, we can make educated guesses. To help target your guess, keep a notebook. You've seen your doctor refer to your file during your annual physical exam. He has notes with highlights of your previous visits: your height, weight, concerns, changes in health, the medications you use, and your responses to them, along with new concerns and questions. The more information you share with your doctor, the better he understands you and your health. The more he understands, the more he is able to help you. It's the same with our

loved ones with Alzheimer's.

Keeping a notebook of your observations along with the date, and time they occurred will help you in several ways:

- You'll recognize the features of circumstances and situations in which your loved one is at her best and those in which she struggles.
- Over time, you'll notice that your loved one uses standard responses to certain situations. These repetitions form patterns which will be of use when deciding how best to help.
- Once you identify these patterns and the circumstances leading up to them, your decisions about what to do will become less random, more informed and focused. In other words, you'll have a reason for the way in which you decide to help.
- You'll become more skilled at understanding what your loved one is trying to tell you.
- You'll know the circumstances under which your loved one will be delightfully carefree and those which will cause anxiety. With valuable information, you'll know

when to intervene, what type of support to offer, and how long that support will be needed. By narrowing your options, your decisions will become more focused, your actions more effective, and your loved one more content.

Let's look at an example: Perhaps your loved one becomes increasingly restless around three o'clock in the afternoon. This is very common. Around this time, most of us "sense" that the day is winding down. Whether at our office or at home, we know that within a few hours the family will come together for its evening meal--a meal we are most likely responsible to cook. Instinctively, we prepare ourselves for this shift by anticipating our meal-preparation activity. Perhaps we'll have to stop at the grocery store to pick up a few items. While this won't make the stress of shifting into our evening hours disappear, knowing what we're going to do next helps us manage our anxiety.

After many years of shifting gears in the late afternoon, our loved ones continue to experience this urge. That's right, they keep their memories of how that shift made them feel. They sense that a change is about to happen and they feel compelled to shift into the next activity. Being unable to recall what that activity is or how to go about doing it creates anxiety that is difficult to bear. They show their anxiety by becoming agitated or peevish.

Keeping Notes Will Help You Choose Your Actions:

When you review the notes you've made about your loved one, you may see a pattern of restlessness, anxiety, or increasing agitation at the end of the day. You'll want to experiment with ways to help your loved one.

1. Choose an activity they enjoy. A walk perhaps? Helping with meal preparation--tailored to what your

loved one is capable of doing, e.g., setting the table.

2. Adapt the activity to insure success. For example, make place mats user-friendly by outlining utensils, plates, and glass so your loved one will be able to set the table by placing items within the outlines.

3. Your notes cued you to the ensuing problem. What you know about your loved one helped you decide what to do about it.

Keeping Notes Will Support You as You Advocate:

Keeping notes about your loved one's behaviors will also help determine how best to use medication. While we must be very cautious about using medications, when used in conjunction with solid data--your doctor's insights together with your observations--medications can help ease our loved ones through the challenging hours of his/her day.

So, get a notebook--I prefer to use a three-ring binder because it's easy to add pages as needed--in which to jot your observations and those of your family. As time goes by, you'll be surprised at the amount of information you've accumulated, and how helpful it is. Soon your observations will form the basis for choosing techniques that help your loved one function at his/her best.

Author Catherine Gentile has based her award-winning novel, "The Quiet Roar of a Hummingbird", on her experiences with her mother's twelve years of living with Alzheimer's. She writes extensively about the practical issues confronting caregivers and is about to release an ebook, "Your Caregiving Journey: Tools, Tips, and Precautions." In it, she identifies the many diverse aspects of caregiving, how to determine which the stage you, the caregiver, are experiencing, along with other practical considerations, including suggestions on how to deal with challenging behaviors. Catherine aims for a release date of November 17.

FMI: www.catherinegentile.com



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SOCIAL SECURITY

You Can Help as a Representative Payee

By Elizabeth Newport
Social Security Public Affairs
Specialist in Portland, ME

November is Family Caregivers' Month, a time to thank and acknowledge all of the people who take care of those in need. If you handle the finances of someone who receives benefits from Social Security, or you know someone who may need help managing his or her benefits, you may want to consider applying to be a representative payee.

A representative payee is someone who receives Social Security or Supplemental Security Income (SSI) payments on behalf of a person not capable of managing the funds on his or her own. A representative payee makes sure an individual's basic needs are met by using the money to provide food, clothing, and shelter for the person and saving any money left over in an interest-bearing account or via savings bonds for the beneficiary's future needs.

As a representative payee, you must:

- know the person's needs so you can decide the best way to meet those needs with the benefits provided;
- be responsible for letting Social Security know about any changes that may affect the person's eligibility for benefits or the payment amount; and
- complete a yearly report of how the funds were spent. (You can do this online).

If you know somebody who receives Social Security or SSI benefits who is not able to manage his or her own finances, the best thing you can do is become familiar with the responsibilities of a representative payee and consider becoming one.

To learn more, read our publication, A Guide For Representative Payees, available at www.socialsecurity.gov/pubs and visit the webpage, "When People Need Help Managing Their Money," at www.socialsecurity.gov/payee. Social Security will work with you to determine if a payee is needed and who would be best suited to act in that capacity.

Thank you to all of the caregivers out there. And, thank you for considering becoming a representative payee for someone in need.

Serving Veterans on Veterans Day and Always

By Elizabeth Newport
Social Security Public Affairs
Specialist in Portland, ME

Every day—but particularly on Veterans Day—Social Security salutes those who have put their lives on the line for our freedom.

Members of the United States armed forces receive expedited processing of their Social Security disability applications. The expedited process is available for any military service member who alleges he or she became disabled during active duty on or after October 1, 2001, regardless of where the disability occurred—at home or in the line of duty. This is also available to veterans who have a compensation rating of 100% Permanent and Total (P&T) disability, regardless of when the disability occurred. Some dependent children and spouses of military personnel may also be eligible to receive benefits.

Visit our website designed specifically for our wounded veterans, www.socialsecurity.gov/woundedwarriors, where you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits available under the Social Security and Supplemental Security

Income (SSI) programs. Our website includes a fact sheet on the subject: Disability Benefits For Wounded Warriors.

You'll also find a webinar, "Social Security for Wounded Warriors," that explains the expedited disability process available to wounded warriors. The one-hour video is an introduction to disability benefits for veterans and active duty military personnel. If you would like more detailed information about the disability process, you can watch our seven-part video series "Social Security Disability Claims Process" at www.socialsecurity.gov/socialmedia/webinars.

On the Wounded Warriors webpage, you'll find links to the Department of Veterans Affairs and Department of Defense websites. Please keep in mind that the requirements for disability benefits

available through Social Security are different from those of the Department of Veterans Affairs and require a separate application.

Military service members are covered for the same Social Security survivors, disability, and retirement benefits as everyone else. Although the expedited service is relatively new, military personnel have been covered under Social Security since 1957, and people who were in the service prior to that may be able to get special credit for some of their service.

Read our publication, Military Service And Social Security, to learn more. It's available at www.socialsecurity.gov/pubs. Also, navigate to www.socialsecurity.gov/wounded-warriors.

Thank you to our nation's brave veterans. We salute you on Veterans Day and every day.



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SENIOR MOMENTS

By Hunter Howe

Just Nosing Around

"How sense-luscious the world is."

Diane Ackerman, author, poet, and naturalist, wrote this in her highly-acclaimed book, *A Natural History of the Senses*.

She opens with the sense of smell. "Smells spur memories ... smells detonate softly in our memory like poignant land mines, hidden under the weedy mass of years and experiences ... a smell can be overwhelmingly nostalgic because it triggers powerful images and emotions before we have time to edit them."

Michael Broadbent, the distinguished Master of Wine, penned this in his classic *Wine Tasting*: "Smell is perhaps the most basic and most primitive of all the senses; more than any other it invokes memory in a particularly direct manner."

Think back to your own memory bin. Retrieve a whiff of something nostalgic, something that jars a special moment, something that makes you sit back and smile.

In a British website, "Mail Online," I discovered the following: "Experts found a waft of lavender and peppermint were most likely to spark memories of their grandmother, while the smell of petrol, musty



sheds, and Old Spice were likely to prompt memories of grandfather."

In fact, I remember, situated next to the mudroom, my grandfather's musty shed used for storage and for the oil tank; and yes, his Old Spice, an appropriate spot on choice for a Down East lobsterman and assistant sheriff. And I remember inhaling my grandmother's inviting homemade donuts, the aroma enveloping her warm kitchen.

This touching memory makes me pause and makes me sad, that of my Dad, in a nursing home, sniffing the top of my dog Willow's head—somehow he found comfort in that.

French author Marcel Proust, in his *Remembering Things Past*, wrote about experiencing "a sudden onrush of nostalgia and emotion after smelling and tasting a spoonful of tea in which he had soaked a piece of Madeline, a small cake."

How about all those other familiar nostalgic scents that take us back in time like just-picked raspberries from the forest bathed in crème in a breakfast bowl, wet mittens from sledding, newly cut grass in a meadow, chlorine in the backyard pool, lilacs in May, bubble gum in baseball cards, that distinctive fragrance inside a new car, pipe smoke, Vicks Vapor Rub, talcum on a baby, hot cider simmering on the stove, freshly baked bread, the dusty odor of old books, and more.

How about standing still in the fall woods letting the wind brush over you with a symphony of calm-

ing outdoorsy scents.

In 1993, while touring a perfume factory in France, I thought I had wandered into a garden full of synergistic smells. To point, Herman Heine, German poet, essayist, and journalist wrote: "Perfumes are the feelings of flowers." Robert Louis Stevenson said: "It is a golden maxim to cultivate the garden for the nose, and the eyes will take care of themselves."

So what is your own fond smell memory? No matter what, I'd suggest subscribing to the old saying that "No nose knows like your own nose knows."

MAINE ROOTS: Greetings

By Elaine Parker

With Veterans Day coming up on November 11, I began to reminisce about how my brother's call to serve his country began.

The letter came from the Defense Department of the United States of America. It was addressed to my brother Duane.

It read: Greetings—the President of the United States of America sends you greetings. You are directed to report to your local draft board.

It was 1951 and our country and other members of the United Nations were aiding South Korea in their conflict with communist North Korea. The Universal Military Training and Service Act was in place in 1951 and all 18-year-old males were required to register for the draft. My brother's number had come up.

He was a 19-year-old skinny, nearsighted, asthmatic young man. We thought he would be declared 4f (which meant not passing the physical requirements for military service), but he did pass and after boot camp was assigned to the signal corp. He learned Morse code and manned a large field radio. A base in Austria was where he was stationed and he would remain there for the duration of his service.

For two long years our only com-

munication with him would be by letter on that thin fragile airmail paper, made as light as possible so as not to weigh down the planes. It was unheard of to make an overseas phone call and would have seemed extravagantly expensive. Holidays came and went. We sent packages and cards. His room was just as he left it—the desk neat, his books unopened. Across from me at the dinner table his chair sat empty. Just five of us now—not the nice even number six.

Duane wrote us of these buddies and where they were from and the places they visited on leave. Never imagining anyone in our family going to Europe we were enthralled with his descriptions of his visit to Brussels, Belgium where he saw beautiful gothic cathedrals and huge palaces.

We received pictures of him and his buddies lounging around looking happy. One picture showed my brother in full combat gear with a large field radio. Although he had never been on the frontlines he looked older and war weary.

It was 1953 and the war was winding down in Korea. We were thankful our soldier had never been in combat on the battlefield, but we read the newspapers and despaired over the casualties suffered every day. Because it was an undeclared war, and was called a police action by President Truman these military men were not given the status of Veterans of Foreign Wars until a later date.

On a warm day in June of 1953 a taxi pulled into our driveway. This was something we had never seen before in our little rural town of Holden, Maine. No one ever took a taxi. Everyone walked or hitched a ride with a neighbor. We were mystified, when out stepped a man in an Army uniform. My mother cried out "It's Duane," and she ran for the door. I can still see her running down those back steps her heels kicking up as she ran. Her son was home!

My brother now lies peacefully with his fellow patriots in the Veterans Cemetery in Augusta, Maine. The plaque reads Cpl. Duane A. Smith—United States Army—Korean War Veteran 1933-1996

Elaine Parker can be reached at auntiee6@maine.rr.com



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Community Living Grant continued from page 1

Center Geriatric Center, Alzheimer's Association, University of Southern Maine, Community Partners, Inc., and National Task Group on Intellectual Disabilities and Dementia Practices. The goal of the project will be to provide a more comprehensive and sustainable network of training, referral, and person-centered services to support individuals and families living with dementia.

SMAA was chosen as an elite recipient of this grant based largely on its existing expertise in the area of dementia treatment and caregiver support. The Agency has a nationally recognized Family Caregiver Support Program and for 30 years has operated the Truslow Adult Day Center in Saco. On October 20, the Agency opened its newest adult day center, the Stewart Center, in Falmouth, and will be replacing the Truslow Center with a new, purpose build center in Biddeford in fall 2015.

Laurence W. Gross, Executive Director of SMAA, expressed his excitement about the announcement of the award: "We are pleased to receive this grant not only for how it will allow us to advance our efforts with our dementia programs, but that it is a national recognition of our expertise in the area of dementia treatment. This award will greatly advance SMAA's goal of creating a Center of Excellence in evidence-based Dementia Care."

This grant opportunity will allow the Agency to: provide effective support services to persons living alone with dementia; improve its programs and services dedicated to individuals with developmental disabilities who are aging into dementia, and offer behavioral symptom management training and expert consultation for family caregivers. SMAA will embed a Family Caregiver Specialist at Maine Medical Center's Geriatric Center, train Meals on Wheels volunteers and assessors to identify people who are living alone with dementia and collaborate with other social service organizations to identify people with developmental disabilities who

are aging into dementia, among many other steps, as it works to extend its already robust dementia-capable system.

Katlyn Blackstone, MSW, LSW, Director of Community Services at SMAA, will provide leadership for

this project. In her response to being awarded the grant, she states, "We are thrilled to have been the recipient of this award that will allow us to grow and expand on our current capability to serve those living with dementia and their caregivers. Sup-

port from this funding is vital to enhance our current programs, develop new trainings, close any gaps in service delivery and develop a plan for future dementia-capable sustainability."



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L to R: Archery Competition on August 24; Women's Pickleball medal winners; 10k Road race in Scarborough

From Jo Dill's Notebook

2014 Maine Senior Games

The 2014 Maine Senior Games are over and what an amazing journey it was for me both as a participant and as the Coordinator. Every event was special! Congratulations to all of you who participated and to those of you who qualified for Nationals. In 2012 we had our newest event, Pickleball, with 68 registered and this year we had 120 registered from nine different States. The biggest indoor event we have had!! All of the pictures from the events are on our Flickr page: <http://www.flickr.com/maineseniorgames>



Moss (athlete, Civic Volunteer), Patsy Wiggins (athlete/ Videographer) and Noelle St. Hilaire (athlete, business owner). Thanks for everything... what would I do without you?

Sponsors

Thanks so much to our sponsors for the 2014 Maine Senior Game: Lead Sponsor – Martin's Point Health Care; Platinum Sponsors – Anthem Blue Cross Blue Shield and Maine Medical Partners-Orthopedics; Gold Sponsor – Piper Shores; and Silver Sponsors – Falmouth Orthopaedic, Goodwin Chevrolet, the Vitamin Shoppe, Humana and Bangor Savings Bank.

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, loading up my truck, passing out medals, checking folks in, being a road marshal, keeping score, holding a tape measure, updating the website, cheering folks on or whatever your role was... thank you, thank you and thank you!

MSG Advisory Board

MSG is so fortunate to have such a caring and dedicated advisory board that meets every five weeks to discuss strategies, marketing, development, athletes, volunteers and other pertinent information. They also are athletes, event coordinators, volunteers and never hesitate to be on a committee. The MSG advisory board consists of staff from SMAA: Kate Putnam, Ted Trainer and Jessica LeBlanc as well as Ginny Ketch (Community Life Services Director, Piper Shores), Jerry LeVasseur (athlete/National Senior Games Board member), Kim Koehler (Partner and CMO Healthy Body Fit Mind), Robin Rutherford (Business owner, Studio 25), Deb Smith (athlete/Not Too Late Basketball Camp), Julie

Medical Support

For the fourth year in a row, Orthopaedic Physical Therapy Associates of Scarborough and Sanford provided medical support at the Maine Senior Games. Thanks to Ken Simmons owner of OPTA for his endless hours at our events. He made everyone feel safe, knowing that if there was a medical emergency he was there!

Photographers

Special thanks also to our photographers Dennis Sheehy and Marjorie Vaughn. They recaptured the events beautifully!!

Maine Senior Games Hall of Fame

We are pleased to announce that the Maine Senior Games Hall of Fame has been created for athletes ages 50+. The Hall of Fame will provide an opportunity to build awareness for the Maine senior games and to recognize individuals and team members who have excelled in their athletic competitions.

Details and the Hall of Fame application will be available in November, 2015. The plan is to induct the first members in 2015.

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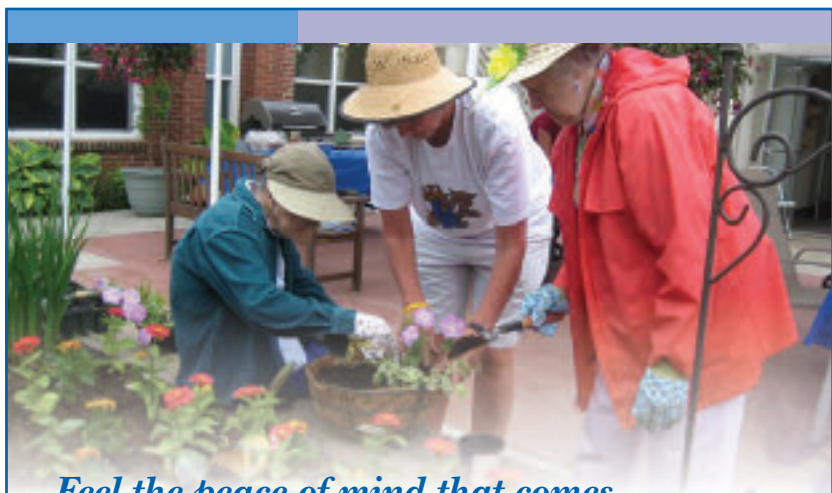
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- 6. Provides stability to your ankle, knee, back, or elbow
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- 10. Type of heat therapy - penetrates deep - arthritis solution

Stuck? Bring it in and we'll help you finish it!

ACROSS

- 5. Type of light used for mood improvement during winter months
- 7. Foot condition in arch - relieved with socks, splints & foot rollers
- 8. Initials for type of pain management unit that now comes wireless and without an Rx
- 11. Fits in shoe - provides pain relief for feet and joints
- 12. Type of pillow that keeps you more upright for reading or sleeping
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Volunteer Help Wanted

If you like numbers and attention to detail this may be the opportunity for you. Two agencies are looking for volunteer help during tax time through April 15. You can be a greeter, scheduler, or an actual tax preparer. Training for tax preparers begins in November so sign up immediately! There is a 20-hour online self-study and seven hours of classroom training.

If you are a Veteran who would like to give your time visiting homebound or disabled veterans consider joining our Vet to Vet program. Our next volunteer training begins on January 6 at Southern Maine Agency on Aging in Scarborough.

Our CATCH Healthy Habits program is expanding to offer helpful nutrition information and exercise programs to adults over 60. Training for volunteers in five different nutrition issues for adults as well as good, fun exercise routines for older adults is offered.

For any of these opportunities or many others call Volunteer Services at 396-6525 or e-mail us at volunteer@smaa.org.

SMAA Welcomes Second Vet to Vet Team

In September, SMAA's Vet to Vet team "graduated" its second team of veterans to visit with homebound or disabled vets. The class of nine (five are pictured here) attended nine hours of training in space generously donated by Biddeford Savings Bank. These vets will join our first team of veteran volunteers who are currently visiting 13 veterans in their homes. We have a waiting list of vets who need someone to visit them. If you are interested in becoming a Vet to Vet volunteer we need you! Our next training will be held at the offices of Southern Maine Agency on Aging on January 6, 8, and 13, with a snow date for good measure.

Most of the Vet to Vet volunteers tell us that they get more out of the program than they feel their veteran does. Call 207-396-6525 or e-mail volunteer@smaa.org. You can also



Top Row — Susan Gold, Vet to Vet coordinator, Bob Marlowe, Bill Beaton, Floyd Hastings; Bottom Row — Nancy Clark and Louis Alexander

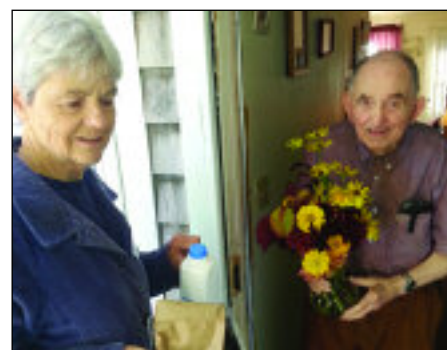
visit us on our new SMAA webpage at the Volunteer Services tab to view our Vet to Vet video showing some of our Vet volunteers and their vet in action.

Arrangement Program" that has been making arrangements and deliveries since October 2012. The club donates between 10-15 bouquets at a time with all sorts of exotic flowers and foliage. During the summer months the flowers come from member's gardens and in the winter flowers are purchased by the club.



Down in the Kennebunks, the generous Christine Chase of Chase and Company delivers fresh flowers on Mondays to Meals on Wheels clients in the Kennebunk area. "I love what I do and flowers just seem to make people happy. It is a simple gesture that makes someone smile," said Chase.

News from Nutrition

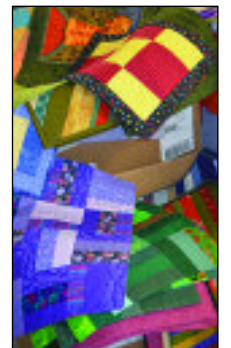


Delivering Food, Flowers, and Smiles

In South Portland, Meals on Wheels volunteer Vivian Howe delivers fresh flowers to the charming and friendly Fernando Ventresco. The flowers are donated on the third Friday of the month by the Scarborough Garden Club. The club has a "Meals on Wheels Flower



Handmade Placemat Donation

Thank you to the Evergreen Quilters and the Pinetree Quilters Guild Area 1 for their donations of handmade placemats to our Meals on Wheels program. Both quilting groups donated dozens of beautiful placemats that we are very eager to share with our Meals on Wheels clients. Thank you!




The Biddeford Community Café had a full house recently! Great food and there was event entertainment by T&A, Themi and Alec!

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WellPoint Semi-Finalist in U.S. Chamber of Commerce Corporate Citizenship Award

The WellPoint (Anthem Blue Cross and Blue Shield Foundation in Maine) is a finalist in the U. S. Chamber of Commerce Foundation's Corporate Citizenship Award in the 2014 Best Health and Wellness Program category for their support of CATCH Healthy Habits (CHH). SMAA coordinates one of the 21 CHH national programs that address the epidemic of obesity.

Our RSVP volunteers provide a healthy snack and teach young school children about nutrition & active lifestyles. Volunteers improve their own nutrition knowledge, increase their activity levels and enjoy companionship while helping to improve the future health of our children. CHH is a program of The OASIS Institute, funded by WellPoint. <http://goo.gl/4j36y3>

CATCH Healthy Habits Now for Mature Adults

Frequently our adult volunteers improved their health as CATCH leaders. This inspired a program adaption to make it more "adult friendly". In October, we launched CATCH Healthy Habits for Adults 50+. This mobile program will travel throughout Greater Portland communities. Senior housing, senior recreation centers, churches, social clubs and other organizations serving people 50 and over may request a free program for community members. The different classes touch upon topics such as fruits and vegetables, sodium and sugars/fats. Each session will include a healthy snack, a short nutrition lesson on the topic and some physical activities. Each participant will receive a free book on healthy living, including sample recipes and exercises.

You can also download your free copy of the Healthy Living Guide for Adults at <http://goo.gl/OiOXvA>

Our charter group of volunteers has all had experience with the program, having previously presented to the children. Thanks to Peggy York, Olga Schimmer, Donna Gordon, Evanthea Spanos and Priscilla Greene for their dedication.



Why CHH for Adults 50+? Obesity among Adults – Maine Ranks 27

The Robert Wood Johnson Foundation has recently released a new report: *The State of Obesity: Better Policies for a Healthier America*. With 28.9% of Maine adults considered obese in 2013, we rank as the 27th fattest state in America. Rates have continued to climb. In 1990, Maine had a rate of 10.9%. In 2004, it was 21.3%. More men (30.2%) than women (26.6%) were obese in Maine. In 2013, 9.6% (120,878 people) had diabetes. And 296,784 people had hypertension. Other obesity related diseases in Maine in 2010 include: heart disease – 91,512; arthritis - 290,329; and obesity-related cancers – 23,721.

Read the full report online at <http://goo.gl/CFHRyf>

CATCH is Back in Westbrook and Standish

What better way to observe National Childhood Obesity Awareness Month (proclaimed by President Obama) and Intergeneration Month than by hosting CATCH sessions? The team (Laurie Lin, Pat McDonald, Peggy York and Priscilla Greene) returned to Westbrook Community Center for an eight week series with 22 kindergarteners while Nina Braley and Olga Schimmer, working with Standish Recreation, returned to the George E. Jack School where they are presenting a program for third and fourth graders.

Interested in becoming a CATCH volunteer or class site? Call Sharon at 396-6523 or e-mail sschulberger@smaaa.org.

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation. CATCH Healthy Habits received the 2012 Maine Fitness Award in the Adult Category from the Governor's Council on Physical Fitness. Volunteers received the Anthem Community Angels Award in 2013 and 2014.

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Bill Nemitz: Veterans Buddy Up and Bond

The Vet to Vet program helps Maine veterans of all ages, stripes and uniforms help one another

Little did Ray Goulet know, back when he was a young Marine dodging enemy fire in the South Pacific, that he'd one day be good buddies with a "doggie."

"When we were pulling out, the Army was coming in. So some of us Marines put up a big sign in our area that said, 'No Doggies Allowed,'" recalled Goulet, resurrecting the nickname he and his fellow leathernecks attached to anyone in an Army uniform.

Sitting on the sofa in Goulet's living room, the word "Army" emblazoned across the front of his T-shirt, Jim Yankura could only laugh.

"I was hoping he'd have his Marine shirt on," Yankura said. "I feel bad—he's got a nice collared shirt on and he looks better than I do!"

Goulet is 87. Yankura is 44.

Goulet saw things no man should have to see on the beaches of Iwo Jima. Yankura's darkest memories are rooted along the Persian Gulf War's infamous Highway of Death.

Goulet, who still has nightmares, doesn't like to dwell on his experiences in a combat zone. Nei-

ther does Yankura.

Yet here they sat Monday morning in Goulet's sun-drenched living room, just a stone's throw from the picturesque mouth of the Saco River in Biddeford. Two veterans yakking it up as if their friendship went back years rather than just a few months.

"I was a little intimidated at first, Ray being an Iwo Jima vet and all," confessed Yankura, who lives in nearby Saco. "But as soon as we started talking, it was great."

Introducing Vet to Vet, a fledgling program that helps Maine veterans of all ages, stripes and uniforms

help one another as the years advance, the bodies break down and the memories fade.

"At this point, we have 18 people on our waiting list," said Sue Gold, who founded the program while working as an AmeriCorps VISTA

volunteer with Southern Maine Agency on Aging. "And I suspect that will grow."

More on that in a minute. First, a look at why this is such a wonderful idea.

According to the U.S. Census Bureau, Maine currently has the fifth highest concentration of military veterans of all the states – just under 130,000 men and women who comprise 9.6 percent of the state's

"We just have this understanding that we both shared in something"

continued on page 18



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Bill Nemitz
continued from page 17

population.

Of those, according to Gold, more than half are older than 60. One-third are not receiving benefits they deserve despite a disability rate of 40 percent for those over 65.

And many either live alone or with an elderly spouse who, for all their years together, never experienced the hardships, thrills and frequent tedium of life in uniform.

In short, Maine has many a vet who could use some company.

Gold launched the inaugural training program for volunteers in May—the three evening sessions, each lasting three hours, range from basic listening skills to steering an older or disabled vet toward much-needed benefits.

Upon completing the training, 13 volunteers from York and Cumberland counties were immediately paired with a veteran referred by a social service worker, a friend or in some cases a spouse.

“He doesn’t have much male contact—it’s all women in here,” explained Jacqueline, Goulet’s wife of 60-plus years. “He needed a male companion. And it’s working wonderfully.”

They are, no question about it, of different eras.

Goulet retired years ago as a manager at the now-defunct West-Point Stevens textile mill in Biddeford.

Yankura currently works as evening operations manager at the Hannaford supermarket near the Maine Mall in South Portland. It’s there that he started crossing paths with older vets and decided to channel his volunteerism in that direction.

Goulet is a grandfather many times over. Yankura and his wife are still busy raising three kids.

Still, their life histories match on one important milestone: Goulet was but 17, a junior at Biddeford High School, when he became a Marine in 1944. Yankura was just 18 and fresh out of Massabesic High School in Waterboro when he joined the Army in 1989.

“Of course, when I joined, the recruiter said, ‘Hey, what’s the chance of going to war?’” recalled Yankura. “Lo and behold, nine months later, they sent me to Iraq.”

The program requires that volunteers visit their veteran at least twice a month and, on weeks they don’t see each other, touch base with a phone call. Not a problem—while there’s no time requirement, one recent visit between Yankura and Goulet lasted almost four hours.

Thus Yankura knows all about the time Goulet and his fellow Marines, all leaving the base shower, took off their towels and waved them at a group of blushing Army nurses on their way to watch a movie.

Or the time Goulet, his thumb already injured from an organized

boxing match with a guy from Minnesota (“He beat the hell out of me!”) had insult added to his only war injury when a drill sergeant yanked the thumb every which way to show it wasn’t all that bad.

“It still hurts sometimes,” said Goulet, flexing the thumb seven decades later.

Goulet, conversely, knows about Yankura’s sudden pivot from the safety of his post in Germany to the carnage in southern Iraq, where he served as a front-line combat engineer specializing in exploding booby traps left behind by the Iraqis. He also knows that Yankura shares his love of gardening—just last week, Yankura showed up with an armful of freshly picked cucumbers and tomatoes.

In other words, this budding friendship is less about war—many participants in the program were never deployed to combat zones—and more about camaraderie.

“We just have this understanding that we both shared in something,” said Yankura. “But we don’t have to talk a lot about it. We’ve just got this bond now and that’s what makes it great—a Marine guy and an Army guy.”

Know a veteran who might benefit from the same thing? The next volunteer training will be held in Biddeford on Sept. 16, 18 and 23.

For more information, log onto Southern Maine Agency on Aging’s website (smaaa.org/veterans.php) or call Gold at 396-6525.

Mused Yankura: “I thought I was adopting a veteran. Now I feel like he’s adopted me.”

Go figure. A doggie is a Marine’s best friend.

Bill Nemitz can be contacted at 791-6323 or at: bnemitz@pressherald.com

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GONE GIRL

Directed by David Fincher
Author and screenplay by Gillian Flynn
Starring Ben Affleck and Rosamund Pike

After seeing *Gone Girl*, I was not sure how I could write a movie review. The story is a “sit on the edge of your seat” thriller brilliantly told about human relationships which starts on a fifth wedding anniversary. Things start going terribly wrong with so many twists throughout.

The acting from Ben Affleck and Rosamund Pike is amazing and really takes you into the story.

Will say no more but go and see *GONE GIRL*.

I give this movie 5 pumpkin breads.





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Meeting with a Medicare Volunteer

continued from page 1

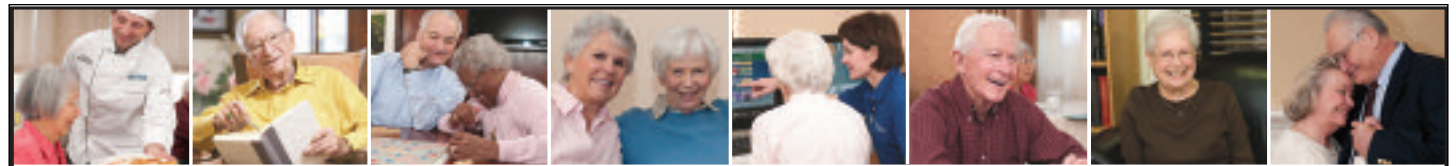
Volunteer Coordinator. “Each year, the drug plans change their list of covered prescriptions (their formulary) so what was covered under one plan this year, might not be covered next year,” she said. “Coming in to review your current drug plan with us during Open Enrollment gives us a chance to look at all the options to help save you the most money in out of pocket expenses.”

Since Open Enrollment began in October, there have already been many instances where the Medicare volunteers have discovered options that have saved clients many thousands of dollars. Hadlock recounted one story of a couple who come in every year for their one-on-one check up. “This year when couple B came in for their plan review, we discovered that if the husband stayed on his current drug plan, his out of pocket expenses for his prescriptions would total about \$6500 in the coming year. The volunteer working with the couple was able to suggest switching to another plan which will now save them more than \$5700 annually,” she said.


Surprisingly, sometimes just switching pharmacies can lead to huge savings on prescription drugs. “Many of the drug plans available to Medicare recipients have preferred pharmacy partners. We saw a gentleman this year who will save more than a \$1000 in 2015 because we were able to identify a plan using a preferred pharmacy that was a better fit for his individual needs. Instead of paying \$1458 next year for his prescriptions, we were able to suggest a plan that will reduce his cost to \$355—a \$1100 savings,” Hadlock said.

In another instance, one of SMAA’s Medicare volunteers, worked with a client who never enrolled in a Part D plan when he was first eligible. His doctor had prescribed one medication that would have cost the client \$400 a month (\$4800/yr) under his prescription drug plan. The volunteer was able to determine that the client met the guidelines to qualify for the Medicare Savings Program (MSP). So, in addition to paying his Medicare Part B premium, he would only pay \$6.60 every 3 months for his medication. Since the client qualified for MSP he would no longer be subject to the late enrollment penalty which would have added an additional \$36 to his monthly premium. Because we came in to review his options, we were able to identify a total estimated annual savings of more than \$6700 for the client.

“These are only a sampling of the successful outcomes happening every day,” said Hadlock. “I can not stress enough how important it is to come in every year for a one-on-one review of your Medicare Part D plan. Taking the time to do a yearly plan review can potentially save you hundreds of dollars.”



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Thank you!

On our one year anniversary, we want to thank the entire Southern Maine community who have welcomed us with open arms. We have a great appreciation for this vibrant, close-knit community who have made our first year so remarkable. To our families - thank you for giving us the privilege to care for your loved ones.

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As one example, if you've had joint replacement in another hospital, we can provide rehabilitation for you close to your home and family, at Bridgton Hospital.

The Skilled Swing Bed Program allows you to receive skilled rehabilitation right here, in your own community, at Bridgton Hospital.

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- All private patient rooms with private bath, cable TV, free internet access and phone
- Access to the Central Maine Medical Group's extensive network of medical specialists
- Physicians are on-site 24 hours a day/7 days a week
- RN care, around the clock
- Rehabilitation services available 7 days a week
- Lab, radiology (x-ray), pharmacy and other services right on-site

The Swing Bed Program may include:

- | | |
|----------------------|-------------------------------|
| Physical Therapy | Nutrition Therapy |
| Occupational Therapy | Psychosocial Support |
| Speech Therapy | Comfort Care |
| Wound Management | Longterm Antibiotic Treatment |
| Respiratory Therapy | |

How is Swing Bed care paid for?

Swing Bed care is often covered by Medicare, Medicaid and many private insurances. Bridgton Hospital's social worker or case manager will discuss your coverage prior to your transfer from the acute care setting to the Skilled Swing Bed program.

For further information please contact

Miriam Gibely, RN, Swing Bed Coordinator at (207) 647-6052 or (207) 402-0753.

