



*From
Megan's Desk*

Happy Holidays!

This year has really flown by! I have been at Southern Maine Agency on Aging for four months now and have enjoyed



spending time with our team and starting to understand the landscape of aging in Maine.

When I ask people what SMAA does better than any other organization, I often hear that we are innovative, person-centered, neutral, and deliver great customer service. I also learn that we are the agency that helps people navigate the sometimes overwhelming journey of aging. Are these the words you would use, too?

Since I arrived at SMAA in August, I have spent time with staff, clients, board members, advisory council members, volunteers, community partners, workers at the State of Maine Office of Aging and Disability Services, and more. It is an exciting time to be in Maine because there is so much opportunity for our state to lead the way for the rest of the nation when it comes to caring for older people.

November is National Family Caregiver Month and this year's theme is "Caregiving Around the Clock." Caregiving for an older family member can be challenging on most days and simply overwhelming on others—especially if you are still working and trying to manage both family and job responsibilities. 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 center provides 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 center

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Getting to Know SMAA's New Chief Executive Officer

When Megan Walton began her job at SMAA in early August, she became just the third Executive Director/CEO in the Agency's history. Larry Gross, the former CEO, held the position for 35 years after taking over from Don Sharland in 1984. Acknowledging her predecessor, Walton said, "I know I have huge shoes to fill, but I am excited and compelled by the Agency's mission. It is an honor to work with Board, staff, volunteers and the greater community to ensure that older adults, adults with disabilities and those who care for them receive the programs and services they need as they age."

Prior to joining SMAA, Walton and her husband Sean, lived in Seattle, Washington for 11 years. She spent the majority of those years working for Amara, a non-profit organization providing services

to children in foster care and their families. She began her career there as a development coordinator and quickly rose through the ranks to serve as the organization's Chief Operating Officer. "At Amara I worked on behalf of some of Seattle's most vulnerable citizens: children in foster care and their families. Similar to SMAA, I've seen first-hand the impact that resources, programs and people can have on vulnerable citizens. I am excited to bring my social services background, coupled with my MBA mindset, to help lead SMAA into its next chapter," she said.

During her time in Seattle, Walton and her husband welcomed two

sons into the world—William who is now three years old and Thomas, who will be one on Halloween. She grew up in Belmont, MA and her parents, though divorced, both still live in New England. "Sean and I always talked about moving back to the East Coast when we had a family of our own. We wanted to be here before the boys started elementary school. Although we both loved our life in Seattle, it just felt like the time was right to make the move," she explained. "I am so happy to be working at a job I already love, living in a great new community and having the added bonus of having close family nearby."

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Giving Tuesday: December 3, 2019

On December 3, take a moment and consider making a gift to the Southern Maine Agency on Aging. Giving Tuesday is a worldwide phenomenon of giving powered by social media and collaboration—on the local level it is so much more.

For SMAA, Giving Tuesday is becoming a way for individuals of all ages to support the work we do to help those older Mainers in the shadows, like the old guy at the thrift store looking for an affordable winter coat or the older

woman in the coffee shop nursing one cup of coffee for hours because she's lonely and her house is cold. We support the shut-ins ensuring that they are not shut out by visiting them and delivering a healthy meal through our Meals on Wheels program. We help your coworkers who are juggling work, children and aging parents. We help people with dementia find a place and support at the Sam L. Cohen Center. We also offer their caregivers support in managing the burden of caring for someone who no longer remember their names. We might even be able to help you too.

And while donations are critical in helping us sustain our programs, Giving Tuesday is also about volunteering. So whether you can give a donation or become a SMAA volunteer, visit our website www.smaa.org to learn more!

SMAA's Medication One-on-One Team Wins Award

Volunteer Maine, Maine Commission for Community Service recently awarded SMAA's Medication One-on-One Team its Outstanding Volunteer Team Award at the Commission's recent statewide awards meeting.

Volunteers Patricia Lennox, Nancy Goddard, Warren Giering and Nancy Gordon were recognized for their collective efforts to work with clients at 175% of the federal poverty level to help lower their prescription drug costs. The clients they serve do not qualify for Medicare's Low Income Subsidy or the Medicare Savings Program.

In the last two years, the Team has helped clients save nearly \$95,000 or roughly \$2500 per client. Congratulations to Nancy, Patricia, Warren and Nancy for their incredible undertaking and success.

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

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2. Last name
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Once you add this information and select "Next," you can create a username and password and use your new Medicare account.

Forgot your username or password?

If you have an existing account, but forgot the username or password, click "Trouble signing in?" under the Username box on the log in page. You'll need this information:

1. Medicare number
2. Last name
3. Date of birth

A Medicare Nugget #636

By Stan Cohen

One of the benefits of the Affordable Care Act for Medicare beneficiaries is a free, annual wellness visit to your physician. This is NOT an annual physical exam. It does, however, include several services that a

doctor often includes in an annual physical. The annual wellness visit:

- Establishes or updates medical and family history
- Creates a list of current providers and medications
- Measures height, weight and body mass index, blood pressure and heart rate
- Checks for signs of any cognitive impairment
- Screens for depression and functional status
- Updates schedule of screening services for the next five to ten years
- Conducts, **if you wish**, advance care planning (e.g. Advance Directives)
- Establishes a list of risk factors and conditions
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Welcome to Medicare Seminars in Southern York County

SMAA and York Hospital are partnering to bring our popular, and informational, Welcome to Medicare Seminars to more locations in southern York County this fall and winter.

Welcome to Medicare Seminars are designed to help answer your Medicare questions. Certified State Health Insurance Program (SHIP) Counselors will present information on Medicare in easy to understand language. Topics include: Benefits, coverage, premiums, deductibles, coinsurance, complaints and appeals, rights and procedures, and more.



Upcoming Medicare Seminars

- November 14, 1-3PM – York Hospital Medical Services Building (Community Room), South Berwick
- November 20, 2:30-4:30PM – York Public Library
- November 26, 1-3PM – Wells Activity Center
- December 18, 2:30-4:30PM – York Public Library
- January 29, 2020, 2:30-4:30PM – York Public Library

Pre-registration is required by phone or online: 207-396-6500, 800-427-7411, www.smaaa.org

www.smaaa.org

Open Enrollment Period Do's and Don'ts

What Can You Do During Open Enrollment October 15 - December 7

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

Medicare Advantage Open Enrollment Period January 1 - March 31

What can I do?

- If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).
- You can dis-enroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a Medicare Prescription Drug Plan.
- If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period, you can change to another Medicare Advantage Plan (with or without drug coverage) or go back to Original Medicare (with or without drug coverage) within the first three months you have Medicare.

What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare Prescription Drug Plan if you're in Original Medicare.
- Switch from one Medicare Prescription Drug Plan to another if you're in Original Medicare.

Memory Chorus to Start in Spring 2020

The North Star Chorus of Maine is a new community chorus starting up in spring 2020. This memory chorus will be made up of singers with mild to moderate dementia, along with their caregivers, and members of the singing community. The goal of the North Star Chorus of Maine is to bring people together to participate in a meaningful activity that provides a sense of connection, purpose, and joyful music making. All are welcome, and no audition is required.

The chorus will hold weekly afternoon rehearsals, with a performance planned at the end of each 16-week session. Songs from many sources, including Broadway, Celtic, Folksongs, Classical, Spirituals, Swing, and Popular music will be included.

Research has shown that music and singing stimulate memory, improve mood, and foster positive interaction. Expanding community and building relationships benefits caregivers as well.

If you would like to learn more about the chorus or are interested in joining, please contact Sea Change Chorale, who is organizing the chorus, at seachangechorale@gmail.com, or write us at North Star Chorus of Maine, PO Box 8216, Portland, ME 04104-8216.

QCDs: Meet your Charitable Goals and Get a Tax Benefit!

Did you know that if you are 70 1/2 years old you can make a donation to a qualified non-profit through a distribution from your Individual Retirement Account (IRA) and avoid paying taxes on the amount given? This type of gifting is called a Qualified Charitable Deduction (QCD) is transferred directly from your IRA custodian and is made payable to the charity.

A QCD is a direct transfer of funds from your IRA custodian, payable to a qualified charity. The amount of the QCD is excluded from taxable income unlike regu-

lar withdrawals. You do not need to itemize to get the tax benefit of the QCD. The charity must be a 501(c)(3). QCDs cannot be given to private foundations or donor advised funds. As always, you should consult a tax professional to be sure that a QCD works for you.

SMAA is grateful to its loyal donors who regularly direct gifts from their IRA to support the Agency. If you'd like to know more about how you can support SMAA through a QCD, contact Kate Putnam, Chief Advancement Officer, 207.396.6590 or via email: kputnam@smaaa.org

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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.

2019 Subaru Share the Love Event to Benefit Meals on Wheels

Subaru of America, Inc. recently announced the return of its annual Share the Love event in 2019. Twelve years running, this year's Share the Love event marks the fourth consecutive year there will be no cap placed on the total donation from Subaru of America to its Share the Love charitable partners. At the culmination of this year, Subaru hopes to exceed a grand total of \$140 million donated since Share the Love event started in 2007.

From November 14, 2019 to January 2, 2020, Subaru will donate \$250 for every new Subaru vehicle purchased or leased at more than 628 participating Subaru retailers nationwide to the customer's charity choice. Meals on Wheels America is one of four national participating charities, and has been since the inception of the Event.

Through this campaign, as a member of Meals on Wheels America, Southern Maine Agency on Aging's Meals on Wheels program will receive a share of the revenue earned in Maine. Last year this event generated over \$5,200 in funds for SMAA's programs right here in York and Cumberland counties.

For more information please contact your local Subaru retailer for details or visit subaru.com/share



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Enjoy Lunch at a Community Café Near You

Community Cafés are a great way for Maine residents age 60 and older to enjoy lunch in a social setting. Some Community Cafés also offer entertainment (such as bingo, games, and musical acts) or educational opportunities (such as speakers and resource tables).

The days of service and meal options vary by location. Meals are served at noon unless specified otherwise. Reservations are required. Please contact a specific café at least 48 hours in advance for reservations or for details.

Current Café Locations:

Biddeford (JR Martin Community Center) – Catered meals on the second Monday of the month. 283-2477

Biddeford (St. Andre's Health Care) – Catered meals on the fourth Wednesday of the month. 282-5171

Kennebunkport (Kennebunkport Parks & Recreation) –

Catered meals on the second Wednesday of the month. 967-4304

Kezar Falls (Sacopee Valley Rescue Barn, Hiram) – Standard meals on the second and fourth Tuesdays of the month. 625-4057

Kittery/Eliot (Eliot United Methodist Church) – Catered meals on the second Monday of the Month, serve time 11:30AM. 475-7399

Sanford (First Baptist Church, Springvale) – Catered meals on the third Wednesday of the month. 324-5181

Scarborough (Blue Point Congregational Church) – Catered meals on the third Monday of the month. 510-4974

Scarborough (Martin's Point Health Care Community Room) – Catered meals every Wednesday, serve time 11:30AM. *This cafe is offered through a town recreation department. Please inquire with the individual cafe for details.* 730-4150

Standish (175 Northeast Road) – Catered meals on the second and

fourth Wednesday of the month. *This cafe is offered through a town recreation department and may also charge yearly membership dues and/or have a different suggested donation for the meal. Please inquire with the individual cafe for details.* 675-3302

Westbrook (Westbrook Community Center) – Catered meals on the fourth Tuesday of the month. 878-3285

Westbrook (Westbrook Seniors) – Catered meals on the third Monday of the month. *This cafe is offered through a town recreation department and may also charge yearly membership dues and/or have a different suggested donation for the meal. Please inquire with the individual cafe for details.* 615-8831

Windham (Unity Gardens) – Catered meals on the second Thursday of the month. 892-3891

Yarmouth (Casco Lodge) – Catered meals on the first Tuesday of the month and standard meals every Tuesday. 846-6693



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Charting the Future: Innovation in Dementia Research, Treatment and Care

On Friday, September 13 we held our second annual educational luncheon to understand the latest in the drive for advancements in dementia research, treatment and care at the Doubletree in South Portland. This year, 200 guests heard from leading speakers in the field including Senator Susan Collins, Mike Sasner, PhD of The Jackson Laboratory, Reina Benabou, MD, PhD of Cognivue Inc., Erin Stevens, DO, of Massachusetts General Hospital, Laurie Bowie of the Maine Alzheimer's Association, Cliff Singer, MD, Chief Geriatric Mental Health, of Northern Light Acadia Hospital and Susan Wehry, MD, Chief of Geriatrics, The University of New England College of Osteopathic Medicine. Jud Knox, CEO of York Hospital joined us as the facilitator of our esteemed panel.

Proceeds from the event went to the Member Access Fund for the Sam L. Cohen Adult Day Center Biddeford, SMAA's very own State of the Art Adult Day Center.

Thank you to the following sponsors and host committee members: Cognivue Inc, York Hospital, Coastal Rehab, Humana, Martin's Point, Central Maine Healthcare, Saco Biddeford Savings, Kennebunk Savings, NBT Bank, AETNA, Piper Shores, Clark Insurance, Cross Insurance, UBS Financial, Intermed, University of New England, Senescio, Atria Kennebunk, Trualta, Purdy Powers & Company, Home Instead, HPA, Robert and Julia Moss, Peter and Marie Gerrity, Steve Braverman, Terry and Leigh Bagley, Mary Jane Krebs, Alzheimer's Association, Old Port Press and Robert Brochu Design.

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From Jo Dill's Notebook

2019

The 2019 season is over and what a great year. There were over 540 folks registered with about 50 volunteers. Pickleball, men's Basketball and Golf all had banner events for a non-qualifying year. We introduced two new events: the 1 mile road race and the buoy toss and we moved the swimming event to Bangor. Many records were smashed in most events and we had an incredible number of folks—80+ competing!

YMCA

A special thanks to the Sanford/Springvale Y and the Bangor Y for hosting events for the Maine Senior Games. We held the 5K Road Race and Cornhole at the Y in Sanford and swimming at the Bangor Y. Your support is very much appreciated.

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, Steve Dunsmoor, Tim Lecrone, Shawn Rich, Sue Weatherbie, Rocky Clark,



George Whitbread, Brian & Monique Halavonich, Leland Yee and Rick Shea. I am looking for Coordinators for the following: Ten Pin Bowling, Candlepin Bowling, Tennis, and our road races 5K and 10K. Give me a call for a more detailed description of what it entails.

Ladies Bowling

MSG has a Ladies Candlepin Bowling league that starts on Thursday, January 2 and continues until March 26 at the Big 20 in Scarborough, starting at 4:15. We are looking for new teams (four on a team) to join us. Our goal is to have fun, laugh much and not worry about our scores. \$12 per week covers bowling and money for the kitty. Let me know if you are interested.

Volunteers

Thank you to the volunteers who put in countless hours with mailings, stuffing the bags, folding shirts, at our Celebration Dinner, at the events, loading and unloading the van, putting up the flags, checking athletes in and on and on! You are the best! A special thanks to Carolyn DuEst who volunteers three days a week to help with the many different aspects of the Maine Senior Games.



SMAA Partners with Martin's Point

SMAA is pleased to announce that we will be partnering with Martin's Point Advantage Plans in 2020 on a very important community-based program. This program will be aimed at supporting eligible Martin's Point Advantage Plan members with congestive heart failure or end stage renal disease with services that will connect them to a variety of resources designed to improve wellness and quality of life. The program is aimed at addressing more than just the medical aspect of a member's health.

The services will include an in-home meal delivery benefit through SMAA's Simply Delivered Meals to members who are facing some level of nutritional need and have experienced a qualifying medical event. The meals which are made by a Maine-based caterer are not only delicious, but are tailored to meet heart health or renal dis-

ease requirements. The program will include a personalized evaluation with the Martin's Point Member leading to the development of a care plan that aims to address non-medical needs that impact health and wellness. These needs may include housing, transportation, benefit screening, nutrition and access to prescription drugs among others. SMAA's expert Community Resource Specialists will

meet with eligible Martin's Point Members in their homes to conduct the evaluation and connect them to resources. The Resource Specialists have extensive experience working with older adults, adults with disabilities and the people who care for them. SMAA's CEO Megan Walters commented that "SMAA is honored that Martin's Point has entrusted SMAA with their members' wellbeing. She continued, we

continued on page 13

Lisa J. Friedlander
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Family Caregiver Support Program



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

Is caring for a family member or friend leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

Handling Holidays and Visits

Ideas for People with Family Members Who Have Dementia

Holidays provide an opportunity to share time with family and friends, but can also be bitter-sweet for many caregivers. The happy memories of the past contrast with the difficulties of the present, and extra demands on time and energy can seem overwhelming. Finding a balance between rest and

activity can help both of you. Here are some suggestions for caregivers which might make the holiday season easier:

- Keep or adapt family traditions that are important to you. Include the person with dementia as much as possible.

- Recognize that things will be different, and adjust expectations about what you can do. Discuss holiday celebrations with family and friends. Make sure that everyone understands your caregiving situation and is realistic. Do not expect yourself to maintain every holiday tradition or event.
- Encourage friends and family to visit, but limit the number of

visitors at any one time, and try to schedule visits during the time of day when the person is at his or her best. Write a letter or an e-mail to others to let them know about your situation, and to prepare them for the changes that they may see in the person with dementia.

- Give yourself permission to do only what you can reasonably manage. If you've always had a big holiday party, consider inviting fewer people for a simple potluck meal, or ask others to host the event at their home.
- Consider celebrating over a lunch or brunch, rather than an evening meal, to work around confusion which may affect the person with dementia later in the day.
- Involve the person with dementia in safe, manageable holiday activities. He or she could help you prepare food, wrap packages, hand you decorations or set the table.
- Build on past traditions and memories. Your family member may find comfort in singing old holiday songs, for example. Also experiment with new holiday activities that fit the person's current abilities, such as watching seasonal movies together.
- Help the person participate in giving gifts. For example, someone who loves cooking may enjoy helping to bake cookies and pack them in tins or boxes. Or, you could buy the gift and have the person to wrap it.
- Avoid crowds, changes in routine and strange surroundings that may cause confusion or agitation. Taking on too many tasks can wear on you and the person with dementia.
- At larger family gatherings, try to have a space available where the person can rest, be by themselves, or spend some time with a smaller number of people, if needed.
- Do your best to enjoy yourself. Try to find time for the holiday things you like to do. Ask a friend or family member to spend time with the person while you go out to enjoy holiday activities.
- When friends or family members ask what you want for a

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gift, suggest a gift card to a favorite restaurant or store. Or you can suggest something that will help you as a caregiver, like a cleaning or household chore service.

- Do your best to manage holiday stress and caregiving stress, as well as the family stress that can come with the holiday season in the best of circumstances. Allow others to help. Seek support. Take breaks when needed. Give yourself permission to say “no” to some holiday events, or to leave early if it becomes too much for you or for your care recipient.

Adapted from: Alzheimer’s Disease Education and Referral (ADEAR) Center, <http://www.nia.nih.gov/alzheimers/publication/caring-person-ad/adapting-activities-people-ad>; The Alzheimer’s Association; http://www.alz.org/living_with_alzheimers_holidays.asp

Understanding Cognitive Loss:

Basics for Family Caregivers – November 7

Join us on November 7 from 3-5PM at the Southern Maine Agency on Aging for Understanding Cognitive Loss: Basics for Family Caregivers. This two-hour class will include basic information about cognitive changes and dementia, and we will discuss some helpful strategies to communicate with someone with cognitive loss. There is no cost for this program, but we ask family caregivers to pre-register by calling 396-6541 or going to www.smaaa.org by November 6.

VISIT OUR WEBSITE
www.smaaa.org

Getting to Know SMAA’s Chief Executive Officer

continued from page 1

The Agency’s mission was the driving force for Walton accepting the offer to become SMAA’s next CEO but the unique challenges facing both the State of Maine and its aging population were also compelling. “It’s a very interesting time in our state as we deal with a rapidly aging population. We need to develop more innovative solutions to help address the challenges of aging in Maine—and that will require that we all come together—non-profits, for-profit businesses, state government and communities—to work for the greater good. I am inspired to position SMAA as a catalyst for improving the lives of Maine’s oldest citizens.”

In her first four months on the job, Walton has been busy meeting with constituents, volunteers, donors, community partners and staff. “I am blown away by the people who work at SMAA—it is an extremely talented and dedicated group who very passionately care about the people we serve,” she said. “I have two goals for

the upcoming months—working to improve SMAA’s financial bottom-line so the Agency can further respond to the communities growing needs; and elevating our voice in the community. We are the experts on aging in southern Maine and we need to shout it louder! Our constituents need to know we are here, what we do, the wide range of programs we offer—and not only when they are desperate for help, but whenever they need information about aging.”



Stay connected with SMAA

Receive updates about new classes and workshops being offered, when Senior News is available on newsstands and online, along with the latest information about SMAA happenings via email.

Visit www.smaaa.org/email.html to sign-up today.



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Agewell Updates

Workshop Listings

We're planning a busy schedule of programs beginning in January 2020—check our web calendar for the most up to date listing of workshops <https://www.smaaa.org/wellness/agewell-calendar.html>

Books for Wellness!

With the holidays coming up and colder, darker months ahead, it's a great time to gift a book, or pick one up yourself. Wellness topics abound and are a fabulous way to keep yourself motivated and informed—here are a few of our favorites:

Living the Simple Life: A Guide to Scaling Down and Enjoying More,

Elaine St. James

Recommended by Mac, Tai Chi Instructor

Following on the heels of St. James's bestselling books, "Simplify Your Life" and "Inner Simplicity, Living the Simple Life" fuses both sides of her liberating philosophy into a powerful synergy of thought-provoking methods for leading a life of well-being and inner peace through simplicity.

How To Age, Anne Karpf

Recommended by Donna, Tai Chi Instructor

Society has a deep fear of aging, and showing your age is increasingly one of our most pervasive

taboos. Old age in modern life is widely viewed as either a time of inevitable decline or something to be resisted, denied or overcome. In *How to Age*, sociologist and award-winning journalist Anne Karpf urges us to radically change our narrative.

The Power of Vulnerability: Teachings of Authenticity, Connection, and Courage

(audiobook), Brené Brown

Recommended by Anna, Agewell Program Manager

Is vulnerability the same as weakness? "In our culture," teaches Dr. Brené Brown, "we associate vulnerability with emotions we want to avoid such as fear, shame, and uncertainty. Yet we too often lose sight of the fact that vulnerability is also the birthplace of joy, belonging, creativity, authenticity, and love." On *The Power of Vulnerability*, Dr. Brown offers an invitation and a promise—that when we dare to drop the armor that protects us from feeling vulnerable, we open ourselves to the experiences that bring purpose and meaning to our lives.

This Chair Rocks: A Manifesto Against Ageism, Ashton Applewhite

Recommended by Doug, Agewell Program Specialist

Author, activist, and TED speaker Ashton Applewhite has written a rousing manifesto calling for an end to discrimination and prejudice on the basis of age.

Good and Cheap: Eat Well on \$4/Day, Leanne Brown

Recommended by Pat, Tai Chi Instructor

By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you

eat well—really well—on the strictest of budgets. Available in print and also as a FREE PDF <https://books.leannebrown.com/good-and-cheap.pdf>

A Matter of Balance Program Volunteer Leaders

SMAA has been offering A Matter of Balance in the community for many years. If you haven't heard about it, the workshop offers a comprehensive and in-depth look at fall prevention, including an engaging blend of group discussion and a gentle seated/standing exercise program, and covers many topics: home safety, how to get up from a fall, self-advocacy and more. It's very social with the goal of learning from fellow participants.

In the past we've offered the program regularly, but at various locations, moving it around based on need and interest. We'd like to try something new moving forward—a more routine and predictable approach to our workshop scheduling—and we need your help! We'll be looking for volunteer leaders to help us offer the class twice each year in the following communities: Biddeford/Saco, Wells, Kennebunk, Kittery, and Windham.

If you live in one of these communities and would be interested in getting involved as a Matter of Balance volunteer leader, please contact us at 207-396-6529 or aguest@smaaa.org

Trauma Tip of the Month Burn Injury Prevention

Burns are very common among seniors and are the second leading cause of death from in-home injuries. This makes burn prevention a critical issue, and area of interest for MMC's Trauma Program Director, Julie Ontengco, DNP.

Individuals with balance, vision, or memory issues are more likely to burn themselves as well as accidentally start a fire. To help prevent burns and the potential for a fire, consider:

- Set water heater to a lower temperature. The current recommendation is less than 120 degrees Fahrenheit. This can prevent scald injuries.
- Install smoke and carbon monoxide detectors throughout the home, especially in rooms where occupants sleep.
- Ensure smoke and carbon monoxide detectors are in good working order and test regularly. Replace batteries at least annually.
- Plan an escape route in advance of any fire related emergency.
- Use extreme caution in regards to heat sources such as portable heaters, wood and pellet stoves.
- Have fire extinguishers in the kitchen and near any heat source.
- Remove sources of open flame - including lighters, cigarettes, and candles.
- Never smoke while home oxygen therapy is in use.
- Keep all rooms properly lit and free of clutter/debris.
- When cooking or tending the fire, don't wear loose clothing that may come in contact with the flame or burners.

This list is not comprehensive, but covers the most basic considerations. Those at risk for burns, especially individuals with advanced age, should talk to a healthcare provider about additional precautions. If you have questions, please feel free to contact the MMC Trauma Injury Prevention Program at 207-662-3207.

REGISTER FOR AGEWELL WORKSHOPS ONLINE!

For most classes, you'll have the option to register through our calendar. Once you've signed up you'll receive a registration confirmation by email, and we'll even send you event reminders! From there, you'll proceed to our secure payment page where you can make your donation for your program with a credit or debit card. You'll automatically receive an email payment receipt. Participants who register and pay online will receive a special gift at the start of the program!

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

We're here to help you
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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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The Sam L. Cohen Center: Helping Families Cope with Memory Loss

If you're caring for someone with memory loss, an adult day center—a place that provides care, socialization and companionship for older adults who need supervision during the day—is a way to benefit both of you. SMAA has a long history of offering this type of care. The Sam L. Cohen Center is a state of the heart program offering so much to people with dementia and their caregivers. The Cohen Center runs a convenient shuttle from greater Portland.

What is an Adult Day Center?

Adult day centers, like the Cohen Center are not residential and are open for day programming only. An adult day center is similar to a senior center but offers more support and safety for people with memory loss who may also have physical limitations. The Cohen Center offers:

- Stimulating social activities based on the latest research on memory loss, including music and art therapy
- An experienced staff with years of experience helping people with cognitive impairment
- Respite for caregivers to work, enjoy some time away from caregiving and the ability to reconnect with friends and activities put on hold by caregiving

- An affordable option to residential care—attending the Cohen Center full time is less than a third of the cost of the average local residential memory care centers. Many members opt to attend part time.
- Caregivers receive access to TruAlta, an online learning platform helping families learn

more about supporting their family member with dementia at home as well as programs to manage caregiver stress.

- Our staff works with families to find funding support from a range of sources.
- Peer friendships
- Meals and snacks
- Medication management

- Supervision
- Positive affirmation

Call today, 207.283.0166 or visit the web site: <https://www.smaaa.org/adultdaycenters/index.html> and learn how the Sam L. Cohen Center can be part of the care plan for someone with dementia or memory loss.

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From Megan's Desk continued from page 1

or to speak with one of our family caregiver specialists.

Don't miss out on your opportunity to speak one-on-one with a trained, certified SHIP counselor to review your Medicare Part D coverage or Medicare Advantage plan. Although Open Enrollment runs through December 7, one-on-one 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 \$667,000 in out-of-pocket premium and co-pay expenses savings for clients, an average of \$1,496 per person in annual savings. While there is no guarantee that everyone will realize a windfall savings, it's definitely worth the time to compare plans with one of our Medicare special-

ists to determine which Plan is the best for your needs in 2020.

With the holiday season fast approaching, it also means cold, snowy weather is coming too. It's harder for a lot of our older neighbors to get out of the house to get groceries, run errands and stay involved in the community. Food insecurity and social isolation can cause an escalation in depression and other medical issues. In my four months of learning about all the programs SMAA offers to seniors in southern Maine, I know that we can help folks deal with the challenges of a Maine winter. I encourage you to reach out to SMAA if you have questions about Meals on Wheels, caregiving concerns or help with more specific needs.

Thanks for continuing to stay in touch. You can email me at mwalton@SMAAA.org with your thoughts.

Megan Walton
Chief Executive Officer

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Keep Warm this Winter with WindowDressers

After this past summer, when we were often looking for ways to stay cool, it is time now to think about keeping our homes warm for the next six months... and there is no better insurance against cold, drafty windows that put a chill in a room than an interior storm window. "Window inserts" are attractive, inexpensive wooden-framed panels covered on two sides with clear film that fit snugly inside a window sill to provide an extra layer of insulation, as well as eliminating drafts from air leaking in around a window. Not only do these inserts keep your house warmer, they save significantly on heating bills and reduce your home's carbon footprint.

The cost of the window inserts is kept far below similar commercially-made products because the labor is all done by volunteers, and there is no profit margin. The whole operation is directed by a non-profit organization called The WindowDressers, headquartered in Rockland, ME, which has helped Maine communities make over 34,000 insulating window inserts in the past nine years. Central to the WindowDressers' mission is providing window inserts at no cost to people whose budgets do not allow them to purchase the inserts. There is no specific income threshold or application to receive free inserts.

Window inserts are made at local community workshops throughout Maine by teams of volunteers (like you!) who take four-hour shifts and enjoy socializing during the free lunch between morning and afternoon workers' shifts, with all the training, materials and equipment provided. No prior experience or skills are needed to participate in a local workshop; just bring yourself and a smile, and join the fun!

To learn more about the WindowDressers organization, inquire about getting inserts made for your home's windows, or to sign up at a local workshop as a volunteer, please go to the website www.windowdressers.org. Workshops are held around Southern Maine starting in late October and run through January. When you order inserts, you generally will volunteer to help make them at the workshop held closest to your home.

For more information, or for assistance to initiate an order, go to www.windowdressers.org or send an email to Miriam Rubin at buxtongorhamwindowdressers@gmail.com



SMAA Partners with Martin's Point

continued from page 1

know first-hand how invaluable it is to have the opportunity to work one-on-one with people in the community to connect them with beneficial resources and we look forward to working closely with Martin's Point and their members on this important endeavor."

The other exciting aspect to the program is that it will allow SMAA to take the lead on coordinating the availability of the programs across the states of Maine and New Hampshire for Martin's Point. SMAA will partner with other agencies to ensure geographic coverage for Martin's Point Advantage Plan Members in both states. SMAA will also have the opportunity to coordinate with another non-profit, Good Shephard Food Bank, on nutritional programs to be offered to eligible members which will be linked to food shopping and cooking healthy, budget friendly meals. This program is expected to launch in early 2020.

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

Visit our online calendar of events to learn more.

www.smaa.org/events.html



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VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

A Day in the Life of a SMAA Volunteer

Anne A.*

By Judie Alessi O'Malley

Anne A. walked into SMAA offices in Scarborough 13 years ago and was greeted by former Volunteer Coordinator Priscilla Greene who, after speaking with Anne for a while, introduced her to Donna Teague at Beacon Hospice. Twenty years before that day, Anne became familiar with hospice care when interacting with her own mother's hospice nurse in Norway. Priscilla sensed Anne belonged at Beacon, and since Anne completed her three months of training in 2006, she has donated nearly 1,000 hours of volunteer time to the organization's clients.

Hospice companions, Anne explains, are part of a team that includes social workers, nurses, home health aides, chaplains, and bereavement counselors. The companions are there to give comfort to clients who are nearing end of life, and their families, when needed.

Anne sits at the bedside of a client, sometimes holding hands, other times laying her hand on their foreheads. Clients may not be conscious, but Anne knows they are comforted nonetheless. Hospice companions sometimes meet with a client's family members, many of whom have fears about being alone with their loved ones during this time. Family members who don't want their loved ones to be alone when they leave for a meal, ask companions to sit with clients while they are away. These are quiet and comforting times for both the client and their families.

Beacon Hospice does not have a facility in Southern Maine, so hospice companions are assigned to clients within the volunteer's preferred geographic area. Visits take place wherever the client is living, which can be in a private home, hospital room, nursing home, or assisted living facility.

Anne's former career as a national account manager with a technical firm fulfilled her desire to help her customers find exactly the correct piece of equipment they needed for a task. That desire to help carries over to her post-retirement volunteer work for Beacon Hospice. She explains, "It's nice to feel you can be of help to someone. Families and clients look to hospice companions as an end-of-life experts, and family members are comforted to know we are there when they are unable to be present. I am happy I can be of that service."

The Southern Maine Agency on Aging RSVP collaborates with other nonprofit and healthcare organizations in York and Cumberland counties, providing these agencies with volunteers. Beacon Hospice is one of the organizations that receives volunteer referrals from SMAA. These volunteers serve as Hospice Companions who become part of a client's hospice care team, respectfully helping them as they face the trials of a terminal illness. To learn more about this and other volunteer opportunities in York and Cumberland counties, call Volunteer Services at 207-396-6595.

**Please note that for the purposes of this article, we will not use Anne's last name respecting Beacon Hospice's practice of not using the last names of their volunteers.*



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New Volunteers

We had 29 new volunteers begin their assignments from May 1 through August 31, 2019. Among them are:

Barbara Bock – Money Minders Bill Payer

Jesus Christ – Meals on Wheels Phone Pal

Brie Costello – Meals on Wheels Phone Pal

Rosemarie Dresser – Meals on Wheels Driver, South Portland

Ginny Ketch – Senior Games Board Member and Program Aide

John Hastings – Meals on Wheels Driver and Kitchen Helper, Greater Portland

Diane Kohut – Station Host, Town of Wells

Debra Laplante – Senior Games Programs Aide

Gretchen Larman – Money Minders Bill Payer

Michael Leacher – Tai Chi Educator

Lori MacDonald – YCAN Phone Pal

Joyce MacKinnon – Meals on Wheels Kitchen Helper, Yarmouth

Grace Murphy – Meals on Wheels Phone Pal

Leland Murray – Money Minders Bill Payer

Patricia Pooters – Meals on Wheels Phone Pal

Sarah Ramsdell – Maine Senior Games Program Aide

Audrey Robinson – Meals on Wheels Driver, Windham

Doug Rogers – Money Minders Bill Payer

Sandra Rosen – Meals on Wheels Phone Pal

Marilyn Ross – Sam L. Cohen Center Activity Aide

Gaye Rowe – Meals on Wheels Phone Pal & Assistant Project Manager

George Stevens – Larrabee Village Food Pantry Driver

Charles Turner – Meals on Wheels Phone Pal

Joanna Venezia – Meals on Wheels Phone Pal

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SOUTHERN MAINE
Let's do Lunch!

This past July 10, restaurants across southern Maine donated a minimum of 10% of their lunch, dinner, or full day proceeds to Meals on Wheels of Southern Maine.

Together they raised \$6,631 for hungry older adults in Maine!

Thank you to all of this year's participating restaurants:

- | | |
|--------------------------------|--|
| The Big Top Deli | Dockside Restaurant & Bar on York Harbor |
| Biscuits & Company | Elsmere |
| BODA "Very Thai" Kitchen & Bar | Frontier |
| Burrito Betty's | Jonathan's |
| Black Cow | Nonesuch River Brewing |
| The Chart Room on Prouts Neck | O'Reilly's Cure |
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See you in 2020! #MaineLetsDoLunch

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

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

If you or a loved one should ever need cancer care, ask your doctor for a referral, or call us at (207) 303-3300.



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CALL 844.307.1605 CLICK AAA.com/roadwisecourse

CLASS SCHEDULE

NOVEMBER 15
Residence Inn Marriot
22 Bass Park Blvd
Bangor, ME

NOVEMBER 20
68 Marginal Way
Portland, ME

DECEMBER 4
746 Daniel Webster
Highway #3
Merrimack, NH

DECEMBER 11
452 High Street
Somersworth, NH

DECEMBER 18
68 Marginal Way
Portland, ME

All classes are 9 a.m.–1 p.m.

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