Community Partnerships
- SMAA worked with close to 40 local business and organizations to bring informational sessions and workshops directly to their employees, members or clients. Sampling of organizations include UNE, MEMIC, Portland Pipe Line Corp, Hussey Seating, Sabre Yacht, Moody’s Collision, LambertGiffin, The Park Bank, Oceanview of Falmouth, InterMed, AUB Financial Services and BIW/Ameriprise.
- SMAA and DC Management LLC renewed their partnership to provide residents of Plummer Senior Living in Falmouth with an on-site, part-time resource coordinator as well as a variety of wellness programs to include falls prevention and Medicare Information.
- SMAA renewed and expanded a partnership with the Town of Yarmouth for a dedicated part-time Community Resource Specialist to support their Aging in Place Program by providing assistance with resources to aging residents and their caregivers. The town of Yarmouth is also working closely with SMAA’s Volunteer Services Program to build new services in their Aging in Place Initiative to include Handy Man and Friendly Visitor volunteer services.
- SMAA has been contracted by MaineHealth Cardiology to assist 80 patients in York and Cumberland Counties who have chronic heart failure. SMAA’s role is to deliver heart healthy food directly to the patients’ homes and to work closely with patients on a personalized plan that is designed to help patients thrive in their home and community.
- SMAA has been contracted by Martin’s Point to bring the falls prevention program Healthy Steps for Older Adults to Martin’s Point Generation Advantage Members in the state of Maine.

Accolades & Milestones
- Over 200 people attended the second annual Charting the Future: Innovation in Dementia Research, Treatment and Care to learn understand where we are with potential breakthroughs in the drive for effective treatments for dementia as well as the latest innovations in care programs.
- Mary Haddock, Director of Volunteer Services, was named the second annual Laurence W. Gross “Spirit of SMAA” award. This award honors a staff member who provides encouragement and support to other SMAA staff, helps others overcome obstacles to successfully accomplish goals; is an honest and dependable team player who contributes to the success of the agency; shows empathy and respect for others, and who builds and maintains good working relationships.
- SMAA employee Kathy Heggeman celebrated 35 years of service.
I SMMA was the recipient of a $35,000 grant through Elder Services of Merrimack Valley (Massachusetts) and the Harvard Pilgrim Foundation to broaden falls Prevention programs and SAVVY Caregiver offerings throughout York and Cumberland Counties. Additionally the grant has allowed SMMA to add a new internet-based caregiver training resource known as Traulta which offers web-based, on-demand, at home training classes to assist busy caregivers.

SMMA has continued a partnership with York Hospital in the funding of falls prevention and Medicare programs throughout York County. Many programs are offered outside of York Hospital making it easier for residents to attend sessions in their own community.

SMMA is working closely with Maine Medical Center’s Trauma Department in supporting falls prevention programs throughout York and Cumberland Counties. The MMC Trauma Team not only offers some funding but provides medical professionals at the programs to assist with balance screenings during classes.

SMMA’s Agewell Programs introduced a new evidence-based falls prevention program in early 2019 called Healthy Steps for Older Adults. The workshop is a 1-day class that includes personalized balance screening, strategies for falls prevention, and an exercise program.

Our Tai Chi for Health and Balance program continues to expand—in 2019 we offered workshops in several new locations including York and Windham.

Volunteer Highlights

Last year, 608 volunteers donated 35,539 hours of service or the equivalent of 18 full-time employees. The value of their service is $844,782 based on a 2018 Independent Sector report that rated volunteer time in Maine as providing a value of $23.12 per hour.

Without volunteers, SMMA would not have been able to:

- Deliver over 150,000 meals to home-bound older adults;
- Provide over 10,000 meals through our Community Café program;
- Run 25 Maine Senior Games events;
- Work with over 50 older adults pay bills and balance their budgets through Money Minders;
- Help 412 adults with balance concerns through Agewell Workshops;
- Provide 3,087 Medicare beneficiaries make informed choices about their healthcare coverage, and more!

Retired and Senior Volunteer Program (RSVP)

RSVP helps connect connect volunteers 55+ to volunteer opportunities here at SMMA and throughout other non-profits in York and Cumberland counties.

Last year, 515 RSVP volunteers donated 33,967 hours of service or the equivalent of 16 full-time employees with a value of $779,075

Service Enterprise

Last year SMMA fully adopted the Service Enterprise (SE) initiative into our organization. The purpose of the SE model is to further SMMA’s mission by providing meaningful opportunities that best utilize a volunteer’s skills and abilities while matching them with a fulfilling opportunity. In the last year eight SMMA programs have developed and implemented volunteer leadership roles within the Service Enterprise model.