Happy New Year!

A s we celebrate the close of another fiscal year at the Southern Maine Agency on Aging, we are happy to report that the Agency provided critical services to more than 23,000 older adults in Cumberland and York counties. To help us deliver on the promise of our mission: to improve the quality of life for older adults, adults with disabilities and the people who care for them, SMAA depends on the generosity of many community volunteers and donors, as well as the caring expertise of our staff. In 2016, 609 dedicated volunteers provided more than 40,000 hours of service to the Agency, the equivalent of 19 full-time employees. With this wonderful cadre of volunteers and the expertise they willingly donate to SMAA, we could not deliver the depth of services we are able to provide to older adults in the community.

The Agency had much to celebrate in 2016. The Sam L. Cohen Adult Day Center opened in January and has garnered national attention as one of the best, if not the best, Adult Day Centers in the country. The Wall Street Journal touted the Sam L Cohen Center as the most tech savvy senior can spend days without in-person, human connection.

While seniors have opportunities for social engagement, many can withdraw. Health problems, hearing issues, the loss of close friends to illness or death can lead to loneliness and depression. Increasingly, our family members are separated by time zones and oceans. According to Perspectives on Psychological Science (2015), one in five adults over age 50 (8 million people) are affected by isolation. The Journal of Health and Social Behavior states that the negative effects of isolation and loneliness are associated with higher rates of chronic health conditions, including heart disease, a weakened immune system, dementia and increased use of emergency services and nursing homes.

Laura Gitlin, Ph. D. Visits SMAA

D r. Laura Gitlin, an internationally recognized applied sociologist from Johns Hopkins University, recently came to SMAA to help with training and evaluation of our Adult Day Services Plus (ADS+) program. ADS+ is an enhancement to our Adult Day Center program. Dr. Gitlin spent 2½ days meeting with the Stewart Center and Sam L. Cohen staff to understand how her program has been helping caregivers. SMAA has partnered with Dr. Gitlin as part of the grant we received in 2014 to support our Dementia Capable Service Network. With ADS+, caregivers benefit from additional focus by our staff helping them cope with the cognitive and behavioral changes they are seeing with their loved one. Using the research proven strategies, caregivers are better able to manage day to day tasks. As a result, many caregivers feel more confident and are able to extend the time they are able to keep their loved one aging in place in their homes.

Caregivers working with SMAA Adult Day Center Staff have said that they are more understanding of dementia. They report that they feel more confident with their plans and actions with their loved one. They also express that having the hour each week to work with a knowledgeable and helpful SMAA staff person is very cathartic.

Dr. Gitlin’s work leading the Center for Innovative Care in Aging focuses on dementia therapies that are not drugs, rather they are techniques for caregivers to use to care for themselves and strategies to help manage difficult behaviors.

SMAA’s Healthy Aging Staff Makes Christmas Merry for Seniors

F or many years, SMAA’s Information and Referral (I & R) staff has worked to brighten Christmas for many seniors in Cumberland and York Counties. There are many people who do not have family or whose family lives far away. Christmas for them used to be just another day. This year, our Meals on Wheels assessors were instrumental in identifying seniors who needed gifts. Since the program’s inception, I & R has partnered with Coastal Women’s Healthcare to provide holiday gifts to homebound seniors. This year, the International Division of LL Bean also participated. And instead of giving gifts to each other, SMAA’s Healthy Aging staff decided to join in with the area businesses to help. Realizing the need was great, Jo Dill, Manager of Maine Senior Games (MSG), invited the MSG Women’s Basketball Team to participate. Together, over 50 seniors received gifts for Christmas.

“The gifts sent ranged from coats and boots, slippers and pajamas, socks and blankets, to grocery gift cards. They were all wrapped, labeled and delivered to excited seniors and adults with disabilities. We gave out cleaning supplies, food and personal hygiene items as well.” stated Meredith Anderson, Manager of I & R. “To be a part of this effort and to meet the wonderful staff members at organizations who provided the holiday support, is nothing short of magical. We all felt these gifts truly represent the spirit of the holiday season.”

SOCIAL ISOLATION: A Big Problem with an Easy Solution

W e are living in an age with almost daily technological advances in communication. It’s ironic that despite lots of ways to communicate, so many seem to be more isolated. This is especially true for our seniors. Even the most tech savvy senior can spend days without in-person, human connection.

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On this “Giving Tuesday” Texas Instruments set out to have 1,000 of its United States employees, from Dallas, Texas to South Portland, Maine, give back by helping to deliver Meals on Wheels to homebound older adults in need.

Staff of the Texas Instruments (TI) South Portland location reached out to the Southern Maine Agency on Aging to help contribute towards this nationwide goal. On November 29, eight Texas Instruments employees joined the Portland/Westbrook, and South Portland meal sites where they accompanied drivers on their routes.

One TI employee spoke of their experience with Meals on Wheels volunteer: “I appreciated Ted’s willingness to share his morning route with me. I thoroughly enjoyed the experience and am happy to know that SMAA is doing so much to serve our community with their Meals on Wheels program.”

In addition to this volunteer event, the Texas Instrument Community Fund gave a generous grant of $15,000 to the SMAA’s Meals on Wheels program in October of this year.

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Graduate to Graduated Compression

By Cindy Asbjornsen, DO, FACPh

Vein disease is one of the most common health problems in the U.S., affecting approximately 50% of the population. Today there are several outpatient, minimally invasive treatments for vein issues, such as varicose veins or spider veins. One alternative is compression therapy. Compression stockings can prevent vein problems from occurring and relieve venous symptoms, such as leg swelling, fatigue, or aching.

Graduated, or graduated, compression stockings provide a degree of pressure against the leg. The pressure is highest at the foot and gradually decreases as the garment rises up the leg. This pressure gradient makes it easier for the body to pump blood up towards the heart—where blood should be flowing in—and more difficult for gravity to pull blood downward.

Graduated compression is expressed in millimeters of mercury (mmHg), which is the measurement of how much compression or squeeze that is placed on the leg. The higher the number, the greater the compression. Stockings are graded on the basis of the strength of the compression at the ankle. For example, a doctor might prescribe 15-20 mmHg for patients with spider veins, but 20-30 mmHg for patients with varicose veins who have acute pain and swelling.

Please note that “TED hose” are not the same as graduated compression stockings. T.E.D.—an acronym for Thrombo Embolic Deterrent—hose are “anti-embolic” stockings and are often worn after surgery to help prevent DVT (a blood clot in the deep vein system) while patients are bed-bound. They work well for this purpose, but for patients who are up and walking, generally, TED hose will not stop the progression of venous disease.

The Benefits of Compression

While wearing compression, patients frequently report that their vein symptoms are significantly improved, if not completely alleviated. Ampule data proves that compression can reduce the recurrence of varicose veins and venous ulcers.

Compression stockings require a prescription and can be purchased at many pharmacies, medical supply stores, and specialty stores. These prescription and can be purchased at many pharmacies, medical supply stores, and specialty stores. These

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From Jo Dill’s Notebook

Shirts for Nationals

Dave, the owner of Willows along with his manager Nicole presented a check for $1,500 for shirts for those going to Nationals. A huge thank you to Willows! We will have a Willow’s appreciation day on Monday January 23 at their new place of business at 740 Broadway, South Portland.

Sponsorships

A special thanks to Martin’s Point for their Lead Sponsorship for the 10th year in a row! We have a wonderful partnership with Martin’s Point and we can’t thank them enough for their continuous support!

Thanks to our newest sponsor Acadia Benefits, Inc.

Special Award

Congratulations to Maine’s Deb Smith who was just selected National Senior Games female athlete of the year. Deb was chosen based on her long history of playing basketball, her leadership, her ability to get others involved in sports and her passion for both Senior Games and the National Senior Games movement. Maine Senior Games is very proud to call Deb our own. Congratulations Deb from all of the athletes and volunteers!

Wellness Activities

Starting January 8 at the Portland YMCA we will once again be offering Cornhole. John Turrell, Wellness Coordinator at the Y, and myself will be there each Monday through at least February from 10-10:45. A clinic for Short Court Tennis will be available starting from 11-12, also on the January 8. Eric Driscoll from USTA will be there to run the clinic!

Come join us? Not a member of the Y? Get a free pass and try us out!!

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This year we are pleased to announce that 1,678 coats were donated state-wide as part of the Coats of Seniors drive with 605 donated right here in southern Maine! 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, L.L. Bean donated $5 per coat towards the fuel assistance fund.

We’d like to thank everyone who donated a coat to the cause along with the following individuals and groups who went above and beyond this season:

- Tim St. Hilaire, Aging in Space Aging in Place Specialist, Custom property solutions in collaboration with Portland Area Villages – 61 coats
- The Nursing Professional Excellence Council at MMC – 176 coats
- UNUM staff – 33 coats
- OPTA Physical Therapy – 7 coats
- Town of Scarborough – 6 coats
- USM School of Social Work – 17 coats
- Lyric Music Theatre – 26 coats
- Stewart Center – 23 coats
- Sam L. Cohen Center – 25 coats

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

Sarah Leeman, UNUM HR with Meredith Anderson, SMAA Information and Resources Supervisor

Community Rallies to Keep Seniors Warm this Winter

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Home Care for Older Adults: Myths and Facts

When Carol’s husband was hospitalized, his doctors recommended home care to help him get back on his feet. The PT and OT came into their home regularly to work on his ability to function.

Bill’s mom didn’t have major health problems, but as her arthritis became worse, she found some tasks more difficult. Bill hired an agency to help with cooking, housekeeping and taking her shopping.

Home care can be very beneficial, but some families worry about how it all works. Here are some myths and facts about getting extra help in the home.

Myth: Home care agencies don’t care about their patients.

Reality: Nurses and therapists base their treatment on evaluation of the person’s individual needs. Home care agencies should consider the person’s needs before placing a worker in the home, to make sure of a good fit. If you feel this hasn’t happened, contact the agency immediately to discuss options.

Myth: Home care workers steal from older adults or abuse them.

Reality: We have all heard stories about mistreatment or theft, which make some people avoid using services. It’s especially important to do your due diligence when hiring privately. With agencies, ask about background checks on employees. Make sure the company is licensed and bonded. Ask how they train their workers, whether they are certified, and how they regularly evaluate quality of care. Helpful resources are available at www.smaaa.org.

Myth: Hiring outside help is only for very sick people.

Reality: Adults at home who are ill or recovering from surgery may need a range of services, such as re-habilitation, wound care, or IV therapies. Nonmedical care can be a good option for those who just need some extra help around the house.

Myth: Only really old people need home care.

Reality: Although many people who utilize home care are 65 or older, it can also be used by younger people who are recovering from an injury or dealing with a chronic condition.

Myth: I have no say about who comes into the home.

Reality: Licensed home care agencies will try to match workers to the person receiving care. If at any point you are unhappy, the agency should be willing and able to work with you to find a better fit.

Myth: The quality of care provided at home is inferior to care in facilities.

Reality: High quality agencies give staff extensive training. To check, ask questions. What kind of training does the agency conduct? What types of licenses and/or certifications do they carry?

Myth: My person only needs medical services. Nonmedical care can be a benefit from both types of services.

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available to you. Agencies may provide a full range of care, from basic companionship to highly skilled nursing and therapy. Government- and insurance-funded services generally have medical eligibility requirements. Guidance for getting home care is available at www.smaaa.org.

Myth: The person needs round the clock care, so home care isn’t an option.

Reality: Many agencies can coordinate a team to provide care 24/7 in the home. Adult day programs, which offer opportunities for activities and socialization, may also be a good choice for part of the care.

Myth: It is too expensive.

Reality: There are many ways to pay for home care, including private pay, VA benefits, long term care insurance, and state programs such as MaineCare and Home Based Care.

Myth: If I am their caregiver, it is too expensive.

Reality: Caregivers who are emotionally and physically exhausted cannot provide good care. Everyone needs respite and relief. Paid care can offer you a break from caregiving, allowing you to refresh and stay healthy.

Try to check out the SMAA website under Family Caregiver resources to find more information and checklists to use when hiring help privately, using a home care agency, or considering an adult day program. One of our Resource Specialists can help you plan and problem solve for your own situation.

Adapted from AgingCare.com.
HEALTHY EATING WITH HOLLY:

Healthy Snacking
By Holly Bresnahan RD

Time and lack of interest can sometimes prevent us from wanting to cook. But skipping a meal can be a bad for the body. It will cause your metabolism to slow down which can lead to a sluggish feeling. That sluggish feeling can cause you to make poor choices later in the day. Baked sugars can drop as well when there is little food in the body and dizziness can occur. Multiple small meals or hearty snacks can be a great way to keep the energy going. It may not seem as

Healthy snack ideas:

- Sliced apple rings with peanut butter and raisins to create a sandwich
- Rice cakes or whole grain toast spread with almond butter, sliced banana and honey
- Frozen banana dipped in dark chocolate chips melted
- Slivered almonds with berries
- Greek yogurt or cottage cheese with honey and cinnamon mixed in (add fruit too)
- Cheese stick with whole grain crackers and fruit
- Whole grain pita bread with hummus (raw vegetables such as tomatoes, carrots, and cucumber taste great with hummus too)
- Tuna salad and crackers

Something warm:

- Steel cut oatmeal with berries (a make a large batch and refrigerate for easy reheating)
- Baked apple with cinnamon and a dash of nutmeg
- Cheesy tomato: 2 small tomatoes with top cut off. Sprinkle bread crumbs and parmesan cheese on top and broil for 5 minutes

- Bake a small sweet potato, sprinkle some curry and salt/pepper for a new taste.
- Toasted whole grain waffle with berries on top
- Spicy scrambled eggs—2 egg whites scrambled on whole wheat toast with a drizzle of sriracha.
- Sometimes a hearty soup can be just the ticket on a cold day. Below is a healthy soup recipe packed with vegetables and protein. Make a batch and freeze in small portions for easy reheating later.

Make Music in the New Year!

Put aside the weight loss and exercise New Year’s Resolutions for the moment. Of course, health and fitness are important, but most of us are probably working on that front already, so why not resolve to do something creative in 2017, such as painting, singing or playing an instrument? I can’t tell you how many times people over the age of 30, let alone 60, 70 or 80, tell me they think they’re too old to learn an instrument. A quick tour through the music studios at 317 Main Community Music Center offers clear proof to the contrary. More than 20 percent of our students are over the age of 60 and engaged in all kinds of music, from choral groups, to private lessons, to instrumental ensembles such as the Folk Revival Group and the Wayback Machine. Our oldest student, Howard, 87, comes in every week for cello lessons.

Now, the neuroscience is clear about the aging brain. Whereas children absorb and synthesize information rapidly, it takes the older brain a bit longer to forge new connections. A good attitude, a sense of humor and patience must be components on this worthwhile journey.

Two of the gifts that come with age are wisdom and perspective. Older musicians understand that signing up for fiddle lessons doesn’t mean they should become the first chair violinist with the symphony. Taking on a new creative pursuit is more about the opportunity to have fun while mastering something new. Dick Merrick, 73, and a member of 317 Main’s Folk Revival group, says he relishes the relationships he’s formed with other musicians and the time and freedom to be creative. “During my career I did what was necessary to get the job done. Now I can go to creative places I’ve never gone before because I finally have the time,” said Merrick. In 2017, you give yourself the gift of creative expression.

Amy Sinclair, 317 Main Communications Director & Beginning Ukulele Student, www.317main.org

Mandatory Automobile Insurance Premium Discount for Safe, Mature Drivers

There is a little known secret that some Maine motorists have been taking advantage of for years. As of 2001, the Bureau of Insurance required that Maine insurance companies provide a mandatory insurance premium discount for motorists that are 55 years or older who successfully complete a motor vehicle crash prevention course.

AAA and other safety organizations have offered these classroom trainings for years as a way to brush up on safe driving skills and be rewarded with an insurance discount. This past October AAA made the course even more accessible by developing a highly interactive online version of our Roadwise Driver course. AAA’s online and classroom course are both approved by the Maine Bureau of Highway Safety as satisfying the mandatory automobile insurance premium discount for safe, mature drivers.

To obtain the “Safe, Mature Driver” discount you must successfully complete an approved course. An insured that successfully completes an approved course is eligible for the discount on all motor vehicles, including motorcycles, for which they are the principal operator. You must complete the course and present the certificate of completion to your insurance company. The discount should be credited beginning from the date of course completion and must be credited for a full three year period subject to the insured continuing to meet any eligibility requirements of the insurer as permitted by the law. The amount of discount is not determined by the law and will vary by insurance carrier so check with your insurance company to see how much you could be saving annually!

For details on the AAA Roadwise Driver course visit www.AAA.com/onlinemeno
for your outstanding generosity and commitment to ensuring the independence and well-being of older adults in southern Maine. We gratefully acknowledge the generosity of 1,713 donors who made gifts from October 1, 2015 to September 30, 2016 to our Annual Fund. You gave $562,347 in critical operating support, touching the lives of more than 12,000 older adults in southern Maine.

### Thank You

#### Benefactors ($2,500+)
- Anonymous (2)
- Ed Greenleaf
- Ms. Carol Ward
- Others (2)

#### Leaders ($1,000+)
- Anonymous (5)
- John E. Johnson
- Terri DeSimio
- Donald G. Okell

#### Partners ($500+)
- Anonymous (2)
- John E. Johnson
- Terri DeSimio

#### Supporters ($250+)
- Anonymous
- Others

#### Legacy Giving
- Anonymous (2)

#### Vergennes Association
- Town of Vergennes
- Others

#### Legacy Society
- Total lifetime giving of $1,000,000+
- Others

### 2016 Annual Report of Philanthropy

With Gratitude to All of Our Friends

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**Benefactors ($2,500+)**

- Anonymous
- Ed Greenleaf
- Ms. Carol Ward

**Leaders ($1,000+)**

- Anonymous
- Others

**Partners ($500+)**

- Anonymous

**Supporters ($250+)**

- Anonymous

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**MERRILL LIFETIME GIFT SOCIETY**

Total lifetime giving of $1,000,000+

- Anonymous

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**LEGACY GIFT PLANNED CHARITABLE GIFT**

Anonymous (2)

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**2016 ANNUAL REPORT OF PHILANTHROPY**

With Gratitude to All of Our Friends
Medicare Open Enrollment Comes to a Close

In December, The Southern Maine Agency on Aging wrapped up another Medicare Open Enrollment period. SMAA would like to thank the numerous individuals and couples we saw these past few months who trust us to help them make informed choices about their Medicare plans. Our ability to serve so many is truly because of the team effort and partnerships that SMAA has with our Medicare host sites and with our team of volunteers. We would like to extend thanks to the following locations for their support. Without their hospitality, we would not have been able to serve as many individuals throughout southern Maine.

Berwick Public Library
Bridgton Community Center
Bridgton Public Library
Cornish Town Hall
Dyer Library, Saco
Freeport Community Library
Larrabee Village, Westbrook
Libby Memorial Library, Old Orchard Beach
Mc Arthur Library, Biddeford
Our Lady of Perpetual Help, Windham
Parsonsfield Town Office
Prince Memorial Library, Cumberland
Redbank Village Office, South Portland
Salvation Army, Portland
Southern Maine Health Care, Sanford
St. Anne’s Church, Gorham
St. Martha’s Church, Kennebunk
Standish Municipal Center
Stewart Center, Falmouth
The Center at Lower Village, Kennebunk
Waterford Public Library
Wells Parks & Recreation
Westbrook Community Center
Woodfords Church, Portland
York Hospital

We would also like to thank our amazing team of volunteer State Health Insurance Program (SHIP) counselors. Our dedicated volunteers worked extra shifts in order to accommodate the huge volume of individuals seeking to review their Medicare options. We take great pride in knowing that our volunteers routinely go above and beyond for our clients and that together we will have helped consumers save substantially in out-of-pocket health care expenses for 2017. We could not do it without them.

Medicare Advantage Disenrollment Period January 1 - February 14

If you’re in a Medicare Advantage Plan, you can leave your plan and switch to original Medicare. Your original Medicare coverage will begin the first day of the following month. If you switch to Original Medicare during this period, you’ll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after the plan gets your enrollment form. Note: During this period, you cannot:

• Switch from Original Medicare to a Medicare Advantage Plan.
• Switch from one Medicare Advantage Plan to another.
• Switch from one Medicare Prescription Drug Plan to another.
• Join, switch, or drop a Medicare Medical Savings Account Plan.

Excerpt provided by CMS Publication Understanding Medicare Part C & D Enrollment Periods.

Contact SMAA for more information at 1-800-427-7411.

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THANK YOU VOLUNTEERS!

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Jim Baker
Ron Bolduc
Mary Bruns
Paulette Burbank
Donald Causette
Theo Ciampa
Stan Cohen
Lindsay Copeland
Paul Doherty
John Dyrberg
Adele Edelman
Annette Fournier
Warren Giering
Fred Gifford
Peggy Gilbert
Fran Gleason
Nancy Goddard
Carol Goldberg Copeland
Steve Goodman
Nancy Gordon
Connie Grant
Jerry Harkavy
John Holland
Therese Johnson
Maryann Lawton
Patricia Lennox
Cindy Lord
Jim MacLeod
Dave Mikesell
Ann Milliard
Steve Morgenstein
Steve Murphy
Sue Ellen Muse
Judy O’Brien
Tom O’Connor
Phil Ohman
Wayne Olson
Susan Pendleton
Doug Robinson
Fred Reno
Steve Sawyer
Dave Smith
Linda Sprague Lambert
Bill Turney
Deb Weldon
Barry Wolfson
The Facts About Medical Marijuana

For certain chronic conditions, marijuana provides real relief when other treatments do not.

Degenerative and rheumatoid arthritis.
Lumbar, back, and neck pain.
Dementia and Alzheimers.
Multiple sclerosis.
Muscle cramps.
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(800) 563-1531

MAINE ROOTS: Sticky Snow
By Elaine Parker

This is the first thing my brothers, sister and I ask when we awaken to a new snowfall: “Is it sticky snow?” It is in the 1950’s in rural Maine. Snow with lots of moisture in it is full of possibilities. Snowmen, snow forts, snowball fights, and snow sculptures. We are elated when it is sticky snow and we bundle up in our snowsuits, hats, mittens, boots and waddle out into the frosty air.

Building a family of snow people, we start with a small snowball and roll it into the sticky snow packing it down and zigzagging our directions with our boots and making two intersecting paths through the middle of the circle. The figure should look like a circle with an X in it. The stomped-out circle in the middle is a safe zone. The fox chases the geese until he catches one, who then becomes the fox. All players must run only on the paths and the geese cannot be tagged in the safe zone. By this time our mittens are wet, our woolen snowsuits are sagging and damp. Time to go in for lunch. As we troop in our mother brushes the snow off us with a broom and we shed the wet clothes and huddle around the wood stove for warmth. Vegetable soup is simmering on the stove, and the kitchen is warm and steamy with a savory odor.

We have soup and hot chocolate for lunch to warm us up. Oh, the joys of sticky snow. Now that I am older—and a homeowner—sticky, heavy, winter-laden snow is not so joyous.

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

AGEWELL SCHEDULE

For more information, or to register for an Agewell workshop, please call 1-800-427-7411. Visit www.smaaa.org for our complete listing of programs.

Tai Chi for Health and Balance
January 9 - March 8, Monday & Wednesday, 2-3pm, United Medical Group, South Portland
January 10 - March 9, Tuesday & Thursday, 10-11am, JR Martin Community Center, Biddeford
January 10 - March 9, Tuesday & Thursday, 9-10am or 1:30-2:30pm, SMAA Main Office, Scarborough
January 10 - March 9, Tuesday & Thursday, 9am-1pm, Woodfords Church, Portland
April 10 June 7, Monday & Wednesday, 1-2pm, Baxter Memorial Library, Gorham

A Matter of Balance
January 20 - March 10, Friday, 10am-12pm (1st session: 9:30am), SMAA Main Office, Scarborough
January 23 - March 20, Monday, 1-3pm (1st session: 12:30pm), Paul Hazleton House, Saco
February 15 - April 10, Monday, 1:30-3:30pm (1st session: 1pm), Sentry Hill, York
March 6 - May 1, Monday, 10am-12pm (1st session: 9:30am, no class 4/17), Kitty Hawk Community Center

Living Well for Better Health
March 21-5/2, Tue, 9:30am-12pm – Prince Library, Cumberland

York County Retired Educators Association Supports Seniors

This November, the Southern Maine Agency on Aging was pleased to accept a check for $4,270.00 from the York County Retired Educators Association. For the second year in a row, the Association has chosen the Southern Maine Agency on Aging as the beneficiary of their annual fundraiser. This year, VCREA members worked diligently, selling raffle tickets to raise funds to support the growing needs of seniors in York County. The Association’s support comes at a crucial time of year when Maine seniors are faced with plummeting temperatures, unstable heating costs, inclement weather, barriers to transportation, and increased social isolation. The gift will help to support the Agency’s many services including Meals on Wheels delivery, family caregiver support, Adult Day Programming for seniors with dementia, and so much more. From the staff, volunteers, and older adults served at SMAA, THANK YOU York County Retired Educators Association!

VISIT OUR WEBSITE www.smaaa.org
“I want to express to all of the staff how much I appreciate the excellent care and attention you provide your residents, especially my father. I cannot tell you how comforting it is to know that Dad resides in a place where the staff truly cares. Take a bow, all of you!” – Brian H.

Call Elizabeth today! 207.885.5568 or visit ScarboroughTerrace.com

If you or a loved one has been diagnosed with a life-limiting illness and you’re not sure what your options are, call Hospice of Southern Maine. We will collaborate with your physician to ensure your wishes are known.

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

866-621-7600
hospiceofsouthernmaine.org

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It means you’re taking charge.

Southern Maine
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Calling Hospice of
Southern Maine doesn’t
mean you’re giving up...
It means you’re taking charge.

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“The team at the Vein Healthcare Center has restored my faith in the medical system.”

– Lucille L., 69, Lewiston, ME

At the Vein Healthcare Center, Cindy Asbjornsen, D.O., FACPh, and her staff provide a comfortable setting where she can evaluate your individual symptoms — from varicose veins to venous ulcers — and work with you to choose the best treatment.

Dr. Asbjornsen is a nationally recognized vein specialist, member of the American College of Phlebology, and a board certified phlebologist.

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I Laurence Gross, SMAA CEO, received the inaugural John A. Hartford Business Award at the 2016 National Association of Area Agencies on Aging (n4A) conference. Mr. Gross was nominated by our partners at MaineHealth in recognition of our recent and successful collaborations.

Simply Delivered received an Aging Innovations Award at the 2016 National Association of Area Agencies on Aging (n4A) conference. Simply Delivered is a collaborative effort between SMAA, Maine Medical Center, and the MaineHealth Accountable Care Organization with the goal of reducing 30-day hospitalization readmissions among high-risk Medicare patients by providing nutritious meals post-discharge.

Vet to Vet received an Aging Innovations Award at the 2016 National Association of Area Agencies on Aging (n4A) conference. Vet to Vet is an effective and replicable companion program that connects disabled veterans with volunteer friendly visitors who are also veterans themselves.

SMAA opened the Sam L. Cohen Center—a state-of-the-art adult day center located in Biddeford. The Center will enable SMAA to serve up to 50 members with dementia or other cognitive decline daily. The Cohen Center also offers caregiver support through classes, workshops, and one-on-one outreach.

Polly Bradley, Director of Adult Day Services, was invited by Senator Susan Collins to testify on the importance of adult day services and caregiver support before the Senate Special Committee on Aging in early April. The hearing entitled: Finding a Cure: Assessing the Progress Toward the Goal of Ending Alzheimer’s by 2025, included three other witnesses: Dr. Ronald Petersen, Chair of the National Alzheimer’s Project Act (NAPA) Advisory Council on Alzheimer’s Research, Care and Services; David Hyde Pierce, award winning actor, advocate and former member of NAPA’s Advisory Council on Alzheimer’s Research, Care and Services; and Lisa Baron, Executive Director, Memory Home Care Solutions.

This year 609 volunteers of all ages contributed 40,022 hours of service (the equivalent of 19 full-time employees) — making it possible for SMAA to:

Deliver 144,262 meals to homebound older adults through Meals on Wheels

Help over 5,200 individuals make informed decisions about their Medicare coverage

Help over 250 adults improve their balance and prevent a fall through leading A Matter of Balance and Tai Chi for Health and Balance classes

Additionally, 466 RSVP volunteers (55+) contributed 34,289 hours of service (the equivalent of 16 full-time employees) to dozens of non-profits (including SMAA) throughout Cumberland and York counties.

SMAA’s Sam L. Cohen Center was featured in the Wall Street Journal article titled “Family Caregivers Become More Crucial as Elderly Population Grows” by Jennifer Levitz.

The Maine Senior Games achieved a record high for participation in recent years — 651 athletes.

Thank you to the 1,713 donors who contributed $562,347 to last year’s annual fund. Of those donors, 522 were first time donors to SMAA.

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Community Partnerships

- SMAA and OceanView at Falmouth worked together to bring several events to the Stewart Center and Lunt Auditorium including our Quarterly Education Seminars for Caregivers, the Second Annual Pooch Parade, and a free community screening of the film: Nine to Ninety.
- SMAA worked with 26 restaurants, cafeterias, community organizations, and food support organizations to help provide 38,189 meals to seniors through our As You Like It and Community Cafés dining programs.
- The Center for Agewell Programs at SMAA collaborated with the University of New England, MaineHealth, Kindred at home, MaineHealth Care at Home, Maine Senior Guide Expo, York Hospital, and Larrabee Village to host fall risk screenings at several locations throughout southern Maine for National Falls Prevention Awareness Day.
- SMAA was awarded the Alzheimer’s disease Initiative (ADI) grant by the Administration for Community Living. The goal of the grant is to provide a more comprehensive and sustainable network of training, referral, and person-centered services to support individuals living with ADRD and their family caregivers. Key objectives for the ADI grant include: identifying and assisting people living alone with dementia; promoting provider collaboration and caregiver education to assist people with and intellectual disability who are aging into dementia; and providing behavioral symptom management and expert consultation for family caregivers.
- SMAA, along with the four other Agencies on Aging in Maine, was awarded the Evidence-Based Falls Prevention Grant by the US Administration for Community Living to expand falls prevention programs throughout the State of Maine. The goal of the grant is to develop an evidence-based falls prevention statewide network to provide programming to 1,700 Mainers across the state over two years and to build partnerships with communities and healthcare entities to sustain the programs into the future. Together the Agencies will champion two recognized programs proven to improve balance and reduce the fear of falling: A Matter of Balance and Tai Chi for Arthritis.
- SMAA’s Family Caregiver Support Program helped 900 families with access to resources, support groups, respite care, and educational programs – like Savvy Caregiver – that help families continue to provide needed care, while also taking care of the caregivers.
- Our Resource Specialists provided crucial information and support to 9,485 older adults, adults with disabilities, and their families. Our Resource Specialists help individuals sort through the many programs and services available that help older adults live independently well into their elder years.

Enhanced Services in the Community

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SMAA relies on private donations for 13% of its operating budget. To donate toward our work, call 396-6500 or visit www.smaaa.org. Services of SMAA are also supported by state and federal funds through the Maine Office of Aging and Disability Services, the Corporation for National and Community Service, Centers for Medicare and Medicaid, and HUD’s Community Development Block Grants from the cities of Biddeford and South Portland and Cumberland County, most of which require matching money from local communities, grants, and donations. SMAA is an equal opportunity non-profit, charitable organization.
Vet to Vet Volunteers Stuff Stockings for Other Vets

The Vet to Vet team and friends Melodie Provost, Jo Dill, and Jackie Belanger contributed enough to fill 18 stockings for veterans staying at the Huot House in Saco and the Veterans Career House in Biddeford. Both facilities are operated by Volunteers of America and provide housing for homeless vets for up to two years. Staff assists the veterans in finding jobs and permanent housing of their own.

The Veterans Career House provides rooms for eight male veterans. The Huot House, which has apartments for 10 veterans, is the first co-ed veteran transitional living program in the state. The veterans celebrated the holidays together at a luncheon on December 7, provided by Famous Dave’s and Huot House advisory council members. Cabela’s gave each veteran a hooed sweatshirt.

The veterans expressed gratitude to the Vet to Vet volunteers and other friends for thinking of them and providing needed items and gift cards. Volunteers also provided two bags of books for the Huot House library.

Thanks to all of you who contributed!

The York County contingent of SMAA’s Vet to Vet program has received the Spirit of Service Award from the United Way of York County. Five Vet to Vet volunteers represented the 19 members of the team who live in York County at the United Way of York County’s Community Campaign Finale held Nov. 29 at the Nonantum Resort in Kennebunkport.

The award recognizes an individual or a group who makes a difference by giving their time and talents through volunteerism. The Kennebunk Savings Bank Foundation accepted the United Way of York County’s Spirit of Service award on behalf of the 19 Vet to Vet volunteers from York County. From left: Vet to Vet volunteers Debbie Wright, Floyd Hastings, John Butler, and Richard Sevigny; Vet to Vet coordinator Susan Gold; Vet to Vet volunteer Lynn White, SMAA executive director Larry Grass, and Brad Paige, president and CEO of Kennebunk Savings Bank, who presented the program with a check for $500.

Vet to Vet Volunteers Awarded United Way’s Spirit of Service Award

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  - Light Housekeeping
  - Change Linens
  - Ironing
  - Dusting
  - Water Plants
- Meal Preparation
  - Prepare and freeze
  - Check food expiration
- Respite for Caregivers
- Transportation
  - Appointments
  - Grocery Shopping
- Social Activities
Members of SMAA's Vet to Vet program had a busy week making the rounds of Veterans Day events in November.

Thirty Vet to Vet participants joined almost 200 other guests at the Portland Rotary's second annual Veterans Day luncheon held at the Italian Heritage Center on Nov. 10. Those attending feasted on a delicious lunch, then heard moving speeches from several dignitaries, including U.S. Sen. Susan Collins, Portland Councilor Ed Strick, Col. Andrew Gibson, chaplain with the Maine National Guard, and Major Adam Cote, former commander of Maine's 133rd Engineer Battalion. The 1st Battalion 25th Marines presented the colors in an impressive flag ceremony to begin the ceremonies.

In his opening remarks, Councilor Strick urged every American to show support for veterans by voting and by assisting veterans' families during the deployment of their family members. Senator Collins, recalling her own father's service during the Battle of the Bulge, noted in her keynote speech "the enormity of our collective debt to our veterans." She reported with pride that Maine has one of the highest percentages of residents who serve in the armed forces.

Col. Gibson urged businesses to hire veterans to benefit the company as well as the person. He said veterans bring to the job many valuable attributes, including maturity, wide experience, and training.

In a similar tone, Adam Cote said that veterans have experience in logistics, administration, mechanics, and as rescue personnel. They work in every field and are more likely than other citizens to start their own business, he said.

Veterans joined in singing the official songs from their branch of service—and competing for the most enthusiastic rendition. Kathy Grammer and Betty Rines played the various anthems to Russ Burleigh's direction.

After the festivities, veterans mingled with the speakers, chatted with Rotarians, and expressed gratitude for an enjoyable and inspirational celebration of Maine's military men and women.

**Memoir Talk**

Vet to Vet participants Rob Sanford and Howard Rennie and Howard's wife, Elizabeth, along with Vet to Vet coordinator Susan Gold, spoke to the Lakes Region Veteran Center's memoir writing group about the Vet to Vet program and Howard's book, "All the Years Are Golden" at a special Veterans Day week event on November 9. Rob helped Howard complete the project, which recounts stories from Howard's life, including his military service. Those in attendance had many questions about turning memoirs into a book and about the Vet to Vet program.
SOCIAL SECURITY

ACT NOW!
Open Enrollment For Affordable Healthcare

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

Affordable healthcare is something that all Americans deserve. Before the Affordable Care Act (ACA), millions of people and their families were at risk of financial ruin because they were uninsured. Health insurance companies could also deny health insurance coverage due to a preexisting condition like cancer or diabetes. Fortunately, you are now protected with the ACA.

Open enrollment under the Affordable Care Act began on November 1 and lasts until January 31, 2017. If you want your coverage to begin on the first of the year, you will have to enroll by December 15. Now is the time to compare health care plans so that you can find the best one for you. You and your loved ones is a critical part of a healthy and happy life. Make sure you’re covered with the plan that best suits you.

Signed into law on March 23, 2010, the Affordable Care Act provides Americans with better health security by expanding coverage, lowering healthcare costs, guaranteeing more choice, and enhancing the quality of care for all Americans. As of March 2016, 20 million people have gained health insurance coverage—more than 6 million of them uninsured young adults—because of the Affordable Care Act. We now have the lowest uninsured rate in the country’s history.

No matter who you are, you are entitled to affordable healthcare. It’s a crucial part of securing today and tomorrow. The Affordable Care Act also ensures that even if you have a preexisting condition you will be covered. If you are already covered and want to change your plan, this is the time to do it. Factors might have changed over the last year that would make you want to update your coverage. Even if you’re just curious about the many plans in the open marketplace, you can compare healthcare plans at www.healthcare.gov.

Having coverage for you and your loved ones is a critical part of a healthy and happy life. Make sure you’re covered with the plan that best suits you.

And Then They Die
By Susan Lebel Young

You thought you were ready for your elderly loved one’s death, had even stopped by the funeral home a month ago, signed papers, started burial planning, considered a headstone. The nice man asked, “What were her wishes?” or “Had he said what he wanted?” You prepared, as best you could, and now your loved one is gone without warning. It seems without warning because the slow decline eluded you. You hadn’t taken in how she swore “no” when offered her favorite butter-milk scone. You hadn’t let yourself glimpse how his skinny legs buckled and his spindly arms had to hoist him out of his recliner. Your body had step-by-step tweaked your hearing to match her whispering voice. But your mind refused to spot the changes. How could you have missed the fading life force, even after you engaged Hospice weeks ago? The news leveled you.

Trembling, you take out the wrinkled notes you scratched because now you have to write the obituary for real. In a mental fog, you wonder, “What was the name of her grandparents’ town in Latvia?” or “Was his father’s father’s name really Eustasas?” There is so much you wish you inquired about her true sources of joy, or his inner longings, but you’d been too drained. Those last weeks, your exhaustion sapped your compassion. You couldn’t ask. Or wouldn’t.

You ruminate. Did I do enough? Did I give her all I could? Did he know I loved him? I shoulda, coulda, woulda—if I’d only known. You tell yourself, “At least I heard him.” The quiet death, the gut-wrenching, the heads-upped the rabbis when she fell and gashed open her forehead.”

You comfort yourself with, “I called the priest to request Last Rights. (Are they still called that?) You think you added, “I’ll keep you posted,” or “stay tuned,” which rings shallow given the present gravity.

Now is no time for shallow. Now is time for deep feelings, profound thoughts and meaningful words to speak at the memorial service. But you are tongue-tied. How did death’s door open and snap shut so fast?

You knew we all age, get sick and die. Yet, even after your loved one spit up everything but red Jell-O, even after she slept all day and lost weight, the bargaining repeats, “If only I had given her probiotics.” or “If only he had done PT.” Your denial screams, “Why?”

You are here, lifted by the driving. You phone the rabbi or cousin Pat picks up other cousins at the funeral home again. They tell you do what needs doing. You call the priest to request Last Rights. You phone the dry cleaners. You black suit to the dry cleaners.

Don’t let social isolation sideline you! If you’re active and engaged, consider inviting a friend or neighbor who may have withdrawn. It’s a win/win situation! Everyone benefits from being active and engaged!
Join the Better Day Society

When you choose to remember SMAA in your estate plans, you’ll become a member of the Better Day Society. Better Day Society members benefit in many ways. First and foremost, you know that your planned gift will be celebrated, honored and stewarded, no matter the size.

In addition, we will invite you to spend time with our knowledgeable staff to understand the essence of the issues facing older Mainers. Many on our staff have been recognized for their expertise in adult daily services, family caregiving, Medicare counseling and nutrition services like Meals on Wheels. We will also provide regular updates on tax law changes that may affect you and your estate planning.

We are fortunate to have so many donors who understand the importance of sustaining our mission. We are increasingly dependent on individual, foundation and corporate donations as federal and state funding is no longer reliable. Maine is the oldest state by median age in the United States. We are on the leading edge of the wave of aging baby boomers.

Call us today to learn how you can join the Better Day Society, 207-396-6590.

We’re here to help you live life to the fullest.

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.

We offer our patient programs in the following specialties:
- Memory Issues
- Geriatric Assessments
- Fall/Balance Concerns

Call (207) 662-2847 for an appointment or visit us at www.mmc.org/geriatriccare for more information.

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The power to keep communicating.
What it is: LSVT LOUD uses exercises focused on stimulating the motor system and voice box, with sensory awareness and loudness training.
What it does: Improve vocal loudness and maximizes overall speech intelligibility and articulation.

LSVT BIG
The power to keep moving.
What it is: LSVT BIG uses intensive occupational and physical therapy with fundamental treatment concepts including strength, motor learning, and sensory retraining.
What it does: Improve balance and ease of completing daily activities such as walking, getting out of bed, and dressing, while decreasing the risk for falls.

Each program requires a referral from your primary care provider or specialist. To achieve optimum results, patients should be committed to the duration of each intensive therapy session.

FOR MORE INFORMATION on each Global therapy visit: www.LSVTGlobal.com
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Connect With What Matters

Being there makes a difference
Recently Ride-Away joined forces with MobilityWorks so that we could provide our customers with the largest selection of mobility solutions to best fit their physical capabilities and lifestyle.
As part of MobilityWorks, we will continue to build on our mission to help connect with who and what matters most.

MobilityWorks has more than 60 locations across the country with the largest selection of accessible vehicles and adaptive solutions:
• Minivans, full-size vans and SUVs
• The latest in adaptive technology
• Complete maintenance and service
• Financing options to fit your needs
• Rental vans
• 24-hour roadside assistance with wheelchair transportation