Happy New Year!

I never thought I would be so excited to welcome a New Year as I am this year!

Although there are continuing challenges to confront on the spread of the Coronavirus in Maine and across the country, I am very hopeful that the vaccine roll-out will begin to bring some peace of mind to all of us, and especially to older adults who are the most vulnerable of our constituents. Many folks have asked if SMAA will be involved in the vaccine distribution and at this time, the answer is no. We will continue to direct people to Governor Mills’ webpage, www.main.gov/covid19/vaccines for the very latest information on the vaccine roll-out. I urge you to also be in touch with your primary care physician who may be able to offer a timeline for vaccinations at their practice.

As you will read in this issue of Sr. News, SMAA is centralizing our operations to the Sam L. Cohen Center in Biddeford, beginning at the end of January. After many months of study and discussion, the Agency’s Board of Directors, in partnership with Senior Leadership, made the ultimate decision to sell the building in Scarborough. I am happy to announce that the building is under contract, and the closing is scheduled for the end of January. Driving the decision to sell the building was the overriding concern for the very latest information on the vaccine roll-out. I urge you to also be in touch with your primary care physician who may be able to offer a timeline for vaccinations at their practice.

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The building at 136 US Route 1 in Scarborough is under contract and the sale is scheduled to close at the end of January, 2021. SMAA will be centralizing operations at the Sam L. Cohen Center, their property in Biddeford. “Because of COVID 19, adult day programming at the Sam L. Cohen Center has been suspended for the foreseeable future. It’s a beautiful building with ample space for serving our clients, volunteers and staff. We are excited to consolidate our operations into one space as we wait to see how things will change in the coming months,” said SMAA’s CEO Megan Walton.

“There are several reasons why SMAA is moving away from the Scarborough building at this time,” she said. "The building is quite old and doesn’t serve our aging population any more. After much study and consideration, the Board of Directors and SMAA leadership felt now was the time to sell the building so we are able to invest more revenue in programs and less in brick and mortar. Getting out of the landlord business will also allow us to focus on our core work and programming to support our mission to serve as the focal point in Cumberland and York counties for resources, services and information to empower older adults, adults with disabilities and their care partners to live to their fullest potential.”

Walton explained that in the coming months, SMAA will strategically determine the need for administrative/office space, congregate space for volunteers and clients to gather and space for one-on-one client meetings. “Ideally, we would also like to have a physical location in Cumberland county that would provide more client-driven, public facing spaces to serve all our constituencies. Centralizing operations now to the Cohen Center gives us the necessary time to pursue all our options.”

The official change of address will be January 25. SMAA’s new location and address will be The Southern Maine Agency on Aging at the Sam L. Cohen Center, 30 Barra Rd., Biddeford, ME 04005. The phone number (207) 396-6500 and the website (www.smaaa.org) will remain the same.

Due to the pandemic, the majority of SMAA staff will still be working remotely but resource specialists will be scheduling a limited number of in-person meetings when necessary.

The holidays were a little brighter for some of SMAA’s clients when staff and volunteers delivered gifts and cards to their doors right before Christmas. "Ideally, we would also like to have a physical location in Cumberland county that would provide more client-driven, public facing spaces to serve all our constituencies. Centralizing operations now to the Cohen Center gives us the necessary time to pursue all our options.”

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Ameal, and so much more.

“One of the largest volunteer networks in southern Maine delivers 800 meals to homebound seniors struggling with hunger. Along with those meals, they deliver dignity and compassion. Please join me in making a gift today for Meals on Wheels so that no senior goes hungry.”

—Senator George Mitchell

Donate or Volunteer—Either Way, YOU Deliver!

Contact the Southern Maine Agency on Aging at www.smaaa.org or call 1-800-401-0125 or (207) 896-6883

Meals On Wheels
So no senior goes hungry

Southern Maine Agency on Aging
Creating Better Days

What Can A Resource Specialist Help Me With?

The Southern Maine Agency on Aging helps older adults and adults with disabilities—and their families—sort through the many programs and services available to help older adults live independently well into their elder years. Resource Specialists have information on an array of services, including but not limited to: transportation, affordable housing, in-home care, loan closets, emergency alert buttons, legal resources, and assisted living. Resources Specialists can do a benefit screen to see what resources you may be eligible for as well as help connect and apply for services. Resource Specialists are available by phone during this time. This is a free service. Please call us today with any questions you may have.

Call us today for a free assessment! 207-699-2570

From Jo Dill’s Notebook

The Executive Committee is running. We are working hard to become our own non-profit. Thanks so much to the Board of Directors who have worked hard, given financially and attended zoom meeting after zoom meeting to get us up and running. We are working hard to become our own non-profit. The Executive Committee is Deb Smith, Chair, Kim Koehler, Vice Chair, Pam Dutremble, Treasurer and Jess LeBlanc, Secretary/Webmaster. Other board members include Jerry LeVasseur, Noelle St. Hilaire, Ginny Ketch, Miranda Delph, Cyni Bonia and Robin Kessler.

Mark your calendars for Thursday, January 28 at 6:30pm for the first Maine Senior Games Wellness event of 2021. Watch for new information becomes available the website will be updated.

We are excited that our new website is up and running. Please check us out at www.mainseniorgames.org As new information becomes available the website will be updated.

To apply, please reach out to the community agency in your county: Cumberland County- Opportunity Alliance: (207) 553-5990, https://www.opportunityalliance.org/heap
York County – York County Community Action: (207) 459-2950, https://ycca.org/heap/heating-assistance/

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Meals On Wheels
So no senior goes hungry

Aging-in-Place is Within Reach

Highly qualified and trained caregivers can help you and your loved ones with a variety of daily activities such as:

- Caring Companionship
- Meal Planning & Preparation
- Incidental Transportation
- Light Housekeeping & Laundry
- Medication Reminders
- Alzheimer’s and Dementia Care
- Assistance with Bathing, Dressing & Incontinence Care

Contact the Southern Maine Agency on Aging at www.smaaa.org or call 1-800-401-0125 or (207) 896-6883

Are You Concerned About Your Parents or Loved One Living Alone?

Advantage Home Care is the perfect solution for aging adults who aren’t ready to leave their homes.

Call us today for a free assessment! 207-699-2570

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Meals On Wheels
So no senior goes hungry

About the Southern Maine Agency on Aging

The Southern Maine Agency on Aging is a resource for older adults and adults with disabilities by offering a variety of programs and services.

We have three main programs:

1. Information and Assistance
   - Resource Specialists available by phone during this time. This is a free service.
   - Please call us today with any questions you may have.

2. Community Transportation
   - Specialized transportation for seniors and adults with disabilities
   - Call us today for a free assessment! 207-699-2570

3. Home and Community Services
   - Low-cost services such as homemaker and housekeeping
   - Call us today for a free assessment! 207-699-2570

The Southern Maine Agency on Aging is a non-profit organization and is supported by the National Home Builders Association and other local and state funders.

For more information about the Southern Maine Agency on Aging, please contact us at 207-632-5228 or visit our website at www.advantagehomecaremaine.com
Delicious, Meals are on the way.

You or someone you know could enjoy low or no-cost, home-delivered meals. Our entrées feature a protein main dish, a side dish, and a vegetable. These nutritious meals are also served with a small loaf of bread. Meals On Wheels participants can also receive one quart of milk per week. Options are available for those with dietary concerns.

People who meet the following requirements qualify for the Meals On Wheels program:
- Age 60 and older or under 60 and on SSDI
- Primarily homebound or getting out with difficulty
- Unable to regularly prepare nutritious meals
- Able to accept meals during the delivery time frame
- Agree to an in-home nutritional assessment

Apply or Refer Someone Today!

Scan this QR code with your smartphone camera to apply or make a referral.

Call (800) 427-7411 or visit www.smaaa.org

WE HELP SENIORS TRANSITION TO ASSISTED LIVING & MEMORY CARE.

- We Offer Free, Unbiased Guidance for the Best Living Options in the State of Maine
- We Know Maine Senior Communities, Their Rates, Amenities and Availability
- Let Us Bring Our Experience and Knowledge to You
- We Are a Maine Owned and Operated Company Who Will Respect and Protect Your Privacy and Information
- Not Affiliated with Any National Chain
- One Call Can Take the Stress and Confusion Out of Making the Right Choice for You or Your Loved One

207-222-3035 • coastaltransitionsofmaine.com
Boosting Our Immune System

With cold and flu season upon us, it is vital to our bodies defense system (i.e. our immune system) to take care of ourselves with adequate sleep, stress management, proper nutrition, and activity. First, let’s review what our immune system is. Our immune system is a complex network of tissues, cells and organs. This system works together to defend the body against substances it sees as harmful or foreign. This could be germs such as bacteria or a virus as well as a chemical or toxin. The immune system response is when it recognizes potentially harmful substances and defends the body by attacking it. To function well, it requires an ideal balance of many factors. These factors can include healthy habits such as eating a variety of healthy foods, managing stress and making sure to get adequate sleep.

Although an immune ‘boosting’ diet may not be proven to exist, consuming nutrients from foods can help prepare the body’s immune response. Here are some dietary recommendations to help support the body:

- Fruits and vegetables are essential to keeping our immune system healthy with beneficial bacteria. These bacteria play an important role in regulating our immune system. Prebiotics are the food for probiotics and can be found in foods like whole grains, onions, bananas, apples and honey. Probiotics are the actual healthy bacteria that can be found in yogurt with love active cultures, kefir and fermented foods such as sauerkraut, kombucha tea, kimchi and miso.
- To prevent from missing out on all of these important nutrients, try to limit eating mostly processed foods. Processed foods tent to be higher in sugar and fat, while lacking key nutrients that support our health.
- In addition to eating a variety of nutritious foods, our immune system requires an ideal balance of many factors to function well. Practicing good hygiene with regular handwashing, staying active, managing stress, and getting 7-9 hours of sleep per night all contribute to general good health and to a healthy immune system.
- Want to learn more? Feel free to visit hannaford.com/dietitians to find a dietitian in a store near you. Or, feel free to contact me with any of your nutrition questions.
- Did you know? Hannaford offers free online nutrition education on a variety of topics. Visit hannafordnutrition.eventbrite.com to view a schedule and register.

Megan Patten
Hannaford Dietitian
E: megan.patten@hannaford.com

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Circulation: 9,000 issues are distributed in public places from Kittery to Bridgton 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 396-6593.

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

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

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties. Call or email for more information.

(207) 396-6588 • (800) 427-7411
seniornews@smaaa.org
**Meals On Wheels is Currently Accepting Referrals!**

We are happy to report that our Meals on Wheels program does not currently have a waitlist. If you are in need of meals, think you may qualify or have any questions about the program, please call us at 396-6500.

**You may qualify for our Meals on Wheels program if you are:**

- Age 60 and older or under 60 and on SSDI
- Primarily homebound or getting out with difficulty
- Unable to regularly prepare nutritious meals
- Able to accept meals during the delivery time frame
- Agree to a nutritional assessment (A nutritional assessment will be completed within 9 business days of the first delivery to determine full eligibility and are currently being completed over the phone.)

**Do you have a short-term need?**

Sometimes a temporary health problem is all it takes to disrupt the normal cooking routine—just when good nutrition is necessary to heal and recover from surgery or illness. Meals on Wheels can help, even on a short-term basis.

**Are you self-isolating or in quarantine, due to COVID?**

Meals on Wheels can get you the nutrition you need while keeping you safe at home. We currently offer contactless delivery to your door on Tuesdays or Thursdays and can offer up to 21 meals per week, depending on your need.

Our entrées generally feature a protein main dish, a side dish, and a vegetable. The meals are also served with a small loaf of bread. Clients can also receive one quart of milk per week.

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**The Alzheimer's Association, Maine Chapter is Here For You**

The Alzheimer's Association, Maine Chapter offer free virtual support groups, education, social engagement programs, and resources for care partners, those living with dementia, and those looking to learn more. Upcoming webinars include programs such as "Legal & Financial Planning," and "Healthy Living for Your Brain & Body." We offer support groups for those living with dementia, care partners with loved ones at home or in residential care, or those who have lost a loved one. To find upcoming programs or groups, please visit alz.org/maine or call our 24/7 Helpline 800.272.3900 to speak with a dementia care expert who can help recommend programs in addition to providing reliable information and support.

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**Are you Considering Senior Living?**

The Park Danforth has been providing quality senior housing since 1881. Situated in the lively community of Portland, The Park Danforth offers active seniors the choices and options that they deserve. Life at The Park Danforth includes attractive apartments and flexible meal plans. Independent Living Residents are not committed to three meals each day. Also included is an engaging wellness program, theater, bistro, pub, auditorium, salon, market and 24-hour emergency staff. Call for more info.
The Federal Trade Commission is warning consumers that they will not be able to pay to put their name on a list to get the vaccine or to get early access. The FTC also says nobody from a vaccine distribution site or health care payer or insurance company will call people to ask for their bank account, credit card or social security information to get the vaccine. "If you get a call, text, email — or even someone knocking on your door— claiming they can get you early access to the vaccine, STOP. That's a scam. Don't pay for a promise of vaccine access or share personal information," the FTC said in a statement.

The Centers for Disease Control and Prevention recommended that health care workers and long-term care residents be among the first to receive the vaccine, although states may make their own decisions. Health officials have said average Americans—who are younger and without underlying conditions—are not expected to get it until the spring. Anyone who thinks they are the target of a scam is urged to report it to the FTC at Reportfraud.ftc.gov or file a complaint with their state attorney general through consumerresources.org.

Stay connected with SMAA
Receive updates about new classes and workshops being offered, when Senior News is available on newsstands and online, along with the latest information about SMAA happenings via email. Visit www.smaaaa.org/email.html to sign-up today.

A reverse mortgage could help you live more comfortably.

- Supplement your retirement
- Receive a monthly payment
- Pay off a mortgage
- Set up a line of credit
- Buy a home

Call Steve, right here in Maine, for your free booklet on the government-insured HECM (reverse mortgage).

Steve Eastman
(207) 657-2459
Reverse Mortgage Advisor
NMMLS #485909
SEastman@mutualmortgage.com

Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here’s what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. That's a scam.
- You can't pay to get early access to the vaccine. That's a scam.

Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. That's a scam.

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at ftc.gov/coronavirus/scams

“We Are So Happy Mom is Thriving.”

“As Mom aged, we thought it best if she stayed in her house, but even with hours of expensive home care, Mom wasn’t thriving. She needed more. She especially needed more socialization — not isolation — and reliable access to care when she needed it. So she made the move to Scarborough Terrace. She truly loves her elegant new home! She’s more complete in a community with lots of friends and activities, chef-prepared meals, daily case, medication management, and even transportation to appointments and outings. I know Mom is happier and more relaxed now... and I am too. We only wish she’d moved sooner.”

Scarborough Terrace
Premier Assisted Living & Memory Care
Call Lori today. (207) 885-5568
ScarboroughTerrace.com
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MORTGAGE
Reverse Mortgage Advisor
Steve Eastman
(207) 657-2459
SEastman@mutualmortgage.com

Mortgage
Reverse Mortgage Advisor
Steve Eastman
(207) 657-2459
SEastman@mutualmortgage.com
FALMOUTH HOUSE at OceanView

Call to schedule your visit today!
207-781-4621
32 Blueberry Lane
Falmouth, Maine 04105

Beautifully renovated common areas include an enlarged Living Room, Dining Room, and Activity Room with a new Café Kitchen!

oceanviewrc.com/falmouthhouse

Legacy Memory Care at OceanView

Call today to schedule your tour!
207-781-4621
4 Schoolhouse Drive
Falmouth, Maine 04105

With 24 private apartments, this state-of-the-art, secure memory care residence is designed to provide implicit cues to areas of activity through the special use of architecture and color. Amenities include a Garden with walking path, Living Room, Media Room, Library, Classroom, and Salon.

Committed to excellence, our team of compassionate caregivers is specially-trained to provide 24-hour assistance. Habilitation Therapy Programming enriches the quality of life of our residents.

With active reassurance, personal engagement, comfortable surroundings, and thoughtful care management, residents in all stages of cognitive impairment, and their families, experience security and peace of mind.

oceanviewrc.com/legacy
The MMC Geriatric Center offers outpatient consultative care for older adults. We have a team approach to identify and safely care for age-related memory disorders, including Alzheimer’s. We focus on helping older adults optimize health and day-to-day functioning.

No referrals are necessary. Call 207-662-2847 for an appointment or learn more at mmc.org/geriatriccare.

Convenient access with parking and wheelchair ramp.

Advertise with us!
Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties. Call or email for more information.
(207) 396-6588
(800) 427-7411
seniornews@smaaa.org

Don’t delay care. We’re here to help you live life to the fullest.

I am sure the list of needs and wants will continue to change as we seek to determine the BEST outcome for all our stakeholders. In the meantime, please contact us at our new address: The southern Maine Agency on Aging at the Sam L. Cohen Center, 30 Barra Rd., Biddeford, ME 04005. Our phone number will stay the same and you can call us at (207) 396-6500. As soon as it is safe to do so, we will welcome you in person to visit us at the Cohen Center. Stay tuned for more information in the days and months to come.

Please continue to stay healthy and socially distanced until this pandemic is under control. SMAA is here to help answer your questions, provide support and resources and assist with meals and other critical services. Don’t hesitate to reach out for help!

Megan Walton
Chief Executive Officer

Our dedicated physicians, nurses, and staff have continued to come in for work every day throughout the pandemic. Their unflagging dedication to patient safety, comfort, and, above all, regular cancer treatments has saved many lives. We offer them our deepest thanks, and wish all of you a healthy and happy new year.
Agewell is offering a variety of wellness classes to support physical, mental and social health. Become a part of this warm and welcoming community as we support each other in navigating these different times. All Agewell programs will be offered via Zoom. Registration is required. Please view our most current schedule and register via our web calendar. We can also be reached at 207-396-6578.

**Drop In Classes –** Registration required, and join us any time as your schedule allows.

**Techniques for Stress Management –**
Mondays 2:30-3:30
Join us for a weekly practice as we share strategies and tools for managing life’s challenges. This welcoming group explores a variety of relaxation techniques including breathing exercises, body scans, muscle relaxation, mindfulness, meditation and more. Leaders and styles may vary weekly. We welcome you to share in our practice of cultivating resilience.

**Yoga for Healthy Aging –** Wednesdays 11:00-12:00
A “real-world” yoga program with a modified series of traditional poses, which can be done by almost anyone—of any age or ability. We’ll place special emphasis on “bone-safe” yoga, balance, and fall prevention. The class is a combination of seated and standing poses, but all of the poses may be done seated.

**Laughter Yoga – Select Wednesdays 1:00-2:00**
Laughter Yoga is based on scientific evidence that our bodies cannot distinguish the difference between real and “practiced” laughter. Some major benefits include boosting your immune system, reducing stress, elevating your mood, and feeling socially connected. Bring an open mind and the willingness to laugh!

**Gentle Exercise –** Thursdays 10:15-11:15
This guided exercise program includes a full body routine of movements to gently warm-up your joints, stretch and strengthen your muscles, and practice your balance. The program includes both seated and standing exercises, but a seated option will be demonstrated for all exercises.

**Qigong – Thursdays 2:00-3:00**
Qigong, based on the wisdom of traditional Chinese medicine, helps you feel clear, relaxed, and energized through gentle movement, conscious breathing, and meditative visualization. No experience needed.

**Coffee Talk – Surviving a COVID Winter –**
Fridays 10:30-11:45

**Scheduled Programs – Registration required.**
Programs have a specific start and end date, and it’s recommended that you attend as many sessions as possible. All Tai Chi class listings, as well as other health and wellness promotion programs throughout Maine can be found through Healthy Living for ME.

**Tai Chi – Intro**
- January 11 - April 1
  - Monday/Wednesday 1-2PM – Register now!
- January 12 - March 25
  - Tuesday/Thursday 9-10AM - Register now!

**Tai Chi – Deepening**
- January 11 - March 10
  - Monday/Wednesday 9:30-10:30AM
- January 12 - March 11
  - Tuesday/Thursday 9-10AM

**A Matter of Balance – Virtual Program Coming Soon**
The A Matter of Balance: Managing Concerns About Falls program has been on-hold over the last several months pending approval of an updated model for virtual programming. A virtually-run model has recently received approval and SMAA is looking to begin offering A Matter of Balance online in the spring months. If you would be interested in participating in a virtual AMOB class, please contact us at agewell@smaaa.org, or 396-6578.

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**Protest Yourself From The Flu**

This year, getting a flu shot is more important than ever. Here’s what you need to know to help you and your loved ones stay safe and healthy this flu season.

- **The best way to prevent the flu is to get a flu shot.**
  - The flu is a serious illness – getting the flu shot helps lower the number of hospital visits and deaths. If you get the flu shot, you’ll help keep yourself from getting sick and the flu from spreading to others. The flu spreads in the fall and winter, and the virus reaches its peak October through February. You can get a flu shot at your doctor’s office, local pharmacy, and clinics. These places have special measures in place to help keep you safe. When you go to get your flu shot, don’t forget to wear your mask.

- **Medicare covers the flu shot.**
  - Medicare Part B (Medical Insurance) covers one flu shot per flu season. You pay nothing for a flu shot if your doctor or other health care provider accepts assignment for giving the shot.

- **Some people have a higher risk of getting sick from the flu.**
  - People who are 65 and older are at high risk of having serious health complications from the flu. Young children, pregnant women, and people with certain health conditions are also at high risk.

- **Learn more about preventing the flu.**
  - If you have questions about the flu:
    - Talk to your doctor
    - Visit cdc.gov/flu/season/faq-flu-season-2020-2021
    - Visit Medicare.gov/coverage/flushots

- **There are preventative measures you can take to avoid the flu:**
  - Wash your hands
  - Avoid touching your eyes, nose, and mouth
  - Stay home when you’re sick
  - Clean frequently touched surfaces

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**Looking for Health and Wellness Programming to Kick off the New Year?**

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**Senior News 9**

**January-February 2021**

Looking for Health and Wellness Programming to Kick off the New Year?
Keeping Volunteers Safe: COVID-19 Procedure Review

As more cases of COVID are reported in Maine, SMAA Volunteer Services is committed to ensuring that all volunteers out in the community are continuing to follow strict safety protocols that have been in place since mid-March. Meals on Wheels volunteers in particular have been diligent about following these guidelines, and recently received a letter reviewing safety protocols. Meals on Wheels Site Coordinators have been advising volunteers of these policies for months now, and they are readily available at each Meals on Wheels site.

Meals on Wheels volunteers are required to be:
- Wearing masks at all times
- Maintaining 6’ of distancing when able
- Asking volunteers not to report when feeling ill, as well as continuing to ask our staple questions below:

If you are a SMAA/RSVP volunteer, please answer the following questions:

- Have I traveled out of the state/country during the last 30 days?
- Have I been around anyone who has traveled out of the state/country during the last 30 days?
- Have I exhibited any symptoms of COVID-19 (as defined by the CDC)?

If you answered yes to any of these questions, we request you speak to your Volunteer Supervisor before continuing to volunteer.

SMAA Volunteer Engagement: Expanding through Virtual Training

While the pandemic has limited our ability to engage with volunteers in-person, Volunteer Services has found a small silver lining by offering unique opportunities through virtual trainings/presentations. No longer limited by logistics (room availability, parking, or even location), we have been able to bring in qualified speakers to discuss pertinent topics. The most recent presentations included “Every Day Cyber Safety” with featured speaker Dr. Lori Sussman (USM) and “Coping with COVID” from Greg Marley at NAMI.

As we gear up to face a dark winter amidst the pandemic, Volunteer Services is looking to you – volunteers, clients, supporters, and friends, to give us feedback on potential topics/areas that are important to you. The virtual aspect of these engagement meetings allows to look outside the box, and bring in experts who don’t necessarily live and work in New England. We hope that you will share your voice as we strive to offer more ways that connect our volunteers to SMAA and our mission. Please contact us at 207-396-6525 or volunteer@smaaa.org.

Face Masks Available

SMAA is pleased to announce that cloth masks are available FREE for individuals who need them. A “mask distribution” team of volunteers has been trained to process, package, and send out the masks. Please contact referrals@smaaa.org if you or someone you know could benefit from a cloth mask.

Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties. Call or email for more information.

(207) 396-6533 • (800) 427-7411
seniornews@smaaa.org
SMAA achieved the SAGECare Silver accreditation for 2020. In 2019, Ashley Perrone, Biddeford

Over 380 people registered for the third annual Charting the Future event, held in September, 2019-2020, to discuss the challenges of aging in a COVID-19 world, and Judy Johansen, Clinical Research Ambassador at Massachusetts Alzheimer’s Disease Research Center at Massachusetts General Hospital. The virtual event raised nearly $62,000 to support SMAA’s programs and services.

As we move into the New Year, the Southern Maine Agency on Aging will continue to pursue our mission to be the focal point in Cumberland and York counties for resources, services and information to empower older adults, adults with disabilities, and their care partners to live to their fullest potential.

Thank you for your continued support and for helping create better days for older adults in southern Maine.

Sincerely,

Megan Walton
CEO

Acclades & Milestones

- SMAA achieved the SAGECare Silver accreditation for 2020. In 2019, SMAA achieved a Bronze level. We are proud to achieve the higher, Silver level for 2020 and of our increased staff abilities and continued support of LGBT older adults.

- Over 380 people registered for the third annual Charting the Future: Aging in a COVID-19 World event. This year was a virtual event that highlighted the present challenges that seniors in Maine face due to the spread of the Coronavirus.

- Ashley Perrone, Biddeford Meals on Wheels Site Coordinator, was named the third 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 employees celebrated the following service milestones: Lori Campbell celebrated 30 years and Marilyn Durgin and Linda Delapp both celebrated 20 years. Thank you for your service!

- We would be working remotely for a few weeks while the CDC and healthcare workers battled the disease and then life would return to normal. As you know, a couple of weeks turned into months and has now been almost a year.

- Pivoting immediately to embrace new technology and convert programming to a digital platform happened quickly and with great resolve that no client be left unsupported in this unprecedented time of increased isolation and fear. Our volunteers and staff rose to the challenge of keeping Meals on Wheels deliveries going with new safety protocols adopted to keep clients, volunteers and staff safe as demand for meals increased by 30% over the past year. In 2018-19, SMAA was serving approximately 750 clients in southern Maine and delivering nearly 1000 meals per week. Since March of 2020, those numbers climbed to serving 1100 clients an average of 3000 meals per week! More than 200 new volunteers were recruited and trained to help keep programs and services thriving despite the pandemic.

- In light of the continued health risks posed by the pandemic, adult day programming at the Sam L. Cohen Center was initially suspended in March. After weeks of rigorous planning by the Center staff and the adoption of new health and safety protocols established in conjunction with the Maine CDC guidelines, the Center re-opened for a small number of members and their families at the end of July. Unfortunately, the rise in COVID cases in York and Cumberland Counties in late 2020 necessitated suspending adult day programming at the Sam L. Cohen Center again for the foreseeable future.

- Technology played a critical role in how SMAA staff were able to keep in touch with clients, volunteers, donors and community partners during this past fiscal year. Staff and volunteers quickly learned the ins and outs of ZOOM meetings and found innovative ways of presenting classes and workshops to clients and other community members.

- Thank you for your continued support and for helping create better days for older adults.

The third annual Charting the Future event in September was virtually this year with 300 guests tuning in to hear Dr. Nirav Shah, Director of Maine’s CDC, talk about the challenges of aging in a COVID-19 world.

Message from Leadership

Dear Friends,

What a year 2020 was! Writing this letter a year ago, who could have predicted the myriad of challenges and changes the upcoming year would bring to SMAA and to the older adults and families we serve in southern Maine? And yet, despite a relentless barrage of pandemic-induced challenges in the form of increased social isolation, food insecurity, financial ups and downs and overwhelming health concerns, SMAA has weathered the storm and is ready to meet the coming year with renewed confidence in our ability to continue to meet the ever-changing needs of our constituents.

During our fiscal year 2019-20, SMAA served more than 21,000 older adults in Cumberland and York counties, delivering programs and services ranging from Meals on Wheels, Tai Chi classes, Savvy Caregiver classes and support groups, Medicare seminars and one-on-one counseling sessions, volunteer training and many others. Our dedicated corps of 507 volunteers provided nearly 30,000 hours of service to the Agency — the equivalent of 14.5 full time employees. Without this passionate group of talented individuals, SMAA would not be able to deliver the same level of service in our communities.

On March 16, 2020, in an abundance of caution, SMAA temporarily closed its Scarborough office to visitors in response to the COVID-19 spread. All of us at SMAA expected meetings and found innovative ways of presenting classes and workshops to clients and other community members. The third annual Charting the Future event, held in September, attracted a virtual audience of nearly 300 interested participants who signed in to hear Dr. Nirav Shah, the Director of Maine’s CDC, talk about the challenges of aging in a COVID-19 world, and Judy Johansen, Clinical Research Ambassador at Massachusetts Alzheimer’s Disease Research Center at Massachusetts General Hospital. The virtual event raised nearly $62,000 to support SMAA’s programs and services.

We are so grateful for the overwhelming support of individuals, foundations, and community partners who helped us raise more than a million dollars in Annual Fund support during our fiscal year 2019-2020. Now, more than ever, those dollars raised have ensured that no older adult needing assistance with food insecurity have to wait for meals to be delivered to them or those needing help with other critical issues will not receive the information and assistance they need. Thank you to the 1,622 donors who made 2019-2020 SMAA’s most successful fundraising year ever.

As we move into the New Year, the Southern Maine Agency on Aging will continue to pursue our mission to be the focal point in Cumberland and York counties for resources, services and information to empower older adults, adults with disabilities, and their care partners to live to their fullest potential.

Thank you for your continued support and for helping create better days for older adults in southern Maine.

Sincerely,

Mary Jane Krebs
Chair, Board of Directors

REPORT TO THE COMMUNITY 2020

Unaudited Revenue for the FY Ending 9/30/2019: $5,697,015

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<th>Funding Source</th>
<th>Revenue (in thousands)</th>
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<tbody>
<tr>
<td>Federal Funds</td>
<td>$2,253,400 (40%)</td>
</tr>
<tr>
<td>Program/Other Income</td>
<td>$1,500,208 (26%)</td>
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<tr>
<td>State Funds</td>
<td>$853,138 (15%)</td>
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<tr>
<td>Individual/Community</td>
<td>$646,722 (10%)</td>
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<tr>
<td>Medicare</td>
<td>$246,923 (4%)</td>
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<tr>
<td>Municipal/County Funds</td>
<td>$912,137 (15%)</td>
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<tr>
<td>Program G&amp;A Support</td>
<td>$1,666,004 (27%)</td>
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Unaudited Expenses for the FY Ending 9/30/2019: $5,169,199

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<td>Federal Funds</td>
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<tr>
<td>Program/Other Income</td>
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<td>State Funds</td>
<td>$1,385,313 (27%)</td>
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<td>Individual/Community</td>
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<td>Medicare</td>
<td>$247,260 (5%)</td>
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<tr>
<td>Program G&amp;A Support</td>
<td>$1,400,666 (27%)</td>
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<tr>
<td>Other</td>
<td>$75,978 (1%)</td>
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Community Partnerships

- SMAA completed a partnership with MaineHealth Cardiology to assist 72 high-risk patients in York and Cumberland counties who have chronic heart failure. SMAA delivered heart health food directly to the patients’ homes and worked closely with the patients on a personalized plan that is designed to help them thrive in their home and community.
- SMAA has continued to grow our relationship with the Harvard Pilgrim Healthcare Foundation. Their support has provided us with the resources to adapt and continue to provide our Agewell programs through the pandemic.
- SMAA would like to express an incredible amount of gratitude for the continuing support we’ve received from the southern Maine community because of COVID-19. Since March 2020, many foundations and businesses contacted SMAA offering to support us during this challenging time. Knowing that this pandemic is hitting our elders especially hard, these generous organizations wanted to help support the greatest needs we are facing. Thank you to all of our community partners!

Volunteer Highlights

Last year, 507 volunteers donated 29,761 hours of service or the equivalent of 14.3 full-time employees. The value of their service is $809,000 based on a recent Independent Sector report that rated volunteer time in Maine as providing a value of $27.20 per hour.

With all of the programming adjustments needed to serve clients during COVID-19, this last year more than ever, our volunteers were an essential part of our ability to serve older adults in southern Maine. This year:
- 264 Meals on Wheels volunteers delivered over 218,000 meals
- 34 volunteers joined a Volunteer Emergency Response Team (AVERT). This group of volunteers was trained and are ready to assist deliver, package and set-up meals as part of our emergency preparedness plan.
- 104 Phone Pal volunteers helped combat senior isolation

Retired and Senior Volunteer Program (RSVP)

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

Last year, 435 RSVP volunteers donated 27,279 hours of service or the equivalent of 13.1 full-time employees with a value of $724,000.

Enhanced Services in the Community

- Since the start of COVID, we have held 16 “Meals to Go” events throughout southern Maine, including Kittery, Biddeford, Kennebunkport and Scarborough. These events served approximately 1,000 meals. We have four more events currently scheduled in December and January.
- SMAA reduced the price of our Simply Delivered meals program to help individuals receive health meals while encouraging social distancing. This price reduction helped serve 122 clients over 4,600 meals.
- SMAA adapted its Medicare counseling options to include virtual programming such as an on-demand, self-directed Welcome to Medicare Seminar, a volunteer-led virtual Welcome to Medicare Seminar, and virtual one-on-one counseling appointments. Additionally we created new virtual educational opportunities for Medicare clients including eMedicare – Medicare Plan Finder Seminar and Medicare Basics – What You Need to Know.
- SMAA re-envisioned the Agewell programs to offer a variety of wellness classes to support physical, mental and social health during this challenging time. Our updated programming included Guided Relaxation, Yoga for Healthy Aging, Laughter Yoga, Gentle Exercises, Qigong, and Coffee talk.
- SMAA established a Volunteer Emergency Response Team (AVERT). This group of volunteers was trained to assist, deliver, package and set-up meals as part of our emergency preparedness plan. This team successfully responded to Meals on Wheels needs during the pandemic in March/April. Additional teams are being planned for FY20-21.
MERRILL LIFETIME GIFT SOCIETY

[List of donors]

DEADY SOCIETY

[List of donors]

BENEFICIARY

[List of benefactors]

BENEFICIARIES

[List of benefactors]

SUSTAINER ($250-499)

[List of donors]

PARTNER ($500-999)

[List of donors]

LEADER ($1,000-2,499)

[List of donors]

AAHBeam

[List of donors]

VOLUNTEER

[List of volunteers]

THANK YOU

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 1,622 donors who made gifts from October 1, 2019 to September 30, 2020 to our Annual Fund. You gave $1,070,058 in critical operating support, touching the lives of more than 21,000 older adults in southern Maine.

Every effort has been made to ensure accuracy in these lists. If your name has been misspelled, omitted or improperly listed, please accept our apologies and contact the Development Office at (207) 396-6590 so we may correct our records.
Nutrition Manager, Renee Langarini accepts a check from Kathy Monroe, Branch Manager at Northeast Federal Credit Union from their Fighting Hunger Campaign.