



From the Director's Desk

Happy Thanksgiving!

I try to take time during the busy holiday period to reflect on the past year and the good work that Southern Maine Agency on



Aging has provided to countless individuals and families in Southern Maine. As CEO of this organization, I am honored to work every day with more than 100 dedicated and hard-working staff members and over 600 volunteers who help deliver critical services to older adults in Cumberland and York counties. As the needs of our clients increase and funding becomes ever more challenging, our staff and volunteers consistently maintain their can-do attitudes and compassion as we strive to create better days for those we serve. I'm proud to work with this wonderful group.

Family Caregiver Month

November is National Family Caregiver Month and this year's theme is "Take Care to Give Care." Caregiving for an older family member can be challenging on most days and simply overwhelming on others. SMAA's team of family caregiver specialists provide information, education and support for family caregivers to help reduce stress and make caregiving easier. SMAA's adult day centers provide critical respite time for caregivers to recharge their batteries while their loved ones enjoy fun, therapeutic activities that help them reconnect socially in a beautiful, safe environment. Call SMAA for more information about the adult day centers or to speak with one of our family caregiver specialists. It's okay to Share the Care!

Medicare Open Enrollment

Don't miss out on your opportunity to speak 1-on-1 with a trained, certified SHIP counselor to review your Medicare Part D coverage or Medicare Advantage plan. Although Open Enrollment runs through December 7, 1-on-1 appointments are filling up fast! Call SMAA's Medicare hotline, (207) 396-6524 to schedule an appointment today. Last year during Open Enrollment, SMAA's Medicare staff and volunteers documented more than \$858,000 in

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Maine Senior Games Hits Record Participation in 2016

2016 was a banner year for the Maine Senior Games. This year we were honored to have 651 registered athletes—a record high in recent years. In addition to a record number of athletes, we had several sports that hit tremendous milestones:

- Men's and Women's Basketball reached an all-time high with 26 teams participating in September at Cape Elizabeth High School
- Pickleball was at capacity! Folks from all across the country came

to Maine's two-day Pickleball event held at the Racket and Fitness Center in Portland. 128 athletes participated in the tournaments—so many that some athletes had to be turned away.

- Swimming added seven new athletes who got out of their comfort zone by participating in the swimming event for the first time. One competitor did not even start swimming until three years ago.

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Meals on Wheels – More than Just a Meal

"Thank God you are here doing this. It helps so many people."

This quote came to us in our annual Meals on Wheels survey. It's just one of many we receive from our Meals on Wheels clients. And it's comments like this that sustain our volunteers and staff.

Together with over 275 volunteers we have been serving southern Maine seniors for 44 years. Currently we serve about 650 older homebound Mainers each week. Meals on Wheels is more than a meal. Our volunteers are also friendly visitors.

But there are a lot of misconceptions about Meals on Wheels.

Myth #1: The meals don't taste good and there's no variety.

That may have been true years ago but today's meals are delicious and nutritious. All of our meals are prepared in a USDA inspected kitchen from a local Maine company. The entrees feature a main dish, side dish and a vegetable. We offer our clients quart of milk each week. We can meet a range of dietary needs: low sodium, vegetarian, gluten free and pureed.

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Swiss Time—Time to Care

Thank you to Stephany Guyot, the staff and customers of Swiss Time, for featuring the Southern Maine Agency on Aging as their Time to Care program for September. Combined, their efforts raised \$1,468.95 from a combination of sales of new merchandise and a raffle for SMAA's Meals on Wheels program.

"We appreciate the courageous work you do by advocating for the needs of our vulnerable older adults. We applaud your efforts in creating a community environment in which older people are able to live to their fullest potential", said Guyot, Co-owner of Swiss Time.

"Thank you, Swiss Time for featuring us as a Time to Care recipient. Support like this really helps our Meals on Wheels ensure that any seniors in Southern Maine can have access to regular healthy meals delivered by friendly volunteers", stated Laurence Gross, Chief Executive Officer of the Southern Maine Agency on Aging.



Jill Guyot, Claude Guyot and Doug Leon

Swiss Time is located at 86 Exchange Street in Portland. Swiss Time is a unique boutique in the heart of Portland's Old Port. Family owned and operated since their creation in 1977, they offer sales and service of both modern and vintage timepieces, www.myswisstime.com.

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
136 U.S. Route 1
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Help Keep a Senior Warm this Winter

Many of us have that coat that lives at the back of the closet or in a trunk upstairs in the attic. You know the one—the coat that is passed over winter after winter, always left behind on the hallway rack with each snowfall. Now it's time to take that coat out of the closet, give it a new life and chance to do something good.

Donate your gently-used winter coat to help keep seniors warm this winter. For each adult-sized coat donated, Goodwill will provide a voucher for the purchase of an adult coat at Goodwill (up to a \$30 value). Additionally, LL Bean will donate \$5 per coat towards the fuel assistance fund.

Coats can be donated now through November 30, 2016 at the following locations:

- Southern Maine Agency on Aging – 136 US Route One, Scarborough

- The Stewart Center – 74 Lunt Road, Falmouth
- The Sam L. Cohen Center – 33 Barra Road, Biddeford
- Town of Scarborough – 259 US Route One, Scarborough (Community Service Office, 2nd Floor)
- OPTA Physical Therapy – 360 US Route One #200, Scarborough

Coats of all adult-sizes can be donated but there is an increased need for larger-sized coats.

If you are a senior and in need of a winter coat, please contact Southern Maine Agency on Aging to obtain a coat voucher. You may stop in the Scarborough office Monday through Friday, 8AM-4PM or call 1-800-427-7411. Vouchers will be available starting the last week of November.

Coats for Seniors is a state-wide program organized by the Maine Association of Area Agencies on Aging (M4A). Learn more at www.maine4a.org

Fight Fraud by Guarding Your Medicare Number

Health care fraud drives up costs for everyone in the health care system. One way to protect against such fraud is to **guard your Medicare number**. Fraud schemes often depend on identity thieves getting hold of people's Medicare numbers, so treat your number just as you would a credit card.

Follow these important steps to protect yourself from fraud:

- Don't share your Medicare number or other personal information with anyone who contacts you by telephone, email, or by approaching you in person, unless you've given them permission in advance. Medicare will NEVER contact you for

your Medicare number or other personal information.

- Tell your friends and neighbors to guard their Medicare number.
- Don't ever let anyone borrow or pay to use your Medicare number.
- Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual services.
- Be wary of salespeople who knock on your door or call you uninvited and try to sell you a product or service.
- Don't accept items received through the mail that you didn't order. You should refuse the delivery and/or return it to the sender. Keep a record of the sender's name and the date you returned the items.

And if you're looking to enroll in a Medicare plan:

- Be suspicious of anyone who contacts you about Medicare plans unless you gave them permission.
- There are no "early bird discounts" or "limited time offers."
- Don't let anyone rush you to enroll by claiming you need to "act now for the best deal."
- Be skeptical of free gifts, free medical services, discount packages or any offer that sounds "too good to be true"—especially if you need to hand over your Medicare number in order to receive these items or deals. Decline politely but firmly.
- By law, any promotional items you're offered to enroll in a plan must be worth no more than \$15, and these items *can't be given* on the condition that you enroll in a plan.

Call 1-800-MEDICARE to report suspected fraud. Learn more about protecting yourself from health care fraud by visiting www.Medicare.gov/fraud or by contacting your local Senior Medicare Patrol (SMP). To find the SMP in your state, go to the SMP Locator at www.smpresource.org.

This information prepared by the U.S. Department of Health and Human Services.

What Kind of Care Would you Want if the Unexpected Occurs?

What happens if you're too sick to speak for yourself? Have you discussed your health care wishes with your loved ones? Not sure where to begin or what steps to take? Consider attending our upcoming Advance Care Planning Seminar: November 9, 1-2:30PM, SMAA Main Office, Scarborough

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

"In the old Maine way of saying, I'm as happy as a clam at high tide!" ~ Jean



Meet Jean, in our online video: oceanviewrc.com/video/#fh

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SMAA CALENDAR OF EVENTS

FOR A COMPLETE LISTING OF EVENTS, VISIT US ONLINE AT WWW.SMAA.ORG/EVENTS.HTML

BIDDEFORD/SACO/OOB

Community Café — JR Martin Community Center, Biddeford: Call for schedule and menu. Reservations: 283-2477

Family Caregiver Support Groups — Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723

Medicare 1-on-1 Appts/Free Information & Assistance — McArthur Library, Biddeford, Every Tues. Call 396-6500 for appt.

Medicare 1-on-1 Appts — Dyer Library, Saco, Every Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appt.

CUMBERLAND

A Matter of Balance — Class starts Jan 10, 9:30-11:30am, Prince Memorial Library. Pre-registration required. 396-6583, Open to Cumberland residents only.

Living Well for Better Health — Workshop starts March 21, 9:30am-12pm, Prince Memorial Library. Pre-registration required. 396-6583, Open to Cumberland residents only.

FALMOUTH

Medicare 1-on-1 Appts/Free Information & Assistance — Stewart Center, 3rd Thur, 9am-12pm. 396-6500/1-800-427-7411 for appt.

FREEPORT

Medicare 1-on-1 Appts/Free Information & Assistance — Freeport Library, 2nd Tues, 1-3pm. 396-6500/1-800-427-7411 for an appt.

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

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, 4th Tue, noon, Reservations: 956-1348

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

Living Well for Better Health — Workshop starts Nov 8, 9:30am-12pm, United Medical Gym, 29 Foden Road, South Portland. Pre-registration is required. 396-6583

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.

Southern Maine Restless Legs Support Group, Meets quarterly from 7-9pm, call for next date, Allen Avenue Unitarian Universalist Church, Portland. FMI: 510-508-8163

KENNEBUNK/WELLS

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

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

Community Café — Eliot Methodist Church, 1st Thurs, 11:30 am, Reservations: 475-7399

Family Caregiver Support Group — The Gathering Place, Kittery, 1st Thurs, 3-4:15pm. 439-6111

Family Caregiver Support Group — Living Well Center, 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.

KEZAR FALLS/HIRAM

Community Café — Sacopee Valley 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 Community Center, Call 647-3116 for an appt.

PARSONSFIELD

Medicare 1-on-1 Appts/Free Information & Assistance — Parsonsfield Town Office, 1st Mon, 9am-12pm. 396-6500/1-800-427-7411 for an appt.

SANFORD

Community Café — Nasson 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.

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)

Advance Care Planning Seminar — Nov 9, 1-2:30pm. Pre-registration required 396-6500

Family Caregiver Support Group, 3rd Thurs, 4:15-5:30pm* NEW TIME, 396-6540

Living Well for Better Health — Workshop starts Nov 7, 9:30am-12pm, MaineHealth Learning Resource Center, 100 Campus Drive. Pre-registration is required. 396-6583

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.

Savvy Caregiver — Class starts Jan 12, 1:30-3:30pm. Pre-registration required 396-6558

Welcome to Medicare Seminar — 2nd and 4th Mon, 2-4pm and 1st and 3rd Thurs, 10am-noon, and 1st Mon of month 5:30-7:30pm. Call 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH

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

Weekly Wednesday Lunches at Camp Ketcha — Every Mon, Noon, All Welcome! \$5 for 60 and up, \$7 for all others. Reservations: 730-4150 by 2pm the Mon prior

STANDISH

Community Café — Standish Seniors, 2nd and 4th Wed, noon, Reservations: 675-3302

WINDHAM

Community Café — Unity Gardens, Catered meals 2nd Thurs, noon. Reservations: 892-3891

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 Tues, 10am-noon, 396-6500/1-800-427-7411 to schedule.

YARMOUTH/NORTH YARMOUTH

Community Café — Bay Square at Yarmouth, 4th Tue, Noon. Reservations: 846-6693

Indoor Walking — North Yarmouth Memorial School, Tues and Fri, 11am-12pm. Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.



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Contact us today to learn more about the care we provide through our home program and Gosnell Memorial Hospice House.

Union Mutual Companies gets "Casual for a Cause"

Recently, the Southern Maine Agency on Aging was chosen by Union Mutual of Vermont Companies as their charity of the month. Based in Vermont, Union Mutual provides insurance products throughout New England and southern Maine. As a benefit to their employees, and a way to give back to the communities in which they work, Union Mutual offers a "Casual for a Cause" dress down program. By making a small dona-

tion to the program, employees can enjoy a casual, dress-down day at work while also supporting a deserving charity.



This month, "Casual for a Cause" generated \$400 that was donated to the programs of the Southern Maine Agency on Aging. This gift will be put to use immediately to support the provision of home-delivered meals, adult day center programming, one-on-one counseling, family caregiver support, and so much more.

On behalf of all SMAA staff, we thank Union Mutual of Vermont Companies for getting "casual for SMAA" this month!

If your place of work has a similar program to "Casual for a Cause", or you are interested in other ways to support charitable non-profits like the Southern Maine Agency on Aging, please don't hesitate to contact SMAA's Development Office at 207-396-6591. We would be happy to provide more information on how you can help support Maine seniors in need.



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Senior News

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or 207-396-6520

Design: Becky Delaney

Printing: Sun Press, Lewiston

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

"Senior News" is mailed free for the asking. If you would like to receive "Senior News," call Jessica LeBlanc at 207-396-6520 or send your name and mailing address to jleblanc@smaaa.org.

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 Janet Bowne at 396-6533.

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

Disclaimer of Endorsement: We appreciate the loyal support of our advertisers who make the publication of "Senior News" possible. The appearance of these advertisers does not constitute or imply an endorsement, recommendation, or favoring by the Southern Maine Agency on Aging (SMAA). Advertisers are not permitted to use the name of SMAA, its employees or volunteers for marketing or product endorsement purposes.

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.

Social Security Announces 0.3 Percent Benefit Increase for 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced today.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2017, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

Cholesterol Drugs for People 75+

When You Need Them – and When You Don't

Your body makes a waxy substance called cholesterol. You also get it from food. Your body needs it, but too much cholesterol in your blood can clog your arteries. This increases your risk of heart disease, heart attack, and death.

Statins are drugs that lower your cholesterol.

But if you are age 75 or older and you haven't had symptoms of heart disease, statins may be a bad idea. Here's why:

Adults age 75 and older may not need statins.

Many older adults have high cholesterol. Their doctors usually prescribe statins to prevent heart disease.

But for older people, there is no clear evidence that high cholesterol leads to heart disease or death. In fact, some studies show the opposite—that older people with the lowest cholesterol levels actually have the highest risk of death.

Statins have risks.

Compared to younger adults, older adults are more likely to suffer serious side effects from using statins.

Statins can cause muscle problems, such as aches, pains, or weakness. Rarely, there can be a severe form of muscle breakdown.

In older adults, statins can also cause:

- Falls.
- Memory loss and confusion.
- Nausea, constipation, or diarrhea.

Often, older adults take many drugs. These can interact with statins and lead to serious problems. Side effects, like muscle pain, may increase. Statins can also cause a fatal reaction when taken with heart-rhythm drugs.

Statins may increase the risk of diabetes, cataracts, and damage to the liver, kidneys, and nerves.

Statins can cost a lot.

A one-month supply of generic statins costs from \$4 to \$220. A brand-name statin costs from \$160 to \$686. You may also have to pay for extra tests to check for side effects.

When should older adults take statins?

You should take statins if you have had a heart attack, stroke, or mini-stroke (transient ischemic attack, or TIA). Statins help prevent a second heart attack or stroke.

Weigh the risks and benefits.

You and your doctor should look carefully at the risks and benefits of statins, especially if you are older and do not have heart disease.

Older people may not live long enough to get the important benefits from statins. You and your family should speak with your doctor about your health concerns. Are you more concerned about preventing a heart attack that might never hap-

pen? Or do you want to avoid side effects that can lead to frailty, injury, and memory problems?

Questions? – Make sure to talk to your doctor.

Provided by Consumer Report as part of the Choosing Wisely Campaign. Learn more at www.choosingwisely.org

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SMAA's Meals on Wheels Program Receives \$15,000 Grant from Texas Instruments Community Fund

The Southern Maine Agency on Aging is pleased to announce a grant of \$15,000 from the Texas Instruments Community Fund—an advised fund of Silicon Valley Community Foundation—in support of Meals on Wheels.

This grant was awarded at the recommendation of the Fund's advisors who recognized SMAA's Meals on Wheels program as a

service that strengthens the common good, improves quality of life, and address challenging problems in our communities.

Texas Instruments is an American technology company with locations across the globe, including offices in South Portland, Maine. The Texas Instruments Community Fund proudly partners with its donors to support organizations

like SMAA who share its mission of improving the quality of life within our communities.

This grant will help to deliver thousands of nutritious meals to homebound, older and disabled Maine residents during the coming winter months. Even the most independent among us, if fortunate to live long enough, may experience a decline in mobility or health that can limit our independence. The majority of Meals on Wheels recipients live alone and rely on the program for nutritional support, safety checks and regular socialization. For participants, each delivery

means much more than a meal.

On behalf of all Meals on Wheels participants, thank you Texas Instruments Community Fund!

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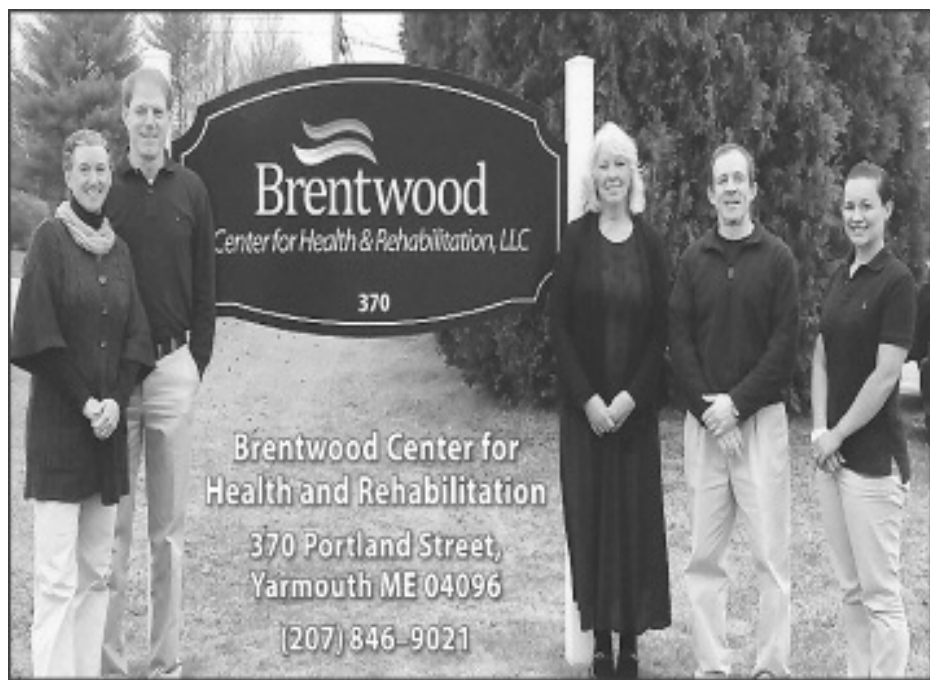
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From Jo Dill's Notebook

Looking ahead to 2017

Plans are underway for the 2017 season. It is a non-qualifying year so we may try to pilot some ideas. Some thoughts are having Pickleball be in groups according to their ranking, adding Singles to Cornhole, having Tennis on a weekend, making the 5K be a walk and/or run just to name a few. We are also looking for a triathlon to join as we cannot afford to run one on our own? Suggestions are welcome.

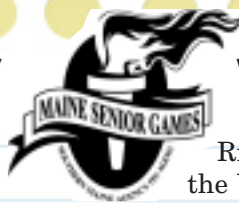
At the YMCA

Special thanks to Helen Brena and the Greater Portland Branch for the video of Maine Senior Games and the YMCA. Thanks also to the many athletes who participated. Our hope is that Y's and Senior games all over the country will work to support each other in our endeavor to keep seniors active and healthy. Maine Senior Games held its Cornhole event at the Sanford/Springvale YMCA, Table Tennis at the Pineland YMCA and swimming at the Waterville Area YMCA. Check out your local YMCA... a great place to stay in shape and practice your event.

Ladies Bowling

MSG has a Ladies' Candlepin Bowling league that starts on Thursday, January 5, and continues until March 30, at the Big 20 in Scarborough, starting at 5:30. We are looking for a few more players to join us. Our goal is to have fun, laugh much and not worry about our scores. A fee of \$12 per week covers bowling and money for the kitty. Let me know if you are interested.

*Our 2017 season is just around the corner!
We welcome you to join us as a participant or volunteer. If interested contact: jdill@smaaa.org*



Volunteer Coordinator

A special thanks to Rita Perron who has been the Volunteer Coordinator of the Maine Senior Games for the past two years. Your work was very much appreciated. It is time to look for a new coordinator, which is a two year position. It requires working with me, Jo Dill, in getting volunteers for both before the events and at each event. Being at some, but not all, of the events is helpful. A computer is necessary, great people skills and being organized a must. Interested? Send me an email — jdill@smaaa.org

Event Coordinators

Each event is run by an event coordinator who is in charge of running an event. I work closely with them BUT could not do it without their help or more importantly—I COULD NOT participate—if I did not have them. Thanks so much to Deb Smith, Katie Bergeron, Nancy Fortin, Irena Stepan, Laird Spaulding, Tim Lecrone, Sue Weatherbie, Devi Maganti, Rocky Clark, and Linda Einsiedler. I am looking for Coordinators for the following events: Men's Basketball, Ten Pin Bowling, Candlepin Bowling, Foul Shoot and 10K Road Race. Give me a call for a more detailed description of what it entails.

Volunteers

Thank you to the volunteers who put in countless hours with mailings, stuffing the bags, folding shirts, at our UNO's fundraiser, at the events, loading and unloading the van, putting up the flags, checking athletes in and on and on! You are the best!!

Turning 65?

Here's what you need to know about moving from the Marketplace to Medicare.

If you're turning 65 and have a Marketplace plan, you should call 1-877-353-3771 to find out how to enroll in Medicare and what can happen if you don't. Here are some important facts:

- You can keep your Marketplace policy until your Medicare starts. You can cancel the Marketplace policy without penalty.
- You can sign up for Medicare three months before and until three months after you turn 65. If you don't sign up, you may find yourself without affordable health coverage and with a late enrollment penalty.
- When you turn 65, you can keep your Marketplace plan, but you may have to pay full price for it. Any tax credit or subsidy you get to help pay for your Marketplace policy will

end when your Medicare Part A starts.

- Once your Medicare Part A coverage starts, you'll have to pay full price for a Marketplace plan. If you do nothing and keep getting help paying for the Marketplace policy, you may have to pay the money back.
- Also, don't forget! When you get help signing up for Medicare, make sure to ask how to end your Marketplace plan.

Bottom line, it's complicated and every person's situation is different. To avoid losing affordable health coverage and future penalties, or if you're already having a problem because you didn't switch, contact your local area agency on aging at 1-877-353-3771 to get advice you can trust.

Please share this with anyone who may also be experiencing these same issues.



You're invited
to our annual community
Tree of Life Memorial Service

Sunday Nov 6, 2016, 1 - 3 pm

North Congregational Church
22 Church Hill Road | Buxton, Maine

Refreshments will be served following the service

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

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

For more information please call:
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This service is free and open to the public.



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- Transportation
- Appointments
 - Grocery Shopping

Social Activities



We help keep you at home!

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.

Take Care to Give Care

November is National Family Caregiver Month. This year's theme is "Take Care to Give Care"

The first rule of taking care of others: take care of yourself. Caregiving can be a rewarding experience, but also physically and emotionally demanding. The stress of caregiving leads to a higher risk of health issues, so please pay attention to your own physical and mental wellness. Only by taking care of yourself can you be strong enough to take care of someone else. You really do need to "take care to give care!"

Caregiving can be a stressful job.

Most family caregivers say they feel stressed providing care for their person. With all of their responsibilities—from managing medications to hands-on care—caregivers may put themselves last.

The stress of caregiving impacts your own health.

Many caregivers sacrifice their own health while caring for someone else. Family caregivers have a

higher risk of stress-related medical and emotional problems, are twice as likely to experience depression, and are at increased risk for other chronic conditions.

Proper nutrition helps promote good health.

Ensuring that you are getting proper nutrition helps maintain your strength, energy and stamina, and supports your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself.

Good nutrition for your person helps make care easier.

Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may also make caregiving easier.

"Rest. Recharge. Respite."

The chance to take a breather, the opportunity to re-energize, is vital for you to be as good a caregiver tomorrow as you were today.

During National Family Caregivers Month, we want to thank family caregivers and also remind you that you must take care to give care.

SMAA has many programs that help family caregivers, including adult day centers, home delivered meals, healthy aging programs, information and resources, and volunteer services. The Family Caregiver

Support Program can help with problem solving, training, one on one and group support, and identifying strategies to make caregiving easier. Please contact us!

This article is adapted from: <http://caregiveraction.org/national-family-caregivers-month>

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: caregivers of a person with dementia

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

Bridgton – caregivers of an older adult or person with dementia. On-site respite (reserve at 647-2826)

- Second Wednesday of month, 1-2:30PM. Contact Ann O'Sullivan at 396-6541

Kittery – The Gathering Place: Respite available on-site for a fee; please call ahead to reserve.

- First Thursday of month, 3-4:15PM. Contact Jill Larson at 439-6111.

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


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

York – Living Well Center: caregivers of an older adult with a chronic condition

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

IN HONOR OF
NATIONAL FAMILY CAREGIVERS MONTH

To the 137,000 plus family caregivers in Maine, and millions more nationwide, thank you for all that you do.



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Making Caregiving Easier

As a family caregiver, you face many responsibilities, some of them unfamiliar. At times, you may feel overwhelmed and alone. But despite its challenges, caregiving can be rewarding. There are things you can do to make caregiving easier and more enjoyable for both you and your family member.

Providing care for a family member can be an act of kindness, love, and loyalty. As life expectancies increase, medical treatments advance, and more people live with chronic conditions, more of us will be caregivers.

Most family caregivers aren't trained for the responsibilities we face. You probably never anticipated you'd be in this situation. You may not even live nearby. Still, we want to provide the best care we can. The good news is that you don't have to be a nurse, a superhero, or a saint in order to be a good caregiver. With the right help and support, you can be effective and caring without sacrificing yourself in the process.

New to family caregiving?

- **Learn as much as you can** about your family member's condition and about how to be a caregiver. The more you know, the less anxious you'll feel and the more effective you'll be.
- **Seek out other caregivers.** It helps to know that you're not alone, and to share support with others who understand.
- **Trust your instincts.** You know your family member best. Don't ignore what doctors and specialists tell you, but listen to your gut, too.
- **Encourage your person's independence.** Be open to technologies and strategies that support their abilities.
- **Know your limits.** Be realistic about how much you can do. Set clear limits, and communicate them to your person, doctors, family members, and others.

Family caregiving tip 1: Accept your feelings

Caregiving can trigger difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. It's important to acknowledge, talk about, and accept your feelings, both positive and negative. Find at least one person you trust to confide in. SMAA's Family Caregiver Support Program offers one-on-one and group support for caregivers.

Family caregiving tip 2: Don't try to do it all

You can't do everything on your own. You'll need help from friends, siblings, other family members, and health professionals. Before asking for help, analyze your needs and list your specific caregiving (and other) tasks. Then determine which activities you can realistically do. Ask others to help you with the remaining tasks. Even if someone can't

help with hands-on care, they may be able to take on other responsibilities (like mowing the lawn) to free up your time.


It's not always easy to ask for help, even when you desperately need it. When you make your needs known, you may be surprised by how willing others are to pitch in. Often, friends and family members want to help, but don't know how. To make it easier for them:

- Sit down with a potential helper and go over the list of tasks you drew up
- Point out areas where they might help (focus on things they enjoy or are good at)
- Help them understand what would be most useful to both you and your family member
- Don't worry if people don't do things exactly the way you would
- Set your helpers up for success, and remember to thank them

Family caregiving tip 3: Attend to your own needs

Meeting your emotional needs

- Take time to relax daily
- Talk with someone to make sense of your situation and your feelings
- Keep a journal
- Feed your spirit
- Watch out for signs of depression, anxiety, or burnout



Are you caring for a family member with dementia?

Let *Savvy Caregiver* help.


Savvy Caregiver is a 12-hour training for family caregivers of people with dementia and offers:

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Upcoming Series

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Thursdays, 1:30-3:30pm
SMAA Main Office, Scarborough

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Meeting your social and recreational needs

- Stay social
- Do things you enjoy
- Maintain balance in your life
- Give yourself a break
- Find a community

Meeting your physical needs

- Exercise regularly
- Eat healthy foods
- Avoid alcohol and drugs
- Get enough sleep
- Keep up with your own health care

Family caregiving tip 4: Take advantage of community services

SMAA offers services to help caregivers throughout our area, in-

cluding adult day centers, home-delivered meals, training, support, and finding ways to get respite. The Family Caregiver Support Program is a great place to start. We assist unpaid family and friends who are helping adults age 60 and over, or helping a person of any age if they have dementia. You can call 1-800-427-7411 or 207-396-6500 and ask to speak with someone in the Family Caregiver Program, or email through our website, www.smaa.org. While you're on the website, check out the caregiver resources on the Family Caregiver pages.

Adapted from: <http://www.helpguide.org/articles/caregiving/caregiving-support-and-help.htm>



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HEALTHY EATING WITH HOLLY: The Holidays

By Holly Bresnahan RD, LDN

The Holidays. It brings visions of family, friends, fun and good food! So much food! The holidays can be a time when our waistlines become a little larger. Take it easy this year and enjoy the season without over-indulging. Some practical tips to keep in mind without having to sacrifice the foods you love.

Always Remember Moderation

Be cautious of how much food you are putting on your plate. Take a small amount of multiple dishes, this way you can sample all the good food. It will prevent over-indulging but not deprive you of your favorite once a year dishes.

Don't forget the drinks! Try and break-up the calorie-laden drinks (such as egg nog, cider, and cocktails) by alternating with a glass of water or sparkling water between each beverage. It will help keep you hydrated and fill the stomach to limit room for excess food later.

Be Careful of Hidden Sodium

Unfortunately some of your favorite holiday foods can be packed with sodium. If you are preparing the thanksgiving meal, check labels and choose the lower sodium version. Foods to watch for are breads and rolls, poultry and canned soups which are often found in casseroles. Flavor meals with herbs and spices vs. salt or butter. Also, make sure to drain and rinse canned beans or veggies to remove the excess sodium.

I know the gravy is good but it is also a source of extra sodium and fat. Try and limit the amount to 1-2 tablespoons.

And lastly enjoy!!! May your holiday season be filled with family, friends and good times.

Happy holidays and best wishes in the New Year!

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For a free email subscription to our Eye Health Updates, visit us at www.eyecaremed.com.

Maple Syrup Glazed Sweet Potato Casserole

40 oz. canned chopped sweet potatoes in light syrup, drained (or 1 1/2 pounds cooked sweet potatoes)

- 1 1/4 tsp, pumpkin pie spice, divided
- 1/4 tsp salt
- 1 tsp. vanilla extract
- 2 large egg whites
- 1/4 cup unsalted pumpkin seeds (pepitas)
- 1 tbs. olive oil
- 2 tbs. maple syrup
- 2 tbs. all-purpose flour

1. Preheat oven to 400 degrees
2. Drain sweet potatoes and add to a large bowl. Using a potato masher or fork, mash well. Stir in 1 teaspoon pumpkin spice, salt and extract.
3. Add egg whites into mixer bowl. Using a whisk attachment (or a hand mixer) whip the egg whites on high speed until firm peaks form, about 3-4 minutes. Use a spatula to gently fold egg whites into the sweet potato mixture.
4. Coat a 1.5 quart baking dish with cooking spray. Transfer the sweet potato mixture into the baking dish.
5. In a small bowl, stir together pumpkin seeds, oil, maple syrup, flour and remaining 1/4 teaspoon pumpkin pie spice. Sprinkle over the sweet potatoes.
6. Bake in preheated oven until sweet potatoes are fluffy and topping is golden brown, about 20-25 minutes.

(249 calories, 176 mg sodium, 46g Carbohydrate and 5.5g fat per serving)

Source: American Heart Association: Simple Cooking with Heart Program 2016

Maine Senior Games continued from page 1

- Four National Masters' Swimming Records were broken by Diann Uustal.
- The largest group of athletes was the 60-69 age group with 257 athletes with the second largest group being 70-79 with 181.

In addition to athletic competition, the Maine Senior Games provide a chance to connect with truly fantastic people from all over the country—people like Phyllis and Hans, both in their 80s, came from Florida to compete!

We have so many amazing stories from athletes coping with cancer who participated or volunteered because they were not up to competing, victims of stroke who overcame and participated within a few months.

Thank you to the athletes, volunteers, and sponsors who helped make this year's Maine Senior Games a success. See you in 2017!



Meals on Wheels continued from page 1

For example, entrees range from braised pulled pork and shepherd's pie to chicken piccata and vegetable lasagna. Side dishes and vegetable options include broccoli, carrots, corn, mashed potatoes, sweet potatoes, roasted vegetables and much more. We sample the meals regularly to ensure they meet our standards.

Meals are delivered frozen but can be easily heated in a microwave. For clients who can't heat their own meals, we offer the Warming Crew who will visit and heat the client's meals.

Myth #2: Only low income people are eligible for Meals on Wheels.

There is no income restriction with our program. You qualify for our Meals on Wheels program if you

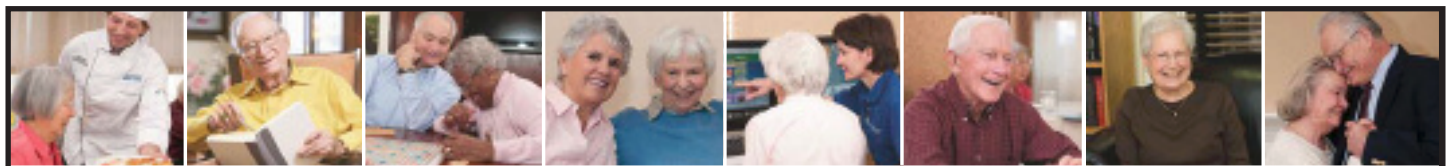
are age 60 or older and are primarily homebound and are not able to prepare your own meals. As part of the qualification process, you'll meet with one of our staff members in your home within the first few days of your first delivery.

Myth #3: Meals on Wheels are only for people with long term chronic conditions.

We have many clients over the years who have received Meals on Wheels during an illness or after surgery. Meals on Wheels can help on a short term basis.

Myth #4: There's a waiting list for Meals on Wheels.

We make every effort to fulfill a request for meals within 2-3 days of the request. So if you or someone you know could benefit by getting Meals on Wheels, contact us today at 207-396-6500.



Places to go, people to see, things to do




Become a Sponsor for 2017

As a Maine Senior Games you will help support wellness activities and athletic competition for adults age 45 and up. Show your commitment to older adults achieving their health goals and staying active today!

As a sponsor you may be eligible to have your brand prominently displayed:

- At events to hundreds of athletes, family, friends, volunteers, and supporters
- On the www.mainesrgames.org website, which receives over 15k visitors a year
- On the Maine Senior Games and SMAAA Facebook pages reaching over 9k users a week
- In three issues of Senior News with a circulation of 27k per issue
- And more!

Sponsorship opportunities are available for all budgets. Contact Jo Dill at 396-6519 or jdill@smaaa.org or Kate Putnam at 396-6590 or kputnam@smaaa.org to learn more.



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

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centered around you



Agewell Schedule

Look for additional workshops starting in January at www.smaaa.org or call 207-396-6583 for more information on what's happening in your area.

Living Well for Better Health

November 7 – December 12, Mondays, 9:30AM-12PM, Learning Resource Center, Scarborough

November 8 – December 20, Tuesdays, 9:30AM-12PM, United Medical Gym, South Portland

March 21 – May 2, Tuesdays, 9:30AM-12PM, Prince Library, Cumberland.* *This workshop is open to Cumberland residents only.*

Tai Chi for Health and Balance

January 9 – March 8, Monday & Wednesday, 2-3PM, United Medical Gym, South Portland

January 10 – March 9, Tuesday & Thursday, 10-11AM, Ross Center, Biddeford

January 10 – March 9, Tuesday & Thursday, 9-10AM, Scarborough location TBD

January 10 – March 9, Tuesday & Thursday, 9-10AM, Woodfords Church, Portland

A Matter of Balance

January 10 – February 28, Tuesdays, 9:30-11:30AM, Prince Library, Cumberland. *This workshop is open to Cumberland residents only.*

February 13 – March 10, Mondays, 1:30-3:30PM, Sentry Hill, York

Living Well Workshops: Put Life Back in Your Life

By Nicole Petit, MA/BA

Are you tired? Do you hurt all the time? Are your health problems telling you what you can and can't do? SMAA is happy to announce upcoming workshops as part of our Agewell Programs that will help you gain the energy you need to do the things that matter and put life back in your life.

Workshops include Living Well for Better Health, Living Well with Chronic Pain, and Living Well with Diabetes. The classes will help you manage your everyday health, communicate with family, friends and health professionals and deal with the frustration, pain and fatigue that often accompany a chronic illness.

The workshops meet once per week, for 2.5 hours for six weeks. Evidence shows that attending the workshops improves confidence, and lowers ER visits, and admissions to hospitals.

As someone who has lived with a chronic illness for over 30 years, I look forward to teaching the classes to people who might have had similar experiences as I have. Something important I have learned liv-

ing with Type 1 diabetes is that you can't really take a break from a chronic illness. No matter what the disease is, it takes planning, perseverance, patience and strong will to manage it on a daily, sometimes even hourly basis, to keep ourselves healthy. And sometimes, all of our best efforts don't even work! This can be a frustrating experience.

The classes will focus on how to best manage your chronic illness and the unique challenges that you face. I have found I can never have too many resources or too much support. Of course in a sense, we are all in this alone; no one can take our disease away from us or manage it for us entirely. However, when we gain control, we have more confidence and are better able to care for ourselves and others, which means we are all in it together.

Whether you live with chronic pain, diabetes, heart disease, allergies, cancer, autoimmune disorders or any other on-going health condition, we encourage you to attend a workshop.

For further information on these classes, please feel free to call us at SMAA at 1-800-427-7411 or to email me, Nicole Petit, at npetit@smaaa.org.



www.facebook.com/SouthernMaineAgencyonAging



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Southern Maine Agency on Aging Adult Day Centers are state-licensed, Adult Day Health providers for VA, MaineCare and Office of Elder Services.

Meals on Wheels Volunteer Honored

Ken Bray, Meals on Wheels Delivery Driver, was selected as this year's Ed Greenleaf Award winner in honor of his service to the South Portland Meals on

Wheels site. In just three short years of service, Ken has logged 6,089 miles on the road and 705.5 hours of service. His dedication to Meals on Wheels is second to none.

As Ken finishes his service for the week, he plans his next week's schedule, not around his own needs but those of the Meals on Wheels staff and volunteers.

Ken is an incredibly friendly and gracious man who will greet all faces, new and old, with a hearty handshake and a warm joke. Even after just spending five minutes in his presence it is easy to see why he is this year's award winner.

The Ed Greenleaf Award is an award given in memory of Ed Greenleaf, a much-loved Meals on Wheels volunteer for the South Portland Meals on Wheels site. The award is given to celebrate fellow volunteers who go above and beyond the call of service and truly embody the spirit of the Meals on Wheels program. This year is seventh year the award has been presented.

Congratulations Ken!

www.smaa.org



Photo L to R: Jo Ann McPhee, SMAA Nutrition Manager, Liz Engel, South Portland Meals on Wheels Site Coordinator, Ken Bray, and Rebecca Greenleaf.



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Kahn, MD



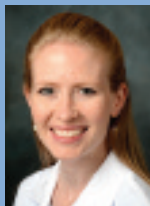
Curtis
Libby, MD



Brooke
Miller, MD



Jeffrey
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Noelle
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from 10am-12pm
Saturday, December 10
from 10am-12pm

**For more information
please visit
www.smaaa.org/adc.html**

**Scarborough Terrace Assisted Living Honored Local Volunteer
With Annual Senior Service Award**

After a lifelong career and dedication to serving others in the nonprofit world, Vivian Howe retired eight years ago only to continue serving others by volunteering with the Southern Maine Agency on Aging's Meals on Wheels program. Since 2011, Howe has spent time once a week delivering fresh and nutritious meals to local seniors in need. Because of her commitment to helping seniors and willingness to put them first, Scarborough Terrace Assisted Living is presenting Howe with the annual Scarborough Terrace Assisted Living Senior Service Award for her efforts. The senior service award is presented by Scarborough Terrace each year to a deserving senior volunteer who dedicates their time to the benefit of other local seniors, and acknowledges the important work seniors do to give back to their community. Additionally, the Southern Maine Agency on Aging and Howe will each be given a \$500 gift from Scarborough Terrace as part of the award.

Howe has spent the majority of her life working with seniors and continues to volunteer in retirement, because she wants to stay engaged in the community. She says that she understands someday she may very well need the same



assistance that she provides local seniors every week and wants to do what she can. On Fridays, she travels over to the distribution center to pick up the meals before driving all over Scarborough delivering meals. She says that in her time delivering meals she's met incredible people and enjoyed learning more about them and their lives. To date, Howe has logged a total of 582 volunteer hours, logging around two to two-and-a-half hours each time she delivers.

"It's an honor for our community to recognize an inspiring individual like Vivian Howe," said Judy Cox, executive director of

Scarborough Terrace Assisted Living. "Vivian's dedication to serving others is a wonderful example for all of us of what it means to pay it forward, without any thought of recognition. We're proud to support Vivian in her dedication to serve others through the Meals on Wheels program and the work that is done to benefit our local seniors. At Scarborough Terrace Assisted Living, we are dedicated to serving our residents with everything they need to live meaningful and enriching lives, and we're proud to honor an amazing individual who values those same ideals with this award."



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Men Get Varicose Veins Too

By Cindy Asbjornsen, DO, FACPh

Age and heredity are not the only risk factors in the development of varicose veins. Gender also plays a part.

The U.S. estimate for varicose veins is 40% in females and 22% in males. 72% of American women and 42% of men will experience symptoms of vein disease by the time they reach their sixties (although vein problems can occur at almost any age).

While it's true that women are more likely than men to have venous disease, including varicose veins and spider veins, men are more likely to suffer from the worst vein problems, such as ulcers. Why is this the case?

In my practice, I have observed that women tend to get help for their vein issues right away, while men will often wait until the problem becomes too painful to ignore. Leg ulcers, or wounds that won't heal, are often the result. Conditions like varicose veins get worse with time, so the longer someone waits, the more extensive the condition—and often, the treatment.

Even men who are athletic are susceptible. The important thing is to seek help for vein issues as soon as symptoms present themselves.

Symptoms of vein disease can include:

- Leg fatigue or heaviness – It is an early warning sign when legs feel good upon waking but are intensely tired or heavy at the end of the day.
- Swelling – Many things can cause swelling, but it does serve as a very early warning sign for vein problems.

- Skin changes – Redness, skin thickening, or other color changes on the legs and/or ankles is a common (and commonly overlooked) symptom.
- Other skin changes – Dermatitis, cellulitis, dry or scaly skin, or brown “stains” on the skin can be signs of advanced venous disease, and should be evaluated by a physician.
- Spider veins – Blue- or purple-colored veins that occur under the skin but are close enough to be seen on the surface can be the “tip of the iceberg.”
- Varicose veins – Another sign of early stage venous disease, varicose veins are visible veins in the leg that bulge, often protruding through the skin.
- Ulcers – An open wound on the leg or ankle that fails to heal can be the result of ongoing venous disease, often an indication that venous disease has reached an advanced stage.

Remember, some people with venous disease present with no obvious symptoms. The key for anyone, regardless of gender, is to get evaluated as soon as she—or he—suspects there's a problem.

Dr. Cindy Asbjornsen is the founder of the Vein Healthcare Center in South Portland, Maine. Certified by the American Board of Venous and Lymphatic Medicine, she cares for all levels of venous disease, including spider veins, varicose veins and venous ulcers. Contact Dr. Asbjornsen at 207-221-7799 or info@veinhealthcare.com.

FLU SEASON

What You Should Know and Do If You Are 65 Years and Older

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults, because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 71 and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So influenza is often quite serious for people 65 and older.

Actions to take this flu season:

1. **Get Your Flu Shot** – The best way to prevent the flu is with a flu shot. Flu vaccines are updated each season to keep up with changing viruses and one's immunity wanes over a year. There are many types of flu vaccines but adults 65 years and older should not get the nasal spray flu vaccine, the intrader-

mal flu shot, or jet injector flu vaccine. Ask your doctor which is right for you.

2. **Practice good health habits** including covering coughs, washing hands often, and avoiding people who are sick.
3. **Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or treatment with antiviral drugs. The longer you are sick, the higher risk there is of complications.
4. **Get pneumococcal vaccines.** Pneumococcal diseases can often be a result of a serious flu-related complication. Ask your doctor about the pneumococcal vaccine.

Information provided by the Centers for Disease Control and Prevention. Learn more at www.cdc.gov

Is it the flu?

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

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MAINE ROOTS: Quarantined

By Elaine Parker



I am holding a white enameled basin in my lap as I sit up in bed in the little downstairs bedroom reserved for when someone in the family is sick. The town doctor comes to examine me. His diagnosis is scarlet fever, it is highly contagious, and I must be quarantined for a month.

No one can come near me except my mother, wearing a gown, mask and gloves. I have been sentenced to solitary confinement.

A sign with a big red X and "Quarantined" in big black letters is posted on the front door and back door. My father is allowed to go to work, but my brothers and sisters, although not infected, cannot go to school.

It is 1944, and sulfur drugs are the only available medication for this illness, as penicillin is not yet in wide spread use.

My aunt waves at me through the window and brings me gifts. She is a real, live fairy-godmother who

delivers brand new coloring books, crayons and paper dolls. At nine years old, these are some of my favorite things.

It is almost worth being sick. I amuse myself for hours with these presents. Even if I cannot leave the room, in my imagination my paper dolls can go to school, parties and bike riding.

In spite of my mother's aseptic technique, my sister and two brothers contract the illness.

Being reunited with my siblings is not all bliss. They grumble that I carried the germ that made them sick, that I was a junior Typhoid Mary, but as for me, I am glad to have my playmates back again.

When we are feeling better, to pass the time, we read books, play checkers, Monopoly, Parcheesi and card games.

These games are always played with a fair amount of bickering. Accusations of cheating are numerous and persistent. We sound like a noisy colony of sea gulls squawking for scraps at a tourist trap. Somehow we always manage to make peace and get on with the game.

Mother goes industriously

about her chores, ignoring the uproar we are creating. Her little brood is on the mend, and she knows where they all are.

How my mother coped with four sick, cranky children all at once is a marvel, but no whining was allowed, so that may have helped.

After the small epidemic at our house is over, everything has to be fumigated. We haul mattresses, books, things that could not be washed, out onto the lawn so the sun can kill the germs. As a last ceremonial act we burn the "Quarantined" signs.

When we return to school, our friends are intrigued by the fact that we had been quarantined, and had survived a major illness. They are envious of our time off from school.

For a short time, we are minor celebrities in the school yard.

Brief as it was, we enjoyed our little bit of dubious fame and our moment in the limelight.

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

greatest increase in participants, followed closely by track and field. The National Senior Games will be held in June 2017 in Birmingham, Alabama where Maine will once again be represented by many local athletes who qualified for Nationals during this year's competitions. The majority of the athletes will be Maine residents, but many athletes come to Maine to compete in our Senior Games from as far south as Florida and as far west as Arizona! Thanks to Jo's excellent management and efforts to produce the best Games possible, the Maine Senior Games reputation is gaining national attention. I'd also like to add my thanks to the nearly 100 volunteers who supported the Games this year at sites that spanned the state from Sanford to Waterville. I know that Jo could not provide the same level of superior competition without the help of these enthusiastic volunteers. Congratulations to all the athletes, coaches, volunteers and staff for another successful Maine Senior Games!

Coats for Seniors

As the weather turns colder, many older adults in Southern Maine are in need of a warm coat to help them get through the long winter. Once again, SMAA is collecting coats for seniors at several locations including our office in Scarborough, the Sam L. Cohen Center in Biddeford and the Stewart Center in Falmouth. There is a special need for larger sized coats but we are grateful for any coat you can provide. Thank you!

National Day of Giving is November 29

It seems like the holiday hype starts earlier and earlier each year—I heard a radio station in Boston playing 24-hour non-stop holiday music in early October! This constant barrage can be very overwhelming to many who struggle with securing the very basic necessities of life such as nutritious meals and a warm home. Offering an alternative to the commercialization of the season, SMAA is participating in Giving Tuesday on November 29. It's a day promoted nationally to encourage citizens to make a gift to their favorite non-profit organizations in honor of the good work they do in the community. I encourage you to add SMAA to your holiday "shopping list" this year and help us provide critical services for those who desperately need our support—not just at the holidays but throughout the year. You may contribute on our website at www.smaaa.org or by sending a contribution to SMAA, 136 US Route One, Scarborough, ME 04074.

Heading into a new year, I wish you and yours a peaceful and happy 2017!



Laurence W. Gross
Chief Executive Officer

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MEDICARE

A Medicare Nugget from Stan Cohen

#601 – Open Enrollment

As many of you may know, the Open Enrollment period for Medicare Part D and for Medicare Advantage plans began on October 15. It ends on December 7. Unless you are enrolled in MaineCare—or a Medicare Savings program—this is your only opportunity to check out plans for next year, and to make a change if you find a plan that better suites your needs (and perhaps your pocketbook). Enrollment during this period will take effect on January 1.

Unlike car insurance, Part D plans change every year. Premiums, formularies, deductibles, and co-pays can and do change. Nutty but true. Monthly out-of-pocket costs for commonly used brand and generic drugs tend to vary widely across Part D plans, even when included on plan formularies. And, astonishingly, of the 21 Maine Part D plans for 2017, seven premiums will go DOWN. The lowest will be \$14.60/mo.

So even though it may be an irritant—you serve your own best interests by checking out Medicare

plans for next year. The chances are quite good that you will find a plan BETTER for you than the one you now have. The most efficient way to review the Part D “landscape” for 2017 is to use the Medicare Plan Finder on-line at www.medicare.gov.

Donate or Volunteer—Either Way, YOU Deliver!

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Rewarding Winter Time Volunteer Opportunity

Not going south for the winter? Looking for something interesting, challenging and rewarding to help our cold, dark winter months go just a little faster? Ever heard of the AARP Foundation Tax-Aide program? Consider joining a group of dedicated AARP Tax-Aide volunteers who prepare and electronically file federal and state income tax returns for low to moderate income tax payers at many locations throughout Cumberland and York counties. This program is provided totally free of charge to eligible taxpayers.

Help these taxpayers take away the frustration and stress often associated with income tax preparation.

Although the 2017 tax filing season is still months away, the recruitment and orientation of volunteers is done in the fall and early winter. Training is in January with actual return preparation starting in February. The popularity of this program with volunteers is evidenced by the fact that a majority of them continue with the program until health or family issues surface or they decide to become “snow birds”. The demand for the AARP Tax-Aide

program increases each year. Hence, due to both growth and attrition, new volunteers are needed each year. Please contact us now to learn more and/or volunteer. Volunteers do not need to be “of a certain age” or members of AARP.

In addition to tax preparation, many other volunteer opportunities are available. These include greeting taxpayers as they arrive at tax preparation sites, trouble-shooting computer and printer problems, assisting with publicity or assuming one of several leadership roles.

After trained, volunteers devote a minimum of four hours per week or a total of 40 hours during the tax filing season (February 1–April 15.)

To learn more or volunteer, visit www.aarpfoundation.org/taxaide or contact district coordinator Joan Jagolinzer at jagolinzer@gwi.net.

March. The workshop is an evidence based program that teaches people about living well with a chronic illness. If you are interested in becoming a leader, please contact Nicole Petit at npetit@smaaa.org or 396-6513 for more information!

Interested in helping seniors stay active and independent? Consider becoming A Matter of Balance coach with the Southern Maine Agency on Aging. Training workshop will be held in January 2017. Contact Anna Guest for more information – aguest@smaaa.org or 396-6529.

Welcome New Volunteers

- Amanda Austin
- Carol MacDonald
- Charlene Vaughan
- Claire Volk
- Dorothy Klimoff
- James Bourke
- John Adamo
- John Driscoll
- Kevin St. Laurent
- Lester Evans
- Marie Hamlin
- Patricia Fitzgerald
- Richard Flanagan
- Richard S. Silverman
- Robert Ouellette
- Ronald Woodhouse
- Ruth Briggs
- Tom Walker

Volunteer Help Wanted

Looking For A Challenging Volunteer Opportunity? Look No Further!

Like to be physically active? Train to be a Matter of Balance or Tai Chi coach. You will learn the program from top to bottom and when you are done you will be able to coach Tai Chi or Matter of Balance classes. This requires a six to eight week plus commitment after training is completed. Contact volunteer@smaaa.org or call 207-396-6500 and ask for Volunteer Services.

Volunteer Tax Aide – help prepare IRS and State of Maine tax returns with the AARP Tax Foundation. Complete training is provided in January and volunteering runs from February through April 15. Many locations at which you can volunteer. Contact volunteer@smaaa.org or call 207-396-6500 and ask for Volunteer Services.

Need to be busy at home? Consider volunteering as a phone pal to a shut in through the Southern Maine Agency on Aging Phone Pal program. You would be responsible to call up to four people as many days as you choose. Contact volunteer@smaaa.org or call 207-396-6500 and ask for Volunteer Services.

Help others manage chronic illnesses. Volunteers are needed for Living Well for Better Health in the spring! We will be conducting a training for leaders at SMAA in

Interested in Volunteering?

Studies show people in their 60s seem to benefit from giving advice more than any other age group, according to a study published in the Social Quarterly Review. Reports show those who extol their wisdom to a variety of people feel like their lives are more meaningful, which increases their social connection with the rest of the world and makes them feel less stagnant. While 65-year-olds may have more wisdom to give, they also have fewer opportunities to share it. Researchers suggest we should reflect more on the importance of older adults in the community and embrace those opportunities for seniors to share their life experience.

- Courtesy of Live Happy Magazine, November 2016

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Shared Leadership Team to Help Expand Vet to Vet Program

SMAA's Vet to Vet program has embarked on a new approach to extending its reach with the creation of the Vet to Vet Shared Leadership Team. The team has one mission: to put the Vet to Vet program on solid footing and build support to sustain it. Members include leaders in the veteran community as well as other professionals with connection to and interest in veterans' affairs.

Major General Bill Libby, who led Maine's National Guard before retiring, has agreed to serve on the team. Other members include: Marshall Archer, 2nd Vice Commander, AMVETS Department of Maine; Rob Liscord, Veteran Legal Services Outreach Coordinator and Paralegal at Pine Tree Legal Assistance; David Lee, business consultant and training expert with Human Nature at Work; and Vet to Vet volunteers Jim Sidelinger, Pamela Smith, Dick Sproul, Lynn White, and Shirl Weaver.

At its first meeting on September 22, the team focused on increasing efforts to publicize the program through the media and by contacting college veterans' groups and veterans' organizations throughout Cumberland and York counties.

The group will meet monthly and continue its efforts to raise funds and awareness for the Vet to Vet program.

The concept of a shared leadership approach has been proposed by the Corporation for National and Community Service, a grant sponsor of the Vet to Vet program. Vet to Vet is the first program at Southern Maine Agency on Aging to adopt such a model.

Working with SMAA leadership, the shared leadership team has the power and opportunity to make its own decisions and to implement them after developing a plan for growth of the project. Volunteer Services manager Carol Rancourt and Vet to Vet coordinator Susan Gold serve as liaisons between the team and SMAA leadership, provide resources, answer questions, and help with implementation if necessary.

"We are excited and honored to have such a prestigious team working with us," said Rancourt. "We welcome the team and are confident that they will enable us to expand Vet to Vet and help sustain it so that we can assist many more veterans in the future."

Vet to Vet sent out its first team of veteran volunteers in June 2014. The program trained its sixth team of volunteers in October 2016. It currently has 55 volunteers, who visit 60 veterans on a regular basis and refer them to additional services when needed.

Vet to Vet "Team 6" Members Ready to Serve

SMAA's Vet to Vet welcomed "Team 6" to the program in October. New team members are Richard Flanagan, Charlene Vaughan, Richard S. Silverman, John Driscoll, Ronald Woodhouse, John Adamo, Robert Ouellette, and Tom Walker.

Team members attended a nine-hour, three-day training course to prepare them for their service as friendly visitors to aging veterans and those with disabilities in York and Cumberland counties. Laura Allen and David Flores from the Maine Bureau of Veterans' Services led a session on the state's new website and

discussed the ways the bureau can help veterans gain access to VA benefits and other services. Amy Marcotte, team leader of the Sanford Vet Center, outlined medical and other problems that face soldiers returning home and discussed ways to help veterans cope. Other sessions instructed the new volunteers in effective listening, techniques to deal with difficult situations, and coping skills for relating to people with Alzheimer's disease.

With the new team members, Vet to Vet now has 53 veteran volunteers, who visit an equal number of veterans on a regular basis.

For more information about the program or to become a Vet to Vet volunteer or apply for a Vet to Vet visitor, please contact coordinator Susan Gold at

396-6521 or email her at sgold@smaaa.org.

Vet to Vet now has 53 veteran volunteers who visit an equal number of veterans on a regular basis.



Members of SMAA's Vet to Vet "Team 6" at the Maine Veterans' Home in Scarborough, where they attended training for the program. Seated, front row, from left: John Driscoll, Charlene Vaughan, and Richard Flanagan. Standing, back row, from left: Ronald Woodhouse, Tom Walker, Richard Silverman, Robert Ouellette, and John Fred Adamo.

Photo credit: Susan Gold

VETERAN'S DAY
— 2016 —

We Honor
Those Who
Served

Fight They Must While Angels Cry

A hero spoke with me today,
U.S. Marine, we talked a while.
He and his buddies stormed ashore
On Iwo Jima's rocky isle.

He told with sadness how his friends
Died by his side, some just eighteen.
How they had cared about each one.
He told of pride of each marine.

And then he said, "I watched our flag
Raised high on Suribachi's crest!"
What pride these brave men must have felt.
But, oh, at such an awful cost.

I said, "You are a hero, friend,"
But he would have none of this talk.
He said the heroes were the boys
Who died while valiantly they fought.

He said to me, "We were so young."
And yet they knew that some would die.
Their folks at home, they knew would
grieve, But fight they must while angels cry.

Floyd E. Hastings 2016

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