Congratulations to Jo Dill

Happy Summer!

JULY-AUGUST 2014

SMAA Strategic Plan

Every five years the Agency dedicates time to evaluate the work that has been done and to set goals for the next five years in the form of an Agency Strategic Plan. Rather than a static report, we strive to develop goals that address the opportunities and challenges the Agency needs to accomplish to move forward in delivering our mission to

Southern Maine Agency on Aging

136 U.S. Route 1
Scarborough, ME 04074

member for both. LeVasseur has persevered—even when faced with a childhood tragedy and health challenges, later in life. His dedication to his sport and support for all athletes, young and old, is inspirational. We at SMAA are proud of Jerry LeVasseur and congratulate him for his “Personal Best”.

We would also like to thank Marc Riker, CEO of National Senior Games and Del Moon, Communications/Marketing of National Senior Games for joining us for the weekend and choosing Jerry LeVasseur as one of your “Personal Best”.

Jerry LeVasseur receiving the “Personal Best” award from Del Moon, NSGA.

MAINE SENIOR GAMES THANKS OUR 2014 SPONSORS

L to R: Becky Dube, Martin’s Point Vice President, Senior Products, Jo Dill, Medallion Award recipient, Kate Leody, Martin’s Point Public Relations Specialist, and Lisa Muller-Jones, Martin’s Point Manager of Brand and Creativ
d. Photo by Bonni Shenk

Northern Maine is blessed with many gifted, highly caring professionals—many of whom studied at the University of New England. Recently, one group of UNE nursing students had a different educational experience. Sixty nursing students guided by their professors, Donna Hyde and Barbara Haas, embarked on a long term project to document living histories for 30 Southern Maine Agency on Aging volunteers or Meals on Wheels clients.

Working in pairs, the students met with their assigned client for six hours, getting to know them and hearing their personal stories. The students interviewed the participants about all aspects of their lives, giving the students an appreciation of the struggles and hurdles each person faced. The students gained a greater understanding of the vicissitudes of the lives of older individuals. The project culminated with the design and production of a living history book with photos and quotes encompassing the participant’s life. The books were very personal, reflecting the participant’s lives and personal philosophies, as well as quotes and representations of their careers, hobbies and family lives.

“There’s no doubt that this program gives the

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From the Director’s Desk

Happy Summer!

After the long, cold winter we experience, it’s great to welcome in some warm, sunny days. I hope you are taking time to relax and enjoy the Maine summer.

Congratulations to Jo Dill

At a “Celebration of Athletes” event on May 31, Jo Dill, SMAA’s coordinator of the Games, was presented with the first Martin’s Point Medallion Award. Created to distinguish individuals who inspire and motivate others to strive for their best personal health, Jo was a natural choice to receive the award. During her five years as coordinator of the Games, Jo has tirelessly recruited new athletes, grown sponsorship and increased awareness of the Senior Games across the state. Two members of the National Senior Games organization were on hand to witness the presentation of the Medallion Award to Jo and to applaud her dedicated efforts as a champion of senior athletes and advocate for active lifestyles through athletic participation.

We at SMAA are very thankful for Martin’s Point lifetime leadership support for the Maine Senior Games. For the past seven years Martin’s Point has been the lead sponsor of the Games offering not only their very generous financial support but also encouraging their employees to volunteer and participate in the Games. It is a great partnership! Please join me in congratulating Jo for her well-deserved recognition of her achievements with the Maine Senior Games.

Speaking of Senior Games, the 2014 Maine Senior Games, with 19 different sports offered, are going on now. There is still time to register and participate. It’s a great way to meet others who share your passion for fitness! Check out the complete schedule at www.smaaa.org/maine-senior-games.

SMAA Strategic Plan

The first annual Maine Senior Games Celebration of Athletes was held on May 31 at the Fireside Inn in Portland. Athletes, friends, volunteers, family, and supporters were invited to the luncheon. During the celebration two awards were presented: The National Senior Games “Personal Best” and the Martin’s Point Medallion Award.

Jerry LeVasseur Named Personal Best

Each year the National Senior Games chooses athletes from around the country to receive their “Personal Best” award. “Personal Best” athletes are chosen because of their character—both on and off the field, because they inspire greatness in others and show that “It’s Never Too Late to Get in the Game.” At this year’s Maine Celebration of Athletes, Jerry LeVasseur was honored as a “Personal Best”.

LeVasseur, from Brunswick, has been involved in both the Maine Senior Games and National Senior Games for over 20 years and currently serves as a board member for both. LeVasseur has persevered—even when faced with a childhood tragedy and health challenges, later in life. His dedication to his sport and support for all athletes, young and old, is inspirational. We at SMAA are proud of Jerry LeVasseur and congratulate him for his “Personal Best”.

Jo Dill Receives Martin’s Point Medallion Award

The Martin’s Point Medallion Award honors individuals who inspire and motivate others to strive for their best personal health. This year was the inaugural year for this award, which will be given annually to the person most influential in the health journeys of Maine Senior Games athletes.

Jo Dill was named this year’s recipient of the award. Dill has been involved in improving the health of all Maine’s. She taught Physical Education for 40 years, and currently serves as a board member for both the Maine Senior Games and National Senior Games. Dill dedicates time to evaluate the work that has been done and to set goals for the next five years in the form of an Agency Strategic Plan. Rather than a static report, we strive to develop goals that address the opportunities and challenges the Agency needs to accomplish to move forward in delivering our mission to

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UNE Life History Project Connects Students and Seniors

Southern Maine is blessed with many gifted, highly caring professionals—many of whom studied at the University of New England. Recently, one group of UNE nursing students had a different educational experience. Sixty nursing students guided by their professors, Donna Hyde and Barbara Haas, embarked on a long term project to document living histories for 30 Southern Maine Agency on Aging volunteers or Meals on Wheels clients.

Working in pairs, the students met with their assigned client for six hours, getting to know them and hearing their personal stories. The students interviewed the participants about all aspects of their lives, giving the students an appreciation of the struggles and hurdles each person faced. The students gained a greater understanding of the vicissitudes of the lives of older individuals. The project culminated with the design and production of a living history book with photos and quotes encompassing the participant’s life. The books were very personal, reflecting the participant’s lives and personal philosophies, as well as quotes and representations of their careers, hobbies and family lives.

“There’s no doubt that this program gives the

continued on page 7

If you no longer want to receive the paper, please contact Bonnie at 207-652-3625 or 1-800-427-7411 x326 or bcreig@smaaa.org.
Dancing was Debi Irons’s life. An incredible surgeon gave it back to her.

When professional dancer Debi Irons learned she needed two hip replacements, it was as if her life had been taken away. Fortunately, there’s a team of exceptional orthopedic surgeons right here in Maine. Maine Medical Partners – Orthopedics is recognized for exceeding U.S. standards in quality. In fact, these surgeons and their team at Maine Medical Center are rated in the top 1% nationally. It seemed before she could say “arabesque” Debi was back where she belonged. Dancing and teaching in her Art Moves Dance Studio.

For more on Debi, her doctors and other orthopedic procedures, go to mainemedicalpartners.org/orthostory
SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB
Adult Day Center — Kimball Health Center, Saco Mon-Fri, 7:30-2:30. 283-0166
Community Cafe – JR Martin Community Center, Biddeford, Mon, Tue, Thur, and Fri, noon Reservations: 283-2477
Family Caregiver Support Group — Community Partners, Biddeford 2nd Mon, 3-4:30pm, 713-3723
Memory Cafe – Brooks Coffee, Biddeford, 2nd Thurs, 11am. FMI: 370-1476 or cafe@memoryworks.org

CUMBERLAND
Memory Cafe — Laurie’s Grille, 4th Tues, 11am. 797-7981 or cafe@memoryworks.org

FALMOUTH
Medicare 1-on-1 Appts. — Falmouth Library 3rd Thurs, 10am-1pm. 396-6500 for appt.

FREEPORT
Medicare 1-on-1 Appts/Free Information & Assistance – Freliger Library, Freeport, 2nd and 4th Mon, 1-4pm. 396-6500/1-800-427-7411 for appt.

GORHAM
Memory Cafe — The Gorham House, 4th Tues, 1pm. FMI: 839-3575 or cafe@memoryworks.org

GREATER PORTLAND (CAPE ELIZABETH, PORTLAND, SOUTH PORTLAND, WESTBROOK)
Community Cafe – People’s Methodist Church, South Portland, Every Thur, noon. Reservations: 767-2255
Community Cafe – Cummings Center, Portland, 3rd Thurs, noon, Reservations: 878-3285
Community Cafe – Westbrook Community Center, Westbrook, Last Tue, noon, Reservations: 878-3283
Larrabee Village Nutritious Lunchtime Meal – Westbrook, 7 Days a week, 11:30am, 854-6418
Maine Senior Games – Horses, Aug 18, 9am, Deering Oaks, Portland
Maine Senior Games – Triathlon, Aug 17, 7-9:30am, Tri for Preservation, Cape Elizabeth
Maine Senior Games – Tennis: Sept 4, 9am, Women’s Singles/Men’s Doubles; Sept 4, 1pm, Mixed Doubles; Sept 5, 9am, Women’s Doubles/Men’s Singles. All tennis events held at Racket and Fitness, Portland
Medicare 1-on-1 Appts/Free Information & Assistance: Portland, Hope Gateway Church, 4th Tue, 12-1pm; Salvation Army, 2nd Wed, 10am-12pm; Woodford’s Church, 3rd Mon, 1-3pm. 396-6500/1-800-427-7411 for appt.
Medicare 1-on-1 Appts/Free Information & Assistance - Westbrook Community Center, 2nd and 4th Wed, 9am-12pm. 396-6500/1-800-427-7411 for appt.
Memory Cafe – Beach Glass Transitions, South Portland, 1st Wed, 11am. “Tech Cafe”, 797-7981 or cafe@memoryworks.org

KENNEBUNK/WELLS
Community Cafe – Park Street School, Kennebunk, 1st Fri, noon. Reservations: 985-2598/229-5400
Community Cafe – Ross Corner Wood, Kennebunk, Mon, Tue, Thur, and Fri, noon. Reservations: 985-2598
Maine Senior Games – Cycling, Sept 7, 9am, Kennebunkport Bicycle Company
Medicare 1-on-1 Appts – Kennebunk Senior Center, 3rd Wed, 12-3pm. 396-6500/1-800-427-7411 for appt.
Memory Cafe: Huntington Common, Kennebunk – 1st Mon, 11am. FMI: 797-7891 or cafe@memoryworks.org

KEYS REGION (KITTERY, ELIOT, YORK, AND SOUTH BERWICK)
Community Cafe – Eliot Methodist Church, 1st Thurs, 11:30am, No Cafe in July, Reservations: 475-7399
Family Caregiver Support Group – The Gathering Place, Kittery, 1st Thurs, 3-4:15pm. 439-6111
Family Caregiver Support Group – Heart Health Institute, York, 3rd Tue, 1-2pm. 475-1167
Medicare 1-on-1 Appts – York Hospital, 2nd Thurs, 9am-4pm. 396-6500/1-800-427-7411 for appt.
Medicare Cafe: The Inn at Sentry Hill, York – 2nd Thu, 11am; The Gathering Place, Kittery – 3rd Wed, 12:30pm; A Perfect Move, Kittery – 4th Tue, 11am; York Senior Center – 1st Tue, 11am. Includes light lunch. 797-7891 or cafe@memoryworks.org
Welcome to Medicare Seminar – York Hospital, Schedule TBD. 396-6500/1-800-427-7411 to schedule.

KEZAR FALLS/HIRAM

LAKES REGION (BRIDGTON, CASCO, NAPLES, AND SEBAGO)
Family Caregiver Support Group – Bridgton Community Center, 2nd Wed, 1-2:30pm 1-800-427-7411
Medicare 1-on-1 Appts – Bridgton Hospital Every Tues between 8:30-11am. Walk-in first come first serve basis.

PARSONSFIELD
Medicare 1-on-1 Appts/Free Information & Assistance – Parsonified Town Office, 3rd Mon, 9am-12pm. 396-6500/1-800-427-7411 for appt.

SANFORD
Community Cafe – Mason Community Center, Springvale, 3rd Tue, noon. Reservations: 324-5181
Medicare 1-on-1 Appts – Southern Maine Health Care, Sanford, 1st Fri, 3-4pm. 396-6500/1-800-427-7411 for an appt.
Memory Cafe – Gentile Home Health, Sanford, 2nd Tue, 11am. 797-7891 or cafe@memoryworks.org
Welcome to Medicare Seminar – Southern Maine Health Care, Sanford, 1st Tue, 2-4pm. 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH (SMAA MAIN OFFICE)
Family Caregiver Support Group, 4th Thurs, 12-1pm. 1-800-427-7411 x558
Medicare 1-on-1 Appts/Free Information & Assistance. Every Mon, Weds and Fri, 9am-4pm, 396-6500/1-800-427-7411 for an appt.
Medicare 1-on-1 Appts – Scarborough, Mon and 1st and 3rd Thurs, 9am-4pm. 396-6500/1-800-427-7411 for an appt.
Welcome to Medicare Seminar – 2nd and 4th Mon 2-4pm and 1st and 3rd Thurs, 10am-noon. Call 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH
Blue Point Congregational Church Luncheon – Scarborough, 3rd Mon, noon, Reservations: 510-4974
Maine Senior Games – Track and Field, Jul 19, 10am. Scarborough High School
Maine Senior Games – 10k Road Race, Jul 27, 9am. Scarborough High School
Maine Senior Games – Golf, Aug 18, 8:30am. Monomous River Golf Course

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Call Judith Miller today to request an information packet and arrange time for your visit to the Park Danforth.
A Medicare Nugget from Stan Cohen

Nugget 483

The Los Angeles Times reported that Medicare is now showing what the program for seniors pays individual doctors, and the figures reveal that more than a dozen physicians received in excess of $10 million each in 2012. In that year there was $77 billion in government payouts to more than 880,000 healthcare providers nationwide. The report ends decades of secrecy. Although the overwhelming majority of doctors billed the government very modest amounts, the two highest-paid doctors listed in the Medicare data are already under government review because of suspected improper billing. They include an ophthalmologist in the retiree haven of West Palm Beach, Florida, who topped the list by taking in more than $26 million to treat fewer than 900 patients. A Florida cardiologist received $23 million in Medicare payments in 2012, nearly 80 times the average amount for that specialty. One California doctor was in the top 10 nationwide: a Newport Beach oncologist who was paid $11 million that year.

Federal officials have cautioned against drawing sweeping conclusions about individual doctors from these numbers. High payments do not necessarily indicate improper billing or fraud, they say. The American Medical Association and other physician groups have long opposed the release of the Medicare data.

Stan Cohen, a Medicare Volunteer Counselor, is available for free, one-on-one consultations by appointment only. Call 647-3116 to arrange for an appointment.

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Senior News

is a publication of the Southern Maine Agency on Aging

Creating Better Days

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Design: Becky Delaney

Printing: Sun Press, Lewiston

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

“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 an e-mail to seniorsnews@ smaaa.org. You may also reach “Senior News” representative Nancy Bloch at 396-6588.

Marketing options include, full color ads, advertising 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 advertisements 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.

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

The Southern Maine Agency on Aging (SMAA) is committed to providing a safe and welcoming space for everyone regardless of his/her race, ethnic identity, gender, sexual orientation, ability, age, economic status, faith tradition, veteran status or life situation.
The Joys of Aging: Yes, There are Some
By Stephanie MacNeille

I hate commercials! Oh, I am way beyond a mild dislike of them—especially pharmaceutical commercials. I literally mute the TV every time a commercial comes on. Wishing I could mute the commercials on the radio easily I didn’t always listen to it often. Now I have my radio going most of the time I am here at home, including now, as we speak. Why, you might ask.

It all began with a trip for breakfast to the Broadway Café in Brunswick. I was there quite a while before I realized that the neat music playing in the background was not being interrupted by commercials. Assuming it was a tape or CD, I asked about it. Turns out, it is a radio station! I got the station call letters, and when I went home, I put my radio on AM 730, which is WJIB in Bath, ME. The same music goes to WMJ in Boston. From his 5400 records, the owner/disk jockey plays adult standards from the 30’s to 60’s. He also plays Soft Pop from the 50’s and 60’s—stuff I grew up on. And the songs are played one right after the other with few interruptions.

There is a little bit of chat during the day, but it is enjoyable. Of course, the legal things have to be done, like announcing the station call letters, along with weather reports or a notice put on by a non-profit.

The man who runs the station, Bob Bittner also doesn’t like commercials, so he doesn’t run any. He funds the station with listener support. Each summer, he begins fund raising, and by the end of the summer he has raised enough to fund the stations for the next year. Funds raised only support his stations—when he reaches his goal he stops for the summer. I say stations because he has raised enough to fund the station with listener support. Each summer, he begins fund raising, and by the end of the summer he has raised enough to fund the stations for the next year. Funds raised only support his stations—when he reaches his goal he stops for the summer. I say stations because he now has both AM and FM.

I very much enjoy the humor of his quotes, and that the music that goes on all day long. In fact, I am amazed when I find myself singing along with a song I haven’t heard for decades. I can remember the words to that song, but sometimes can’t remember what I went into the living room for five minutes ago.

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From the Director’s Desk continued from page 1

create better days for our constituents in southern Maine.

Since the implementation of the last strategic plan in 2008-09, challenges identified then continue to need SMAA’s attention and investment:
- isolation, severe poverty; increasing need for support of family caregivers and the economic future for retiring baby boomers. More recent developments that will impact the Agency’s work in the next five years include the growing population of those 60 and older in southern Maine, which now accounts for 21% of the total population; the increasing numbers of older people living with dementia (sometimes alone) and the physical and economic health of family caregivers; and the 2009 SMDA designation as an Aging and Disability Resource Center which includes a large group of people under the age of 60 who are disabled and will look to SMAA for information and services.

In 2008-09, SMAA served approximately 12,764 people. In 2012-13, that number grew to 18,424—a 44% increase in just four years. And the demand for services increased dramatically, federal and state funding for critical programs, including Meals on Wheels, has remained nearly flat or decreased significantly. These challenges mean that SMAA will need to further develop private funding sources, including corporate, foundation and individual donations.

Our strategic plan covering 2014-2018, approved by the SMAA Board of Directors, emphasizes five areas we feel will have the biggest impact in the coming years. They are:

1. To advocate for, and respond to, the needs of vulnerable older adults, adults with disabilities, and family caregivers, through measurably effective programs and services.
2. To serve as a Center of Excellence in Adult Day Services for people with dementia, for family caregivers, and for professionals in the field.
3. To sponsor programs that encourage informed, healthy and active lifestyles that result in aging with confidence.
4. To develop and expand partnerships with health care systems, medical providers, and third-party payors that align Agency services with the needs of their constituents.
5. To increase Agency revenue obtained from philanthropic, fee-for-service, and contractual sources.

The Stewart Center

We are happily anticipating the grand opening of the Stewart Adult Day Center in Falmouth early this fall. After many months of planning, construction of our space in the former Lunt School has begun and we are now recruiting members for the Center. If you would like more information about the Day Center and the programs offered, I hope you will contact Polly Bradley, Director of Adult Day Services at pbradley@ smaaa.org or call her at 308-6512.

Enjoy these beautiful summer days!

Laurence W. Gross
Executive Director

EXPAND YOUR WORLD!

The Active Retirement Association offers programs reflecting the many interests of people 50+ years of age, retired or not, in the ME-NH-MA Seacoast area.

FREE GENERAL MEETING

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Monday, September 8, 1:30 pm
Durham Evangelical Church
114 Dover Road (Rt. 108), Durham, NH

For more information about ARA, see www.unh.edu/ara
or call Carol Caldwell, 603-343-1004
Most of us have probably heard of the movie *The Lion King* and the song “Circle of Life”. The words of that song ring truer and truer for me as I am aging, I hope, gracefully. At 65 I am old enough to look back at the many stages of life through which I have passed. But perhaps the most important stage that I can directly impact is the final stage of life. That is because I can prepare and share my Advance Health Care Plan for my end of life care no matter when it comes with my doctors and family well in advance of the day I will have to make those decisions.

If you have not taken steps to prepare your own plan of care should something unforeseen happen or you come to the natural end of life now is the time to take advantage of Southern Maine Agency on Aging’s Advance Health Care Planning seminars and one-to-one sessions to help you decide what is right for you. SMAA is working with Maine Health and in both Cumberland and York counties to offer seminars and individual appointments.

We will be holding sessions in Biddeford in August, October and December and in Scarborough in September and November. Please give us a call at 396-6525 or e-mail volunteer@smaaa.org to register for one of our seminars or to volunteer to train as AHCP counselor. Our next training for councilors will be in September.

Enjoy the game and help raise awareness for a good cause with the Portland Sea Dogs on Sunday, August 17 at 1 PM. General admission seats (normally $8) have been discounted to $5. First come, first seated. Reserved seats are mid-level; sit together. $9 tickets have been discounted to $7. Largest group to register gets the Honorary 1st Pitch. Group photos available. Event will also feature a presentation of Maine Dementia Care Professional of the Year Award.

For groups fewer than 5, contact Ken Capron at Memory Works, kcapron1@maine.rr.com or 797-7891. For groups larger than 5, contact Dennis Meehan, Executive Director of Ticket Sales for the Portland Sea Dogs, dmeehan@seadogs.com or 874-9300.
Five Steps to Get Back to Better

Chronic conditions are a leading cause of illness, disability and death in the US. The Centers for Disease Control and Prevention (CDC) reports that about half of all adults have at least one chronic condition. What’s more, seven of the top ten causes of death in 2010 were chronic diseases, including heart disease, cancer, lower respiratory diseases, diabetes, and kidney disease. CDC also notes that arthritis is a leading cause of disability in the US and that obesity is a growing health concern contributing to the prevalence of chronic conditions as well.

Chronic pain (pain that persists for months or years) is also of growing concern. The Centers for Disease Control and Prevention reports that chronic pain is now the leading cause of disability for adults in the United States.

The impact of chronic conditions is far-reaching, and can affect our ability to function in our daily lives. People with chronic conditions often report experiencing fatigue, muscle tension, pain, poor sleep, loss of concentration, difficult emotions, restricted movement, stress and anxiety, and even depression. Work and relationships can suffer and people often experience a sense of loss of control over their own lives.

The good news is that many chronic conditions are preventable or manageable with some straightforward lifestyle changes, like quitting smoking, becoming more physically active, and eating healthier. In addition, staying on top of your symptoms and becoming a good self-manager will help you to maintain good health and avoid or minimize chronic health problems which can diminish your quality of life.

What You Can Do: Five Steps to Get Back to Better

1. Get Active!
Many people with chronic conditions tend to be less active, causing weak and shortened muscles and stiff joints. It’s a good idea to talk with your healthcare provider to develop an exercise plan that is right for you. The idea is to start where you are now and go slowly.

Regular exercise can: Help your heart, including improved levels of cholesterol and blood pressure; Reduce pain and loosen stiff joints; Increase muscle strength and endurance, making it easier to do daily activities; Improve flexibility, balance, and coordination which can help to prevent falls; Elevate your mood, reduce anxiety, stress and depression; Improve energy levels and sleep quality; and Improve organ function and reduce constipation.

2. Pace Yourself
Finding a good balance between activity and rest is very important for people managing chronic conditions. Some people rest too much, causing negative effects in the long run. Others try to do too much causing increased pain or exhaustion. Both of these types of people can benefit from pacing because it allows you to accomplish tasks each day without overdoing it and maintaining a good level of activity. A simple way to start is to keep a sheet of paper and write down all of your activities in a day, including rest times. You will want to note the amount of time you spend on each task, and what your pain or fatigue level was. This will give you a sense of what you are spending your time and whether you are resting too much, or overdoing it.

3. Relax!
Dealing with ongoing health issues can be challenging, both physically and mentally. This can lead to difficult emotions like anger, frustration and depression and can increase pain and fatigue. Using methods of relaxation can help you loosen up tense muscles; decrease stress and anxiety; release endorphins which can decrease pain and elevate your mood; and improve sleep. Some methods for relaxation you can try include: progressive muscle relaxation, guided imagery and visualization, meditation, deep breathing, yoga or tai chi among others.

4. Ask for Help
When health problems interfere, it can be hard to get things done. Even with pacing, some tasks may be left incomplete or you may find that you need help to take certain steps to improve your health. Maybe you just need some support to get through it all. Don’t be afraid to ask for help! Here are some tips on how to ask for help:

- Accept that you need help. Everyone does at some time or another. Remember that it is ok to figure out exactly what you need help with and how it can be accomplished. This will make it easier for you to explain to others what the problem is and how they can help.
- Think about who is most appropriate to help you with each situation and seek them out. If you know someone is likely to say no, ask someone else. Look for someone who is knowledgeable about the topic you need help with.
- Stay positive. Asking for help doesn’t make you weak or mean that you failed. Rather, by seeking help, you are getting your needs met and maintaining your independence in the long run.
- Be gracious—thank your helper. A little consideration goes a long way and people will be left with a good feeling about their interactions with you if you take the time to thank them and let them know how their efforts have helped you.

5. Take a class
Sometimes it is a good idea to look for outside resources that can assist in the process of managing our health. You may consider joining a gym or taking a health management class. Folks in southern Maine can turn to the Southern Maine Agency on Aging and their Healthy Aging workshops for tips on how to manage their ongoing (chronic) health concerns and live a more active, fulfilling life. SMAA’s Self-Management workshops, Living Well for Better Health and Chronic Pain Self-Management, meet weekly over a 6 week period to discuss topics like dealing with pain and fatigue, managing difficult emotions, physical activity and nutrition, communication, and how to achieve personal goals.

If you are interested in attending one of our self-management workshops, call SMAA today to find out what’s available in your area!
Some Summer Trips Should Be Avoided

For many Mainers, summer is a time to enjoy the great outdoors. For others, summer can be a prime time for serious injury due to a fall. While most people think winter weather is the culprit, there are actually many factors that contribute to a fall—and summer time is no time to become complacent about taking care to avoid one.

According to the Center for Disease Control and Prevention, on average, every seven minutes a Maines resident over the age of 65 is hospitalized due to a fall and nearly one third of Americans over 65 fall each year. Falls are a leading cause of injury, disability and even death among older adults. In addition, many people become fearful of falling, thereby reducing their activities which can actually place them at greater risk for taking a fall.

What contributes to a fall? Avoid these summer trips!

1) Medication – Be mindful of your medications. Some medicines, or combinations of medicines, can have side effects like dizziness or drowsiness, which can increase your risk for a fall. Be sure to have your doctor or pharmacist review all of your medications to help reduce the chance of drug interactions or risky side effects. You can use a medication tracker to help you stay organized with your medicines, making sure to take the right medication, at the right dose, at the right time. For a help in tracking your medications, you can use this template offered by the Food and Drug Administration: http://goo.gl/3VksaH

2) Insufficient Physical activity – Lack of exercise weakens your muscles, which increases your chance of falling. Exercise programs like tai chi can increase strength and improve balance, making falls less likely. It’s never too late to get moving!

3) Changes in vision and hearing – Poor vision makes it harder to get around safely. Be sure to have your vision and hearing checked yearly to adjust for any changes that may have occurred.

4) Clutter & Other trip hazards – About half of all falls occur in the home. A home safety checklist can help you identify the fall hazards in your home, like clutter and poor lighting that should be removed or changed. For a detailed checklist of home fall hazards, go to: http://goo.gl/lxwexC

5) Misinformation – many people hold false beliefs about their risk for falling or the causes of falls. Others aren’t sure what they can do to prevent falls. There are many resources to get more information about falls prevention, including Southern Maine Agency on Aging who offer a falls prevention workshop called “A Matter of Balance”.

What can you do to avoid a fall?

1. Get Active!
2. Ask for Help
3. Talk with your Doc
4. Watch hazards around the home
5. Take a class

For more information, explore the following links:
Southern Maine agency on Aging: http://www.smaaaa.org
MaineHealth: www.mainehealth.org
Centers for Disease Control: www.cdc.gov/HomeandRecreationalSafety/Injury/Falls/index.html

When it comes to premier assisted living, our experience really adds up.

When considering which senior community is best to choose, it’s natural to be concerned about the level of experience of the staff. That’s why Scarborough Terrace is the right decision—not only for its beauty and amenities, but more importantly for its superb quality of care.

We’ve provided premier assisted living and memory care for seniors for eighteen years. And, many of our caregivers and managers have been with us almost as long. Why? Because they love it here in our beautiful and supportive community. And, they love offering the very best in care and services to our residents.

At Scarborough Terrace, you’ll enjoy peace of mind. Knowing your loved one is in the very best hands anywhere.

Call Elizabeth Simonds today! (207) 883-5568

When you’re ready to call, we’re ready to welcome you and your family into our family.

We offer outpatient programs in the following specialties:
Memory Issues – Geriatric Assessments – Fall/Balance Concerns

The 2013-2014 US News & World Report hospital rankings rated the Maine Medical Center geriatric program as “high performing,” placing us among the top hospitals surveyed.

For more information visit us at www.mmc.org/geriatriccare or call (207) 662-2847 for an appointment.
Black Bear Medical Raises Money for Meals on Wheels

This past June, our Meals on Wheels program was the beneficiary of “Casual for a Cause” by Black Bear Medical. Black Bear Medical Staff members who participate wear jeans to work and donate a dollar to the cause. Customers and visitors to their office are also welcome to participate. All money raised is matched by Black Bear Medical.

Travis Beaulieu, Marketing Manager at Black Bear Medical, and their mascot Scooter game to visit our Portland and Westbrook Meals on Wheels delivery sites. They learned more about our program, got to meet the staff, and presented us with the gift. Thank you to all of the staff members at Black Bear Medical who participated. Your gift matters!

2014 Schedule

Track & Field: July 19, Scarborough HS, 10AM, Saturday, (Rain date: July 20)

10K Road Race: July 27, Scarborough HS, 9AM, Sunday

Horseshoes: August 16, Deering Oaks, Portland, 9AM, Saturday

Triathlon: August 17, Tri for Preservation, Cape Elizabeth, 7:30AM, Sunday

Golf: August 18, Nonesuch River, Scarborough, 8:30AM, Monday

Archery: August 24, Lakeside Archery, North Yarmouth, 9AM, Sunday

Tennis: September 4, Women’s Singles/Men’s Doubles 9AM, Mixed Doubles 1PM, Racket/Fitness, Portland, Thursday

Tennis: September 9, Women’s Doubles, Men’s Singles, 9AM, Racket/Fitness, Portland, Friday

Cycling: September 7, Kennebunkport Bicycle Co, 9AM, Sunday

Basketball (Women): September 13, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Saturday

Hot Shot/Foul Shoot: September 13, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday

Basketball (Men): September 14, Cape Elizabeth HS, Cape Elizabeth, 9AM, Sunday

Swimming: September 14, Cape Elizabeth HS, Cape Elizabeth, 9:30AM, Sunday

Bowling Cuppin: Singles/Doubles: September 18, Big 20, Scarborough, Thursday

Table Tennis: September 19, Pineland YMCA, 5PM, Friday

Racquetball: September 20, Racket/Fitness, Portland, 9AM, Saturday

Pickleball: September 27, Men’s/Women’s Doubles South Portland Community Center, Saturday 9AM

Pickleball: September 28, Mixed/Singles, South Portland Community Center, Sunday, 11AM

Bowling 10 Pin: October 5, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday

Congratulations to the 45 folks who participated in the Second Wind 5K Road Race. It was a beautiful day with tons of sunshine. The race was followed by Opening Ceremonies. Results of the event will be posted on our website:

www.mainesrgames.org

Pictures of all events will be on this Flickr link: http://www.flickr.com/photos/maineseniorgames/

Thanks to Dennis Sheehy for taking the photos for us!
Participants Needed for Falls Prevention Study

The University of New England and the University of Maine, in partnership with the Iris Network, Principal Investigators: Lenard W. Kaye, BSW, PhD, Director, University of Maine Center on Aging; Marilyn R. Gugliucci, PhD, AGHEF, GSAF, AGHEF, Director of Geriatrics Education and Research, University of New England College of Osteopathic Medicine. This study is funded by the National Institutes of Health Grant # 1R21AG045661-01.

Who can participate?
- Adults, 62 years or older with low vision (best corrected vision is 20/70 or worse).
- Reside in your own home or apartment.
- Live in Cumberland, Sagadahoc, York, or Kennebec County.
- Can walk at least 200 feet (use of an assistive device is ok).

What will I be asked to do?
- Complete an initial assessment at your home. Most questions to not require any physical activity.
- Participate in 3 follow up visits and 15 phone calls over 6 months.
- Commit to about 15 minutes per day for 3 days a week. You do not have to travel anywhere to be in this study.

Why participate?
- Learn more about your own balance ability and falls prevention strategies.
- Receive tools to improve your balance and make daily activities safer.
- Help us learn more about how to improve balance for older adults with visual impairment.

Who is doing this research study?

The Grandparent’s Day 5K, One Mile Walk & Kid’s Fun Run

T he Grandparent’s Day 5k, bene-fitting Partners for a Hunger Free York County’s Farm Fresh Foods for Seniors project, will be held on September 7 at the Sanford-Springvale YMCA. The event will include a 5K run, one mile walk, free kids fun run and other activities for people of all ages and abilities.

The proceeds will go toward senior farm shares and support the promotion and implementation of healthy eating and active living for York County’s aging population.

Start/Finish line: Sanford Springvale YMCA, 1 Emile Levasseur Drive, Springvale. Events start at 8am. Prizes to 1st place finishers.

FMI or to register www.partnersforahungerfreeryokcounty.org

By Vivien Eisenhart

RAILWAY MAN

Director: Jonathan Teplitzky
Story by: Eric Lomax
Starring: Colin Firth, Nicole Kidman, Jeremy Irvine

Railway Man is based off a true story of Eric Lomax, a former British Army Officer who was captured, imprisoned and tortured in a Japanese labor camp during World War II.

Lomax was one of thousands of prisoners of war forced to work on a railway (Thaix/Burma) during World War II. Lomax managed to build a secret radio bringing news to his colleagues and giving them hope during a terrible time. The radio was discovered by the enemy and Lomax was tortured, leaving him traumatized. Many years later, after the war, Lomax meets his future wife Patti while traveling by train in his homeland England. Patti tried to help him rid himself of the trauma he had suffered during the war. It was discovered that the Japanese officer who tortured Lomax was still alive so he decided to travel to Japan and confront him.

This is a very moving story which at times is very graphic. The cast does an incredible job, especially the actor Jeremy Irvine who plays the young Eric Lomax. Well worth seeing with an amazing twist.

I give Railway Man 4 pumpkin breads.

YOUR 1ST STOP FOR ANSWERS
1-800-427-7411 www.smaaa.org
How to Engage a Helper
Kate Cole Fallon, MS, LCPC, NCC

Caregivers are often encouraged to ask for help. We highlight the importance of self-care for family caregivers, and point to statistics that indicate there are risks to health and well-being in providing care for someone, especially if that person has any kind of dementia related illness. Many caregivers prefer to start with family and friends when first getting help. This may feel more comfortable to both the caregiver and the person who needs assistance. The next question is: how do you ask?

It can feel very uncomfortable to ask someone else for help. You may worry that it implies that you somehow aren’t capable enough if you need help. You may feel it’s unfair to your person if you take a break and go do something enjoyable. You may think everyone else is busy and it would be burdensome to ask. Let’s consider these concerns.

Providing care for someone is a generous thing to do, but at some point it may be an unreasonable amount of work for one person. When dementia enters a moderate stage, a person needs 24/7 care, even if it isn’t hands on. Keeping track of someone else’s safety and well-being is demanding. Few jobs expect anyone to be on call at this level. It is understandable to feel awkward about leaving the person you care for, especially if they are a partner. You always did things together, and now your partner cannot participate. It is still important for you to have a life that inspires you, where you can feel joy, connection and meaning. When you do this, you return to caregiving refreshed and re-energized, which is good for both of you.

We frequently hear caregivers talk about how busy other family members are, and that asking them for help would be an imposition. Everyone has the right to decline the request to help. Presuming that people are unable to help, and therefore not asking them in the first place, actually denies them the opportunity altogether.

Asking for help can seem daunting initially, so keep it simple. Ask without expectation. Allow others to decline without taking it as a personal rejection; sometimes people really are not available. Be clear and specific in your request. For example, “Would you stay with Dad sometime so I can get out?” leaves too much ambiguity. People need to understand what they are being asked to do. “Could you come over and have lunch with Dad from 12-2 while I see some friends on Saturday?” is clearer. There is a beginning, an end, and a purpose.

Have others asked you to help in the past? Think about how you have been asked, and what made it more palatable for you to agree, and then use a similar strategy. Have a list of things that you would most like help with. When someone says to let them know if you ever need anything, have this list ready and take them up on it right away. Ask people to help in ways that they already enjoy. Who likes to cook? Garden? Take drives? Play cards or read? Design ways of helping that take these into account. Invite people to use their strengths. And then, offer them something good to eat and be sure to express gratitude. All this will ensure that they will be delighted to help again in the future, and your person will enjoy a break from their usual routine as well.

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.

Choosing Wisely
An initiative of the USPSTF Foundation

5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

1. Do I really need this test or procedure? Medical tests help you and your doctor or other health care providor decide how to treat a problem. And medical procedures help to actually treat it.
2. What are the risks? Will there be side effects? What are the chances of getting results that aren’t accurate? Costs that lead someone testing or another procedure.
3. Are there simpler, safer options? Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.
4. What happens if I don’t do anything? Ask if your condition might get worse — or better — if you don’t have the test or procedure right away.
5. How much does it cost? Ask if there are less expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

Use the Questions to talk to your doctor about which tests, treatments, and procedures you need — and which you don’t need.

Seniors and persons with disabilities ride for reduced fare of 75¢ (with Medicare Card or picture ID).

METRO provides bus transportation throughout Portland, Westbrook, Falmouth and the Main Mall area of South Portland with connections to the Jetport, Amtrak train service, Casco Bay Ferry Terminal, South Portland Bus Service (FREE transfers) and other regional bus services.

Schedules available online and at convenient locations throughout our service area, including the METRO Pulse at Elm Street, our full-service hub in downtown Portland, across from the Portland Public Library.
Spotlight on the York Caregiver Support Group

Caregivers of people with any type of chronic medical condition meet monthly at York Hospital’s Living Well Center. This group was started in January 2006 by Susan Kelly-Westman. Susan, at the time a social worker with the Heart Health Institute, applied for and received a SAMA Family Caregiver Support Program collaborative mini-grant as seed money to develop the group. Although her work has changed and she now works with York Hospital Oncology in York, Kittery and Wells as well as with cardiac patients at the Living Well Center, she continues to facilitate the monthly group meeting for caregivers in need of extra support. Susan continues to be passionate about the needs of family caregivers having had personal experiences being a caregiver. Susan is grateful to be able to provide a space for caregivers to discuss the challenges and rewards openly and honestly, as well as provide resources that may be helpful to them in the role of caregiver.

The caregiver support group meets on the 3rd Tuesday of each month from 1-2:30 at the Living Well Center on 127 Long Sands Road in York. If you would like more information, please contact Susan at 475-1167. For information about other support groups and resources for family caregivers, please contact the Family Caregiver Support Program at SAMA, 1-800-427-7411.

Help For People Helping Aging Family Members

Caregiver Class Schedule 2014

Are you assisting an older 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.

July 15, 22, 29, August 5, 12, & 19, 2-4:30 Savvy Caregiver. Southern Maine Agency on Aging, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

Please use the numbers listed to register. Feel free to call the Family Caregiver Support Program at SAMA (1-800-427-7411) with questions.

VISIT OUR WEBSITE www.smaaa.org

Older Adult (OAR) Toolkit Updated

Ann O’Sullivan, OTR/L, LSW, FAOTA

Good news! The popular Older Adult Resource (OAR) Toolkit has been updated! The Older Adult Resource Toolkit is a compilation of information designed to assist professionals, older adults, and family caregivers to identify and connect with helpful resources that maximize health and independence. Each of the 15 newly revised sections has information on local and national resources, both in the community and on the web. It was originally produced in 2006 as a collaborative effort between the University of New England Maine Geriatric Education Center and the Southern Maine Agency on Aging Family Caregiver Support Program. The original Toolkit was developed based on feedback received through a survey of physician practices, who were asked to identify questions patients ask that they felt under-equipped to answer. After its development, 250 Toolkit binders were distributed to physicians in York and Cumberland Counties who were likely to encounter older adults. Additional funding then became available, and another 500 Toolkits were printed and distributed to hospital and university libraries, senior centers, home care providers, rehabilitation centers, senior housing, and other locations where professionals, older adults, and family caregivers might be looking for resource information.

After a 2009 revision, the second edition was made available for download on the UNE website. That revision was the capstone project for the OAR Toolkit for SMAA’s then USM social work intern, Erin Foley Bolduc.

We were very fortunate this year to have another USM social work intern, Claire Bee, take on revising and updating the Toolkit as her capstone project. Claire added many useful listings and updated the information that was there. We are grateful to both of these social workers for their tireless efforts to keep the OAR Toolkit a useful and current resource. In addition, UNE-GEC enriched the list of resources in the Alzheimer’s Disease and Related Dementias section.

We are confident this soon-to-be-released Third Edition will offer even more helpful information about resources and services. The Toolkit will be available online only at www.smaaa.org and at www.une.edu/mainegerc. We are grateful to both of these social workers for their tireless efforts to keep the OAR Toolkit a useful and current resource. In addition, UNE-GEC enriched the list of resources in the Alzheimer’s Disease and Related Dementias section.

Recognized as the best in bringing your healthcare Home!

Nursing Care
Rehabilitative Therapies
Diabetes Education
Counseling & Emotional Support
Telehealth
Philips Lifeline

15 Industrial Park Rd., Saco, ME 04072 1-800-660-4867 | www.homehealth.org

Senior News 13

Just beyond the Royal River is the community making it possible to get back to what you love. Back to connecting with family and friends, back to having plans to look forward to every day, and back to feeling purposeful and proud.

Our caregivers make the daily routine anything but routine.

Call 207-846-0044 to tour and taste our award-winning dining.
Bay Square at Yarmouth
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HomeHealth Visiting Nurses
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Places to go, people to see, things to do
& a devoted team making it all possible
BAY SQUARE AT YARMOUTH
Assisted Living • Memory Care

Southern Maine Agency on Aging
Creating Better Days

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My Father’s Room
And The Four Seasons of the Master Myth

In My Father’s Room, artist and author Roland Salazar Rose, goes past the simple statements we wished we could have made and looks at the deeper and rippling of effect those missing conversations have on our lives.

In his memoir, Salazar contemplates the missing conversations with his father that span a lifetime of change and challenges—growing up in New York, living in Maine and Mexico, two divorces, the journey to becoming an artist, and facing the challenge of aging. Salazar’s narrative begins where his father ends—in his room in Mexico.

Salazar’s experiences are unique but the regrets, frustrations, and challenges of simply trying to live our lives are relatable by all. Straightforward and elegant, My Father’s Room is a worthwhile read for anyone facing uncertainty as they age.

From My Father’s Room

When you get old, you come to understand why you must reawaken, for you have little time left for lost causes and wallowing in past failures. The only open path for you, unless you prefer to act as a misanthrope, is to continue to move forward with your life. My journey growing old offers me an opportunity to fulfill unspoken dreams, to help someone else, or possibly my community, or even humankind. I believe you have this moment—perhaps the only moment available to you free of past encroachments—to truly reinvent yourself.

The Four Seasons of the Master Myth is a 25 minute excursion into the artist’s studio. Each of the video’s four sections reflects a “season” of his life. Included are a 1000 image slide show of all “Four Seasons” Images, full musical score, and interview with Salazar.

My Father’s Room (ISBN 978-0-9818627-9-8) and The Four Seasons of the Master Myth are distributed by Ramblin/Rose Publications. Both are available directly through salazargallery.com, or amazon.com.

GRIEF SUPPORT GROUP WITH LIFE CHOICE HOSPICE

Are you grieving the loss of a loved one?

Life Choice Hospice offers a support group that can help.

The loss of someone significant in your life is difficult. Our grief support group will address ways to cope. Learn what to anticipate, how to cope with your grief, and personal techniques to assist you and your loved ones.

Registration is free and open to the public.

Join a Monthly Support Group

2nd Sunday of every month
12 noon–1:00 pm
St. André Health Care
407 Pool Street, Biddeford, ME

3rd Sunday of every month
12 noon–1:00 pm
Sedgewood Commons
22 Northbrook Drive, Falmouth, ME

Call us to learn more! (207) 761-6967

Helping investors.

We represent investors who have suffered losses from unsuitable investments or fraud.

For a free consultation, call or e-mail:
Securities Arbitration Attorneys
Sigmund Schutz | sschutz@preti.com
Greg Hansel | ghansel@preti.com
207-791-3000

Upcoming AARP Smart Driver Classes

For registration or more information, please call the number listed with the class.

July 15, 4-8pm, Standish
Gerham-Westbrook Triad, 175 Northeast Rd, 655-6571

July 18, 8AM-1:30PM, Portland
AARP Office, 1685 Congress St, 655-4943

July 25, 9AM-1PM, Portland
Woods at Canco, 257 Canco Rd, 629-4664

August 15, 9AM-1:30PM, Portland
AARP Office, 1685 Congress St, 655-4943

August 27, 9AM-1:30PM, Windham
Windham Windham Public Library, 217 Windham Ctr Rd, 655-4943

September 6, 9AM-1:30PM, Bridgton,
Bridgton Community Center, 15 Depot Street, 647-3116

September 11, 9AM-2:30PM, York
York York Senior Center, 36 Main St, 363-1036

September 19, 9AM-1:30PM, Portland,
AARP Office, 1685 Congress St, 655-4943

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 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.smaha.org or call 1-800-400-6325 or (207) 806-0588

Call us to learn more! (207) 761-6967
SENIOR MOMENTS
by Hunter Howe

Which Way to the Beach?

Squash the serious stuff. It’s summer. The beach beckons.

Or, does it? Henry Grunwald, former editor-in-chief of Time, said, “A beach is not only a sweep of sand, but the shells of sea creatures, the sea glass, the seaweed, the incongruous objects washed up by the ocean.”

Note the word “incongruous” which means “incompatible, conflicting, odd, out of place, unsuited.”

You see, many of our beaches burst with debris discarded by humans and washed up by the ocean. They’re outdoor garbage disposals.

To point, a recent headline in the South Florida newspaper, the Sun-Sentinel, proclaimed, “Beaches yield tons of trash.” As reported, a total of 17,413 pounds of trash were collected in Palm Beach County during the International Coastal Cleanup. Hey, whatever happened to the venerable trash can?

The most common items plucked from the shifting sands: cigarette butts, bottle caps, food wrappers, straws, bottles, and plastic bags. In addition, volunteers found condoms, syringes, tampons, a car door, mailbox, blonde wig, scissors, plastic knives and forks, a refrigerator, Bible, urn, voodoo doll, set of plastic vampire teeth. Now that’s some weird picnic.

They also discovered diapers. Whew! And folks thought the foul smelling odor wafted from the mud flats.

Imagine, all those fun and sun worshippers lugging their beach chairs and coolers down the wooden walkway, kids in hand, greeted by welcoming warning signs like “Be ware the Sharks and Debris.” Then, a brusque vendor in a booth shouted welcoming warning signs like “Be-"ware the Sharks and Debris." Then, a brusque vendor in a booth shouted out, “Get your hard-soled hiking boots, antibiotics, and safety kits right here.”

Hearing that, they’d exchange their soothing sunscreen for icy cesspool ointment.

Remember the good old days when eager metal detector enthusi-asts combed the sands for rare coins, hoping to pay for little Louie’s college education at Yale. Nowa- days, they’d probably uncover the elusive Jimmy Hoffa in the trunk of a pink Cadillac.

But wait, there’s an upside. I read about industrious ladies from California and Oregon who turn trash into decorative art. One woman called her creations, “trashion.”

Think about that. For a steal, you could wear a set of stained purple and black vampire teeth around your neck for the bargain price of $19.99. “Oh, don’t you look nice dear.”

As a perplexed ancient philoso-pher once pondered, “I have seen the truth and it makes no sense.”

This summer, when a friend in-vites me to the annual sand castle competition, I’ll politely decline, sit on the porch, shake my jar of sea glass, sprinkle some sand on my feet, and sip my Sauvignon Blanc.

Better yet, snowshoeing any- one?

Hunter says, “In order to main-tain our sanity in the face of reality, we surely need a dash of silliness and a dab of nonsense in our daily porridge.”

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Maine Roots
“Car Guys”

By Elaine Parker
 auntriee@maine.rr.com

Marrying into a family of car guys was like being in a strange country—where a foreign language was spoken. Solenoids, carburetors, piston rings, V8’s, V6’s, and crankshafts were some of the vocabulary that I had to learn. My husband and his five brothers were backyard mechanics and automobile lovers. A familiar scene was three or four of the brothers wearing rolled up dungarees and white t-shirts bent over under the hood of a car arguing about what the problem was. They always had surplus cars for when they needed spare parts. The challenge of making an engine purr was met with the enthusiasm of a NASCAR driver on race day. Automobiles were like manna to them because they represented freedom and mobility, reminiscing about a vehicle that they owned in the past. They speak of them as if they were close buddies.

When driving around they know the make, model and year of every auto they see, and they identify people by the car they drive, as in, “You know the guy that drives the blue Chevy Blazer, or the lady with the green and white two toned Ford.” and then recognition sets in.

On our first date my husband-to-be picked me up in a 1955 green Nash Rambler. It was waxed to an eye glaring shine and in show room condition. This nice Catholic girl was somewhat nervous because it had reclining seats. This could be as risky as being late for curfew at the dorm, and they had been dubbed naughty Nashes. But he was a perfect gentleman and even said Grace before the meal at the restaurant.

After we were married and I spent more time with his family, I absorbed car facts and learned to recognize different makes and models. But the mechanics of an engine were as complex to me as the federal budget. My husband’s next pride and joy was a black Ford Fairlane with dual exhausts. It was a vehicle fit for a redneck moonshiner trying to outrun the sheriff on a dark night. His brother nicknamed him “Clutch” because of his habit of revving up the engine.

Later on, maturing somewhat, my husband drove stodiger models—a conservative maroon Cadillac as long as a semi-tractor trailer truck, followed by a flashy 1961 Dodge Dart with a slant six engine that my husband pronounced was one of the best-designed engines ever. This turned out to be true, as that snappy little coupe was as reliable as the tide going in and out.

My association with the avid motor heads paid off for me when we brought a brand new Honda Civic and it stalled out at a red light on the way home from the dealership, I turned around and took it right back. They checked it and said nothing was wrong with it. I told them it was the carburetor, but they said no. It continued to have the same problem of stalling out. Frustrated, my husband took it back to the service center, he told them just because I was a woman it didn’t mean I didn’t know about cars. Finally they fixed the car and when I questioned what was wrong with it the service manager sheepishly said it was a stricture in the carburetor. I was now officially a “Car Lady.”

I can chronicle the years of our marriage by the cars we owned. After we retired, we took a road trip across the USA in a green Subaru Outback. It was a wonderful trip and we did not break down once. But if we had, there was a mechanic on board.
Meet Author Catherine Gentile

The Quiet Roar of a Hummingbird

Catherine Gentile, author of The Quiet Roar of a Hummingbird, spent 30 years working with people coping with learning disabilities, behavioral challenges and developmental delays. Her decision to retire early enabled her to pursue her interest in writing. While helping her mother chart a new path after her diagnosis of Alzheimer’s disease, she found the energy to develop the story for this novel. Not a memoir, but a layered story of a teenage girl who is dealing with the collateral damage of high school bullying and the effects of her grandmother’s dementia. Catherine grew up in Connecticut. Her husband’s career in the US Coast Guard brought her to Maine. When she’s not writing, Catherine perfects her talents as an amateur photographer and master gardener. Read more about Catherine and her writing and where to find her book at www.catherinegentile.com.

How did this novel evolve?

Throughout the 12 years my mother danced with Alzheimer’s, I kept detailed notes on her progress and challenges and those confronting our family. As an author, it was easy to imagine situations that could develop. Over the years, my imagination transformed our family’s experiences into a story line filled with complex relationships and conflicts that involved bullying. After a few false starts, Hummingbird’s story poured into my computer.

What are your hopes for your debut novel?

I’d like all venues of elder care to embrace more humane treatment models. I hope Hummingbird will inspire readers to spend time with those they love, young and old. If readers were to adopt Hummingbird’s philosophy that cruelty is never necessary, I’d be delighted. “Zero tolerance for bullying” would delight Hummingbird, too.

When did you realize that you wanted to make a career of writing?

I’ve always been a reader, a storyteller and a journalist. As a professional in special ed/mental health, I wrote training courses, curricula, and manuals. Observing readers’ reaction to my “voice” introduced me to the power of point of view. At a pivotal point in my career, my love of writing, and the imagination and discipline it required moved me to take an early retirement. The very first day of my retirement, I was in my home office, writing! In 14 years, I’ve amassed a solid portfolio of both fiction and non-fiction and have been published in many venues including Maine Magazine and Downeast.

How did you research this novel?

I’d researched dementia as the phases of my Mom’s experience progressed over 12 years, so I didn’t need to do much on that subject. As other themes threaded their way through the novel, I focused my research on those topics: the juvenile justice system; body image in female adolescent development; bullying and gang mentality; father-daughter relationships; and rehabilitation for double amputees.

What are your interests in writing?

As a professional in special ed/mental health, I wrote training courses, curricula, and manuals. Observing readers’ reaction to my “voice” introduced me to the power of point of view. At a pivotal point in my career, my love of writing, and the imagination and discipline it required moved me to take an early retirement. The very first day of my retirement, I was in my home office, writing! In 14 years, I’ve amassed a solid portfolio of both fiction and non-fiction and have been published in many venues including Maine Magazine and Downeast.

How did you respond to writing?

When I studied with Monica Wood, author of When We Were the Kennedy’s, is quoted on your book jacket. How do you know Ms. Wood?

Early in 2000, I studied with Monica at the University of Southern Maine. Her incisive analysis of my writing challenged and inspired me. Later, I sought her advice on a few projects. We struck up a delightful friendship, which continues to this day. One of the benefits of being a writer is getting to know talented writers such as Monica.

What are you working on now?

I edit a free monthly online publication called Together With Alzheimer’s that provides family-friendly information about Alzheimer’s along with tips for caregivers and advocates.

I’m working on a book entitled, Practical Alzheimer’s, A Guide for Families, which will be published as an ebook later this year. My next novel, Sunday’s Orphan, is set in Georgia in the 1930’s and deals with a family’s attempts to protect their racially-mixed daughter. The publication date will be announced soon.

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Volunteer Spotlight: Vicki Buttrick Helps Immigrants Feel at Home

Vicki Buttrick has been working at Biddeford’s Adult Education program since September 2013 to help immigrants learn English. SMAA’s Volunteer Services department enrolled her in the RSVP program for volunteers 55 and older and found her the placement. It has been a good fit for Buttrick, who signed up to volunteer after losing her job and having time to fill.

She says the people she meets are her inspiration. “My favorite parts of volunteering at Biddeford Adult Ed are the smiles and thank yous from students when they know they have done good work.”

Betsy Gonzalez, originally from Colombia, had tears of gratitude in her eyes as she described the impact of the Biddeford Adult Education program since September 2013. Buttrick and the Biddeford Adult Education program also helps students complete their high school education, gain knowledge through vocational, business, health-related, enrichment, and other classes.

The teaching skill and compassion of their tutor and the BAR community have helped Gonzalez and her fellow student Ferbousi Shahinur, a native of Bangladesh, cope with the difficulties encountered when emigrating to a new land where residents speak a different language. The Biddeford Adult Education program also helps students with tutor volunteer Vicki Buttrick during a Biddeford Adult Education class. The volunteers, staff, and other students are her “family,” she said. They have helped her feel more at home in her adopted country. She said her sister, who lives in Massachusetts, has no such support network.

The volunteers and their assigned veterans will be sharing conversation, going out for coffee or lunch, visiting places of interest, and enjoying each other’s company. One pair had a visit to a military museum planned; another was headed for lunch at a local cafe. One thing all the visits shared was conversation. A 90-year-old veteran greeted her visitor warmly and talked nonstop for the entire visit. During their visits, the volunteers are also trained to assess whether the older veterans need additional services. Already, a volunteer has been instrumental in linking a veteran to SMAA’s respite program for caregivers. The volunteer hoped his veteran will now be able to hire someone to stay with his wheelchair-bound wife while the two men go out for lunch.

A second team of volunteers will attend the training course on September 16, 18, and 23 at Biddeford Savings Bank’s community room on Main Street in Biddeford. To sign up to become a Vet to Vet volunteer or to receive visits, contact SMAA’s Volunteer Services Department at 386-6525 / 1-800-427-7411 ext 525;
Volunteers Recognized for Successful Winter/Spring

Volunteer teams from the Westbrook Community Center, the South Portland Boys and Girls Club, and our newest partner, Learning Works at East End Community School, were celebrated with a luncheon at Oliver Garden this June. The teams were joined by Marlise Montgomery, our local representative from our funders, The Anthem Blue Cross and Blue Shield Foundation.

Boys and Girls Club – South Portland

Over 20 students in K-2 grade graduated after an eight week program at the Boys and Girls Club in South Portland. The students in South Portland are resourceful and creative and brought new life to a broken hula hoop. A hula hoop became worn and kinked and was tossed in the trash. The following week we were surprised when two girls had rescued the broken hula hoop and repurposed them as mastodon tusks!

Welcome Learning Works at East End Community School

The Learning Works program at East End Community School in Portland is the newest host for CATCH Healthy Habits. 25 students, many from foreign countries, participated in CATCH. Because we were nearing the end of the year we visited with students twice a week to ensure they participated in all eight sessions. Thank you leaders Peggy Yorx, Laurie Lin, Pat McDonnell, and Mimi Davis.

U.S. Fattest Country in the World

According to a report released in late May by the journal LANCET, the U.S. population makes up about 13% of the world's overweight or obese population. We are the heaviest country in the world. During the three decades between 1980 and 2013, the worldwide rate for overweight and obesity rose 27.5% for adults and 47.1% for children worldwide. No country has seen a decrease in the rate. Read the full article at http://online.wsj.com/article/BT-CO-20140529-705050.html

You can have an impact on what happens during the next decade. Volunteers with CATCH Healthy Habits receive training in teaching healthier eating and active lifestyles to guide children grades K-5 during afterschool programs for. For more information on volunteering, please contact Sharon Schubler at 396-6523 or e-mail schulberger@SMAAA.org.

Welcome New Volunteers!

In April and May, we welcomed 41 new volunteers to SMAA and RSVP. Some of their names are listed below:

- James Barbour
- Sherry Biegel
- Timothy Bates
- Catherine Brockington
- Beverly Carroll
- Allen Casad
- Theodora Ciampa
- Lauren Connolly
- Alison Eckert
- Robert Ferrante
- James Foley
- Gary Hamelin
- Peter Hassapidis
- Valerie Kennedy
- Nancy Knights
- Greg Locke
- Jim Macleod
- Mary McGuirk
- Ernest Merritt III
- Eric Mihan
- Owen O’Donnell
- Walter Dell Osman
- Dick Sproul
- Randy Stewart
- Henry Wyndt
- Jim Yankura

Free Fall Senior Expos

Looking for information on senior communities, activities or services? Visit the free Fall Senior Expos.

- September 10, 2014: 9 a.m. - 3 p.m. American Legion Hall York
- October 1, 2014: 9 a.m. - 3 p.m. Hilton Garden Inn Freeport

- free flu shots • exhibitor booths • speakers
- antique appraisals ($5) to benefit Alzheimer’s Association afternoon music and entertainment

Schedule and info: www.MaineSeniorGuide.com expos@MaineSeniorGuide.com

A WARM THANK YOU

Pauline Clements, of Lyman, traveled to the SMAA office on a rainy afternoon with bags containing 180 skeins of yarn to donate to the SMAA Knitters Club. Over the last few months Pauline has donated over 500 skeins of yarn to senior centers in her community. Thanks to Pauline’s generosity, colorful yarn will be available for volunteers to knit lap robes, hats, and mittens to keep children and seniors warm this winter.

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- Non-veterans may be covered by third-party payment

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