Federal Sequester Cuts Impact SMAA

Federal sequester cuts will impact services and staff at the Southern Maine Agency on Aging (SMAA), although every effort is being made to preserve services for the Agency’s most frail clients. “The SMAA Board of Directors has approved a balanced plan to cut expenses that includes a mix of specific program service reductions and use of unpaid Agency furlough days through September 30, 2013,” said Laurence Gross, Executive Director of SMAA.

Prompting the actions was notification from the Office of Aging and Disability Advising SMAA that they will lose about $65,000 in federal Older Americans Act funds between April and September. It is also likely that several smaller sources of federal funding received by the Agency will be reduced by about five percent but the specific dollar amounts had not yet been released.

The federal sequestration cuts came on top of more than $40,000 in state curtailments ordered by Governor LePage in January that affected SMAA’s Volunteer Services and Independent Housing with Services Programs.

“In order to achieve the savings needed to offset both the federal sequestration and the state funding curtailment, several actions have been implemented at the Agency,” said Gross. “Effective on April 8th, the mix of desserts provided in the Meals on Wheels program was reduced to a simple cookie, saving nearly $22,500 in program costs. We have also reduced the number of weekend meals served by adopting stricter criteria for qualification. SMAA will continue to serve almost 250 weekend meals per month—although providing this service is not a required element of the Meals on Wheels program,” he said. “We have also implemented a cap on the number of people under the age of 60 who can receive Meals on Wheels and we will only accept new referrals if other funding becomes available to meet this need. Making these reductions prevents SMAA from having to create a waiting list for people who really need to receive Meals on Wheels,” explained Gross. Due to the continued on page 9

SMAA Joins in Pilot to Help People Plan for End of Life Choices

by Carol Rancourt, Director of Volunteer and Training Services

On April 15, at 2:50pm on Boylston Street in Boston, tragedy struck. When I heard the news flash I thought what if I had been there? Would I be ready if I was severely injured and could no longer make decisions for myself and my care? The answer for me and many of us is no. Southern Maine Agency on Aging and Maine Health have been talking about this need for many months. Statistics show that many of us do not want to contemplate this type of event. However, statistics also show that most of us wish to make our own choices even at the end of life.

This pilot project will recruit and train a small number of volunteers as speakers and to provide one-on-one counseling to older adults and others who wish to develop their own advanced care plan. Maine Health will provide the training using an evidenced-based curriculum provided by Gunderson Lutheran Health Systems. Once trained, the volunteers will offer regular informational Advance Care Planning sessions at Southern Maine Agency on Aging and other locations in York and Cumberland counties, as well as one-on-one appointments for help with putting your choices in writing and sharing them with your family and loved ones.

Contact Volunteer@smaaa.org or call 396-6525 if you would like more information on this project.
Best Ways to do Business with Social Security

By Robert Clark
Social Security Representative

Many people save time by going online to take care of everyday tasks. For example, they shop online to avoid going to crowded malls or stores. They pay bills and check their account balances to save a trip to the bank.

It’s true of Social Security business too. You can save a lot of time by visiting www.socialsecurity.gov.

Here, you can handle much of your Social Security business quickly and securely from your home or office computer. At the Social Security website you can —

• create a my Social Security account for quick access to your information;
• get an instant, personalized estimate of your future Social Security benefits;
• apply for retirement, disability, spouse’s and Medicare benefits;
• check the status of your benefit application;
• change your address and phone number if you receive monthly Social Security benefits;
• sign-up for direct deposit of Social Security benefits;
• use our benefit planners to help you better understand your Social Security options as you plan for your financial future;
• request a replacement Medicare card; and
• apply for Extra Help with your Medicare prescription drug costs.

Looking for more Social Security information? Go online to find out almost anything you need to know about the Social Security program. Information is available on subjects ranging from how to get a Social Security number for a newborn to returning to work while receiving disability benefits.

If you need to reach us by phone, you can call us toll-free at 1-800-772-1213. We treat all calls confidentially. We can answer specific questions from 7AM-7PM, Monday through Friday. Generally, you’ll have a shorter wait time if you call during the week after Tuesday. We can provide information by automated phone service 24 hours a day. (You can use our automated response system to tell us a new address or request a replacement Medicare card.) If you are deaf or hard of hearing, you may call our TTY number, 1-800-325-0778.

No matter how you choose to contact us, Social Security is here to assist you. We encourage you to give our website a try. You’ll get fast, convenient service by going to www.socialsecurity.gov.

Social Security Honors All Who Serve

By Robert Clark
Social Security Representative

Every day of the year, Americans across the nation remember friends and family members who have served and sacrificed for their country. Memorial Day is a day when we come together to honor those who have given their lives in the defense of freedom and the principles we hold dear in this country.

May is also National Military Appreciation Month. As we observe Memorial Day and Military Appreciation Month, we would like to let members of our military know how much we value what they do for our nation.

At Social Security, we offer a wide range of services for our service members.

Families of fallen military heroes may be eligible for Social Security survivors benefits. Learn more about Social Security survivors benefits at www.socialsecurity.gov/pgmsurvivors.htm.

For service members who return home with injuries, Social Security is here to help. Visit our Wounded Warriors website. You can find it at www.socialsecurity.gov/woundedwarriors. We use an expedited process for military service members who become disabled while on active military service, regardless of where the disability occurs.

The Wounded Warriors website answers a number of commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. It is important to note that benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they are unable to work due to a disabling condition. Active duty status and receipt of military pay does not necessarily prevent payment of Social Security disability benefits. Receipt of military payments should never stop someone from applying for disability benefits from Social Security.

If you’ve served in the Armed Forces and you’re planning your retirement, you’ll want to read our publication, Military Service and Social Security at www.socialsecurity.gov/pubs/10017.pdf.

You also may want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/retire2/veterans.htm.

At Social Security, we honor all those who served in the military and we remember those who died for their country.

Social Security
Agency on Aging

May-June 2013

2 Senior News

Don’t Miss Life’s Little Details

MAINE EYE CENTER

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Corneal/External Diseases and Surgery
Optical Shop and Contact Lenses

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Lowell Street Campus
15 Lowell Street, Portland, ME 04102

Stroudwater Campus
1685 Congress Street, 3rd Floor, Portland, ME 04102
Restless Legs Syndrome (RLS) aka Willis-Ekbom Disease (WED)
8th Annual Seminar

J oin Dr. Régis Langelier, a Saxo psychologist, and WED National Foundation Board Member for an educational round table on “Medication for Restless Legs Syndrome/Willis-Ekbom Disease” at the Southern Maine Agency on Aging, 136 Route One, Scarborough, ME, Thursday, June 20, 1-2:30pm.

The guest of honor will be a local pharmacist from Hannaford Stores, Denise Doyon, R.Ph., who will be discussing currently known drug interventions for RLS/WED.

Bring your questions and register by calling 207-351-5352. Space is limited. Please RSVP by requesting a seat registration number. You will not be enrolled for this meeting until you have a number. The deadline for registration is Friday, June 7. Usually a waiting list is formed. Please cancel 48 hours ahead if your plans change as we expect a large, interested response.

Ask Yourself, Do I have the characteristics of RLS/WED:
- An overwhelming need to move the limbs, increasing with age;
- Restless, nervous, or creepy-crawly sensations in legs or arms and trunk;
- Relief by movement/walking or activity;
- Symptoms start or become worse while resting and in the evening or night;
- Difficulty falling or staying asleep, leading to feelings of daytime tiredness or fatigue.

Another Medicare Nugget
from Stan Cohen

NUGGET 428 — 2013

When choosing a Medigap plan (Medicare Supplement plan), many buyers simply pick the best plan available — which is currently Plan F. In addition to the other nine Medigap choices (plans A, B, C, D, G, K, L, M, N), however, there is another plan available that has a relatively small premium, and it is not well understood. It’s called the “high deductible Plan F”.

Hi-Deductible Plan F requires you to pay the first $2110 in Medicare cost-sharing per year. After that it covers expenses exactly the same as regular Plan F. And the lowest premium being offered in Maine today for Hi-Ded Plan F is $52.17 per month (by Anthem).

By comparison, the lowest monthly premium offered today for regular Plan F is $169. When you do the math, you can see that you could save $1402 in annual premiums by choosing Hi-Deductible Plan F instead of Regular Plan F. That would offset a large portion of the $2110 deductible under Hi-Ded F which makes the Hi-Ded plan attractive for those who feel confident that they will not incur serious medical expenses during the year (but who can tell?), or for whom the deductible is not a financial problem.

One caution needs to be explained. Even though most beneficiaries do not ever change their Medigap plan, you should know that if you do want to make a change later, no insurance company is obliged to give you a “richer” plan than the one you have. That means that if you have Hi-Ded Plan F, you may or may not be able to change to a different plan in the future.

Wise Solutions for Seniors
Sleep, Loss, Anxiety, Stress, Depression
Cope Better in 1-4 Visits!

LICENSED PSYCHOLOGISTS:
Drs. Régis and Pamela Langelier

M edicare/AARP and Anthem Accepted. Healthy Aging Choices.

Are you looking for a volunteer opportunity?

Hospice of Southern Maine seeks two Volunteer Administrative Assistants.

Under the general supervision of the Executive Assistant, the Volunteer Administrative Assistant performs varied secretarial and administrative duties along with administrative assignments of a confidential nature. Performs administrative and office support activities.

Provides reception coverage as needed. Sets up meetings and various functions including A/V arrangements. Provides department related secretarial support which includes correspondence, word processing, filing, and maintaining records. Performs data entry functions, as needed. Performs other duties as assigned.

Associate’s Degree in Secretarial Science or related field or any combination of previous business experience and education equivalent to the desired educational background is required. Two to four years of administrative support experience preferred. Prior experience working in health care is preferred. Knowledge of word processing is required. Experience working for a team preferred. Valid driver’s license with an automobile that is insured in accordance with state and/or agency requirements and is in good working order. Individuals interested should email a resume or complete a volunteer employment application.

Hospice of Southern Maine

Contact Human Resources at hr@hospiceofsouthernmaine.org or 207-289-3640.

Stan Cohen, a Medicare Volunteer Counselor, is available for free, one-on-one consultations at Bridgton Hospital on Tuesdays, 8-11am. No appointment is necessary. Alternatively, call the Southern Maine Agency on Aging — (800 427-7411) and ask for a Medicare Advocate.

Restless Legs Syndrome: Disease (WED)
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Provides reception coverage as needed. Sets up meetings and various functions including A/V set up, purchasing refreshments or flowers as needed. Provides department related secretarial support which includes correspondence, word processing, filing, and maintaining records. Performs data entry functions, as needed. Performs other duties as assigned.

Associate’s Degree in Secretarial Science or related field or any combination of previous business experience and education equivalent to the desired educational background is required. Two to four years of administrative support experience preferred. Prior experience working in health care is preferred. Knowledge of word processing is required. Experience working for a team preferred. Valid driver’s license with an automobile that is insured in accordance with state and/or agency requirements and is in good working order. Individuals interested should email a resume or complete a volunteer employment application.

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EDITORIAL

Subsidy Reductions
by Stan Cohen

Once again, the doom predictors were wrong. One of the cost saving measures in the Affordable Care Act (ACA) is the reduction of special subsidies to Medicare Advantage insurers. These special subsidies will eventually be calculated to make the overall cost of Medicare Advantage plans about the same as the cost of Original Medicare. The cost savings will be in the billions. Since the subsidy reductions started two years ago those who opposed the ACA have been predicting that many Medicare Advantage (MA) companies would pull out, and others would either increase their premiums or reduce benefits, or both. Neither has happened. According to a report by the Kaiser Family Foundation, the MA marketplace remains just as robust in 2013 as it was before. There is little change in the number of MA plans available to beneficiaries in 2013 and only modest increases in average plan premiums. Many plans continue to have zero premiums. Benefits, by the way, have not been diminished. In fact, all the free preventive services available in Original Medicare are now offered by MA plans. So much for the doomsday set.

Senior News
is a publication of
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E-mail: info@smaaa.org
Website: www.smaaa.org
Editor: Kate Putnam
kputnam@smaaa.org or 207-396-6590
Advertising: Nancy Bloch
seniornews@smaaa.org or 207-396-6588
Mailing List: Bonnie Craig
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“Senior News” is mailed free for the asking. If you would like to receive “Senior News,” call Bonnie Craig at 207-396-6526 or send your name and mailing address to bcraig@smaaa.org.

Circulation: Mailed directly to 15,000 households and 7,500 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 23,000

For details on advertising in “Senior News,” log on to www.smaaa.org and see Senior News on home page and/or send e-mail to seniornews@smaaa.org. You may also reach “Senior News” representative Nancy Bloch at 207-396-6588.

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ATTENTION: Snowbirds

Welcome back! Let us know your Maine mailing address if you haven’t already. If your mail is returned to us it costs us money and besides, if you want the “Senior News,” we want you to receive it. Contact Bonnie Craig at bcraig@smaaa.org or leave a message at 207-396-6526 or 1-800-427-7411 x526. Be sure to specify the date when you expect to “fly away” again. Happy reading!
There is a special duo heading to the National Senior Games this year—father/daughter golfers, Dr. Mary Brandes and her 81-year-old father Charles Callam.

“Age doesn’t matter with golf,” said Mary. Although the two will be competing in different age groups, Mary in the 55-59 bracket, and Charles in the 80-84 group, they will both play four 18-hole rounds when they meet in Cleveland in July for the National games. “We’ll be playing on different courses, but we’ll be rooting each other on throughout the tournament,” Charles said.

Charles Callam, his grandson Peter Brandes, and daughter Mary Brandes, enjoy a round of golf together at a course in Bermuda.

Mary will be representing the state of Maine during the Games and her Dad will represent his home state of Michigan. During the season there, he plays with a group of seniors three times a week. “We play all over the state at nine-hole courses,” he said. Once a year, he and his wife Mary come to Maine and usually play a round or two with daughter Mary and her family.

“We usually play up in Rangeley and really like the Mingo Springs course,” he said. “We’re a pretty competitive family,” Charles said, “but when we play golf together, we compete but never mention the score. We play well together and enjoy each other’s good play.”

Mary, a former Gold medal winner at the National Senior Games in Palo Alto, California, didn’t start playing serious golf until she reached her thirties. “I bought some clubs, joined Val Hal and really started to play then. I’m a pretty good imitator. I can usually watch something for a while and then do it so I picked it up pretty quickly,” she said. Charles was Mary’s caddy when she competed in the Southern Maine Amateur tournament. Mary will also be competing in the triathlon at the National Games. It means a lot to both Mary and her Dad to be competing in the same sport. Even though Mary has participated in the Maine Senior Games and represented the state at the Nationals, this will be Charles’ first time at the National games. “I tried to get him to do the Senior Games before but this year he jumped in and qualified for Nationals. Then he bragged about it for the whole year,” said Mary with a smile.

Charles gives Mary full credit for trying to get him to do the Senior games the first time at the National Games. “I was 100% Mary who got me involved. It’s just so wonderful to be doing it,” he said.

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Father Daughter Duo Will Compete at National Senior Games

Earlier this year, Debra Thomas and her staff at the Truslow Adult Day Center purchased large shadow boxes with the hope of filling them with information and artifacts that would display the lives lived and accomplishments of the people who attend the program. Many of the clients have filled boxes with the things that mattered most in their lives. Family photos of their parents and siblings, their children, grandchildren and even great-grandchildren have been proudly displayed, as well as pictures of their childhood homes and beloved pets. Some have included samples of their handiwork or pictures of things they have made or hobbies explored. Many of our military veterans have displayed badges and medals received for duty. Some have highlighted careers they had or the spiritual journeys they have lived.

One of the shadow boxes currently on display at the Center features the life of Lorraine Boissemal. Lorraine was employed for many years at the mills in Biddeford and also ran a jewelry and leather shop in Old Orchard Beach, but it is clear from the contents of her shadow box that family is what she holds most dear. “Lorraine has been very proud to share her display with her children, grandchildren and her friends at Truslow,” said Thomas. “It has truly touched her heart that someone would be interested in seeing her display and learning about the story of her life.”

“By knowing the things each participant values and their accomplishments, we are able to get to know each participant better. We want to know all of the things that have gone into making the person we know today. We want to know about their lives beyond the Center and the things that are important to each of them. We want to value and reinforce the uniqueness of each of our clients,” said Thomas. “It has been a treat for all of us to see the pride our clients show when others see and talk about the items in the shadow boxes. Conversations around these displays are priceless,” she said.

Capturing Memories at the Truslow Center

There’s so much to life now

At Scarborough Terrace, the transition to assisted living is a positive and happy experience. From private apartments to the beautiful setting and community atmosphere, Scarborough Terrace is a wonderful alternative to living on one’s own. Residents regularly enjoy music, arts and entertainment, and are quick to make friends at socials, exercise classes, cultural outings, meals and more. They have easy access to Maine Medical Center and Mercy Hospital, and our caring and dedicated staff is available 24/7 to help with any medical or daily care needs that arise.

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Call Elizabeth Simonds at 207-885-5568

Have questions about your health?

Your Hannaford registered dietitian is here to help.

Women’s Health: Bones are done forming at age 16. What calcium rich foods should I eat, and how much vitamin D do I need for strong bones and to prevent osteoporosis? 

Folic acid has been proven to help prevent birth defects. If pregnancy is in my near future, how many milligrams of folic acid do I need, and when should I begin taking folic acid?

hannaford.com/dietitian

Your Hannaford pharmacist is here to help.

Men’s Health: Should I avoid any foods or other medications while taking my prostate medication?

Are there any vitamins or herbal supplements for prostate health? Are there any over-the-counter items I should avoid if I have prostate symptoms?

hannaford.com/pharmacy
Getting a Read on How Things are Going When You Visit

Ann O’Sullivan, OTR/L, LSW, FAOTA
Family Caregiver Specialist

Things to Consider When You’re Visiting

Summer in Maine—a time when family and friends often choose to visit. It may also be an opportunity to make sure people you care about are safe and have what they need. As always, it’s important to keep in mind that competent adults have the right to make their own decisions, and to build a collaborative relationship based on mutual goals, such as safety or preferences about where to live.

Visiting someone you haven’t seen in a while may highlight changes in their health, abilities, needs, or environment. Here are some things worth paying attention to:

• How is the person’s health? Are they reporting new or worsened problems? Do they feel they’re getting appropriate care for them? If you notice burns, injuries or weakness, ask about them. Have they fallen? Are there any concerns about drug or alcohol use, or the use of prescription medications?
• Does the person seem to be having any difficulty with their thinking or memory? Are you noticing changes in how organized things seem to be? Many factors, including infections, medications, and depression, can have an impact on cognitive function. Confusion doesn’t necessarily indicate dementia, but it is a reason to get a good medical workup.
• Does the person you are visiting seem less interested in activities that he or she has enjoyed in the past? Are you hearing concerns about their mood from them or from others who know them? Are they sleeping well? Depression is under-recognized in older adults, and can be one cause for these changes. A conversation with a medical provider is a starting place.
• Do they express any concerns about being able to manage taking care of themselves? Do they appear as you expected?
• Are they eating well? Unintentionally gaining or losing weight? Do they have the food they need on hand? Food insecurity is a big issue in Maine, but there are programs that can help.
• Do they have concerns about managing money? Do they have to choose between buying medications and paying bills or buying food?

How Do I Figure It Out If There Is a Problem?

When you notice that something has changed, note that it could be due to any number of causes, and it’s important to figure out what is really going on. For instance, if you notice the refrigerator is empty, there could be a variety of explanations, each with a different solution needed:
• Forgetting to eat or buy food
• Lack of transportation to get to the store
• Not enough money for food
• Depression
• Not feeling well enough to prepare a meal or eat
• Having trouble carrying groceries

Ask the person and others who see them regularly to help determine what’s really going on, and then discuss it with them, local friends and family, and/or their doctor. Remember that the Agency on Aging is here to help with problem solving.

Family Caregiver Support Program

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

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

Keep swinging with one of Maine’s top orthopedic teams.

If your passion for golf is tempered by joint pain, call us. Our technically advanced and minimally invasive orthopedic surgical procedures minimize pain, speed healing and help ensure you’re back in the swing of things in no time.

Keep swinging with the orthopedic specialists at SMMC PrimeCare Orthopedics. For an appointment, call 283-1126

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From left: David Johnson, MD, Brent Albright, PA-C, John Solari, MD, L. K. Smith, PA-C, Gregory Taggart, MD, Jeff Nicolets, PA-C, Peter Dollard, MD, and David Markellos, MD.
What Should I Do When I Visit?

Whether you’re visiting in Maine or going to visit someone elsewhere, the following tips can be helpful for planning.

Discuss the person’s needs with them. Perhaps you can help make or adapt a plan if needed. Try to anticipate what might be needed soon. The Family Caregiver Support Program can help you sort out the situation and suggest strategies.

Connect with their/your support network. Get input on how things are going. Make sure things are working well for the local caregivers.

Seek local to find legal tasks if needed. Coordinate with the person to make appointments with key people. If they are willing, attend medical appointments with them. Establish/strengthen relationships and communication with local resources. Contact the local Agency on Aging (go to www.eldercare.gov to learn who this is in any area) to learn about resources, supports, and services that may be available to assist.

Have family meetings, including people designated by the older adult. Revisit goals and make plans for your next visit. Appreciate any local caregiver(s) and give them a break.

And, most important, have fun together! Don’t forget your relationship — it’s why you’re visiting. It’s easy to lose track of that when you’re focused on tasks. Make sure you make time to enjoy each other.

2013 Update on Savvy Caregiver

Our goal in the Family Caregiver Support Program is to provide the best possible community education programs to family caregivers. Savvy Caregiver, a grant-funded six-week series for caregivers of people with dementia, continues to be a huge success! Since 2008 the Maine Office of Aging and Disability Services has coordinated Administration on Aging 2011 grant funding for the delivery of this class, which has received consistently positive reviews for its in-depth knowledge, skills and outlook training for caregivers. On August 31, 2013 this grant funding will end. This does not mean that Savvy Caregiver will end, but our number of offerings may be reduced. We are working on finding ways to continue to support this important program.

Typically, Savvy Caregiver classes scheduled to be held at our office in Scarborough and elsewhere fill, and we maintain waiting lists. This is a good indication to us, and to potential sponsors, of just how critical these trainings are. Without specific funding, rather than offering 6 to 8 series per year we are more likely to offer 3 to 4. It is vital for caregivers to call early if interested in attending a class! Even if classes are full, having an accurate sense of how many people are interested, and what locations are most convenient for them, helps us to plan for future offerings. As always, whether you are interested in attending a class or not, please call us for individual services and supports (1-800-427-7411 x558 or x541).

Help For People Helping Aging Family Members

Class Schedule 2013

Are you assisting an adult? Do you spend time helping with errands, household chores, finances, meals, health care or personal care? The Family Caregiver Support Program can help support you as you help someone else.

May 24, 31, June 7, 14, 21 and 28, 9:30-11:30am: Savvy Caregiver. Southern Maine Agency on Aging, Scarborough. Contact Kate Fallon at 1-800-427-7411 x 558 to pre-register (required). Class is full; please call for wait list.

May 28, June 4, 11, 18, 25 and July 2, 5:15-7:15pm: Savvy Caregiver. Southern Maine Agency on Aging, Scarborough. Contact Ann O’Sullivan at 1-800-427-7411 x 541 to pre-register (required). Class is full; please call for wait list.

July 10, 17, 24, 31, August 7 and 14, 9:30-11:30am: Savvy Caregiver. Southern Maine Agency on Aging, Scarborough. Contact Ann O’Sullivan at 1-800-427-7411 x 541 to pre-register (required). Please use the numbers listed to register. Feel free to call Kate Cole Fallon or Ann O’Sullivan at SMAA (1-800-427-7411) with questions.

Caring For Aging Family Members

Support/Discussion Groups

Y ou’re not alone. Connect with other caregivers in a safe setting. Find out what’s working for other people. Groups are coordinated by SMAA or the community providers listed.

Biddeford: For caregivers of people with dementia. 2nd Monday of the month, 3-4:30pm, at Community Partners, Inc. Contact Barbara Alberda at 207-713-3723.

Bridgton: 2nd Wednesday of the month, 1-2:30pm, at the Bridgton Community Center. Contact Ann O’Sullivan at 1-800-427-7411 x 541. Respite care is available on site with prior reservation.

Kittery: 1st Thursday of the month, from 3-4:30pm, at The Gathering Place. Respite available onsite for a fee; please call ahead to reserve. Contact Jill Larson at 207-439-6111.

Scarborough: 4th Thursday of the month, from noon to 1pm at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

Thinking of Selling Your Home or Buying a New One?

Call Jo Dill at 207-396-6519

Who better than the Northeast’s largest senior living family to take care of yours? Bay Square is welcoming a seaside inn, providing premier senior living just beyond the Royal River.

Discover a happier, healthier, full-circle life at the Square:

• Award-winning dining, from chef performances to our own a la carte menu
• Creative Programs, including our award-winning Arthritis Foundation Exercise classes
• Care plans based on need instead of time
• Team of caregivers who love what they do, naming Benchmark Senior Living a Top Place to Work in The Best of Maine year after year

Call us today at 207-846-0044 to tour and taste our award-winning dining.

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Twenty-three of us. Only one of you.

Twenty-three orthopaedic surgeons from seven separate practices have joined forces to provide orthopaedic surgery services to Mercy Hospital and its affiliates. They work together as a team—on each patient and case—to make certain they provide the very best care possible—from initial referral to registration to surgery and post-operative care.

That is what makes the Orthopaedic Institute at Mercy a stand-out. It is also one of the reasons it is the only program north of Boston to achieve disease-specific certification by The Joint Commission in hip, knee, and spine.

For any orthopaedic specialty, including total joint replacement, foot and ankle, sports medicine, spine, hand, and orthopaedic trauma—call us. We will give you our undivided attention. Because, at the end of the day, you are the one we are committed to giving our very best.

From Jo Dill’s Notebook

Packets have gone out for the 2013 Maine Senior Games and registrations are coming in. You can register online at www.mainesrgames.org or go to that same website to download a form and send it in by mail! It is much cheaper to register online and saves so much time.

Opening Ceremonies

This year the Maine Senior Games will have their opening ceremonies on Sunday, June 29, at 9:30 AM at our Track and Field event at Scarborough High School. We will have a parade of athletes holding signs of each sport as well as state signs from those states represented. A brief ceremony and lighting of the torch will follow the parade. More information as it becomes available! Hope to see you there!

Sponsorships/Donations

Thanks so much to the following generous folks who made the shirts possible: Dr. Ann Babcock, David Colby-Young, Ron & Karen White, Mary Whitmore, Deborah Williamson, Jane Wilson, Joan Wright, David Colby-Young. Good luck to you all! I know you will make Maine proud!

Maine Flag Bearers at Nationals

We are so proud that Linda Hunt and Joel Stinson will be the Flag Bearers for Maine at the celebration of athletes at the National Games in Cleveland. Linda is a basketball player who also competes in track and field. She has taught high school math for 30 years and is retiring this June. Joel plays tennis and also will participate in track and field. Joel is a retired professor where he taught at Syracuse University. Thanks for your willingness to represent us and congratulations!

Sendoff Party

Thanks to AARP of Maine, Maine athletes going to the National Senior Games will get a “Sendoff Party” on July 12 at the Fireside Inn in Portland. Athletes, coaches and managers will be treated to a pasta dinner, receive goodie bags for their trip, hear from well-wishers and more. Athletes will also get a Maine shirt to wear at Nationals so that everyone will know that Maine has arrived. The shirts will have an outline of Maine with MAINE through the middle. A special thanks to the following generous folks who made the shirts possible: Dr. Ann Babcock, Johann Gouws, Claudia Lackee, MaryAnn Malloy, Julie & Robert Moss, Diane Whitmore, Deborah Williamson, David Vail, Bob The Screenprinter, A.T. Voice Works, INC, Healthy Body Fit Mind, IRC Industrial Roofing & Siding Co., Healthy Body Fit Mind, IRC Industrial Roofing & Siding Co., Healthy Body Fit Mind, IRC Industrial Roofing & Siding Co., Healthy Body Fit Mind, IRC Industrial Roofing & Siding Co., Healthy Body Fit Mind, IRC
Active Retirement Association Presents
Author, Eleanor Morse

The Active Retirement Association (ARA), through their Sea-coast Memorial Lecture Series, is happy to host award winning author, Eleanor Morse, discussing her new book, White Dog Fell from the Sky. This novel takes place in apartheid South Africa in 1976, where medical student, Isaac Muthethe, is forced to flee his country after witnessing a friend murdered by white members of the South African Defense Force. He is smuggled to Botswana, where he is hired as a gardener by a young American woman, Alice Mendelson, who has abandoned her PhD studies to follow her husband to Africa. When Isaac goes missing and Alice goes searching for him, she finds herself change her life and inextricably bind her to this sunburned, beautiful land.

This event is free and open to the Public; everyone welcome.

Please join with friends and family on Sunday, May 19, at 2pm, at the Durham Community Church, 17 Main Street, Durham, NH for an entertaining afternoon.

Eleanor Morse, a graduate of Swarthmore College, spent a number of years living in Botswana. She earned an MFA in creative writing from Vermont College. Her novel “An Unexpected Forest”, won the Independent Publisher’s Gold Medalist Award for Best Regional Fiction in the Northeast U.S. and was also selected as the Winner of Best Published Fiction by the Maine Writers and Publishers Alliance. She currently works as an adjunct faculty member with Spalding University’s MFA Writing program in Louisville, Kentucky. She lives on Peaks Island, Maine.

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The best thing you can do as a caregiver is take a vacation! While many of us look at the homeless sailing ships—and the stories of their masters—built in Kennebunk in the 19th Century, To Sea runs through the summer.

Our Shared History events include a reading program; field trips to the Portsmouth Naval Shipyard (June 24) and to Bath Iron Works and the Maine Maritime Museum (July 22) to learn more about modern-day shipbuilding; a nautical-themed poetry contest; a stage play written by the Museum; author lectures; and special Monday movie nights with maritime themes. A festival of Chowder and Ale will close the program on September 14.

The first workshop in May will be a discussion of Moby Dick—Herman Melville’s novel of Captain Ahab and the great white whale. The film series opens on Monday, July 8 with Pirates of the Caribbean. Admission to both events is free.

For more details of the special events in Our Shared History, visit http://www.brickstoremuseum.org/oursharedhistory or call the Library at 207-985-2173 or the Museum at 207-985-4802.

Other upcoming events include:


Tuesday, May 28, 2013: “Words of the Ocean” Poetry Contest open for submissions. Brick Store Museum invites amateur poets of all ages to submit a nautical-themed original poem. Poems are limited to a maximum of 10 lines and must encompass any style. Please list name, age, and address on top of page. Send Word or PDF documents to geil@brickstoremuseum.org. ONE POEM per poet. Submissions accepted through August 9. Winners will be announced on September 14. FMI call 207-985-4802 or visit www.brickstoremuseum.org.
Community Leaders’ Day

March for Meals is a national campaign during the month of March, initiated by the Meals On Wheels Association of America (MOWAA), which seeks to raise awareness of senior hunger and to encourage action on the part of the local community. Southern Maine Agency on Aging promotes Meals on Wheels by involving our local communities in our Community Leaders’ Day. This year, Community Leaders’ Day was celebrated on March 21.

Community Leaders’ Day provides an opportunity for community leaders across York and Cumberland Counties to become more involved in their local Meals on Wheels programs by helping to pack meals, getting to know staff and volunteers, and getting to know clients through deliveries. We welcome community leaders from all the towns and cities we serve and from all professions: mayors, city and state representatives, teachers and professors, police, fire, and EMS, as well as business professionals who are dedicated to helping end senior hunger.

We want to express an incredible amount of thanks and appreciation for each and every community leader who came to celebrate this day with us:

John Adams, Naples
William Baker, Portland
Laura Bolduc, Old Orchard Beach
Debbie Carr, Scarborough
Victor Chen, Westbrook
Janice Cooper, Yarmouth
The Eliot Auxiliary Police: Ernie Bruneau, Barbara Field, Ruth Hirst, Ed Roche, Jean Seeley
Ruth Hamm, Shapleigh

If you’re a Community Leader who would like to get involved with Community Leader’s Day, let us know. We’re already planning for 2014!

At SolAmor Hospice, we believe that by managing symptoms and pain, patients can continue to enjoy the things that matter most to them. By listening to our patients and their families, we help make every minute count. Our experienced team—from specially trained physicians, nurses, hospice aides and chaplains to social workers, grief counselors and volunteers—is here to help each step of the way.

To learn more about SolAmor Hospice, contact (207) 761-6967 or visit www.solamorphospice.com.
Medicare & Health Insurance Counseling
Understand what you need to know. Make informed decisions.

SMAA offers seminars to help you sort through your Medicare options. If you are eligible for Medicare, consider registering to attend a “Welcome to Medicare” Seminar to help you maximize your benefits.

While there is no fee for this service, we welcome a suggested donation of $35 to attend, which includes a one-on-one follow up session. No one will be turned away for the inability to make the suggested donation. Volunteers and donations help SMAA offer this service.

Our staff and Medicare Volunteers can assist you with decisions and questions about:

- Medicare
- Health insurance
- Supplemental insurance (Medigap)
- Prescription Drug Plans
- Medicare Advantage Plans
- Plan enrollment

The Southern Maine Agency on Aging offers Welcome to Medicare Seminars in Scarborough, Windham, Sanford and coming soon in York. Seminars are offered each month. Registration is required, call 207-396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist.

Now Living Well Workshops are Better Than Ever!

In the fall of 2012 Stanford University released an updated version of its world-renowned Chronic Disease Self-Management Program (called Living Well for Better Health in Maine). As the regional coordinator for Living Well in Southern Maine, SMAA’s Agewell staff has been busy learning the new material and providing update training for all our volunteer leaders.

The 2012 Living Well curriculum includes many new topics including:

- Physical limitations and the impact on our emotions
- Getting a good night’s sleep
- Falls prevention
- Making decisions during times of uncertainty
- Dealing with pain before it gets bad
- Brand new session and activities for healthy eating and making healthy food choices
- Weight management… and much more…

We are taking names now for upcoming workshops. To register or for more information, please contact Liz Weaver at 207-396-6578, 1-800-400-6325 x 578, or lweaver@smaaa.org

Frustrated with living a “used to do” life?

Does your health keep you from doing the things you want to do? Join a Living Well Workshop and take back your life.

Discover powerful ways to:

- Stop the “symptom cycle” from keeping you stuck
- Set personal goals and ACHIEVE them
- Eat and exercise for better health
- Deal with frustration, pain and fatigue
- Work with your doctor

Developed at Stanford University School of Medicine - proven to work!

I participated in a workshop over a year ago and I use something I learned every week! I feel empowered and more pro-active in my health. The conversation techniques I learned make the few minutes I get with my doctor much more beneficial. Goals and challenges I set for myself are now attainable thanks to “Action Planning”. Lastly, becoming more aware of how different symptoms impact one another makes it easier to manage my health when it’s trying to get out of control. Anyone who struggles with their health can quickly relate to the feeling of being sucked down a drain, or being swirled up in a never-ending pile of health problems. The outcomes of Living Well have been very positive for me. I have changed my diet, lowered my blood pressure, and reduced the amount of medications I take. Most importantly, I don’t feel like my health controls me. When it feels like my health wants to spiral out of control, I can better see how symptoms tie into each other and how to stop them before they take over.” — Marie, Saco

A meal, 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 us 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 1-800-400-6325 or (207) 806-0583

Truslow Adult Day Center
333 Lincoln St., Saco
A program of Southern Maine Agency on Aging

Contact Debra Thomas at 283-0166 or dthomas@smaaa.org for a complimentary visit.

Transportation provided or arranged.

Families of Veterans: Adult Day Care is covered by VA benefits.

Hourly fee for non-Veterans may be covered by third-party payment.

State-licensed. Adult Day Health provider for VA, MaineCare and Office of Elder Services.
A Matter of Balance

Unintentional falls are a leading cause of injury, hospitalization and death for older adults. But you don’t have to live in fear. A Matter of Balance helps participants take control of their fear and reduce the risk of falling.

This 8-week class will help you:
• Exercising to increase strength, flexibility and balance
• Identifying fall hazards in the home and environment
• Making positive changes to help reduce the risk of falling

Don’t let fear take control of your life!

June 27 – August 8, 1-3PM
Biddeford YMCA, 3 Pomerleau Street, Biddeford

Call for additional dates and locations: 1-800-400-6325

Chronic Pain Self-Management

Millions of Americans suffer from chronic pain—that is pain that lasts longer than six months. Chronic pain can vary considerably in intensity and is often unpredictable. Dealing with chronic pain can make daily life and relationships difficult, but you don’t have to go it alone!

This 6-week workshop series will help you:
• Better cope with chronic pain and feel more in control
• Improve your problem solving skills
• Work with healthcare providers to expand your skill to manage chronic pain
• Learn how eating healthy can make a difference
• Learn gentle movement exercise (please wear comfortable clothing)
• Learn how to balance activity and rest
• Dealing with sadness, anger, and loss
• Getting a good night’s sleep… and much more

June 25 – August 6, 1-3:30PM
Casco Bay YMCA
14 Old South Freeport Rd., Freeport

Call for additional dates and locations: 1-800-400-6325.

To learn more or to see if you are eligible, Call: 1-800-427-7411

Need Help Balancing Your Monthly Bank Statement?

The Southern Maine Agency on Aging offers MONEY MINDERS…

a FREE program to assist people age 55 and older who need help balancing a checkbook and writing checks.

To learn more or to see if you are eligible, Call: 1-800-427-7411

Aging…let us help you and your family make the most of it.

We offer evaluations in the following specialties:
• Memory Issues
• Geriatric Assessments
• Fall/Balance Concerns
• Eating/Swallowing Concerns

Call for an appointment and additional information, (207) 662-2847

Maine Medical Center
Senior News 13

Aging…let us help you and your family make the most of it.

We offer evaluations in the following specialties:
• Memory Issues
• Geriatric Assessments
• Fall/Balance Concerns
• Eating/Swallowing Concerns

Call for an appointment and additional information, (207) 662-2847
Legal Services for the Elderly is Here for You!

Last month I met with a group of seniors to discuss the prevention of financial exploitation. Before we began the discussion, I asked the members of the group to raise their hands if they had heard of Legal Services for the Elderly (LSE). I saw only a few hands. I was troubled by this response. This leads me to believe that seniors who need our help simply are not finding their way to us. We therefore, I ask you, reader, to help me spread the word that LSE is here to help!

LSE’s services are free. All first calls for help should be directed to the Helpline. Helpline Attorneys are able to help with a broad range of legal issues and questions. In certain circumstances, including elder abuse and financial exploitation, eviction, foreclosure, and public benefit appeals, LSE may be able to provide an attorney to assist a senior in an administrative or court proceeding. LSE must receive a request for assistance from the senior who needs help or someone with legal authority to speak for the senior. If a senior is not able to use the phone, LSE will work with those helping the senior to make arrangements for an intake to be done in person. LSE uses both telephone and in-person interpreter services to ensure seniors who do not speak English or who are not proficient in English can access LSE’s services. The following are just a few of the reasons to refer a senior to LSE:

• Someone is physically abusing or threatening a senior.
• Someone is misusing a senior’s money and/or property and he or she doesn’t know how to stop it or get his or her property back.
• A senior is having trouble paying his or her mortgage.
• A senior is being evicted.
• A senior cannot afford his or her prescriptions.
• A senior’s MaineCare or other public benefits have been denied or reduced or he or she is being discharged from a nursing home.
• A senior’s friends and family are telling saying that he or she needs a will and Power of Attorney but the senior isn’t sure if he or she needs one or how to get one or the senior wants to remove or change his or her POA.
• A senior is feeling overwhelmed by debt.
• A senior’s landlord won’t address his or her concerns about the habitability of the apartment or the senior has moved and the old landlord won’t refund the security deposit.
• Someone is trying to get guardianship/conservatorship over a senior or his or her property against the senior’s interest.

Together, we can ensure that all seniors who need legal help find their way to LSE.

Legal Services for the Elderly’s Helpline is generally open from 9AM-12PM and 1-4PM Monday-Friday, except for holidays.

Written by Elizabeth LaPierre, LSE Staff Attorney serving York County.

Learning About Essential Tremor

While 10 million people in the United States have essential tremor, the general public still has very little awareness of ET. Because the condition can be treated in many cases, it is important for people to seek help early if they exhibit symptoms.

Also known as familial tremor, benign essential tremor or hereditary tremor (ET) is a progressive neurological condition that causes a rhythmic trembling of the hands, head, voice, legs or trunk. It is often confused with Parkinson’s disease and dystonia. Because of stereotypes and a lack of awareness, many people with ET never seek medical care thought most would benefit from treatment.

People who have ET become disabled at worst and feel frustrated or embarrassed at best.

Quality of life is a big issue for people with ET. Daily activities such as feeding, drinking, grooming and writing become difficult if not impossible. Many people with ET are too embarrassed to go into public and so remain isolated in their homes.

IETF, International Essential Tremor Foundation, actively advocates for greater ET awareness and education at every level—from health care providers to government officials. IETF has support groups across the globe to provide inspiration and fellowship among those living with ET. You can learn more about ET at the foundation web site, essentialtremor.org.

The Maine support group meets every eight weeks on Sunday afternoons at the Maine Medical Center Scarborough Campus Learning Resource Center. Future meetings are:

May 5, July 10, August 25, October 6 and December 1.

For information on attending the Maine support group, email Ted_MeTremorsupportgroup@yahoo.com or call 207-510-1402.
The bad news is that many of those frustrating telephone recordings now insist that we vocalize our responses. The good news is that this has resulted in my discovering a sure-fire way to get a real person on the line in less than two shakes of a lamb’s tail.

I had called Social Security with a Medicare question. A recorded voice told me how important my call was, how busy Social Security is, and how there were better days of the week to call. After awhile a different recorded voice told me that I could save time if I first answered some questions. My date of birth and Social Security number quickly out of the way, the voice next requested my name. After I said it, “Kopp,” the voice asked me to spell it. I complied. The voice then inquired, “Koppa?” “No,” I said and then spoke it and spelled it again, very carefully this time. The voice stated that we could come back to that one. I could have sworn that I heard it sigh. The next topic piquing the voice’s interest was my mother’s maiden name. Aware now of the voice’s limitations, I very carefully said it, “Pamiello,” and spelled it. The voice said that it didn’t understand me and insisted that I say it and spell it again. I did. And again. And again. At this point, reflexively and possibly forcefully, I uttered what my wife’s 5th grade students would call “a swear.” Now, wait for it. With that the voice swiftly responded, “I will connect you to an assistant at once.” And like the sun breaking through the clouds, there on the line was Christine, a good-natured genuine human being, who easily answered my question. It is just possible, of course, that somewhere within the records of the Social Security system there is a less-than-flattering notation after my name, but giant steps for mankind are seldom achieved without some sacrifice.

Southern Maine on Aging is recruiting one VISTA volunteer to assist with maximizing the service of SMAA volunteers to their communities. The VISTA volunteer will focus on five areas: (1) development and implementation of interactive volunteer recruitment using web-based media to recruit high-level volunteers; (2) improve orientation of volunteers either live or interactive thereby improving knowledge of volunteer role; (3) improvement of volunteer retention through volunteer-centered communications and evaluation; (4) design and implement research on Veteran needs, existing veteran programming and veterans-as-volunteers recruitment and (5) research and develop volunteer management operational policies and procedures to strengthen our ability to recruit, orient and place volunteers to serve low income seniors.

The VISTA volunteer receives a monthly stipend, health insurance, training and an educational award or cash “bonus” at the end of their one-year term. If this sounds like the job for you, please contact Carol Rancourt at 207-396-6547 or at crancourt@smaaa.org.

One Giant Step for Mankind
by Don Kopp

Southern Maine Agency on Aging
May-June 2013
Senior News 15

VISTA Position Opening Available

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*Income limits apply

Deering Pavilion
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www.deeringpavilion.com

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You pay telephone/cable. Walking distance to shopping.
Contact: 978-465-1560

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info@gorhamhouse.com • www.gorhamhouse.com
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- Light housekeeping/laundry

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• Retirement Planning
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• Long-Term Care & Estate Planning
• Tax-Advantaged Investments¹

When it comes to your financial dreams, taking action is vital to your success. But that’s not always easy. You know where you are – and where you want to go. We Can Help

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www.advantagehomecaremaine.com
550 Forest Avenue, Suite 206, Portland, Maine 04101

Helping aging Mainers enjoy the advantages of staying at home.

Helping You Pursue Your Financial Goals

We Can Help

When it comes to your financial dreams, taking action is vital to your success. But that’s not always easy. You know where you are – and where you want to go.

1. Understanding Needs
2. Confirm Financial Goals
3. Determine Strategy
4. Present Recommendations
5. Execute Plan
6. Provide Ongoing Management and Review

Solutions

- Fee-Based Personal Financial Planning
- Retirement Planning
- Education Planning
- Long-Term Care & Estate Planning
- Tax-Advantaged Investments¹

Matt Cyr
Senior Financial Advisor
Gary Trempe
Financial Services Representative

Caring People Help You Stay Independent in Your Own Home

Advantage Home Care is the perfect solution for seniors who want to remain at home but need some help.

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

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Gary Trempe
Financial Services Representative

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Senior Financial Advisor
Gary Trempe
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MOVIE REVIEWS

by Vivien Eisenhart

OZ THE GREAT AND POWERFUL
— starring James Franco as Oscar Diggs, Milo Kunis as Theodora, Rachel Weisz as Evanora, Michelle Williams as Annie and Glinda, and Abigail Spencer as May—tells the story of Oscar Diggs, a small-time circus magician with a lack of ethics, who is suddenly hurled away from Kansas in a hot air balloon to the enchanting land of Oz.

Oscar is in a power struggle with three witches. There is a wonderful monkey whom Oscar befriends in the woods and a doll whose legs are broken. Oscar mends the doll’s legs and she becomes part of the trio on the way to save Oz.

I give this movie 4 stars and would recommend it to anyone who enjoys magic and the original Wizard of Oz. There are a few scary moments in the movie so I would not recommend taking small children.

QUARTET
—is a wonderful, funny, caring, romantic story about people in their senior years who are trying to hold onto something they love. Directed by Dustin Hoffman, starring Billy Connolly, Maggie Smith, Michael Gambon, Pauline Collins and Sheridan Smith, the story centers around residents of home for retired musicians set in a beautiful English countryside.

As the movie opens, we meet three resident musicians who had performed together as part of a quartet many years ago. Each year, the group performs for the local village in a concert celebrating Giuseppe Verdi’s birthday. The event raises money so that the retirement home can stay open.

This year the home is abuzz with rumors of a new resident who will soon arrive. Much to the residents’ surprise, the new tenant is Reggie’s (a member of the quartet) ex-wife, who he has not seen since she left him for someone else. What happens next is extremely funny and heartwarming.

Maggie Smith never fails in her performance as well as Billy Connolly who appears not to be acting at all but playing himself—extremely funny. I give it 5 stars.

Community Cafe News

There will be a Community Cafe Luncheon at the Blue Point Congregational Church on May 20. They will be serving Meatloaf, Mashed Potatoes, Vegetable and Dessert. The entertainment is the Blue Point Congregational Comedy Hour. For reservations please call Pam McLaughlin at 207-510-4974.
Civil War Exhibition

The University of New England's History Department and the Saco Museum have teamed up to create this summer's exhibition celebrating the 150th anniversary of the Civil War, John Haley's Civil War. The resulting exhibition is curated by students in the class, will feature a treasure trove of artifacts related to the Civil War—prints by Winslow Homer, decorative arts, War uniforms, and much more. John Haley's Civil War opens on Friday, March 3 at 5:30pm with a public reception and closes on Sunday, November 10.

Students in the spring semester course used the journal kept by private John Haley (1840-1921), a Saco native, to explore various aspects of the Civil War. Born on March 3, 1840, Haley describes being born “in a hamlet called Biddeford...a stone’s throw from the Saco Fort.” The family was poor, and Haley left school to work as an alley boy in mill #4 of the York Manufacturing Company. At age 22 John Haley answered Lincoln’s call to raise an army of 600,000 and enlisted in the army in August of 1862, and found himself in the 17th Maine Regiment. During his three years as a soldier, Haley kept a diary and chronicled daily activities at camp on the battlefield, marching, and visiting various towns in the South. Students consulted Haley’s journal for day-to-day events of a Private in the 17th Maine as well as experiences in major Civil War battles such as Fredericksburg, Gettysburg, and others. At the war’s end, Haley was promoted to Corporal, a promotion he felt he didn’t deserve. In 1865, Haley returned to Saco and resumed working at the Saco & Biddeford Gas Light Company. Haley married Abbie Batchelder in 1875 and the couple had two children, George and Adelaide. In 1892, John Haley became the second librarian of the Dyer Library at the 308 Main Street, beside Saco’s Town Hall. John Haley became the Dyer Library’s second librarian in 1893. Haley took walks around Saco and kept a notebook during these walks, documenting what Saco looked like and the kinds of people that occupied various historic buildings in the 19th century. Collections & Research Manager Camille Smalley will lead a walking tour from the Saco Museum to Rapid Rays, across Main Street, and back to the Soldier Monument at Eastman Park, using Haley’s very detailed and sometimes critical notes.

Exhibition Opening
Friday, May 3 5:30-7:30pm
Please join us for the grand opening of John Haley’s Civil War! Come and get the first peek of the Saco Museum’s summer exhibition. View the Civil War through the eyes of a self-described “mediocre but always present” soldier!

Civil War Film Festival: Glory
Thursday, June 20 at 8pm
Saco Museum Grounds (rain location: Deering Room)

This summer, the Saco Museum presents the “Civil War Film Festival!” This three-film festival will take place on the third Thursday of every month. Weather permitting, we will show the films outside on a portable screen, so bring your favorite blankets and picnic basket of fried chicken or other snacks and join us for these free films. The first film is the 1989 classic Glory, starring Matthew Broderick, Denzel Washington, Morgan Freeman, and Cary Elwes. This film tells the story of the first all-African American volunteer brigade fighting for the Union. Directed by Edward Zwick, rated R, 122 minutes.

John Haley’s 19th Century Walking Tour of Saco
Sunday, June 23 at 1:30pm
Join Haley as he returns home from his service in the Civil War in 1865, John Haley resumed life as a civilian. In 1893, the Dyer Library moved to its location at 308 Main Street, beside Saco’s Town Hall. John Haley became the Dyer Library’s second librarian in 1893. Haley took walks around Saco and kept a notebook during these walks, documenting what Saco looked like and the kinds of people that occupied various historic buildings in the 19th century. Collections & Research Manager Camille Smalley will lead a walking tour from the Saco Museum to Rapid Rays, across Main Street, and back to the Soldier Monument at Eastman Park, using Haley’s very detailed and sometimes critical notes.

Family Fun Series: Winslow Homer, Printmaking, and the Civil War
Wednesday, July 10 at 1:30pm
Deering Room, Dyer Library

Learn about famous Maine artist Winslow Homer’s involvement in the Civil War! Homer is well known in Maine for his seascapes and marine subjects, but before residing in Maine, Homer was an artist at the front lines of the Civil War. He created woodcut prints to illustrate battle scenes, camp life as well as the effects of war on the home front. Come learn about the processes Homer used, the importance of artists as journalists during the war, and make a print or two of your own!
Reminiscing about Vi on Mother’s Day
by Debbie DiDominicus Carr, Deputy Director, SMAA

I was my Mom. I started calling her Vi in 1969 when I went away to Bates College in Lewiston. I guess all of us girls called our parents by their first name then to show our independence. That thought makes me chuckle now because I was far from independent. Even though it was only 30 miles from home, moving to Bates was a big deal for me. Being an only child, one could say I was a bit sheltered. Every day I went to my college mail box, #114, to retrieve a letter from my mom. Her letters ran about five pages. Each Thursday she tucked a $5 bill in for spending money.

Her letters provided a running dialogue of life back home, including vivid details of our family and neighbors. Without even trying, my mother was funny and her stories made me feel connected and nurtured. She wrote every single day for four years, except on Sundays. That day she and Dad came to the campus—bringing food for my entire dorm. I’ll never forget my first day at Bates. Mom went to B ernnies Fashions, which at that time was a high end department store. She bought me beautiful dresses, skirts and coordinating tops. We arrived at school, loaded up with new clothes, only to find that my “closet” was an army surplus metal closet about three feet wide.

I had three roommates and my bed was a metal bunk bed, half the size of my bed at home. Furthermore, we found that no one wore the same size of my bed at home. Furthermore, we found that no one wore any thing but blue jeans and I didn’t even own a pair. Without missing a step, Vi went to downtown Lewiston and bought me some jeans and took many of the new clothes home. She wanted me to blend in and be happy no matter what, even though it pained her that I had moved away.

Through the years, Mom was always the constant in my life. She was my very best friend and I could tell her anything. She was always thoughtful and loving in her responses to me. She told the truth.

On Saturdays, we went to breakfast and Mom told stories about growing up as the daughter of Italian immigrants. Oftentimes, other guests in the restaurant would stop their own conversations to listen in. Some even asked her to tell her stories about growing up as the daughter of Italian immigrants. Oftentimes, other guests in the restaurant would stop their own conversations to listen in. Some even asked her to tell her stories. In time, the other patrons we saw each week became part of our “group.”

It’s been fifteen years since her death and I still visit with some of her girlfriends. They view me as an extension of her and always greet me warmly. They miss her almost as much as I do.

Mom and I always told each other how much we loved each other. She made such a difference in my life and in the many lives she touched. She had a stash of my business cards and handed them out to anyone in trouble. She thought I could fix anything and knew I’d do the best I could… she would often say with a smile, “after all you went to Bates College.” She was what being a mother is all about and someone special to honor on Mother’s Day.

The Old Timers Shop

In 1963, the Old Timers Shop opened its doors for business in Sanford, ME. Working in conjunction with the York County Council on Aging, Laura Louge proposed opening a craft store in York County. The plan was to invite crafters, age 55 and older, to display and sell their products at the store.

Today, the shop features the products of 108 crafters. Each producer determines their own prices and receives 75% of the selling price when one of their items is sold. The remaining quarter percent is retained by the shop to help pay for upkeep and operating expenses. The shop continues to attract new crafters who are looking for a great place to display and sell their wares. If someone is interested in becoming a crafter for the shop, they can drop by the store and Kathy Fink, the manager, will help them get started.

Although the store operations and management is overseen by a Board of Directors, most of the day-to-day operations are carried out by Fink and several volunteers who, over the years, have guaranteed the success of the shop. Many of these volunteers, as well as several members of the Board of Directors are part of the Senior Retired Volunteer Program administered by the Sanford Maine Agency on Aging. After 45 years of successful operations, the Old Timers Shop is still going strong!

The Old Timers Shop is open Monday through Saturday, 10am to 4pm. It is located at 917 Main Street, Suite A, in Sanford.
Civil War Exhibition continued from page 1

civil war era snacks eaten by both soldiers and families will be available also.

Merit Is Better Than Fame: History of the First 10th and 29th Maine Regiments with Historian Nick Picerno Saturday, July 27 at 6:30pm

The 10th Maine mustered into the Union Army for a two-year service on October 4, 1861 in Portland, Maine and was mustered out on May 8, 1863. The 29th Maine Infantry was organized in Augusta, Maine and mustered in December 17, 1863 for three years' service under the command of Colonel George Lafayette Beal. Company A and Company D were transferred in Company A and were joined the command of Colonel George Lafayette Beal. Company A and Company D were transferred in Company A and were joined the command of Colonel George Lafayette Beal. Company A and Company D were transferred in Company A and were joined the command of Colonel George Lafayette Beal. Company A and Company D were transferred in Company A and were joined the command of Colonel George Lafayette Beal. Company A and Company D were transferred in Company A and were joined the command of Colonel George Lafayette Beal. Company A and Company D were transferred in Company A and were joined the command of Colonel George Lafayette Beal. Company A and Company D were transferred in Company A and were joined

Richard Beal. Company A and Company D were transferred in Company A and were joined

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AARP DRIVER SAFETY CLASSES

The AARP Driver Safety Program has announced classes in Maine for drivers 50 years of age and older at the following locations:

The registration fee is $12 per person for AARP members, $14 per person for non-members, and advance registration is required. Class size is limited and registrations will be accepted first-come, first-served.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 9</td>
<td>10AM - 2PM</td>
<td>Biddeford Senior Ctr., 189 Alfred St.</td>
<td>Call instructor to register: Tom Harvey, 597-2331</td>
</tr>
<tr>
<td>May 10</td>
<td>8:30AM - 12:30PM</td>
<td>FRYEBURG, Public Library, 515 Main St.</td>
<td>Call Dianne Barnes, 207-935-2731</td>
</tr>
<tr>
<td>May 22</td>
<td>10AM - 3:30PM</td>
<td>LEWISTON, Seniors Plus, 8 Falcon Rd. at Fairgrounds</td>
<td>Call instructor to register: Tom Harvey, 597-2331</td>
</tr>
<tr>
<td>May 23</td>
<td>9AM - 1PM</td>
<td>LEWISTON, Fairgrounds</td>
<td>Call instructor to register: David Whittier, To register, call 207-795-4010</td>
</tr>
<tr>
<td>May 10</td>
<td>9AM - 1:30PM</td>
<td>PORTLAND, AARP Office, 1685 Congress St.</td>
<td>Call instructor to register: Phil Chin, 207-370-9647</td>
</tr>
<tr>
<td>June 14</td>
<td>9AM - 1:30PM</td>
<td>PORTLAND, Woods at Canco, 257 Canco Rd.</td>
<td>Call instructor to register: John Hammon, 207-655-4943</td>
</tr>
<tr>
<td>July 5</td>
<td>9AM - 1:30PM</td>
<td>PORTLAND, Woods at Canco, 257 Canco Rd.</td>
<td>Call instructor to register: Dr. Ralph McLean, 207-829-4664</td>
</tr>
<tr>
<td>June 17 &amp; 18</td>
<td>6:30 - 9:30PM</td>
<td>LEWISTON, Seniors Plus, 8 Falcon Rd. at Fairgrounds</td>
<td>Call instructor to register: Tom Harvey, 597-2331</td>
</tr>
<tr>
<td>June 17 &amp; 18</td>
<td>6:30 - 9:30PM</td>
<td>LEWISTON, Seniors Plus, 8 Falcon Rd. at Fairgrounds</td>
<td>Call instructor to register: Tom Harvey, 597-2331</td>
</tr>
<tr>
<td>July 15 &amp; 16</td>
<td>6:30 - 9:30PM</td>
<td>LEWISTON, Seniors Plus, 8 Falcon Rd. at Fairgrounds</td>
<td>Call instructor to register: Tom Harvey, 597-2331</td>
</tr>
<tr>
<td>July 16</td>
<td>9AM - 2PM</td>
<td>YORK, York Senior Center, 36 Main St.</td>
<td>Call instructor to register: Tom Harvey, 597-2331</td>
</tr>
</tbody>
</table>

The registration fee is $12 per person for non-members, $14 per person for AARP members, $14 per person for members.

AARP Driver Safety Classes are designed to help drivers adjust to age-related changes in vision, hearing and reaction time. It also provides a review of driving skills and covers new traffic laws, rules of the road and much more. It helps older drivers learn how to adjust their driving to age-related changes in vision, hearing and reaction time.

Insurance companies in Maine are required by law to give discounts to drivers 55 years of age and older who complete this course at least once every three years. For more information visit the website at DriverSafetyME.weebly.com.
Losing our Elasticity
by Merryl Hodgson

My sister, who had purchased a lot of catalogue clothing for our very elderly mother, asked me to pick up her mail while she was in Florida. In amongst the dozen catalogues and magazines was one I will refer to as Changing. No one would mistake it for an alternative to Psychology Today since its cover had ads for sixty-second wrinkle reducer as well as a sun protection clothing line. It is the antithesis of a Victoria’s Secret catalogue in that it is all about concealing, not revealing. (The exception is the 15x-magnifying mirror, a truly frightening item.)

This catalogue features products only for aging women. It reminds me of an article I read regarding depreciation in some business magazine in the late 1970s. (This article was considered humorous back then, but wouldn’t be politically correct these days.) It stated that women depreciate rapidly, a double declining balance. (It stated that women depreciate far more slowly and never reach zero residual value. Men depreciate far more slowly and never reach zero residual value. The assumed more rapid collapse of women’s bodies seems to be the driving factor in catalogues which pander to older women’s insecurity. There are beauty products that “make little flaws disappear” and “make pores disappear.” Pictured right next to these products is something called a makeup spatula. (I think the ad would have been more convincing if the background behind the spatula showed the Grand Canyon.) As for the bleaching cream, if I didn’t have age spots on the back of my hands how could I play connect-the-dots while waiting for medical appointments?

Hair loss, the unfortunate thinning of the hair on the tops of our heads, eyebrows and lashes, figures largely in this catalogue. The solutions involve electronic hair growth stimulators, colored powders to sprinkle on the scalp, dyes and make up. And as this hair migrates lower on the face, hair loss takes on a quite different meaning; we want less of this hair, so the catalogue offers the painless facial hair remover. (Many years ago I mentioned the peach fuzz on my cheeks to one of my sons who replied, “Mom, that’s not peach fuzz, those are mutton chops.”)

The catalogue offers pages of elastitized shirts and pants which are supposed to rein in love handles and post-C section marsupial pouches. There are bras that make one bigger and bra that make one smaller. There are underpants that flatten the front and have cheek-pads in the back. There is also something called the Subtle Butt gas neutralizer, an odor-filtering patch which adheres to one’s underpants.

The most frightening section of Changes for a sixty eight year old woman is the bathing suit section. There is just no happy ending with a bathing suit. Just trying one on, alone, in a store is a quick trip to deep depression. There are no creams, no spatulas and putty effective enough to make the exposed parts, which resemble a wedding cake sprayed with a fire hose, acceptable. The last picture of me in a bathing suit, I hope, was taken twenty years ago by a nephew who told me he would sell me the negative for twenty-five dollars. Nothing has improved since then, and I consider the Arctic Circle as a better vacation destination than the tropics.

Another catalogue aimed at older people, but ones who are not trying so hard to be hip, is the wonderful Vermont Country Store Catalogue. Its approach is nostalgic and homey comfort rather than camouflage. It features the perfumes popular when I was a teenager, electronics like video tape rewinders and Princess phones, sex toys for Luddites, candy bars from the fifties, and Lanz nightgowns. They even have old lady undies called step-ins, the kind my mom loved, which are silky with loose boxer legs and a piece of elastic in the waist. When I see these in the catalogue I am reminded of a free-spirited elderly woman (whose name graced one of the launch boats at a local marina) who was sipping a drink in front of our fireplace at a Christmas open house. Suddenly there was a rustling noise as the elastic in her step-ins let go and her undies fell to the floor around her ankles. Without a pause in her conversation, she reached down, grabbed her pants and stuck them in her pocket. She was comfortable in her own loose skin and never would have considered purchasing a Subtle Butt gas filter.

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“An Invitation to Make a Difference”

Why Do We Have Certain Standards for Volunteers?

When I started as a volunteer program director 40 years ago, it seemed easy to meet a volunteer and match them up with an interesting volunteer assignment but how things have changed. Matching volunteers to the ideal assignment takes many steps to assure the safety and security of both volunteer and program being served. Some of these steps include completing an application, interviewing with volunteer services, and the program you choose to volunteer with, volunteer orientation or special training, reference checks, criminal background checks, driving record checks and in a few cases even fingerprinting.

All of this is, as you can guess, expensive. So why do we do it? We do it because SMAA/RSVP Volunteer Services must be sure it fulfills two rolls—making the right match and keeping younger and older vulnerable clients safe from the few bad actors who may attempt to volunteer to gain access to potential victims. As the old saying goes “a few bad apples spoil the barrel”. So when you step forward to volunteer, please be patient as we ask you to go through this process, be sure you are willing to commit to the assignment so money is not wasted should you decide not to follow through.

In those 40 years since 1972 volunteering is no longer as easy as it was, society and security are very different. Please consider making a donation of $25.00 when you volunteer to cover some of the costs involved in qualifying you to become a SMAA/RSVP volunteer.

Volunteering in York County this Summer!

• Volunteer to deliver meals to home-bound seniors.
• Serve meals and visit with people at a community center.
• Help other adults learn basic computer skills.
• Volunteer as a tour guide on nature walks, or a conductor on trolley tours.
• Volunteer as a driver to give rides to cancer patients to, and from, their treatments and therapies.
• Volunteer some of your time to visit a senior, and make their day!
• Volunteer to have conversations with people learning English, and be the key to their success!
• Volunteer to work on town clean-up and beautification projects.
• Help someone by volunteering on a hotline, or becoming a mentor.
• Volunteer to walk a mile-long stretch of road while spotting and observing signs of wildlife road crossings.

For more information about these and many more opportunities, call 207-396-6525 or email Volunteer@smaaa.org.

Upcoming Volunteer Get-Togethers

Mark your calendar to join the SMAA/RSVP staff at one of our four volunteer get-togethers held throughout the year. We have already held two in Cumberland County. We have two coming up, one on May 17 at the Goodall Library in Sanford from 10:30-11:30AM, and another in York at the York Hospital home health annex on July 19 from 10:30-11:30AM. Join your fellow volunteers for coffee and conversation. Cindy, Priscilla and Carol look forward to seeing you there.

Exiting New Volunteer Opportunity: Tai Chi for Balance Instructor

SMAA has been asked to take part in a Tai Chi for Balance Pilot Program in York and Cumberland counties. We are taking applications now for volunteer instructors to help us deliver this exciting new fall prevention program for older adults.

If you love seeing people become healthier, more energized, and engaged, consider becoming a volunteer Tai Chi for Better Balance class facilitator. This is an ideal opportunity to use previous teaching experience. If you’ve taught other evidence-based programs, fitness and wellness classes, or even Tai Chi in the past, expand your offerings with our program, aimed at improving balance and preventing falls. Becoming an instructor is also a great way to enrich your own personal wellness routine.

You will attend a two-day live training event that includes pre-training homework and commit to leading 48 classes (2 each week for 24 weeks), following the Tai Chi for Better Balance curriculum. As a facilitator, you’ll receive a combination of live training, ongoing coaching and support, DVDs of each lesson, and a program guidebook for reference.

Classes will consist of 10-15 people meeting twice a week for 60 minutes from June to December. The classes will take place at a variety of community venues (TBD). The curriculum is part of a 6-month pilot program led by the Innovation Labs at Aetna, a national health insurer. Aetna is exploring new models for helping its members live longer, connected lives in their communities. Not only will you be making a direct impact, but your efforts will also help shape the larger way we care for older adults in all of our communities.

When you’ve made the right decision, you know.

Even though we knew it was time, moving to an assisted living community was one of the hardest decisions we’ve ever had to make. But I know we’d made the right choice when we decided to come here.

I never dreamed it would feel so much like home. And it’s good to know we won’t have to move again if our financial situation changes.

We looked at a lot of places. The moment we decided on the Inn at Village Square, we knew we’d made the right choice.

SOUTHERN MAINE
Agency on Aging

Volunteer@smaaa.org

OPPORTUNITIES FOR ALL!

MATURE ADULTS

LOVE TO LEARN?

ATTEND A CLASS OR WORKSHOP April 2013

COMING SOON!

New Volunteer Opportunities

• Volunteer as a driver to give rides to cancer patients to, and from, their treatments and therapies.
• Volunteer some of your time to visit a senior, and make their day!
• Volunteer to have conversations with people learning English, and be the key to their success!
• Volunteer to work on town clean-up and beautification projects.
• Help someone by volunteering on a hotline, or becoming a mentor.
• Volunteer to walk a mile-long stretch of road while spotting and observing signs of wildlife road crossings.

For more information about these and many more opportunities, call 207-396-6525 or email Volunteer@smaaa.org.

Upcoming Volunteer Get-Togethers

Mark your calendar to join the SMAA/RSVP staff at one of our four volunteer get-togethers held throughout the year. We have already held two in Cumberland County. We have two coming up, one on May 17 at the Goodall Library in Sanford from 10:30-11:30AM, and another in York at the York Hospital home health annex on July 19 from 10:30-11:30AM. Join your fellow volunteers for coffee and conversation. Cindy, Priscilla and Carol look forward to seeing you there.

Exiting New Volunteer Opportunity: Tai Chi for Balance Instructor

SMAA has been asked to take part in a Tai Chi for Balance Pilot Program in York and Cumberland counties. We are taking applications now for volunteer instructors to help us deliver this exciting new fall prevention program for older adults.

If you love seeing people become healthier, more energized, and engaged, consider becoming a volunteer Tai Chi for Better Balance class facilitator. This is an ideal opportunity to use previous teaching experience. If you’ve taught other evidence-based programs, fitness and wellness classes, or even Tai Chi in the past, expand your offerings with our program, aimed at improving balance and preventing falls. Becoming an instructor is also a great way to enrich your own personal wellness routine.

You will attend a two-day live training event that includes pre-training homework and commitment to leading 48 classes (2 each week for 24 weeks), following the Tai Chi for Better Balance curriculum. As a facilitator, you’ll receive a combination of live training, ongoing coaching and support, DVDs of each lesson, and a program guidebook for reference.

Classes will consist of 10-15 people meeting twice a week for 60 minutes from June to December. The classes will take place at a variety of community venues (TBD). The curriculum is part of a 6-month pilot program led by the Innovation Labs at Aetna, a national health insurer. Aetna is exploring new models for helping its members live longer, connected lives in their communities. Not only will you be making a direct impact, but your efforts will also help shape the larger way we care for older adults in all of our communities.

When you’ve made the right decision, you know.

Even though we knew it was time, moving to an assisted living community was one of the hardest decisions we’ve ever had to make. But I know we’d made the right choice when we decided to come here.

I never dreamed it would feel so much like home. And it’s good to know we won’t have to move again if our financial situation changes.

We looked at a lot of places. The moment we decided on the Inn at Village Square, we knew we’d made the right choice.

Inn at Village Square
AN ASSISTED LIVING COMMUNITY

123 School Street, Gorham, ME | 207-839-5101 | www.innatvillagequare.org
Welcome New Volunteers!

In February and March, 45 new volunteers were welcomed into Volunteer Services and RSVP! Some of their names are listed below:

- Suzanne Byrnes
- Carole Brett
- Roxy Curson
- Jean Farrar
- Lee Gagnon
- Nancy Gilmore
- Ned Grubin
- Erika Grant
- Deborah Gray
- Karen Hallstrom
- John Hammond
- Virginia Marie Healey
- Jonathan Hedman
- Virginia Hobart
- Sachin Hejaji
- Ian Imbert
- Kenneth Johnson
- Elaine Kessler
- Cynthia Lord
- Ellen Minnehan
- Roberta Nagle
- Nathan Nichols
- Martha O’Grady
- Rachel Prior
- Lisa Purinton
- Melissa Rivers
- Francine Sabaun
- Jillian Saravong
- John Serber
- Jo-Anne Skinner
- Maxine Stone
- Richard Talbot
- Lois Toter
- Joan Weaver
- Thomas Winship

“Sometimes folks just need a compassionate ear to listen and support them, and I provide that.”
– Barbara Pires, RN

You need care at home, the choice is clear. VNA Home Health Hospice is Southern Maine’s nationally recognized premier provider. Now introducing LifeStages, our new division helping elders stay independent at home. For more information, contact us today!

Awards for CATCH Healthy Habits

Three volunteers from the CATCH Healthy Habits team at Westbrook Community Center thrilled to the idea of walking on to the ice at the April 20 Pirates’ season closing hockey game. Beth Thompson, William “Bubba Billy” Brown and Sheila Brown received the Anthem Community Angel Award for their volunteer work with CATCH Healthy Habits. They make a dynamic team that led students in grades K-2 in eating healthy snacks, learning about nutrition and playing lots of physically active games for 13 weeks this winter. All have gone above and beyond by writing articles for Senior News, involving local press and speaking to potential volunteer groups.

The mission of The Anthem Community Angels program is to recognize community “heroes” and people in our local community who have led, created or otherwise been instrumental in activities that make our community better.

As recipients of the award, press and speaking to potential volunteer groups.

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When you first came to the hospital you were ill and care was directed at treating your illness. As your condition improves, you need to continue to get well, but perhaps you aren’t quite ready to go home. The Swing Bed Program at Bridgton Hospital focuses more on getting well after your illness has been treated. Your doctor and the hospital staff will work with you on making this determination.

As one example, if you’ve had joint replacement in another hospital, we can provide rehabilitation for you close to your home and family, at Bridgton Hospital. The Skilled Swing Bed Program allows you to receive skilled rehabilitation right here, in your own community, at Bridgton Hospital.

Why choose Bridgton Hospital for your Swing Bed care?
- All private patient rooms with private bath, cable TV, free internet access and phone
- Access to the Central Maine Medical Group’s extensive network of medical specialists
- Physicians are on-site 24 hours a day 7 days a week
- RN care, around the clock
- Rehabilitation services available 7 days a week
- Lab, radiology (x-ray), pharmacy and other services right on-site

The Swing Bed Program may include:
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Wound Management
- Respiratory Therapy
- Nutrition Therapy
- Psychosocial Support
- Comfort Care
- Longterm Antibiotic Treatment

How is Swing Bed care paid for?
Swing Bed care is often covered by Medicare, Medicaid and many private insurances. Bridgton Hospital’s social worker or case manager will discuss your coverage prior to your transfer from the acute care setting to the skilled Swing Bed program.

For further information about this program we encourage you to contact Kathleen Wohlenberg, LSW, Director of Guest Rehabilitation and Case Management, at 207-647-6149.