Dignitaries Gather to Honor Sam Cohen’s Legacy

May 20 was a big day for the Southern Maine Agency on Aging. We dedicated our new and innovative day center, the Sam L. Cohen Center in Biddeford. The beautiful weather underscored the joyful feeling of the assembled members and their families, donors, volunteers, press and staff.

The Sam L. Cohen Center opened in January and is providing stimulating and creative programming for people with dementia and giving respite to their caregivers. Laurence Gross, SMAA’s Executive Director, welcomed Senator Angus King, Congresswoman Chellie Pingree, Mary Mayhew, Maine Commissioner of the Department of Health and Human Services, Alan Casavant, Mayor of Biddeford, John Shuoo, Executive Director of the Sam L. Cohen Foundation and Shawn Moody, Founder and President of Moody’s Collision Centers to the dais.

Each of the speakers had two observations: our center needs to be seen to be believed, and that they understood the struggle facing caregivers. Many of our speakers had visited the Truslow Center and commented on the dramatic difference in space, light and programming opportunities. All of speakers shared comments about the challenges they had faced with aging family members.

Floyd Hastings Wins Patriots MVP Community Award, $10,000 for Vet to Vet

Floyd Hastings of Saco, a volunteer in Southern Maine Agency on Aging’s RSVP Vet to Vet program, has received a Myra H. Kraft Community MVP Award from the New England Patriots Charitable Foundation for his work with Vet to Vet, along with a check for $10,000 for the program.

Floyd, 84, was one of 26 MVP winners. Patriots’ players Tom Brady and Rob Gronkowski were on hand to congratulate the award recipients. Patriots’ players and Pro Football Hall of Famer Andre Tippett congratulated Floyd Hastings as a 2016 Myra Kraft Community MVP Award winner.

Southern Maine Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074
Educational Programs from the Alzheimer’s Association

The Maine Chapter of the Alzheimer’s Association offers many educational programs for families and individuals facing Alzheimer’s, as well as community members and healthcare professionals. Programs range from basic introductory material to in-depth multi-part sessions and brain health information.

Pre-registration is required for all classes and can be done by calling 1-800-272-3900.

Cumberland and York County Schedule

Effective Communications Strategies – July 26, 10-11:30 AM, Alzheimer’s Association, Maine Chapter, Scarborough

Communication is more than just talking and listening—it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Dementia Conversations –
• July 7, 10-11:30 AM, Alzheimer’s Association, Maine Chapter, Scarborough
• August 25, 3:30-5 PM, Alzheimer’s Association, Maine Chapter, Scarborough

This program is primarily designed for working adults who have a family member or close friend beginning to experience Alzheimer’s or another dementia. This program will offer helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. Topics covered will include: Tips for having difficult conversations around some of the most common issues that arise regarding Alzheimer’s or another dementia; the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer’s; connecting with helpful resources to enhance quality of life for everyone involved; hearing from people who are dealing with similar issues.

“In the old Maine way of saying, I’m as happy as a clam at high tide!” ~ Jean

Our goal is to help our residents live life to the fullest in a vibrant, socially engaging environment, with daily assistance at their fingertips. Each individual is involved in designing their own personalized care plan, delivered by certified staff and supervised by licensed nurses 24-hours a day. Come discover Falmouth House, where Assisted Living means comfort, elegance and peace of mind.

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SMAA CALENDAR OF EVENTS

AUGUSTA
Maine Senior Games – 10 Pin Bowling: Oct 16, 10am (singles), 12:45pm (doubles), Spare Time. FMI: 396-6519

BIDDEFORD/SACO/OOB
Community Café – JR Martin Community Center, Biddeford. Call for schedule and menu. Reservations: 283-2477
Family Caregiver Support Groups – Community Partners, Biddeford. 2nd Mon. 3-4:30pm or 2nd Mon. 6-7pm. 713-3723
Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Every Tues. Call 396-6500 for appt.
Medicare 1-on-1 Appts – Dyer Library, Portland. Every 2nd Tues, 9am-12pm. 396-6500/1-800-427-7411 for an appt.

FALMOUTH
Medicare 1-on-1 Appts/Free Information & Assistance – Stewart Center, 3rd Thur, 9am-12pm. 396-6500/1-800-427-7411 for appt.

FREEPORT
Medicare 1-on-1 Appts/Free Information & Assistance – Freeport Library, 2nd Tues, 1-3pm. 396-6500/1-800-427-7411 for an appt.

GREATER PORTLAND (CAPE ELIZABETH, PORTLAND, SOUTH PORTLAND, WESTBROOK)
Community Café – Peoples Methodist Church, South Portland, Every Thur, noon. Reservations: 767-2255
Community Café – Cummings Center, Portland. 3rd Thurs, noon. Reservations: 878-3285
Community Café – Westbrook Community Center, Westbrook, 4th Thu, noon, Reservations: 956-1348
Larrabee Village Nutritious Lunchtime Meal – Westbrook, 7 Days a week, 11:30am, 854-6818
Maine Senior Games – Basketball Events, Cape Elizabeth High School: Men’s Tournament, Sept 17, 9am; Women’s Tournament, Sept 18, 8:30am; Hot Shot/Foul Shoot, Sept 17, 2pm. FMI: 396-6519
Maine Senior Games – Horseshoes: Aug 9, 4pm, Deering Oaks Park, Portland. FMI: 396-6519
Maine Senior Games – Pickleball: Aug 13 & 14, Racket and Fitness Center, Portland. FMI: 396-6519

KEZAR FALLS/HIRAM
Community Café – Sacopee Valley Rescue Barn, Hiram, 2nd & 4th Tues, noon. Reservations: 625-4057

KEEZAR FALLS/HIRAM
Community Café – Sacopee Valley Rescue Barn, Hiram, 2nd & 4th Tues, noon. Reservations: 625-4057

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 Community Center, Call 647-3116 for an appt.

NEW GLOUCESTER
Maine Senior Games – Table Tennis: Aug 26, 5pm, Pineland YMCA. FMI: 396-6519

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

SANFORD
Community Café – Nason Community Center, Springvale, 3rd Tue, noon. Reservations: 324-5181
Maine Senior Games – Cornhole: Aug 17, 4pm, Sanford/Springvale YMCA. FMI: 396-6519
Medicare 1-on-1 Appts – Southern Maine Health Care, Sanford, 1st Tue, 9am-4pm. 396-6500/1-800-427-7411 for an appt.
Welcome to Medicare Seminar – Sanford Maine Health Care, Sanford, 1st Tue, 10am-12pm. 396-6500/1-800-427-7411 to schedule

SCARBOROUGH
(SMAA MAIN OFFICE)
Family Caregiver Support Group, 3rd Thurs, 4:15-5:30pm* NEW TIME, 396-6540
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, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.
Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.
Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.
Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.
Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.
Welcome to Medicare Seminar – Scarborough Maine Health Care, Sanford, 1st Tue, 10am-12pm. 396-6500/1-800-427-7411 to schedule

SCARBOROUGH
Blue Point Congregational Church Luncheon – Scarborough, 3rd Mon, noon, Reservations: 510-4974

STANDISH
Community Café – Standish Seniors, 2nd and 4th Wed, noon, Reservations: 675-3302

WATERVILLE
Maine Senior Games – Swimming: Oct 1, 10am (warm-up, 11am (meet start), Boys & Girls Clubs and YMCA of Greater Waterville at the Alfond Youth Center. FMI: 396-6519

WINDHAM
Medicare 1-on-1 Appts/Free Information & Assistance – Our Lady of Perpetual Help Church 1st and 3rd Tue, 9am-noon. 396-6500/1-800-427-7411 for appt.
Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, 1st Tues, 10am-noon, 396-6500/1-800-427-7411 to schedule

YARMOUTH/NORTH YARMOUTH
Community Café – Bay Square at Yarmouth, 4th Tue, 11am. Reservations: 846-6693
Indoor Walking – North Yarmouth Memorial School, Tues and Fri, 11am-12pm. Event is FREE. Transportation available by friends In Home Care for small fee. 846-5525
Maine Senior Games – Archery: Aug 21, 9am, Lakeside Archery, Yarmouth. FMI: 396-6519

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Stewart Center Hosts 2nd Annual Pooch Parade

In late May, the Stewart Center, in collaboration with OceanView’s Legacy Memory Care, held the second annual Pooch Parade. Almost 20 canine competitors and their humans gathered together with many spectators for a fun afternoon full of wagging tails and wide smiles. Pooches received unique awards for their special talents—ranging from best drama queen, most playful, best strut, to most unusual name, and more! Emcee Diane Atwood returned for a second year to give each and every pup a perfect introduction.

Thank you to everyone who participated and attended and see you next year!

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Senior News
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Circulation: Mailed directly to 15,000 households and 2,500 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 homepage or send an email to seniorsweb@smaaa.org. You may also reach “Senior News” representative Janet Bowne at 207-396-6533.

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

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

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

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

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The McLellan.
Hastings Wins Award continued from page 1

dedication, and a commitment to improving their communities through volunteerism.” The award commemorates Myra Kraft, Robert Kraft’s late wife who dedicated much of her time to volunteering in the community.

“Vet to Vet is one of the best things I have ever been involved in,” Hastings said. “It is rewarding and helps give meaning to my life. The program enables veteran volunteers like myself to enrich the lives of veterans, often severely disabled, in their final days. My visits are the highlight of my week, and I have found this to be true for the veterans I visit.”

Vet to Vet volunteers, who are all veterans themselves, visit aging fellow veterans (or veterans with disabilities) in the veterans’ homes at least twice a month. The volunteers provide companionship to the veterans they visit and often become lifelong friends.

Hastings was first partnered with Ed, a World War II and Korean War veteran who was nearly blind and severely depressed. He was able to connect with Ed on a personal level and helped Ed compose his autobiography, which gave the ailing veteran a purpose in life. After Ed’s death, Hastings has visited two other veterans and currently spends several hours each week talking with veterans at the Sam L. Cohen Center in Biddeford.

In accepting the award, Hastings noted that it was “exciting but humbling.” He said that all the Vet to Vet volunteers do what he does.

Sky Lodge Helps Seniors Get Back to Nature

Situated on over 200 beautiful acres in the Jackson/Moose River area of Maine, Sky Lodge is a non-profit establishment that caters specifically to Maine’s older adult population. Founded 25 years ago by The Couris, a couple from of Ridgefield, Connecticut with a mission of “Caring makes a difference,” they are giving seniors an opportunity to explore the northern woods in an affordable way.

The magnificent lodge was first built as a hunting and fishing lodge for the wealthy in 1929. The wealthy travelled from near and far to enjoy this nature-based luxury. The Couris have spent the last 20 years meticulously restoring the lodge to its original beauty with all of today’s modern conveniences. Today the Lodge attracts people from all over New England.

There are activities for all ages and groups including an outdoor swimming pool, hiking trails, fishing on three local ponds, romantic walks, a private antique auto museum, and for the train enthusiasts a model railroad museum. Snowshoeing, outdoor shuffleboard and horse-shoes are also on the grounds. For those more adventurous there is a golf course nearby, hiking, canoeing and whitewater rafting.

Everything is all inclusive, lodging and meals, when you stay at Sky Lodge. Sky Lodge also offers a scholarship program that may provide a special two night, three day stay at the Lodge for free. The goal is to allow seniors who may not normally be able to experience the lodge to do so. With two nights, and three days included you can sit back and enjoy everything the Lodge has to offer.

One of our missions is to make a difference in people’s lives, and by giving seniors a special experience we feel that we can indeed make that difference.

If you are a part of a non-profit organization you may also be eligible to take this wonderful scholarship opportunity. The Lodge may also be used by non-profit organizations as an activity center.

Sky Lodge is an experience and a place to remember.

For more information, please call 207-668-2171 or email sky-lodge@myfairpoint.net

The Facts About Medical Marijuana

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

Degenerative and rheumatoid arthritis.

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(800) 563-1531
The Estate Sale Addiction
By Stephanie MacNeille

HAVING BEEN EMPLOYED full time in California, as a child custody mediator in the Superior Court, I was pretty much re-laxing at home on the weekends and evenings. Stressful jobs tend to have that effect on a person. I loved the job, but had to relax and take care of myself when I wasn’t working. I think that must be why I had never been to an estate sale before I moved to Maine when I retired.

After having relaxed for a couple of years here in Maine, I took a part time job in the post office. It was there I met Joan, who came into the post office frequently to mail packages. I finally asked her if she had a large family to buy birthday gifts for, and was that why she was every week mailing packages of all shapes and sizes. Turns out she sells items on eBay and mails them to the buyer. She said she got the items at estate and yard sales, then advertises them for sale. That is how she earns money. As we got to know each other better, she invited me to go with her to an estate sale. She piqued my interest when she mentioned the kinds of items often found at these sales.

It seems that when people have to leave their home, they will frequently enlist the aid of someone who can help them sell many items in their home that they cannot take with them. Once the people have moved out, the estate sale person goes into the house, gathers up what the people want to sell, puts a price on everything, and displays it in the house. They will have advertised the sale, usually during the week prior to the actual sale, which is usually on a week-end. People come, sometimes up to an hour before the doors will be opened, take numbers being given out, and wait. These people know that many of the items being sold are, for in the ads, there are dozens of photographs of many of the items to be sold. Some people come to these sales because they are dealers in the item they are interested in, such as book or jewelry dealers. Or they are looking for bargains they can sell on eBay. Many are looking for something they need in their home, and some are collectors interested in things they enjoy looking at in their own home. Sometimes, even when you get there early, you are given a number and end up in a line down the driveway to the street—that is usually when there are fine items for sale. Other times, there are only a few people waiting when the doors open at 9AM. The criteria people use to decide whether to go to the sale or not, are the photos of many of the sale items (sometimes 100 pictures of items for sale). I do not sell things I buy, and am careful about what I purchase. I must really like it, and have room to put it in my home. I think I have discovered how antique dealers are made. They are people like me who go to the sales because there are such wonderful finds there, and after a while, you are hard put to find a place for the latest wonderful item. Pretty soon, you must sell some of the things you’ve bought, or become a hoarder, or an antique dealer.

It is difficult to just quit going to these sales, for there are often spectacular bargains for the excellent things you buy. That happens quite often, and soon, you are hooked. Example: I love blown glass items, and have a small table with a display of several sea items in blown glass, e.g., two blown glass octopi (plural of octopus?), a glass piece that looks like an aquarium (with fish inside), a large sea shell glass piece, etc. In the sale pictures, there was a photo of a transparent glass starfish, which I thought would go well with the octopi. I did manage to find the starfish at the sale, and bought it for around $5 or $10. Weeks after I bought it, I was looking it over and saw something scratched on one of the legs. Very small and hard to see. I bought it, I was looking it over and saw something scratched on one of the legs. Very small and hard to see. I got out my magnifying glass and looked more carefully at it. Turns out it said Steuben on the leg. I took it to an appraiser, and it seems it is worth hundreds of dollars!

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Well, with my addiction firmly in place, I think I’ll be taking my magnifying glass to any sales I go to in the future.
How do people with disabilities get around in other countries? Are wheelchairs, elevators, and curb-cuts common in Asian and African countries? These were some of my questions when I agreed to teach a lesson on “accessibility tools” to international students at the University of Southern Maine (USM).

The students came to the United States to improve their English language skills. They traveled from Korea, Vietnam, Japan, Saudi Arabia, and other countries—to take “ESOL” classes: English for Speakers of Other Languages. The classes are part of USM’s Intensive English Language Program (IELP). Now in its 26th year, IELP is designed to equip students with excellent English communication skills. When they return home fluent in another language, their careers are enhanced—such as business, tourism, or nursing.

USM’s academic classes are accompanied by “cultural orientation” lessons with field trips and opportunities to talk with Mainers. Many of the Mainers they meet are volunteers through USM’s Osher Lifelong Learning Institute (OLLI). The volunteers help by attending IELP classes and speaking with individual students about assigned topics.

On the day of the “accessibility class” I brought several bags of tools to the classroom—items collected from my own home and from friends who have M.S. and Parkinson’s Disease. I guessed correctly that most of the students had never seen such items before. The OLLI volunteers received one caveat from me: not to reveal the purpose (if they knew it) of each tool.

As an introduction, I was proud to tell the class about my country’s provisions for people with physical challenges. The Americans with Disabilities Act (ADA) has certainly been a “game-changer” for many people since it was signed into law in 1990.

Next came my favorite part of the class: to listen as the students spoke about accessibility in their own countries. The responses ranged from “My country’s accessibility is just like the U.S.” to “My country is disrupted by war; no accessibility.” Each student also spoke about and demonstrated the utility of their assigned “accessibility tool.” Perhaps when these students are back in their home countries, their knowledge about such tools might someday help people with handicaps on the other side of the world!
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.

How do I get Home Care Services in Southern Maine?

Home care services provide assistance with medical and household home care needs. Examples include someone to assist with housecleaning, grocery shopping, laundry, meal preparation, bathing, dressing, medication management, and/or nursing care. Any person can hire the services of a home care provider by calling an agency or private provider, contracting for their services, and paying for the services themselves. Southern Maine Agency on Aging (1-800-427-7411) can offer you a list of agencies in your area. SMAA does not maintain a list of private providers, only licensed home care agencies, and cannot recommend one agency over another. However, we can offer guidance with the process of comparing and obtaining home care services.

People with limited financial resources may be eligible for state- or federally-funded programs that help with the cost of home care services. There are two aspects to consider:

Financial Eligibility
• What are your current income and assets?

Functional (medical) Eligibility
• How well can you take care of yourself?
• Do you need help with activities of daily living (ADLs), such as bathing, dressing, getting around, and/or using the bathroom?
• Do you need assistance with instrumental activities of daily living (IADLs), such as housecleaning, laundry, meal preparation or grocery shopping?

How would a person request and receive these services?
1. Check with SMAA to see if you are in the BALLPARK in terms of eligibility based on income, assets, and the extent to which you need assistance with your ADLs or IADLs.
2. If you are looking for help with IADLs/homemaker services ONLY, call Catholic Charities, the homemaker service provider for the state. Their intake number is 1-888-477-2883. They will determine your eligibility for homemaker services.
3. If you need help with your ADLs, call the state assessing agency, Good Health Systems, at 1-800-609-7893. The intake worker at Good will ask some screening questions to determine if you might qualify for one of the available home care programs. If so, a nurse will come to your home to determine your home care needs and develop a plan of care with you.
4. If you are found eligible for state-funded home care, your care plan will be forwarded to either Independence of Maine or Alpha One. Your care coordinator will then seek to find a home care agency that can fulfill your home care plan.
5. You may be required to file a financial paperwork with the State of Maine (DHHS) to determine eligibility for some programs, and there may be waiting lists for state funding.

For more information, please call SMAA at 396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist or Family Caregiver Specialist.

Hospice of Southern Maine

Contact us today to learn more about the care we provide through our home program and GrandNest Hospice Services.

Savvy Caregiver Course in York

SMAA’s Family Caregiver Support Program will be offering the Savvy Caregiver series in York, beginning on September 22. This series is being offered (meaning that it has been researched and proven effective) program is designed for people who are the primary person assisting a family member or friend with dementia who lives in the community, and helps caregivers develop knowledge, skills, and attitudes to make caregiving easier. The goal is that both the person with dementia and the caregiver can have a better day. Savvy Caregiver consists of six, two-hour class sessions, and encourages participants to try out ideas at home between classes.

This series is being offered in collaboration with York Library and will be held in their conference room.

If you are a family caregiver for a person who is living with dementia, we hope you will call us. The class size is limited, so pre-registration is required. Please contact the Family Caregiver Support Program at SMAA, 1-800-427-7411 x558, with questions or to add your name to the list.
Caring For Aging Family Members

Support/Discussion Groups

You’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 – Community Partners: For caregivers of those with dementia.
  • Second Monday of month, 3-4:30PM
  • Second Monday of month, 6-7PM. Call Barbara Alberda at 713-3723.

Bridgton – Community Center: For caregivers of an older adult or person with dementia. On site respite available (call 647-8143 to reserve).
  • Second Wednesday of month, 1-2:30PM. Contact Ann O’Sullivan at 1-800-427-7411 x 541.

Kittery – The Gathering Place: Respite available on-site for a fee; please call ahead to reserve.
  • First Thursday of month, 3-4:15PM. Contact Jill Larson at 439-6111.

Scarborough – SMAA: For caregivers of an older adult or person with dementia.
  • Third Thursday of month, 4:15-5:30PM. Contact Lori Campbell at 396-6540.

York – Living Well Center: For family and friends assisting an older adult with a chronic condition.
  • Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

The Park Danforth

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Senior Medicare Patrol

Don’t Become a Healthcare Fraud Victim

Every year, taxpayers lose BILLIONS of dollars to fraud in healthcare.

“Health care fraud” may mean that someone charges you or your insurance for a service that they never gave you. It may also mean that someone charges for a service that was different than what they gave you. Fraudulent charges often prevent people from getting important health care services that they need. For example, an equipment company gave Mr. Jones a scooter, but charged Medicare for a wheelchair instead. Later, when Mr. Jones needed a wheelchair, Medicare would not pay for it because they already paid for one.

The SMP Program is here to help you learn how to protect yourself from fraud like this.

Here are some tips to avoid Medicare and Medicaid fraud:

DO NOT give your Medicare, Medicaid, or Social Security numbers to someone who calls on the phone or comes to the door. Trustworthy health care providers will not sell or rent their services by calling on the phone or coming to the door. They should not need your information!

DO NOT sign forms without reading them, and never sign blank forms.

DO NOT accept health care services or equipment that you do not need. If someone offers you services or equipment that you do not need and asks for your Medicare or Medicaid number, they may be billing Medicare or Medicaid fraudulently for those services.

DO talk to your doctor if you need health care services. Your doctor should order any services or supplies that you need.

Read your Medicare Summary Notice (MSN) or Explanation of Benefits statements from your insurance plan. Watch for charges for services or supplies that you did not receive or supplies that were not ordered by your doctor or other caregiver.

Here’s How to Get Help Reducing Medicare Costs

By Russ Van Arsdale, Executive Director Northeast CONTACT

The Bangor Daily News performed a real public service in publishing the article headlined, “Not junk mail: This Social Security letter can cut Medicare costs.”

Many of the 2 million seniors who received the letter last month surely were skeptical. Their fraud detectors went off after reading, “you can get help paying your Medicare costs.”

But the letter was legitimate. Social Security officials sent the letters to seniors telling them they might be eligible for a program called Extra Help. The program can cover up to 75 percent of prescription drug costs.

Other seniors may be eligible for a partial subsidy of drug costs. Still others may qualify for a Medicare Savings Program in the state where they live.

Betty Balderson is the statewide coordinator of Maine Senior Medicare Patrol, a program of Legal Services for the Elderly. She says Area Agencies on Aging generally advise Mainers to apply for Maine’s Medicare Savings Program. If they qualify, Medicare beneficiaries automatically are enrolled in the Part D Extra Help program.

“That way, Mainers not only get help with their prescription drug costs but also help paying for their Part B premium and possibly with co-pays and deductibles (depending upon which Medicare Savings Program they qualify for based upon income and assets),” Balderson said.

People with questions can get help from their Agency on Aging. A toll-free call (1-877-ELDERS1 or 1-877-353-3771) will direct seniors to their nearest agency.

Dyan Walsh, executive director of the Eastern Area Agency on Aging or EAAA, told me it’s often difficult for seniors to tell the difference between scams and genuine offers of help. She said the agency has volunteers who can visit seniors who request help in sorting the good mail from the bad.

When people call EAAA, one of the first things they’re asked is whether they might qualify for the Extra Help program. Seniors who may have discarded their letters about the program should not feel embarrassed. Just call your Agency on Aging, and people there will be glad to help.

Many questions can be answered online. Visit medicareinteractive.org and search “extra help.”

The Medicare site (medicare.gov) has your Medicare costs/help-paying-costs/extras-help/help level-of-extra-help.html) also has detailed information about the program.

Consumer Forum is a collaboration of the Bangor Daily News and the Maine Agency on Aging. For information, write Consumer Forum, PO Box 486, Brewer, ME 04412, visit http://necontact.wordpress.com or email contactexdir@live.com.

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Help Support the Best Friend Fund

In 2010, local donor Eddie Woodin of Scarborough approached Southern Maine Agency on Aging with the idea of creating a fund to help low-income, older clients of the Agency with one-time, special needs related to their pets. Woodin made a donation of $2,500 and challenged other donors to contribute a one to one match. Together, Woodin, and other local donors helped to launch the Best Friend Fund.

Since 2014, the Best Friend Fund has helped over 60 low-income pet owners take care of the special needs of their pets on a one-time basis.

Recently the Best Friend Fund helped a 57-year-old retain their independence by helping to cover the cost of shots and a new service vest for the individual’s service dog.

Additionally while an 87-year old individual was in and out of rehab for various health concerns, the client’s dog developed some medical problems. The Best Friend Fund was able to help cover the cost of treatment so that both the owner and the dog could focus on getting better without having to stress over how to pay for treatment.

We are grateful to the loyal donors who contribute to the Best Friend Fund regularly. Your gift — of any size and frequency — will help sustain the great work of the Best Friend Fund. Make your gift today by calling 396-6571, making a gift securely online at www.smaaa.org/giving.html, or by mailing in a gift marked “Best Friend Fund” to Southern Maine Agency on Aging, 136 US Route One, Scarborough, ME 04074.

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

Whether it is you or a loved one, growing older is an experience we all share — and it doesn’t mean giving up a healthy, active lifestyle. At Maine Medical Center’s Geriatric Center we understand the importance of maintaining your well-being as you grow older and are dedicated to providing family-centered treatments that improve the quality of life for you and your loved ones.

We offer outpatient programs in the following specialties:
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What Kind of Care Would You Want if the Unexpected Occurs?

What happens if you’re too sick to speak for yourself? Have you discussed your health care wishes with your loved ones? Have you appointed a health care agent to make decisions for you if you can’t? Not sure where to begin or what steps to take? Consider attending our Advance Care Planning Seminar.

This introductory seminar will introduce you to advance care planning. Attendees will also have the opportunity to schedule a one-on-one appointment with an advance care planning facilitator to assist you in determining whom to appoint as your health care agent to make decisions for you when you can’t and in communicating your health care wishes with your loved ones.

Join us at our upcoming Seminar on July 13, 1-2:30PM at the Sam L. Cohen Center in Biddeford. Pre-registration is required by phone or email: 396-6546, jminkowitz@smaaa.org.

From the Director’s Desk continued from page 1

Stewart Adult Day Center have recently been recognized by Maine Senator Susan Collins and the U.S. Senate Special Committee on Aging as state-of-the-art resources for people with dementia and their caregivers. The Sam L. Cohen Center was also the subject of a recent article in the Wall Street Journal highlighting the Center and telling the moving story of one of our caregivers and his experience coping with a mother with dementia. After reading the article about Stan and his family, it reinforced once again the need that caregivers have for quality respite time—knowing that their loved ones are having a wonderful day, enjoying programs and activities therapeutically designed with their interests and abilities in mind, in a beautiful, bright and engaging space built specifically to enhance their experience. We are so proud of these new spaces and the great programming being delivered by SMAA’s Adult Day Center staff. Having our Centers promoted on a national level so that others might replicate what we are accomplishing in southern Maine is a great honor. If you would like to read the Wall Street Journal article online please use this link: http://on.wsj.com/1teqwJ

Maine Senior Games

Last month the Maine Senior Games kicked off their 2016 season with the annual Celebration of Athletes event. Sponsored by Martin’s Point, the annual celebration included the presentation of the 2015 Volunteer of the Year Award to Ann Babbit, the 2015 Male Athlete of the Year Award to Paul Hawkes and the 2015 Female Athlete of the Year Award to Kim Coombs. Jerry Lavasseur, a long-time Maine Senior Games participant as well as a local and national Senior Games board member was honored as the 2015 Martin’s Point Medallion Award recipient. The evening also included the induction of David Vail into the Maine Senior Games Hall of Fame. David still holds records in swimming at the National Senior Games. The 5K road race kicked off this year’s Games on June 11th and the final event of the season, 10 pin bowling, will be held on October 16th. In total, more than 500 athletes will participate in 19 different sports during the season. All this would not be possible without the financial support of our wonderful sponsors and the dedication of the many volunteers who assist Jo Dill, the Manager of the Maine Senior Games. Good luck to all the athletes as they prepare for another exciting season of competition!

As I mentioned earlier in this column, summer is a great time of the year to do some strategic planning for the months ahead. It’s not too early to make plans to review your Medicare options during open enrollment this fall. Make a note now to call SMAA in August to arrange your one-on-one appointment.

Happy summer!

Laurence W. Gross
Executive Director

The Eastern Trail

Summer is here and a great way to get out and enjoy the beauty of southern Maine is to visit the Eastern Trail. In our last issue we had an article about a section of the trail through Scarborough. The trail runs 65 miles along the southern coast. The web site is an excellent source of information on how to get the most out of your Eastern Trail visit. You can view a trail map on the web but it’s helpful to have a printed version of the trail map to guide you. You can pick up a trail map by ordering one on-line or at a number of retailers along the trail including Nonesuch Books in Biddeford and South Portland, the 1802 House in Kennebunk, Rodgers Ski and Sport in Scarborough, Vic and Whit’s Sandwich Shop in Saco. Biking the trail is also lots of fun. Several area bike shops rent bikes of all descriptions. Visit Gorham Bike and Ski, Back Bay Bicycles, Quinn’s Bike and Fitness and Berger’s Bike Shop to arrange your rentals.

Most sections of the Eastern Trail offer parking lots that are marked. Remember to look for the signs and avoid parking on private property. Don’t leave valuables visible to prevent theft. The Eastern Trail runs along marshes and forests filled with wildlife, birds and native plantings.

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Plan Now to Save Problems Later

Even if you had never heard of the musical artist, Prince, no doubt you now know that he died recently. And while he wasn’t officially retirement age, at almost 58, he was eligible for a senior discount at Dunkin’ Donuts. Prince was one of the most successful recording artists of our time—as a performer, producer and composer. After his death, reports surfaced of never released recordings that will contribute significant income to his estate. Like many other artists, his estate will continue to earn money from recording sales revenue.

Another revelation that followed his untimely death was the lack of any estate planning. In short, Prince, with all his business acumen and resources, did not have a will. His estate is now being settled by the courts. None of us knows why Prince didn’t have a will. Perhaps he felt that he didn’t need one because he didn’t have any children and that his family could sort it out. Or perhaps he felt he had years before he needed to deal with estate planning.

The reality is that his estate will be tied up in the courts for years, needlessly. Even more compelling, any wishes he had to help his family, friends or favorite causes are completely unknown. Prince grew up from humble beginnings and was known for being quietly philanthropic, supporting local educational and youth programs making it very clear that he wanted no credit. Those groups might receive gifts from his estate but it’s clear that any distributions won’t reflect his desires.

The Value of Estate Planning

Very few among us have the resources of an artist like Prince but it’s equally important for us to do estate planning. First and foremost, estate planning saves our loved ones from having to discern our intentions and having to sort things out among family members after we pass away. Equally important, estate planning allows us to express our wishes in detail including dividing assets among heirs and charities. For many people, avoiding paying taxes on appreciated assets is a very important goal.

The Southern Maine Agency on Aging depends on donations of all types to support our mission. We have many generous donors who give annually. We rely on private foundations for support. One way many of our donors choose to support us is by planning a gift in their estate.

Loraine’s Legacy

One very thoughtful donor wanted to design a program to bring some happiness to our Meals on Wheels clients. Loraine Merrill was a SMAA donor for many years. She and her husband ran an industrial crane company for many years, later in her life, widowed and home-bound, she became a Meals on Wheels client. Prior to her death, SMAA learned that Loraine had made an estate gift to us to continue this program.

And so it goes, every year, our volunteers deliver roses which now carry a tag honoring Loraine. Our clients are so happy to receive the beautiful roses in the midst of the cold and dark Maine winter. Kate Putnam, Chief Advancement Officer for SMAA said, “Every year, we receive calls and thank you notes from many of our clients. I love the idea of Loraine’s vision being realized every year. Our volunteers love seeing the happy faces of our clients when they give them the roses. We all thank Loraine for her generosity and know that she will always be remembered for her vision.”

Starting the Conversation

“We would be happy to talk with any of our donors who may wish to plan a gift to ensure our mission is sustained. Such gifts mean so much to our programs, including Meals on Wheels, Maine Senior Games, the Family Caregiver program and our two innovative adult day centers: The Stewart Center in Falmouth and the Sam L. Cohen Center in Biddeford,” commented Kate Putnam. She continued, “We are committed to honoring our donors’ vision for their legacy. Anyone is welcome to call me to discuss the possibilities!”

If you’re ready to firm up your plans and avoid leaving your estate in limbo, contact Kate at 207-396-652 and start the discussion.

Better Day Society

Everyone who chooses to remember SMAA in their estate plan becomes a member of the Better Day Society. Members benefit in many ways. First and foremost, you know that your planned gift will be celebrated, honored and stewarded, no matter the size. In addition, we will invite you to spend time with our knowledgeable staff to understand the issues facing older Mainers. Many on our staff have been recognized for their expertise in adult day services, family caregiving, Medicare counseling and nutrition services. We will also provide updates on tax law changes that may affect you.

We are fortunate to have so many donors who understand the importance of sustaining our mission. Consider joining the Better Day Society today. Contact Kate Putnam, kputnam@mssaam.org or by phone at 207-396-6590.
Matter of Balance Updates
We have many Matter of Balance workshops starting this fall! Classes will be offered in Biddeford/Saco, Portland/South Portland, Kennebunk/Kennebunkport, South Berwick, York, and more. Call us at 396-6583 to learn more or to register for an upcoming class. Check out website for details.

Visit Harmon Museum
A Major Attraction in Downtown Old Orchard Beach
Harmon Museum in Old Orchard Beach, Maine has become a major tourist attraction, due to the generosity of W. Warren Harmon and his wife Grace. As philanthropic residents of the town, they were charter members of the Old Orchard Historical Society which met in homes of local residents after its founding in 1954. Realizing that storing items of historical significance to the town in residences was not in the best interest of these items, in 1974 the Harmon's generously willed their home at 4 Portland Avenue to the Town of Old Orchard Beach, with the caveat that the Town fathers would allow the Historical Society the privilege of using the residence as a museum of town history, while the Town would maintain the exterior and the grounds.
Now the story of the people, places, things, and events of Old Orchard Beach is told in many ways, focusing on amusements past and present, horse and automobile racing, early aviation (including a visit by Charles Lindbergh in 1927), the destructive fires of 1907, 1948, 1969, and 1972, transportation, the police department, schools, sports, recreation, and, of course, the world-famous seven-miles long beach along the Atlantic Ocean.
Beginning Tuesday, June 28, knowledgeable docents of Old Orchard Beach Historical Society will be available as guides while you visit the Harmon Museum, located at 4 Portland Avenue in downtown Old Orchard Beach.
The museum is open Tuesday through Friday from 10AM until 4PM and on Saturday from 10AM until 2PM. The museum is open until September 3, 2016.
Admission is free for everyone. For further information, visit the Harmon Museum website at www.harmonmuseum.org or contact the Harmon Museum at (207)-934-9319 or online at oohistorioscmaine.rr.com.

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Maine Senior Games Honors and Celebrates Athletes

In total, 85 athletes and volunteers gathered at the Fireside Inn on Friday the 3rd of June for the Maine Senior Games Martin’s Point Celebration of Athletes Dinner and awards. Attendees were treated to a rare appearance of Elvis singing our favorite songs by none other than our own Derry Rundlett! Thanks Derry!

Congratulations to David Vail who was inducted into the Maine Senior Games (MSG) Hall of Fame. The goal of the MSG Hall of Fame is to honor and celebrate Maine athletes who are avid competitors and excel at their individual or team sport. David has a long history of swimming and has amassed many medals from the MSG. In 2012, when he qualified for the National Senior Games (MSG) Hall of Fame, he decided to go participate. That year he came back with three Golds in the 100 & 200 Back stroke and the 500 Freestyle, two silvers in the 200 Freestyle and the 200 Individual Medley and a bronze in the 100 Individual Medley. He also broke two records that year in the 100 and 200 Backstroke which still stand today.

Jerry LeVasseur was this year’s recipient of the Martin’s Point Medallion Award. This award honors individuals who inspire and motivate others to strive for their best personal health. 2014 was the inaugural year for this inspirational award. Jerry has been a longtime advocate of the Senior Games and inspiring others to participate. Despite his longtime health issues, Jerry just keeps going. He is an avid runner of the 5K, 10K and track and field. He is an inspiration to all of us.

Other award winners were: Volunteer of the Year, Ann Babbit; Female Athlete of the Year, Kim Coombs; and Male Athlete of the Year, Paul Hawkes. A special thanks to Martin’s Point for sponsoring this event and to Senator Millett, our Honorary Chair for her opening remarks.

Are you a member of the sandwich generation?
Caring for both your aging parents and your children? Our Care Managers help older adults maintain their independence with high quality of life. Call us.

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www.vnahomeshealth.org

From Jo Dill’s Notebook

UNO’s Fundraiser
Thanks to you all for your support of the UNO’s fundraiser. Athletes, volunteers and friends came for lunch, dinner, and drinks. We brought in a total of $630 between the meals and drinks ordered and the 50/50 raffle. Thanks to Jeff Reinold who won the 50/50 raffle. He and his wife Priscilla Rowe turned the winnings back to the Maine Senior Games. Thanks Jeff and Priscilla!

2016 Maine Senior Games
Track & Field: July 30, Scarborough HS, 10AM, Saturday
Horseshoes: Aug 9, 4PM, Tuesday
Pickleball: Aug 13, Men’s/Women’s Doubles, Racket & Fitness, Saturday
Archery: Aug 21 (rain 28th), Lakeside Archery, 9AM, Sunday
Table Tennis: Aug 26, Pineland YMCA, 5PM, Friday
Tennis: Sept 8, Women’s Singles/Men’s Doubles 12PM, Mixed Doubles 3PM, Racket/Fitness, Portland, Thursday
Tennis: Sept 9, Men’s Singles 12PM, Women’s Doubles 3PM, Racket/Fitness, Portland, Friday
Cycling: Sept 11, Kennebunkport Bicycle Co, 9AM, Sunday
Basketball (Men’s): Sept 17, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday
Basketball (Women’s): Sept 18, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday
Candlepin Bowling: Singles/ Doubles: Sept 29, Big 20, Scarborough, 10AM/3PM, Thursday
Swimming: Oct 1, Waterville YMCA, 10AM, Saturday
10 Pin Bowling: Oct 16, Singles/ Doubles, Sparetime Bowling, Augusta, 10AM, Saturday

Registration
Registration for the 2016 Maine Senior Games is open! You can register online at www.mainsergames.org. It is much cheaper to register online and saves so much time. Paper forms, basketball team forms and schedules are also on the website. Registration will remain at $35 (online) for one sport and $5 for each additional. Basketball teams will remain at $150. Online registration is $10 cheaper and you can still send a check if you do not want to put your credit card online. This is a qualifying year for the 2017 National Senior Games to be held in Birmingham, AL. You may also call Jo at 396-6519 for more information.

Award Stands
Thanks to four sponsors we now have award stands for our athletes. Eve Abreu, a Maine Senior Games athlete made the award stands. Thanks to Saco Bay Orthopaedic Physical Therapy for the Gold stand, Franck Llacce, a dentist in NJ (in honor of his Mom, Claudia Llacce) for the Silver stand, York County Federal Credit Union for the Bronze stand and Not Too Late Basketball Camp for the 4th. Thanks so much to Eve and the sponsors.
People Who Need People
By Susan Lebel Young

You love oldies so you find a 60s station in your car and you sing along to the Fifth Dimension’s “Go Where You Wanna Go. Do what you wanna do. With whomever you wish to be with.” Have you got the lyrics right? You don’t care.

You don’t remember such carefree days. You retired a while ago, or at least think of winding down so you can enjoy life. It’s your time, after all.

Today you have some free moments to yourself. Other than belting out that tune can’t you get out of your head, “Go where you wanna go. Do what you wanna do.” You have no clue what to do. You don’t recall what you used to be before your loved one got sick: the four-year-old grandchild who needs major surgery; the 90-year-old parent who lands on the floor one too many times and does— or forgets—it happened; the lifelong pal who felt lousy, but declared it no big deal until the diagnosis of prostate cancer; you get the idea. Now you are a caretaker full time. You don’t go where you wanna go and you don’t do what you wanna do, because you sit squeezed in the middle in the sandwich generation and the squeeze won’t let you go.

Your therapist-type friends quote statistics on caregiver burnout. You’ve read the stress research so you say, “Uh-huh. Thanks.”

“I’m-only-trying-to-help” types blame you for not feeling worthy. “Don’t you deserve to take care of yourself?” You want to chant those other words from that song to them. “You don’t understand...” because your actions right now have nothing to do with deserving or how you feel about yourself or what you believe about your worthiness.

“I and “me” have taken a back seat. Your caretaking has to do with what you need before you know you need it. Your diarrhea buys you a few pairs of shorts because it’ll be warm soon, which you seem to have neglected, and you have somehow lost a few pounds over the winter. How did that happen? She sees that your clothes don’t fit. How did you not notice? A favorite cousin, who knows you better than most, comes by with a huge pot of vegan, gluten-free black bean soup. She made so much she says you’ll have to freeze some. But you eat it for days, all of it, because you can barely manage even leftovers. She brings yellow spring-reminder flowers, too. Daffodils? You used to know that. Another favorite cousin, a former walking buddy, figures you haven’t been outside in weeks. She texts: “When can we go for a stroll?” Any time. Name the place.” But your attention is laser-beams on how you need to call the pharmacy to refill that prescription and you can’t think of any time or any place. She guesses that and asks, “how about tomorrow at 3:00”

“Whatever I can do.” You nod, grateful for the extra time you can set aside for yourself its ok, because at a very deep level, it is ok. You are doing the best you can, and all you can. It has to be enough.

Then people start showing up with what you need before you know you need it. Your daughter buys you a variety of daily activities such as:
• Alzheimer’s and Dementia Care
• Meal Planning & Preparation
• Occupational Therapy
• Light Housekeeping & Laundry
• Medication Reminder
• Alzheimer’s & Dementia Care
• Assistance with Bathing, Dressing & Incontinence Care

“Go Where You Wanna Go. Do what you wanna do.” Today a friend took your person to the doctor. “I” and “me” have taken a back seat. You're70% dark variety to call it a meal. You don’t remember such carefree days. You retired a while ago, or at least think of winding down so you can enjoy life. It’s your time, after all.

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• Light Housekeeping & Laundry
• Medication Reminder
• Alzheimer’s & Dementia Care
• Assistance with Bathing, Dressing & Incontinence Care
MAINE ROOTS:
The Anniversary
By Elaine Parker
We met through Senior News.

T
he friendship began after I re-ceived and email from a man named Joe. He wrote that he enjoyed my article in the May-June 2015 issue of the paper. Writ-ing him back to thank him for his kind words, we became email pals. From the messages back and forth in cyber space we learned that both us had lost our spouses. We wrote of our families and friends. We told of our hobbies, activities and beliefs. He had a unique style of writing and a wry sense of humor. His emails revealed him to be a kind, considerate, caring and sensi-tive person. Through snail mail he sent me interesting articles, lovely cards and a picture of himself. The correspondence went on for many months and we still had not met in person.

One late afternoon a knock came at my door. When I opened the door I said, “I know who you are.” It was my email friend Joe, I recognized him from his picture. A small man neatly dressed with a white mustache and a glasses. He said, “I had to take the bull by the horns or we would never meet in person.” I was nervous, but he put me at ease and we chatted. With a smile he said, “It’s our Anniversary”. Perplexed I asked him, “What do you mean?” He said, “We have been emailing for a year now”. I was touched and found this sweet, charming and whimsical. We had lunch together several times and enjoyed each other’s company. He kept asking me what I wanted to do for our Anniversary. We decided on a ride so he could show me his hometown, find a nice place for lunch and return to my house for champagne and cake. As I was getting ready for the date, while look-ing for jewelry for my outfit I wished that I had a gold chain. When we started out for the ride it was a beautiful warm sunny day and the countryside was green and I found a nice place for lunch and then started back.

Arriving at my house, the bou-quet of yellow daisies, pincushions, and freesia he had sent me decorated the table. Candles and champagne flutes were in place. It was time to toast the Anniversary, but no matter how hard we tried we could not open the champagne. I said, “We can toast with beer.” And then I thought of pilers, with pilers big enough for a plumb-ing job we opened the bottle. Laughing we poured the bubbly into the flutes and we toasted our Anniver-sary. Joe had come in with a red bag which he set on the floor. As he was leaving I asked him about the bag.

He said, “That’s for you.” I asked if I could open it now. He said, “Yes.” In the bag was a beautiful box in the box was an envelope. I was com-pletely stunned and for a moment did not speak or breathe when out of the envelope fell a beautiful gold chain. My wish had been granted.

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

The Anniversary

By Elaine Parker
We met through Senior News.

By Elaine Parker
We met through Senior News.

Thank You SMAA Donors!

Thank you to our donors for sup-porting our “Spring Up and Give” fund raising appeal. We are so grateful for the support of so many who support our mission of improving the quality of life for older Mainers. With funding from the federal and state governments flat or decreasing, we rely on sup-port from individuals, businesses and foundations to provide our serv-ices. No matter the amount, every gift is important to us.

Ways to Give:

You may make a gift on our web-site or by calling our Development Office, 207-396-6590. We accept Visa, MasterCard and American Ex-press. And of course, you can make a gift by check, mailing it to us at 136 US Route 1, Scarborough, ME 04074. Some of our donors are GEMs or Giving Every Month. You select an amount you’d like to do-nate and set it up on our web site or you can contact us and we’ll send you envelopes for your use.

We often receive tribute or me-morial gifts in honor of a loved one or in celebration of big life events like birthdays! Some of our donors make gifts of appreciated stocks or securities. Instructions for stock gifts are located on our website.

We also welcome all in our ex- tended community to start a dialog on how they might direct a donation either now or in an estate plan. Some donors are interested in learning more about what we do. We invite everyone interested in under-standing more about our programs and services to make an appoint-ment to talk with us.

Some people don’t know that we are able to work with businesses to help them understand how they can support aging Mainers. We have cor-porate sponsorships available. If you’re a business owner and would like to support us, please contact us for a meeting!
HEALTHY EATING WITH HOLLY: Stay Hydrated this Summer!
By Holly Bresnaham, RD, LDN

Water is so important to our bodies. It regulates body temperature, removes toxins and plays an important role in digesting foods and transporting nutrients. As we age our body holds less water and therefore puts us at greater risk for dehydration.

Dehydration is when the fluids in your body are lower than what you are taking in.

Signs of Dehydration: (first warning sign is thirst)
• Weakness, lethargy, trembling
• Headache
• Dark or decreased urine
• Low blood pressure
• Increased heart rate

The human body cannot store water so it needs to be replaced every day!!! Drinking water and eating foods with a high water content can help keep your fluids at a good level.

Foods to perk up your summer eating and keep you hydrated:

Cucumbers: Summer veggie at 96.7% water. The highest water content of any solid food! Use it in salads, or sliced with hummus dip.

Cucumber soup may sound strange but it is delicious and refreshing. See recipe below to try, it is quick and easy!

Iceberg Lettuce: Highest water content of any lettuce at 95.6%. Use them as wraps for sandwiches or burgers instead of bread.

Celery, Radishes and Tomatoes come in next at 95.4%, 95.3% and 94.5% respectively. All are packed with nutrients and antioxidants to help the body.

Peppers, Peppers, Peppers: Red, yellow or green at 92-93% water. Try making skewers of the above vegetables for the grill or make a big veggie plate with ranch dip and enjoy.

For fruits: Cantaloupe (90.2% water), Strawberries (91.5% water) and Watermelon (91.5% water) bring up the highest water amounts. Blending them and mixing with yogurt (another great high water content food) then freeze for a refreshing sorbet.


Cold Cucumber Soup
2 large cucumbers, peeled and seeded
1/4 cup plain yogurt or sour cream
1 small onion, cut into wedges (or can substitute garlic)
4 sprigs fresh parsley, stems removed
2 sprigs fresh dill or 1 tsp dill weed
1 tsp lemon juice
1 tsp white pepper

1. Cut cucumbers into large chunks; place in blend with remaining ingredients.
2. Puree and pour into a bowl
3. Cover and refrigerate overnight for best flavor.

Source: www.food.com/155

Down-sizing Dilemmas
By Michael Thomas

An increasing number of aging Baby Boomers and empty nesters are relocating and moving into properties that they expect to live out their retirement in. Adults aged 50+ represent more than 20% of the U.S. population, and for most senior adults, the homes that they live in are their largest asset and account for most of their net worth. So if you are considering moving, here are 5 things you may want to consider:

Each situation is unique
Many seniors are still in the workforce, and not ready to give up their professional lifestyle. Other seniors might be completely retired and in need of some level of home care. Still others are retired and active, and looking to spend time with their grandchildren. What are your priorities? Where do you see yourself in 10 years? Do some soul searching and find the answers to these questions before you begin your search.

Seniors don’t necessarily want to decrease size
Seniors often want to increase convenience, not necessarily decrease the size of their homes. You may want to avoid doing too much home maintenance—either because you no longer can or you simply want to enjoy your free time doing something else. Also, is there still a need for space for children and grandchildren, or perhaps a home office? You’ll want to be realistic about the space you really need.

Discuss layout options with your Realtor
Most seniors will appreciate amenities like fewer stairs and main-floor laundry facilities. Even if you are interested in a more convenient layout, that doesn’t mean you have to trade style for functionality. You can have both!

Location is everything
The number one rule in real estate is still the most important consideration in buying a new home—location. For many, the proximity to family—children and grandchildren—is equally important. And as you face changing lifestyles, being near good public transportation, medical facilities, and recreation can be a major factor. Keep in mind things like sidewalks, accessibility to parks and recreation, and even something like street and driveway plowing.

Expect emotions to be involved
Moving can be difficult for anyone, but if you have spent a lifetime in your current home, leaving memories behind and moving into new, unfamiliar territory can be emotionally difficult, even scary. Decluttering unwanted furniture and removing unused possessions that have accumulated over the years can be surprisingly liberating, though. Decide what pieces are important to you and let the rest go. Remember you take your memories with you!

Michael Thomas is the lead agent for the Thomas Team of Keller Williams in Saco. The Thomas Team specializes in residential home sales in York and Cumberland counties. The Team can be reached at 207-710-8290, or by e-mail at Michael ThomasTeam@gmail.com or via www.ThomasTeam.Info.
Volunteers Needed

Meals on Wheels

Volunteers are needed on Thursdays to help pack Meals on Wheels at the Windham site. To learn more, please contact Virginia Billings at 892-3891.

Compassionate & Creative? Beacon Hospice Needs You

The Deep Harbors Dementia program at Beacon Hospice is looking for “Chart-a-Life” Volunteers to assist patients with Memory Colleges. These collages represent the positive moments and experiences throughout a patient’s life. With a visual display of meaningful photos, words and symbols, patients often reconnect with their friends, family and the wonderful moments they have experienced throughout their lives. The collages also allow the patient’s Caregivers to get to know the person, who is no longer able to speak, through the images & print - person, who is no longer able to remember.

The program relies on committed, energetic volunteers to serve as positive adult role models for their program participants. If you value experiential learning, playing a meaningful role in a young person’s development, and the importance of teamwork, Compass Project is the place for you.

As a volunteer, you have numerous opportunities for engagement. As students build a boat, the boat builds their skills and self-esteem. Your involvement and support enable the project to do this great work with kids!

To learn more about these and other volunteer opportunities, contact Angie Millington in Volunteer Services by email: amillington@ smaaa.org, or phone: 396-6595.

Veterans, Spouses & their Widows, would you benefit from…

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START CARE in 2-4 weeks!

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• Determine your eligibility
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WHO’S ELIGIBLE?

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• Honorable discharge
• Served 90 days ‘active duty’ with at least one day during wartime
• Have low to mid income asset levels

If so, call (207) 618-5055 or visit www.VeteransAideAtHome.com today!

Within 5 minutes or less we can determine if you’ll qualify for the benefit!

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VOLUNTEER SERVICES & RSVP

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Help Kids Build Boats at the Compass Project

The Compass Project, located at Biddeford High School, is a new RSVP volunteer station and its mission is to use boat building and rowing to provide positive direction to youth by encouraging the development of personal responsibility and community and environmental engagement. The program relies on committed, energetic volunteers to serve as positive adult role models for their program participants. If you value experiential learning, playing a meaningful role in a young person’s development, and the importance of teamwork, Compass Project is the place for you.

As a volunteer, you have numerous opportunities for engagement. As students build a boat, the boat builds their skills and self-esteem. Your involvement and support enable the project to do this great work with kids!

To learn more about these and other volunteer opportunities, contact Angie Millington in Volunteer Services by email: amillington@ smaaa.org, or phone: 396-6595.

Ceremony Honors Woman Vet, 100, and 21 Vet to Vet Participants

O ne-hundred-year-old Ruth Endicott Freeman, M.D., received an honorable service certificate and a coin minted for Maine’s women veterans as part of a special Vet to Vet ceremony at the Maine Military Museum on Armed Forces Day, May 21. The Maine Bureau of Veterans’ Services also awarded honorable service certificates to 21 participants in SMAA’s RSVP Vet to Vet program.

The awards program, organized by SMAA to honor Vet to Vet volunteers and participants, invited Dr. Endicott to attend the ceremony as a tribute to her service in World War II. She told reporters at the event that she chose not to be an officer because did not want to do office work back in the states. Instead, she signed up for service in the Women’s Army Corps and traveled overseas. She eventually served at the Nuremberg trials, held to bring Nazi war criminals to justice following World War II.

The gathering also heard from Joy Asuncion, U.S. Navy Retired, who spoke about the Honor Flight Maine program that flies World War II and Korean veterans to Washington, D.C., to view firsthand the nation’s memorials to veterans. An Honor Flight Maine board member, Asuncion invited Vet to Vet participants who qualify to sign up for an Honor Flight. Asuncion was accompanied by Carmine A. Pecorelli, a veteran of World War II, the Korean War, and the Vietnam War, who has flown on an Honor Flight. Pecorelli told the crowd that he joined the military at age 16 to show his gratitude to the United States for welcoming his family, who immigrated to this country from Italy.

David Richmond, deputy director of the Maine Bureau of Veterans’ Services, presented the certificates.

Friends and family members of the veterans also attended. Lee Hus- miston, founder and curator of the Maine Military museum, led tours of the facility, which houses a comprehensive display of Maine military memorabilia. The event was sponsored by the DAV Charitable Service Trust.

Vet to Vet volunteers collected certificates for those veterans unable to attend the ceremony. Vet to Vet participants honored at the ceremony were as follows:

- Paul Blow, U.S. Army
- James Burke, U.S. Army
- Charles George Busch, U.S. Air Force
- Irvin Cohen, U.S. Army
- Edgar Craig, U.S. Navy (posthumous)

Thomas Dipasqua, U.S. Air Force
- Jerry Hawkay, U.S. Army
- Paul Kelly, U.S. Army, Maine Army National Guard
- Charles Leighton, U.S. Air Force
- John McLeod, U.S. Marine Corps
- Douglas Miles, U.S. Army
- Gary O’Connell, U.S. Navy
- Richard Sevigny, U.S. Air Force
- James Siddeling, U.S. Navy
- Ralph Wentworth, U.S. Navy
- Lynn White, U.S. Army
- Wendy Wren, U.S. Army
- Henry Young, U.S. Army
- David Chute, U.S. Army
- Ronald Menard, U.S. Navy
- Robert McLaughlin, U.S. Air Force

From left: Joy Asuncion of Honor Flight Maine; Carmine A. Pecorelli, Vet to Vet participant John McLeod, and Ruth Endicott Freeman, all World War II veterans; and David Richmond, Deputy Director, Maine Bureau of Veterans’ Services, at the second annual Vet to Vet Awards Ceremony at the Maine Military Museum.
Fourteen new veterans enrolled in SMAA’s Vet to Vet program and attended the training course held at the Maine Veterans’ Home in Scarborough in May. They will be matched to aging veterans and those with disabilities and will visit them at least twice a month.

Welcome New Volunteers

Eva Abreau
Anne Babbitt
Nancy Batchelor
Maybelle Blanchard
Polly Burke
Karen Carter
Sidney Coolong
Thomas Craven
Lee Demeth
Judy Donovan
Jennifer Elwell
Cheryl Evans
Tammy Fecteau
Joan Frustaci
Claudette Gahbois
Melissa Goodall
Elizabeth Hewes
Coco Hiirstel
Linda Hunt
Amy Levinson
Eleanor Lindsay
Robert Lyons
Mary McCarthy
Scott McInnis
Louise Neuts
Heather Ouellette
Judith Ramsey
Elaine Richard
Peter Rippberger
John Senese
Elizabeth Shaw
Youngok Shin
Diane Sinclair
Darlene Sprague
Bob Stocker
Richard Trub
Alexandra von Glahn
Jaime Willard
Kim Zurich

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Southern Maine Agency On Aging

Creating Better Days

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www.smaaa.org
One Stop for SMAA information

Be sure to bookmark our website and fan us on Facebook. We’ve designed our website to be very user friendly. On our website, you can check our calendar for updates between issues of Senior News. You can read Senior News online. Cut and paste the link and send to friends who may not be local and would benefit from our valuable information. Our news archive has all of our recent press announcements. Watch our Facebook posts for pictures from our events and updates to news stories of interest to older Mainers.

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1Maine licensed drivers 55 years of age or older may receive an insurance premium discount upon successful completion of the online or classroom courses. Certain restrictions may apply. NH and VT drivers should inquire with their insurance provider for available discounts. $10 class discount offer valid for ME, NH and VT residents through 12/31/16 who mention the offer, register for the AAA Roadwise Driver® class and receive an insurance quote for AAA Insurance. New quotes only. Not valid for online quotes. AAA insureds not eligible. NO PURCHASE REQUIRED FOR QUOTE.

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