



From the Director's Desk

Happy New Year! It is a time of year for retrospection, resolutions and renewal! I hope yours are all prepared! This January is especially meaningful for me as it marks the 41st anniversary of my first day working for the Cumberland-York Task Force on Aging (the original name for Southern Maine Agency on Aging).

As a fresh-out-of-graduate-school applicant, with a recently awarded Master's Degree in Public Administration from the University of Maine, I had talked my way into an interview for a newly created "Planner" position that initially had required applicants to hold a Master's Degree in Social Work. (It helped that my undergraduate degree included a minor in social work!)

I recall during my interview with Don Sharland, SMAA's first Executive Director, saying that planning and public administration were a natural fit and my skills were what the Agency really needed for the position. It worked! I was hired and immediately began writing and obtaining grants to grow SMAA services and, in collaboration with other agencies and public officials, to develop new services for seniors in our region.

During those early years, the Cumberland - York Task Force on Aging changed its name twice (to Southern Maine Senior Citizens, and then, Southern Maine Area Agency on Aging); moved our offices twice; opened the first adult day center in Maine at the Kimball Health Center in Saco; started the first urban low income congregate housing project in Portland (at the renovated North School at the foot of Munjoy Hill), and was selected to lead Maine's multi-year national demonstration project showing how "home-based care" could offer frail seniors a much preferred alternative to the **only** long term care option at the time: nursing homes.

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Executive Director, saying that planning and public administration were a natural fit and my skills were what the Agency really

The Gift of Art

Jim Baker spent his career in the financial world and, in his retirement in 2009, he became a SMAA Medicare volunteer. Jim had another interest which he tapped into after retiring. He turned his love of photography into an encore career as an artist. His photographic designs build on his love of photography and abstract art. They are based on his original photographs of flowers or architectural features which are manipulated using a computer. Jim's artistic career took off which allowed him to fuel another passion: philanthropy.

In 2002, Jim and his family established a scholarship fund for the Center Day Camp in Windham. The Mildred and Ernest Baker CDC Scholarship Fund grants camper-ships to children to attend camp. 100% of the net profits from his art sales are donated to this fund.

"My parents instilled in me the importance of helping others. I became an artist after I retired and channeled the proceeds of my art sales into a fund to help pay for summer camp for kids. My family named the fund to honor my par-



ents, Mildred and Ernest Baker." Jim explained.

During the busy Medicare Open Enrollment period, Jim learned that SMAA staff and area businesses like L.L.Bean for Business/International, Texas Instruments and Coastal Women's Health Care work to provide Christmas gifts to SMAA's most frail and needy clients. The gifts range from warm slippers, socks and blankets to food items. Jim wondered if the clients might enjoy receiving one of his pieces. Art is a luxury item and something these clients would never



purchase for themselves. Working with the staff, Jim donated over 50 pieces to be gifted to SMAA's clients.

"As a SMAA Medicare volunteer, older people are near and dear to my heart. I realized that I had several photographic designs in my inventory that I could donate to be given to SMAA clients this season. I'm happy to do it as I know those on fixed incomes don't have the means to acquire art." Jim added.

"We appreciate all that Jim does for the Agency. This gift of beautiful artwork will brighten the days of our homebound clients, providing great visual stimulation during these dreary winter months," said Kate Putnam, Chief Advancement Officer at SMAA.



Thank you to L.L.Bean for Business/International, Texas Instruments and Coastal Women's Health Care for providing gifts to needy clients this holiday season. Pictured are L.L.Bean for Business/International Employees preparing gift bags for dozens of clients!

WIN Fund to Benefit from Eastpoint Church's Christmas Collection

SMAA's When in Need (WIN) fund was selected by the GO (Generous Outreach) team at Eastpoint Christian Church in South Portland to be the beneficiary of the collections at their services on December 23 and 24. The WIN Fund is a discretionary fund designed to help meet the emergent and basic

human needs of extremely low income seniors after all other services and resources have been explored and exhausted.

"We are so grateful to the members of the Eastpoint Christian Church for this tremendous opportunity. The WIN Fund is so important to the work that we do for vulnerable elders at SMAA. Sometimes, despite our efforts to connect them to public benefits for which they are eligible for, seniors are still left hungry, without medication, or adequate shelter. The WIN Fund gives us flexibility to provide some level of immediate help, even if it's small, when other support systems have fallen short." said Laurence W. Gross, CEO of SMAA.

Watch for an update on this gift in the next issue of Senior News!

JOB OPENING: Chief Executive Officer

After an incredible career spanning over 40 years with the Southern Maine Agency on Aging, our CEO, Larry Gross has recently announced his retirement. The Agency is now embarking on a search for a new Chief Executive Officer. If you or someone you know are interested in the position, please contact our search consultant, Deborah L. Gallant, Career Management Associates, 207.780.1125, dgallant@cmcareer.com, for more information. We will be posting more information on the search on our website in January at www.smaaa.org.

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

Southern Maine
Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074



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(207) 396-6500 (800) 427-7411 www.smaa.org

Message from Leadership

Happy New Year!

As we close the books on the 2018 fiscal year for the Southern Maine Agency on Aging, we are pleased to report that the Agency was able to provide critical services to nearly 27,000 older adults in Cumberland and York counties during the past year. We delivered over 148,000 meals to home-bound older adults and helped over 2,800 Medicare beneficiaries make informed choices about their healthcare coverage. This was in addition to the many programs and services SMAA provides to the community.

Pursuing our mission to "Create Better Days" for older adults, adults with disabilities and the people who care for them requires the generosity of many community volunteers and donors, as well as the caring expertise of our staff. In 2018, 413 dedicated volunteers provided 35,000 hours of service to SMAA, the equivalent of 17 full time employees. The Agency could not serve the needs of the community without this extraordinary group of talented individuals.

SMAA's work with MaineHealth in the area of post-discharge meals to reduce hospital readmissions was published in the well-respected American Journal of Managed Care. The nationally published article has helped advance discussion on other potential collaborations with health care providers and insurers. In September, the Agency presented Charting the Future: Innovations in Dementia Research, Treatment and Care, a successful event that featured prominent researchers from the Jackson Laboratory, Brigham and Women's Hospital and Biogen. Sen. Susan Collins and Sen. Angus King were also participants in the inaugural event, attended by more than 200 guests, which raised \$36,000 for the Member Access Fund at our Adult Day Centers.

In other good news, the Agency continued to strengthen our partnerships with healthcare entities, businesses and municipalities through contracted service agreements. In 2018, SMAA contracted with the town of Yarmouth to provide an on-site resource specialist to assist their residents. Similarly, we also contracted for a resident resource specialist with the Plummer Senior Living complex on the Oceanview campus in Falmouth. SMAA was the recipient of a generous grant from the Harvard Pilgrim Foundation for enhanced Family Caregiving programming that helped us offer a wider variety of caregiver classes in southern Maine. SMAA also partnered with 40 businesses and organizations to bring SMAA classes and programs directly to their employees.

Finally, we are pleased to report that community support enabled us to eliminate our first-ever wait list for Meals on Wheels.

As the need for programs and services grows each year, we are extremely grateful for the generosity of our community members and donors. Last year, 1,912 donors contributed more than \$707,000 for critical operating support, including \$211,000 in grant funding from both private and corporate foundations. These donations make it possible for SMAA to create better days for older adults in southern Maine.

Thank you for your dedication and support!

Sincerely,

Mary Jane Krebs
Chair, Board of Directors

Laurence W. Gross
Chief Executive Officer

Robert Dunfey
Chair, Advisory Council

REPORT TO THE COMMUNITY 2018

Accolades & Milestones

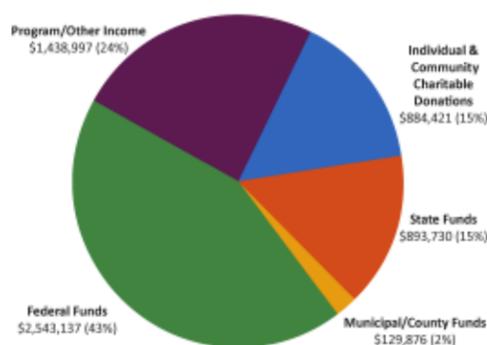
- Over 200 people attended Charting the Future: Innovation in Dementia Research, Treatment and Care to understand where we are with potential breakthroughs in the drive for effective treatments for dementia as well as the latest innovations in care programs. This event was a first of its kind for SMAA.
- SMAA published in the American Journal of Managed Care (Vol. 24 No. 6) – "Simply Delivered Meals: A Tale of Collaboration". Offering a meal delivery service to patients in a community-based care transition program was associated with cost savings and a 38% lower 30-day hospital readmission rate.
- SMAA's Falls Prevention Project Director, Anna Guest, participated in a panel discussion on Network Development Basics at the National Council on Aging's annual meeting "Paving the Way Toward Sustainable Healthy Communities."
- 2018 was a banner year for the Maine Senior Games. Over 720 athletes participated with hundreds qualifying for the 2019 National Senior Games. 2018 also featured athletes from 15 states (not including Maine), many broken records, and 260 new athletes.
- Jo Dill, Maine Senior Games Manager, 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 group collaboration and shows empathy and respect for others, and who builds and maintains good working relationships.
- SMAA CEO Larry Gross celebrated 40 years of service and SMAA staffer Paul Doyon celebrated 25 years of service.



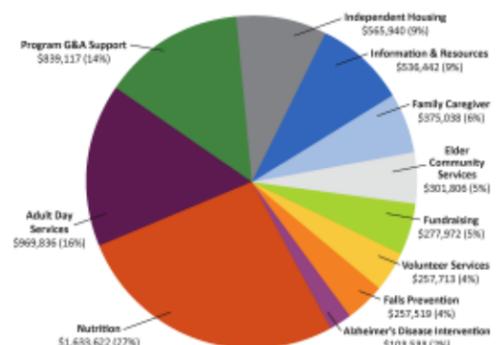
Larry Gross presenting the "Spirit of SMAA" Award to Jo Dill

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Unaudited Revenue for the FY Ending 9/30/2018: \$5,890,161



Unaudited Expenses for the FY Ending 9/30/2018: \$6,118,538



*Figures are an unaudited estimate. Audited figures will be available in Spring 2019 by contacting SMAA.

Community Partnerships

- SMAA worked with almost 40 local businesses and organizations to bring informational sessions and programming directly to their employees and members. Sampling of clients includes UNE, MEMIC, Southworth Products, InterMed, Hussey Seating, SIS Bank, OceanView at Falmouth, BIW/Ameriprise, Maine Medical Center Trauma Department, and The Park Danforth.
- SMAA and DC Management, LLC connected to provide residents of Plummer Senior Living in Falmouth with an on-site, part-time resource coordinator. The coordinator provides A Matter of Balance, Tai Chi and other wellness programs, as well as provides on-site counseling and resources.
- SMAA and Sencio Systems are partnering to offer an exciting new opportunity for consumers to participate in a digital health program called The Ibis Program. The Ibis Program is specifically designed to help manage multiple chronic health conditions.



Caregiver Expo in Biddeford sponsored by Harvard Pilgrim Health Care Foundation



Senator King host open form at SMAA to talk about prescription drug costs.



2018 Volunteer Appreciation Luncheon

Enhanced Services in the Community

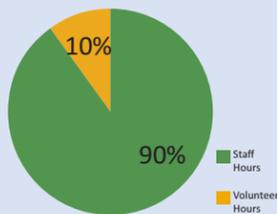
- SMAA received a \$16,000 grant from the Harvard Pilgrim Health Care Foundation to provide monthly caregiver support classes over the next 12 months throughout Cumberland and York counties. All caregiver programs will be presented by an experienced caregiver specialist, often a licensed social worker and will cover such topics as establishing boundaries, stress management, planning, and myths and realities.
- SMAA provided Aging in Place services to the Town of Yarmouth. The Yarmouth Town Council approved the appointment and funding of a dedicated resource specialist to support local families and their caregivers.
- Maine Medical Center Trauma Department sponsored a series of 12 A Matter of Balance Classes that started in fall of 2018 and will go through 2019.
- The ACL Falls Prevention Grant will be concluding in December 2018. This past year 892 older adults across the state were engaged in evidence-based programs through 81 workshops. The Maine Falls Prevention Coalition has launched a new website where you can find falls prevention resources and events (www.knowfallsforme.org). Throughout the two year grant period, we greatly increased the availability of A Matter of Balance and Tai Chi workshops and leaders, and met our goal to serve 1,700 Mainers.
- SMAA hosted a positive approach to care training for employees and volunteers who work with individuals with dementia and their families. This program helped our team discover new ways to help reduce anxiety and resistance to care—which results in an improved quality of life for all concerned.
- SMAA introduced a new Meals on Wheels volunteer position designed to combat social isolation—Phone Pals. Phone Pals commit to regularly calling a homebound client who would enjoy some friendly conversation.

Volunteer Highlights

Last year, 413 volunteers donated 34,831 hours of service or the equivalent of 16.75 full-time employees.

Without volunteers, SMAA would not have been able to:

- Deliver over 148,000 meals to home-bound older adults;
- Serve almost 32,000 meals through Community Cafés;
- Run 25 Maine Senior Games events;
- Work with 40 older adults to pay bills and balance their budgets through Money Minders;
- Help 833 adults with balance or chronic health concerns through Agewell Workshops;
- Help 2,800 Medicare beneficiaries make informed choices about their healthcare coverage, and more!



Retired and Senior Volunteer Program (RSVP)

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

Last year, 335 RSVP volunteers donated 28,932 hours of service or the equivalent of almost 14 full-time employees.



Citrus Health Day of Caring



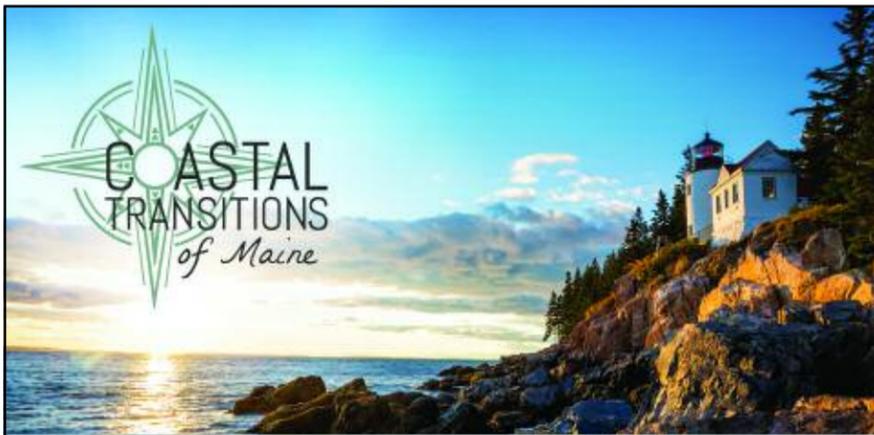
Meals on Wheels Community Leaders Day in South Portland



Girl Scouts of Maine donate cookies to Meals on Wheels



2018 SHIP/SMP Volunteers



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Telephone: 207-396-6500

Toll-free: 1-800-427-7411

e-mail: info@smaaa.org

Web site: www.smaaa.org

Editor: Kate Putnam
kputnam@smaaa.org or
 207-396-6590

Advertising: Janet Bowne
jbowne@smaaa.org or
 207-396-6533

Article Submission: Jessica LeBlanc
jleblanc@smaaa.org or
 207-396-6520

Design: Becky Delaney

Printing: Sun Press, Lewiston

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

Circulation: 9,000 issues are distributed in public places from Kittery to Bridgeton and Brunswick. Another 1,000 are distributed through Agency on Aging events and locations. Total: 10,000

For details on advertising in "Senior News," log on to www.smaaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach "Senior News" representative Janet Bowne at 396-6533.

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Mission Statement

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

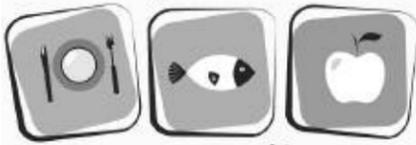
Commitment to Reasonable Accommodation:

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

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

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

Breakfast, Lunch & Dinner



As You Like It

Firefly Diner Joins the "As You Like it Family"

We're happy to announce that the Firefly Diner in Kittery is now participating the "As You Like It" dining program.

The Firefly Diner is a comfortable, down-to-earth eatery featuring mouth-watering breakfasts and lunches. The Firefly Diner also has a strong commitment to supporting local farmers and purveyors. Local meats from eco-friendly purveyors are featured in the house-made sausages. Local farmers add to the homemade jams, preserves and gravies. Sustainability is top of mind when selecting seafood, all of which are compliant with Maine's Seafood Watch list.

The Firefly Diner
435 US Route One, Kittery
Serving Breakfast and Lunch
Mon-Sat, 6:30am-1:30pm
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"As You Like It" provides individuals 60 and older with the ability to enjoy a nutritious and delicious meal at several comfortable dining sites on your schedule. Learn more online at www.smaaa.org or by calling 1-800-427-7411.

Caregiver Respite Funds Available

Funding is currently available to qualified caregivers and care recipients through our Caregiver Respite Program. This program allows a caregiver of a person with a dementia diagnosis to submit up to \$3800 in respite care expenses per fiscal year for an 80% reimbursement.

There is a liquid asset cap (\$50,000 for a single person; \$75,000 for a couple) and the care recipient cannot be receiving any other state funding for home care. These funds can be used to reimburse the caregiver for some of the costs of in-home care (agency or private provider), adult day services, and/or up to two weeks in a facility each fiscal year.

Respite care is vital to caregivers, and we want to help. To learn more about this program and how to access the funding, please contact Lori Campbell at 396-6540 or 1-800-427-7411 x540.

Spotting Common Winter Scams

During the winter season, we see an increase in scammers calling consumers and pretending to be a representative from their local utility provider. The fraudster will claim that your previous payments haven't cleared or that you owe them money. They will tell you that you need to pay the outstanding over the phone, or else your power, heat, or water will be turned off within the hour. The swindler will insist that you didn't pay the bill (even if you know you did), and will tell you to pay over the phone with a credit card or a cash transfer. Scammers are banking on your fear that your heat will be shut

off during the cold winter season in order to collect your personal information. Don't fall for it! Hang up and call your utility provider directly to confirm your billing status.

Also during the winter months many people travel to visit family and friends. Be cautious of false rental advertisements online. Do not use third party websites to book hotels and be particularly wary of home rentals. Verify listings through online consumer feedback before you close the deal. Some scammers will copy photos and details from real rental listings. They then accept pre-payment for booking the house or apartment. You

may only discover that you have nowhere to stay on the day you're supposed to check in. Never give someone money before you see the place you are supposed to stay, and always verify the listing with hotels directly before booking any rooms.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

New Community Café in Kennebunkport

Kennebunkport Parks and Recreation will be offering a community café on the second Wednesday of the month for adults aged 60+ starting on February 13. Join us for lunch at 20 Recreation Way in Kennebunkport. Lunch is served promptly at noon. There is a \$6 per person suggested donation. Reservations are required. Please call at least 48 hours in advance with questions or to make a reservation at 967-4304.

THANK YOU!

Thank you to the following businesses who made our recent holiday celebration special for our friends and supporters.



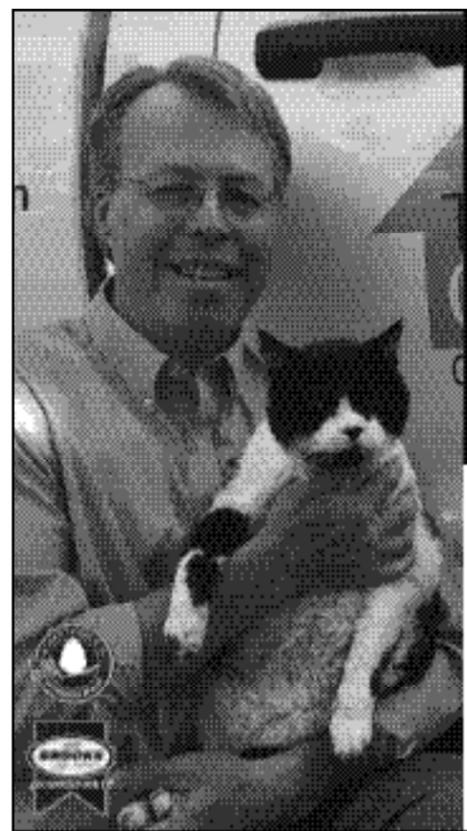



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Beware of Scammers Pretending to be from Social Security

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

In the digital age, frauds and scams are an unfortunate part of doing business online. During the holiday season, Social Security has traditionally seen a spike in phishing scams, and we want to protect you as best we can.

We urge you to always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

Please take note; there's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your Social Security number (SSN), on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your Social Security number is at risk of being deactivated or deleted. The caller then asks you to provide

a phone number to resolve the issue. People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a few special situations, such as when you have business pending with us, a Social Security employee may request the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

Remember, only call official phone numbers and use secured websites of the agencies and businesses you know are correct. Protecting your information is an important part of Social Security's mission to secure today and tomorrow.

From Jo Dill's Notebook

2019 Maine Senior Games Schedule

to date — with many more dates to come



Table Tennis: October 5, Lewiston Armory, Lewiston, Saturday

Celebration of Athletes:

May 31, Friday Fireside Inn

Pickleball: June 8, Men's/Women's Doubles, A-Copi Sports Center, Augusta, Saturday

Pickleball: June 9, Mixed/Singles, A-Copi Sports Center, Augusta, Sunday

Cornhole: August 14, (raindate 8/15) Sanford/Springvale Y, Wednesday

Archery: August 18 (raindate 8/25) Lakeside Archery, Sunday

Triathlon: Pumpkinman Tri, September 8, 8AM, South Berwick

Tennis: September 7 Women's Singles/Men's Dbls, Mixed, A-Copi Sports Center, Saturday

Tennis: September 8, Men's Singles, Women's Dbls, A-Copi Sports Center, Augusta, Sunday

Bowling Candlepin: September 26, Big 20, Scarborough, Thursday

Cycling: September 15, K'Port Bicycle Company, Sunday

Registration

Registration for the Maine Senior Games will open April 1 (hoping for mid-March). We have made some changes this year. Be sure to check the end registration date as there are a few sports that WILL have a deadline. Most sports allow onsite registration but a few will not. If you register online you must use a credit card or the registration will not be complete.

Darts Clinic

Come join us for a free Darts clinic to be held on Sunday, February 3, 10-11:30am at the Gold Room, 512 Warren Avenue, Portland. Darts will be provided if you do not have your own. Monique and Brian Halavonich will be running the clinic. Join us and try out a new sport! PLEASE let me know if you would like to attend by calling or emailing, 207-396-6519, jdill@smaa.org.



The Lecky Brown Center offers the senior population of Gorham a wide variety of opportunities to be social, learn new and interesting things, and to have fun, as a means of pursuing its mission, to inspire, educate, and empower seniors to be healthy and active.

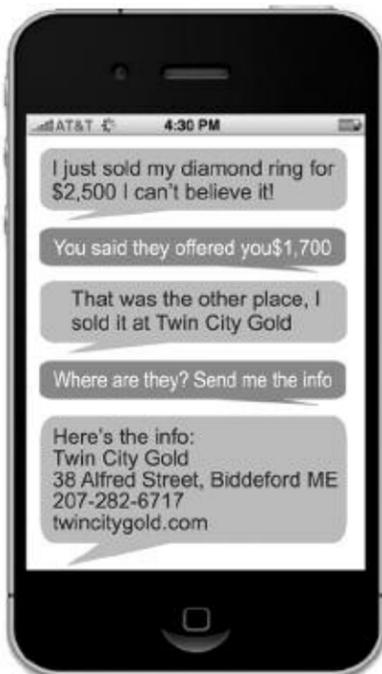
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Are you a family caregiver?

Join us at an upcoming caregiver class sponsored by the Harvard Pilgrim Health Care Foundation.

Understanding Cognitive Loss: Basics for Family Caregivers

January 10, 1-3pm
SMAA Main Office
136 US Route One, Scarborough

This two-hour class will include basic information about cognitive changes and dementia. We will discuss some helpful strategies to communicate with someone with cognitive loss. Light snacks provided.

Strategies for Independent Living

February 26, 12:15-1:15pm
Luncheon starts at 12pm
Westbrook Community Center
426 Bridge Street, Westbrook

This one-hour class looks at home safety, money and medication management, and daily activities as areas where function can be supported by simple strategies.

The Westbrook Community Cafe luncheon starts at noon. Please let us know if you would like to participate in the luncheon during registration.

Preregistration for these classes is required.

Call **207-396-6541** or visit www.smaa.org for more information.

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

SMAA Holiday Revelries

Thank you to Tom Moser and the Thos. Moser Showroom for hosting SMAA's Holiday Revelries in December. Tom Moser shared stories about his career, building his business and the importance of innovating at every age. Thank you to Tom and his staff for hosting and to Giampy and Monica Bonacini of Alchimia for donating some savory and sweet treats for our guests.



Kate Putnam, Jim Baker, Cindy Baker



Eric Bailey, Violet Bailey and Jennifer Kruszewski, partner at Epstein and O'Donovan



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Pattie is the resident Mrs. Claus at Unity Gardens in Windham. Pattie is 83 years young and is also a talented costumer having made her own Mrs. Claus outfit. Pattie has also played Mrs. Claus in the Bridgton Parade of Lights for the last 14 years. Happy holidays Mrs. Claus!

Jeff Ham Wins Ed Greenleaf Award

Jeff Ham has been named the 2018 Ed Greenleaf Award winner. Jeff began volunteering with the South Portland Meals on Wheels site in January 2017 and has already volunteered over 180 hours. Jeff works until 1am on the late night shift at the Portland Press Herald, rests for a few hours, and then is back in to deliver Meals on Wheels to home-bound older adults in the South Portland area. His hard work and compassion knows no limits!

The Ed Greenleaf Award is an award given in memory of Ed

Greenleaf, a much-loved Meals on Wheels volunteer for the South Portland Meals on Wheels site. The award was created by Ed's wife Becky as a way to celebrate fellow volunteers who represented Ed's spirit. This year is the ninth year the award has been presented.

We are so grateful for Jeff's dedication to our clients.

Congratulations!



Pictured L to R: Becky Greenleaf, Jeff Ham, and Liz Engel, South Portland Meal Site Coordinator



Upcoming Agewell Workshops

Preregistration is required for all Agewell Workshops. Please call 207-396-6578 or 1-800-427-7411.

Tai Chi for Health & Balance – Introductory Series

The Introductory Series is for all levels of physical ability. Beginners welcome. Introductory classes are \$110 per 11-week series (22 classes). Returning introductory students are \$90. Scholarships are available.

January 7 – March 27, Monday & Wednesday, 1-2PM, Plummer Senior Living, Falmouth

January 14 – April 3, Monday & Wednesday, 1-2PM, SMAA Main Office, Scarborough

March 5 – May 23, Tuesday & Thursday, 9-10AM, SMAA Main Office, Scarborough

March 18 – June 5, Monday & Wednesday, 10-11AM, SMAA Main Office, Scarborough

March 18 – June 5, Monday & Wednesday, 10:30-11:30AM, Kennebunkport Recreation Center

March 19 – June 6, Tuesday & Thursday, 9-10AM, Woodfords Church, Portland



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April 8 – June 26, Monday & Wednesday, 2-3PM, Westbrook Housing Conference Room

Tai Chi for Health & Balance – Deepening Series

The Deepening Series is open to students who completed the Introduction Series. Deepening classes are \$75 per 8-week series (16 classes). Returning students only.

January 7 – March 6, Monday & Wednesday, 3-4PM, Martin’s Point, Scarborough

January 7 – March 6, Monday & Wednesday, 10:30-11:30AM, Kennebunkport Recreation Center

January 8 – March 7, Tuesday & Thursday, 10:15-11:15AM, Woodfords Church, Portland

A Matter of Balance

January 8 – February 26, Tues, 1-3PM, Turning Point Cardiac Rehab, Scarborough

January 23 – February 25, Monday & Wednesday, 2-4PM, Westbrook Housing Conference Room

February 6 – April 3, Wednesday, 1:30-3:30PM, Plummer Senior Living, Falmouth

February 20 – April 10, Wednesday, 1-3PM, MaineHealth Care at Home, Saco

Healthy Steps for Older Adults

February 28, Thursday, 9AM-1:30PM, Snow date Friday, March 8, SMAA Main Office, Scarborough

Living Well for Better Health

March 12 – April 23, Tuesday, 9-11:30AM, Mason Motz Activity Center, Falmouth

* Please call Mason Motz Center to register for this class only 207-699-5302 *

Living Well with Chronic Pain

Spring 2019, Yarmouth—More Info Coming Soon

* Yarmouth residents receive priority registration *

Introducing Healthy Steps For Older Adults

A Half-Day Falls Prevention Workshop!

You might have taken one of our programs in the past—A Matter of Balance, Tai Chi, or a Living Well workshop. These classes meet over several weeks and provide a wonderful chance to learn strategies for improving balance, managing health, and offer a great way to meet new people. This winter the Agewell team is very excited to introduce a new program focused on falls prevention in the form of a short, half-day workshop.

What does the class involve?

- Have your balance checked in a fall risk screening
- Learn what can put you at risk for a fall and problem-solve solutions
- Discover how physical activity can reduce your risk
- Practice an exercise routine

During the program you’ll have the chance to set goals for yourself based on what you’ve learned, and the leaders will check-in with you after the workshop to support your goals. People who participate in this class have been shown to reduce their risk of falling! Check our calendar for more information about a program near you.

Tips And Tricks For Staying Active During The Winter Months

With the darkest and coldest months of the year upon us, it can be harder than ever to stay active. Keeping our bodies moving is a key strategy to maintain muscle strength, prevent illness, and promote our mental health. The Agewell team is so proud to work with about 50 volunteers who lead our many workshops. This season we asked them what they do to get moving during the winter time. We hope you’ll feel inspired to overcome gravity and get going too!

“I park farther away from the store entrance and use the stairs instead of the elevator.”

“My FitBit reminds me to move every hour – when it buzzes I walk until I hit 250 steps.”

“Try linking a brief spurt of movement to routine daily activities like brushing your teeth, a mid-morning cup of coffee or commercial breaks during your favorite show.”

“Join a class like water aerobics, or tai chi.”

“If you like to exercise outdoors or drive to a gym, have a plan in

case the weather is bad. I use online yoga videos – there are some great free exercise options on YouTube!”

For physical activity tips, videos, and free resources check out <https://go4life.nia.nih.gov/>.

Be The Heart Of Your Community – Volunteer!

SMMA is actively recruiting volunteers to lead our evidence-based health management workshops including: A Matter of Balance, Tai Chi, and the Living Well classes.

To learn more about our programs and volunteering with SMAA please join us at one of our Agewell Volunteer Information Sessions

Thursday, January 10, 1:30-2:30PM (snow date 1/11, 2-3PM), Merrill Memorial Library, Lewis Hall, 210 Main Street, Yarmouth

Friday, January 11, 12-1PM (snow date 1/24, 12-1:00PM), Windham Public Library, 217 Windham Center Road, Windham

Thursday, January 17, 11-12PM (snow date 1/18/19, 11AM-12PM), DA Hurd Library, 41 High Street, North Berwick

Please RSVP to Susan Adams at 207-396-6578 or sadams@smaaa.org to let us know to expect you!



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The Ibis Program

SMAA recently signed an agreement with Senscio Systems, a new partner who is offering an exciting health program called *Ibis*, which was developed for participants and their caregivers to better manage chronic health conditions.

The Ibis Program is designed for individuals with multiple chronic conditions, such as COPD, diabetes, hypertension, chronic heart failure, or the onset of dementia. *Ibis* helps participants better self-manage these diseases at home. To use *Ibis*, participants receive an easy to read touchscreen monitor with added direct support from a dedicated care team. This includes an *Ibis* physician who will work closely with each participant’s current primary care provider and specialists to help participants better self-manage their health.

Ibis tracks important vital signs such as lung function and blood pressure from the comfort of home. *Ibis* prompts participants about medications, records when to take a dosage, when to complete exercises, and reminds participants of important medical appointments. All information is always confidential and fully protected as required by HIPAA.

Our first SMAA enrollee, Jo, from Portland, says since she joined *Ibis*, “I am not scared. I don’t feel alone anymore. I used to forget my medicine but I don’t with *Ibis*. I would definitely recommend the *Ibis* Program to others.” The goal is to enable those enrolled to live independently for as long as they choose.

If eligible for Medicare, or a Medicare Advantage Plan (with or without supplemental coverage from MaineCare), the cost of the program is a covered benefit. There is no long term commitment to the *Ibis Program* and participants may leave at any time.

SMAA is supporting Senscio System’s efforts to locate participants to use the new healthcare program. We are doing this by mailing an introductory letter to people who have used SMAA Services in the recent past. Personal information is never shared with Senscio Systems unless a consumer opts in and requests further information directly from Senscio. Once consumers are enrolled in the *Ibis Program*, SMAA will support Senscio and the *Ibis Program* participants by providing a Resource Specialist to assist with things like health insurance, housing, food insecurity, caregiving, transportation and other needs to which SMAA brings expertise.

If you or anyone you know is interested in learning more about the *Ibis Program*, call Senscio Systems at (207) 558-9800 or toll-free at (888) 626-9995. SMAA looks forward to working closely with Senscio Systems to help improve the health and well-being of participants.

This advertorial is paid for by Senscio for the benefit of “Senior News” and its readers.

New Year's Resolutions for the Family Caregiver

Many people use the New Year as motivation to set goals and establish New Year's Resolutions. As a family caregiver you may be so preoccupied with taking care of your loved one that you forget to make taking care of yourself a priority, too.

Take care of yourself

It is one of the most important things you can do as a caregiver. Here are a few practical New Year's resolutions that can make it a little easier to take care of yourself:

1. **Ask for help when you need it.** It is ok to ask for help! Remember that you are doing the best you can given the circumstances and that you can only do what you can do.
2. **Join a support group** (in person or online). Meeting other caregivers can relieve your sense of isolation and will give

you a chance to exchange stories and ideas. The things you are experiencing and feeling are shared by many other caregivers – you are not alone in this.

3. **Take breaks each day.** If you're feeling frustrated or angry with everyone, these can be common signs that you're overwhelmed or are trying to do too much. If you can, try to give yourself a break: enjoy a cup of tea, talk a walk, get some sleep, or...
4. **Spend time with friends.** Caregivers often feel socially isolated, which can increase depression and anxiety. Taking time to connect with friends outside of the caregiving environment can help ease tension and increase happiness.
5. **Keep up with hobbies.** Caregiving is not easy for anyone—not for the caregiver and not for the care recipient. Trying to allocate even a small bit of time each day/week to do the things that you enjoy and are important to you (outside of caregiving) is important to your well-being.

Adapted from www.nia.nih.gov

No Regrets—Living Well and Dying Well

A Sage-ing® International "Beyond-the-Basics" Event

Fear of dying and avoidance of considering our own death keeps us from living fully. A healthy relationship with death and dying, on the other hand, helps us to live well. In this interactive workshop we will explore the last stage of life from a number of perspectives, including

- What we believe and feel about our own death and dying
- How we can talk to family about our wishes for our end of life
- What we will leave as a legacy
- What we can do now to prepare for our inevitable death
- How we can grow spiritually in our later years

Our materials are not specific to any religion but serve to enhance spiritual maturity for persons who embrace any faith or humanistic practice. Our programs are based on values and visions articulated in the best-selling book: *From Age-ing to Sage-ing®: A Profound New Vision of Growing Older* by Rabbi Zalman Schachter-Shalomi, which is recommended (but not required) as advance reading.

Come prepared to share your beliefs, explore new ideas, and expand your intellectual, practical and emotional understanding as well as your ability to live and die without regrets.

Please join us for a daylong workshop at Southern Maine Agency on Aging, 136 U. S. Route One, Scarborough ME on Saturday, March 9 from 9:30-4:30. (Snow date March 23)

We will gather in a circle, sharing, experiencing music, meditation, journaling, exploring our legacies

and envisioning our futures with thoughtful awareness

Anne Murray will be leading this workshop. She is a certified Sage-ing leader with over 30 years' experience with Elders.

The fee is \$75 with partial scholarships available. For more information, contact Anne at 207-494-9376 or E-mail her at mainesage@outlook.com. Snacks and beverage will be provided, but plan on bringing your own lunch.

Register for "No Regrets-Living We'll and Dying Well" at <https://sage-ing.org/learning-opps>

From the Director's Desk continued from page 1

In the early 1980s, SMAA was in the vanguard of elder service advocates who pushed Maine's legislature to create and fund the Home Based Care Act, the first state funded program to offer elders a *choice* over where they could receive long term care services and supports. In those heady days, Maine was a national leader in expanding home and community based services for its frail older citizens. I hope we will be again soon.

Five years after starting at the Task Force on Aging, my mentor and boss, Don Sharland, moved to a new position leading the Wardwell Home in Saco, and the SMAA Board of Directors selected me as the Agency's second Executive Director. It was a major life transition into a new role with greater responsibilities and tremendous opportunities.

Now, 35 years later, I am preparing for another major life transition—retirement! Earlier this fall, I announced my plans to retire as Chief Executive Officer of Southern Maine Agency on Aging in late summer of 2019. A search is underway for my successor.

Approaching retirement, I look back with pride at the many awards and honors presented to our Agency, its staff, and volunteers during my tenure. I want to express my deep appreciation to everyone for the unmatched innovation and exceptionally dedicated professional contributions that brought SMAA such well-earned recognition and, most importantly, helped thousands of seniors live more independent and fulfilling lives. It has been a great privilege to share this work with so many fine people who have made improving the quality of life for seniors a personal mission. Thank you *all* for your confidence and support these past 40+ years.



Laurence W. Gross
Chief Executive Officer

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CAUTION CAUTION

A Day in the Life of Robert Carson

As an 83-year-old man living alone at Canco Woods in Portland, Maine, my ability to get in my car and go wherever I wanted or needed to go was something I enjoyed and felt entitled to do until December 13, 2017.

Everything changed in my life that day. Unfortunately, everything changed in the life of Mary Anthoine, too.

Like many folks my age, I have had medical issues which have interfered with my ability to get around. Without telling me, my doctor recommended to the Secretary of State that my license be taken away because of neuropathy in my legs. Apparently, he felt that I did not have enough leg strength to drive my car. I received a letter from the State indicating that my license would be suspended. Since I had just renewed my license, I paid no attention to that notice. I wish that I had.

On December 13, 2017 around 3:00 in the afternoon, I thought nothing of driving to the local cleaners to pick up my dry cleaning. I pulled into the lot and began to park my car. I noticed a lady in front of me who was walking between her car and mine. I went to hit the brake and my right leg did not respond the way I intended. Instead, I hit the gas. My car jumped forward pinning this poor lady between our vehicles. Ms. Anthoine was seriously injured, losing the lower portion of both of her legs as a result of my poor driving. Today, more than a year later, she is still in pain and walks with the assistance of prosthetics. All because of me.

I will carry the sadness related to this horrific accident for the rest of my life. Ms. Anthoine will carry the pain and suffering associated with her injuries for the rest of her life. I never should have been driving that car.

For all of you out there who are still driving but have medical issues which make it difficult for you to do so, please do not end up like me. Listen to your family members who are concerned about your driving. Talk to your doctor about whether or not you should drive. Do not wait for the State to take your license. Do not wait until you hurt yourself, a loved one, or a stranger. I would give anything to undo the harm I have caused to Ms. Anthoine.

Robert Carson, age, 83

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Volunteer Corner

Berwick's Tammy Cole Knows How to Deliver

Since October of 2009, Meals on Wheels recipients in Berwick and South Berwick have had the pleasure of having Tammy Cole deliver their meals each Thursday. They are a lucky group because Tammy is always willing to take the extra step to ensure they are well cared for. She takes the time to become acquainted with her clients' families, and if family members aren't able to, she brings in mail and takes out trash. After completing her route, Tammy reports back to Kittery Meals on Wheels Site Manager Amanda Ouellette any concerns she has for the wellbeing of her clients.

On Tuesdays, this mother of four is at the Kittery site helping unload the food delivery trucks and helping Assistant Site Manager Patricia Graves pack up the meals for delivery. She also volunteers Berwick's local access TV channel, BCTV, where she edits

video and makes slides advertising local events.

Amanda explains, "Tammy goes above and beyond what anyone has done. She will drop everything to provide additional help to Meals on Wheels. And, she does all of this with a smile on her face every day. Clients are lucky to have her and so are we."

In fact, Amanda was so impressed with Tammy's work that she nominated her for recognition by the York District Public Health Council for her commitment to public health in her community, an honor Tammy received in December, 2018.

Originally from South Carolina, Tammy and her family lived in St. Louis for 10 years before moving to Maine when her husband

was hired by the Portsmouth Naval Shipyard. She became interested in volunteering for Meals on Wheels when her granddaughter, who lives with her, started kindergarten. Needing to be productive during school hours, Tammy felt delivering Meals on Wheels was a perfect fit. To date, she has served nearly 3,000 hours. Since her husband's death two years ago, she finds her volunteer work an even more important way to fill her days.

Tammy describes herself as "...not being a 'drop and go' driver. I linger and learn about my client's families and interests." Seeing the joy on the face of her clients when she arrives with their meals is the magnet that brings her back each week.



Tammy Cole loads her car with meals for delivery.

New Volunteers

We had 20 new volunteers begin their assignments October through November, 2018. Among them are:

- Edette Flaker** – Phone Pal
- Barbara Ford** – Phone Pal
- JoAnn Gobeil** – Phone Pal
- Daniel Grant** – Meals on Wheels Driver, South Portland
- Barbara Holmes** – Phone Pal
- Patricia Kaye-Schiess** – Meals on Wheels Driver, Sanford
- Susan Kimball** – Meals on Wheels Driver, Biddeford
- Sara Malcolm** – Phone Pal
- Linda Morin** – Phone Pal
- Claire Mullaney** – Meals on Wheels Driver, Windham
- Kimberly Murray** – Phone Pal
- Barbara Page** – Phone Pal
- Deborah Philbrick** – Hospice Companion, Beacon Hospice
- Laura Rendell** – Meals on Wheels Driver, Portland
- Brenda Rowe** – Phone Pal
- Richard Seavey** – Meals on Wheels Driver, Biddeford
- Erika Strattard** – Phone Pal
- Jill Summers** – Phone Pal

Estate Planning Workshop



Wednesday, January 23, 1:30-2:30pm*

Southern Maine Agency on Aging
136 US Route One, Scarborough

Join us for an Estate Planning overview with Jennifer Kruszewski, partner with Epstein and O'Donovan, LLP, Maine's first boutique trusts and estates law firm. Jennifer will share her insights on estate planning basics. She won't be able to address specific questions but will provide an overview of estate planning.

*Snow date: January 30, 1:30-2:30pm

Register Today! Space is limited.

Please contact Janet Bowne to register:
(207) 396-6533 - jbowne@smaaa.org

This event is sponsored by the Better Day Society, SMAA's legacy giving group.



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A Day in the Life of SMAA Volunteer

Deborah Baginski

In this issue, Volunteer Services is introducing a new Senior News column – A Day in the Life of a SMAA Volunteer. In each issue we will showcase a different Southern Maine Agency on Aging volunteer opportunity and the volunteer who fills that role.

Deborah M. Baginski of Scarborough has been a Matter of Balance Coach since October 2017. After concluding her training in our Scarborough office, she coached classes in Saco, Cape Elizabeth, and Biddeford. Each session's two-hour classes are held once a week for eight weeks. She says it is, "...great meeting participants who are interesting, fun people, as well as having the opportunity to work with seniors to prevent falls."

Deb became interested in Matter of Balance because it overlapped her career as a physical therapist. She also likes that Matter of Balance is an evidence-based program, shown in national studies to help older adults manage concerns about falls. Recently, she signed up to train for a new program: Healthy Steps for Older Adults, which is similar to the Matter of Balance, but consists of only one to two sessions, and includes a balance assessment. Healthy Steps will be convenient for participants in more rural areas where getting to classes for eight weeks is difficult.



Deb Baginski is at her laptop matching Phone Pal volunteers with clients.

The mother of two college-aged daughters, Deb gave up her physical therapy career when she became a mom and volunteered extensively in her daughters' schools, Scout troops, and coached sports, including girls ice hockey. In fact, Deb currently plays for the Greater Portland Women's Hockey team, the Breakaways.

Last spring, while looking for a challenge, Deb applied to be the volunteer Phone Pal/Warming Crew Project Manager. She soon began working with Volunteer Services staff to fine tune and present training sessions for the program, and match volunteers with clients, who are all Meals on Wheels recipients.

Her advice to anyone who is thinking about volunteering anywhere is to research the organization and the volunteer opportunities offered to ensure the work will be meaningful for you, and that the organization provides the training and support needed so you are well prepared to be an effective volunteer. She also suggests potential volunteers try to meet other volunteers and staff to see if the organization

will be a good fit. She highly recommends volunteering at SMAA, saying, "I'm really impressed. It's been a great experience that allows me to do meaningful work with supportive staff and interesting volunteers, while building my résumé. The volunteer experience will only improve with more interaction and training sessions, such as the newly launched Volunteer Networking and Training Coffee Hour sessions."

Deb found both her SMAA volunteer positions through the United Way of Greater Portland website at <http://www.unitedwaygp.org/> SMAA positions are also listed on the United Way of York County at <https://www.buildcommunity.org/> You can also call SMAA Volunteer Services directly at 207-396-6595.

All Volunteer Networking & Training: Hoarding 101 and More

The Volunteer Services Department is pleased to announce a "Hoarding 101" training that will take place in January at our Scarborough location. This training is designed to help volunteers recognize signs of hoarding from clients they might be working at. Eric Grainger, from Hoarding

Services at Shalom House, will be the featured speaker.

Hoarding 101 is the second program in a series of "All-Volunteer" Networking & Coffee Hour Trainings that are being offered by the Volunteer Services Department. The first program took place on November 19th, when 15 volunteers braved the snow and rain to attend the Emergency Preparedness training. Joe Chappell, Director of the Cumberland County Emergency Management Agency, covered a wide range of topics that left volunteers ready to assess their own personal home emergency plans.

These networking/training programs have been implemented with the ultimate goal of engaging volunteers, enabling them to develop new skills, and helping to build community among fellow volunteers. A third program is tentatively scheduled for March in Biddeford and will cover the topic of CyberSecurity.

For more information, please call SMAA Volunteer Services at 207-396-6595.



Joe Chappell leading November's Emergency Preparedness Training

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FEBRUARY 13
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All classes are 9 a.m.–1 p.m.

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