**Senator Angus King to speak at Charting the Future: Innovation in Dementia Research, Treatment and Care**

At press time, we learned Senator Angus King will join the panel for Charting the Future on Friday, September 28. Charting the Future is an educational lunch sharing the latest in the drive for a cure for dementia as well as care options. In addition to Senator King, we’ve assembled a panel of researchers to discuss developments including: Gareth Howell, Ph.D., a leading Alzheimer’s researcher with Jackson Labs; Dr. Dorene Rentz, Psy.D., Co-director of the Center for Alzheimer’s Research and Treatment at Brigham and Women’s Hospital, Dr. Ivana Rubino the Global Head of the Alzheimer Medical team at Biogen and, our moderator, Jud Knox, CEO and President of York Hospital.

Senator King recently speaking with constituents about prescription costs at SMAA's main office in Scarborough.

finding a Cure for Alzheimer’s is a (Maine) Marathon Effort

We’ve read the headlines and know the statistics. The search for a cure for dementia seems like a mountainous marathon without an end. In the US more than five million people suffer from Alzheimer’s disease. Without a medical breakthrough, this increasingly common brain disorder is projected to affect more than 15 million Americans within 35 years. Still, this disease is the only one of the 10 leading causes of death in the U.S. that cannot be prevented, cured, or slowed.

But one Maine family decided it was “better to light a candle than curse the darkness.” Josephine Marr, affectionately known as Jo, walking this journey. Like our partners at the Alzheimer’s Association, The Southern Maine Agency on Aging (SMAA) can offer meaningful help for people with dementia.

**SMAA: Offering Care Until There’s a Cure**

Our Charting the Future panel is full of experts in the quest for a treatment and hopefully, a cure for dementia. We are all hoping that soon the science will align to show a path to a therapy for slowing or hopefully, stopping dementia in its tracks. Until that time, there are supports for families and caregivers of someone with dementia.

Every day, SMAA's Family Caregiver Program helps families in many ways including exploring options and planning for future care needs; suggesting ways to prevent caregiver burnout; teaching ways to balance caregiving with family and work; identifying available resources to help provide care and assistance for the person needing care; and sharing ways to reduce stress and anxiety.

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

Southern Maine Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074
Medicare Open Enrollment Starts October 15

Now is the time to make plans to review your Medicare Drug Plans or Medicare Advantage plans. Mainers on Medicare are advised to make an appointment with their local Area Agency on Aging to review their options for 2019, because premiums and benefits may change.

Our staff and volunteers are fully-trained, certified SHIP counselors that can help you to navigate Medicare and the complexity in choosing drug plans with deductibles, copays and falling into the coverage gap (the so-called “donut hole”). This process can be confusing, time consuming, and involving many steps (including using the Centers for Medicare and Medicaid website)—let SMAA help. Last year SMAA counselors helped save clients an estimated $577,000 on their Medicare plan costs!

Any changes to Medicare Drug Plans or Medicare Advantage Plans need to be made during Medicare’s Open Enrollment period, which begins October 15 and ends December 7. SMAA is offering Open Enrollment sessions in 15 locations throughout Southern Maine; please see the list below. Appointments are required and fill quickly—sign up today! Some evening appointments are available. To schedule an appointment, call at 396-6524, or statewide, toll-free 877-353-3771. For the Bridgton Community Center please call 647-3116 directly for more information.

1-on-1 Appointment Locations
Biddeford, Cohen Center
Bridgton Community Center - please call 647-3116
Falmouth, Stewart Center
Freeport Community Library
Kennebunk, St. Martha’s Church
Kennebunk Senior Center
Saco, Dyer Library
Sanford, Goodall Memorial Library
Scarborough, Southern Maine Agency on Aging (SMAA)
Waterboro
Westbrook Community Center
Windham, Our Lady of Perpetual Help Parish
Yarmouth, Merrill Memorial Library
York Hospital

SMAA is a nonprofit that relies on donations in order to meet its mission. While there is no charge for SMAA’s 1-on-1 Medicare Appointments, donations are welcome and are greatly appreciated. With programs like SHIP facing potentially large cuts in funding on the national and local levels, your donation will help to ensure that SMAA is able to continue providing unbiased information for many open enrollment periods to come.

“\"I cannot say enough positive things about my experience with Legacy. It is truly a class act.\"”
~ Husband of Resident

Legacy Memory Care at OceanView provides a uniquely designed, secure community for individuals with memory loss and dementia. Committed to excellence, our team of compassionate caregivers is fully trained to provide assistance to ensure that every resident enjoys meaningful life experiences and the feeling of success every day.

Call Tamera Vogel today!
207-781-4621

Legacy Memory Care at OceanView

2019 Medicare Open Enrollment Dates
DATES AND DEADLINES YOU NEED TO KNOW
October 15, 2018 OPEN ENROLLMENT BEGINS
This is the first day you can enroll for 2018 health coverage or make changes to your 2019 plans.
December 7, 2018 OPEN ENROLLMENT ENDS
This is the last day you can enroll for 2018 health coverage or make changes to your 2019 plans.
January 1, 2019 FIRST DATE COVERAGE CAN START
Even if you enroll in Medicare or make changes to your coverage during open enrollment these changes won’t go into effect until January 1, 2019.

For the Love of Food & Drink Café in Wells Joins AS YOU LIKE IT

Southern Maine Agency on Aging is pleased to announce the addition of a new restaurant to the As You Like It (AYLI) program offerings — For the Love of Food & Drink Café. Located at 1677 Post Road in Wells, the For the Love of Food & Drink Café serves a wide assortment of delicious breakfast and lunch items. All menu items can be prepared gluten free or vegetarian too! They’re open daily from 8 AM to 2 PM. Breakfast is served all day and lunch is served from 11 AM to 2 PM. (Sunday brunch is not included in AYLI).

AYLI is a program that offers seniors aged 60 and older the ability to enjoy a good meal at area eateries and restaurants on their own time. Meal vouchers are purchased in advance at a recommended cost of $6 per voucher. We currently have 14 eateries participating in this wonderful program.

For more information on participating eateries, how to sign-up, or where to purchase meal vouchers please call 1-800-427-7411 or visit us online at www.smaaa.org

MEDICARE

2 Senior News

SOUTHERN MAINE AGENCY ON AGING

September-October 2018
Savvy Caregiver
Are you caring for a family member with dementia?

The Savvy Caregiver 12-hour training for family caregivers of people with dementia provides:
• Knowledge – Learn what dementia is and how it affects personality and behavior.
• Skills – Communicate more effectively with the person you are caring for, making each day better for you both.
• Attitudes – Learn how to take care of yourself to reduce stress.

Join us at our next Savvy Caregiver class series starting soon:
• September 19 – October 24—six consecutive Wednesdays, 1:30-3:30 PM, SMAA Main Office, Scarborough.
Pre-registration is required. Please call 207-396-6541 to register or for more information.

Caregiving as a Family

When someone in a family needs assistance, we often find that not all family members agree about how, when, or how much to help. Often, one person ends up taking most of the responsibility, which can create issues. This class will look at families, how history plays a part in what we do now, and ways to work together better to help someone we care about.

Learn more about caregiving as a family at our upcoming informational session:
• Tuesday, October 16, 4:30-5:30 PM, Yarmouth Town Hall
Pre-registration is required. Please call 207-396-6541 to register or for more information.

Advertise with us!
Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.
Call or email for more information.
(207) 396-6533 • (800) 427-7411
seniornews@smaaa.org

Are you a family caregiver?

Join us at one of SMAA’s upcoming caregiver classes sponsored by the Harvard Pilgrim Health Care Foundation.

Stress Management for Family Caregivers
September 11, 5-6pm - Sam L. Cohen Center, Biddeford
This class will help you recognize the sources of stress, understand the impact stress can have on your own health and well-being, and identify some strategies to manage stress, so that you can take care of yourself and continue to provide the best assistance possible. Refreshments provided.

An exhibit of caregiver information and vendors will be available after this class from 6-7pm.

Setting Limits: Healthy Personal Boundaries for Caregivers
September 25, 5-6pm - Stewart Center, Falmouth
This class will offer ideas to make setting limits and establishing boundaries easier and more effective. Refreshments provided.

An exhibit of caregiver information and vendors will be available after this class from 6-7pm.

Can We Talk? Communicating With Healthcare Providers
October 19, 1-2pm - Martin’s Point, Scarborough
This class will give you the insight and tools you need to participate as an effective member of your family member’s health care team. Strategies for getting the information you need, as well as communicating to professionals will be discussed. Lunch provided.

Preregistration is required. Please call 730-4136 (Scarborough Community Services) for this class only.

Preregistration for these classes is required.
Call 207-396-6541 or visit www.smaaa.org for more information.

This series of Family Caregiver Classes is sponsored by:

Harvard Pilgrim Health Care Foundation
ADVANTAGE HOME CARE

Aging is committed to providing a safe and welcoming space for everyone regardless of his/her sexual orientation, ability, age, economic status, faith tradition, veteran status or life situation. Southern Maine Agency on Aging's mission is to improve the quality of life for older adults and the people who care for them.

Highly qualified and trained caregivers can help you and your loved ones with a variety of daily activities such as:
- Caring Companionship
- Meal Planning & Preparation
- Incidental Transportation
- Light Housekeeping & Laundry
- Medication Reminders
- Alzheimer’s and Dementia Care
- Assistance with Bathing, Dressing & Incontinence Care

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

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WEB SITE: www.smaaa.org

Our mission and work is supported in part by state and federal funds provided through the Office of Aging and Disability Services of the Maine Department of Human Services. Learn more at www.smaaa.org or by calling 207-396-6500 or 1-800-427-7411.

Are you concerned about your parents or loved one living alone? Advantage Home Care is the perfect solution for aging adults who aren’t ready to leave their homes. Call us today for a free assessment! 207-699-2570

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550 Forest Avenue, Suite 206
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Senior News 5

September-October 2018

Be proactive, be ready. We’re here to help.

Whether your loved one is in need of Memory Care now, or a year from now, we invite you to visit our beautiful community and join our waitlist for first available apartments.

Visit Avita today! Contact Lea Rust for more information about the wonderful way of life at Avita:

207.857.9007
or: Lea@avitaofstroudwater.com

SMAA: Offering Care Until There’s a Cure continued from page 1

Two State of the Heart Day Centers

SMAA runs two Adult Day Centers to give people with cognitive loss a fun, interesting and safe place to spend time reconnecting with long lost interests, making new friends, getting exercise and being in a community. Each day we welcome dozens of members with memory loss at our two centers, The Sam L. Cohen Center in Biddeford and the Stewart Center in Falmouth. Our members spend the day enjoying the activities and programs designed to help them stay social and active. Our programming is nationally recognized for its innovation and creativity in helping people continue to have good days. Our centers were designed based on the latest research on the way people with memory loss process their surroundings. The lighting, the color scheme, the furniture, even the door handles were selected to be the best options for people with dementia.

The caregivers get a break from daily care and a chance to recharge their batteries. Whether they go to work, reconnect with old friends or hobbies, running errands or simply spend time in their homes tending to important tasks without interruption, they know that our staff is providing the highest quality care possible for their person. They know they can turn to our staff for help managing behaviors or other questions they may have. And they have the comfort of knowing that our staff is well trained and knows their person well.

On September 28, the presenters at the Charting the Future lunch will share the latest in research and drug development. BioGen, Brigham and Women’s Hospital and Jackson Labs are on the front line of that fight. SMAA’s staff is right with them offering support and help until there’s a cure.

ORAL HISTORY AND FOLKLIFE RESEARCH, INC.
23 Brooklawn Avenue Augusta, ME 04030 • 207-458-1377 oralhistoryandfolklife@gmail.com www.oralhistoryandfolklife.org

Are you interested in preserving you, or your loved ones’, thoughts and life experiences?

Do you value the historical significance of each persons’ life?

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What we do
• Plan and execute oral history projects and events for families, communities and local historical societies.
• Conduct interviews.
• Oral history training workshops
• Process interview materials for archives

Who we are
OHFR is a 501(c)(3) nonprofit. Our mission is to preserve and present the stories, voices and cultural traditions of Maine and beyond.

Keith Ludden is an oral historian, radio journalist and folklorist. He is an M.A graduate of Western Kentucky University.

Maine’s Premiere Assisted Living Community for Memory Care

Be proactive, be ready. We’re here to help.

Whether your loved one is in need of Memory Care now, or a year from now, we invite you to visit our beautiful community and join our waitlist for first available apartments.

Visit Avita today! Contact Lea Rust for more information about the wonderful way of life at Avita:

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Avita of Stroudwater
A Northbridge Memory Care Community

AVITA OF STROUDWATER
113 Landing Road | Westbrook, ME | avitaofstroudwater.com

Need Help Balancing Your Monthly Bank Statement?
The Southern Maine Agency on Aging offers MONEY MINDERS, a FREE program to assist people age 55 and older who need help balancing a checkbook and writing checks.

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

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The 2018 Maine Senior Games are off to a great start with all the events having an increased number of athletes participating. Pickleball started off the season with 160 athletes from all over country coming to the A-Copi Sports Center in Augusta. Our track and field event this year was a soggy and cool one but despite the weather there was a lot of action as folks tried to qualify for Nationals. Cornhole hit an all-time high with 39 athletes, 8 of them over age 80!

There are still lots of events yet to come and registration is still open. We have made some changes this year in registration. Be sure to check the end registration date as there are a few sports that WILL have a deadline. Most sports allow onsite registration but a few will not. If you register online you must use a credit card or the registration will not be complete. Go to www.mainsenorgames.org to register online or to download a printable version. Register early to be sure to get our athlete’s bag and T-shirt!

The Maine Senior Games is offering their second fundraiser calendar. You can win great prizes while supporting the games! We have lots of great prizes: gift cards, Keurig coffee maker, bucket of tools, Sea Dogs tickets, bowling, cross country skiing, Arbonne wellness basket and more. Most days have two drawings. It is even possible to win more than once as your name goes back in for the next day’s drawing.

Please consider purchasing one or help to sell a few. $10 for one calendar and $25 for three. Proceeds directly benefit the Maine Senior Games. To purchase one or for more information, call Jo at 396-6519 or email jdill@smaaa.org

Volunteers

Maine Senior Games depends on volunteers to help out at each of the events. We have a core group who are amazing but we are still in need of more. If you are able to help out at an event (checking in athletes, road marshal, etc.) please contact Jo at 396-6519. Some events are all day, where as others are morning or afternoon only. Check the schedule for upcoming events.

The 2018 Maine Senior Games Schedule

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triathlon</td>
<td>September 8, 8am</td>
<td>South Berwick</td>
</tr>
<tr>
<td>Tennis</td>
<td>September 8</td>
<td>Women's Singles/Men's Doubles, A-Copi Sports Center, Augusta, Sunday</td>
</tr>
<tr>
<td>Tennis</td>
<td>September 9</td>
<td>Men's Singles/Men's Doubles, A-Copi Sports Center, Augusta, Sunday</td>
</tr>
<tr>
<td>Bowling Candlepin</td>
<td>September 13</td>
<td>Big 20, Scarborough, Thursday</td>
</tr>
<tr>
<td>Swimming</td>
<td>September 15</td>
<td>Kennebec Valley Y, Augusta, Saturday</td>
</tr>
<tr>
<td>Cycling</td>
<td>September 16</td>
<td>KPort Bicycle Company, Sunday</td>
</tr>
</tbody>
</table>

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The Alzheimer’s Association® is inviting Mainers to participate in one of the Walk to End Alzheimer’s, the world’s largest event to raise awareness and funds for Alzheimer’s care, support and research.

Amy Dunn Ph.D. is a postdoctoral associate and Alzheimer’s researcher at The Jackson Laboratory in Bar Harbor. This spring she was awarded a three-year fellowship by the Alzheimer’s Association. The Alzheimer’s Association is the largest nonprofit funder of Alzheimer’s research in the world, having awarded more than $405 million to fund over 2,600 scientific investigations. The Association is currently investing over $110 million in nearly 400 best-of-field active projects in 16 countries.

Amy will participate in the Walk to End Alzheimer’s by encouraging registration for the Alzheimer’s Association Trial Match®—a free matching service that connects individuals with Alzheimer’s, caregivers and healthy volunteers to current studies (both pharmacological and non-pharmacological) being conducted across the country and online.

One of Amy’s grandparents had Alzheimer’s and she became interested in research at an early age. She explains, “Alzheimer’s research is compelling primarily because there are no effective treatments yet. My ultimate goal is to identify therapeutic targets to find individualized treatments.”

“Maine has the oldest population in the nation and age is the highest risk factor for Alzheimer’s, so we have good reason to be concerned about the growing impact,” explains Laurie Trenholm, Executive Director for the Alzheimer’s Association, Maine Chapter. Trenholm states, “We’ve seen a decrease in other major diseases when dollars are put toward research and treatments. Research is where the hope is, and we need to continue to make this a national health care priority to change the trajectory of this disease.”

The Maine Beaches Area Walk to End Alzheimer’s is scheduled for Saturday, September 15 at 8 AM in York Beach. The Greater Portland Area Walk to End Alzheimer’s will take place on Saturday, September 22, at 8 a.m. at Payson Park in Portland. For more information visit alz.org/walk or call 800.272.3900.

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JOIN THE FIGHT FOR ALZHEIMER’S FIRST SURVIVOR.

At the Alzheimer’s Association Walk to End Alzheimer’s®, people carry flowers representing their connection to Alzheimer’s—a disease that currently has no cure. But what if one day there was a flower for Alzheimer’s first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world’s largest fundraiser to fight the disease.

Register today at alz.org/walk.

Greater Portland
Payson Park, Portland, ME
September 22, 2018 | 8 a.m.
From the Director’s Desk
continued from page 1

better coverage, avoid pricing or Medicare plan is a good time to find and other select benefits annually. Doing an annual review of your Medicare plan is a good time to find drug plan coverage for the coming calendar year. Insurers are allowed out of pocket savings per person. While there is no guarantee that everyone will realize a windfall of savings, it’s definitely worth the time to compare plans. Our trained Medicare specialists will help you determine which plan is the best for your needs in 2019. This year, SMAA will offer one-on-one appointment at 15 different locations in southern Maine. Appointment slots fill up fast so please call our Main Office in Scarborough (207-396-6500 or toll free 1-800-427-7411) to schedule an appointment for an Open Enrollment review.

National Falls Prevention Day
September 22, the first day of fall, marks the 10th annual National Falls Prevention Awareness Day. Falls are the leading cause of injury-related emergency department visits for older adults, the major cause of hip fractures, and are responsible for more than half of fatal head injuries. During the month of September, SMAA will be hosting several balance screening events for the public throughout southern Maine, including one on September 21 at the Maine Strong Balance Center in Scarborough. SMAA will also be leading a targeted outreach campaign through the Maine Falls Prevention Coalition to legislators, healthcare providers, Meals on Wheels recipients and through our social media platforms. To find out more about falls prevention activities helpful resources and event information, check out the Maine Falls Prevention Coalition website at www.knowfallsforme.org.

New Advisory Council members
I am pleased to introduce five nominees to fill vacant or expiring terms on SMAA’s Advisory Council this fall. The proposed members are:


The Advisory Council serves as a link between the community and SMAA, offering expertise and insight to SMAA staff and our Board of Directors. Advisory Council members review the Agency’s plans, activities and programs and serve as community ambassadors to help raise awareness and understanding about elder programs and services. We are delighted to have such a talented group joining the Council!

I love the months of September and October, not only because of the crisp cool weather and beautiful Maine foliage, but also for the renewed sense of urgency to get outside and enjoy every moment before the snow flies. Go for a walk, take a long drive or sit and enjoy the beauty of the fall!

Laurence W. Gross
Chief Executive Officer

The Woodin Best Friend Fund Challenge Update
In July, Eddie Woodin, the founder of our Best Friend Fund, launched a fundraising challenge. He and his wife, Nancy pledged $2,000 if we could raise $6,000 by 9/30/18. The Best Friend Fund is designed to help low income older people manage emergency needs for their pets. Eddie and Nancy know the joy that comes from the bond they have with their dogs. They realized that this bond is even more important to older people, especially homebound elders on a fixed income. Sudden pet illnesses or injuries can be financially devastating for them.

Good news: we are just about half way to our goal of $8,000. The not so great news is that we have just about a month left to raise the remaining amount. Our goal is ambitious but Eddie and Nancy want to use this challenge to encourage the rest of Maine seniors to save money or all three. Last year during Open Enrollment, SMAA’s Medicare staff and volunteers saved clients more than $577,000 in avoided premiums and co-pays, an average of $1,311 in

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The Best Friend Fund
www.smaaa.org/giving/bff.html

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**Successful Aging Forum**

at the Southern Maine Senior Expo

Thursday, October 4, 2018

Hilton Garden Inn, Freeport

Speakers on Medicare options, senior travel, healthy joints, legacy planning & much more!

Our “Teanote” speaker: Dr. Marilyn Gugliucci

**AGE: Attitude, Grace + Energy**

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**A Conference Exploring Lifestyle, Wellness & Work After 50**

Saturday, October 20, 2018

7:30am - 4:30pm

University of New England • Portland campus

$125pp - ($225 for two) - includes: Keynote, 3 workshops, continental breakfast, lunch, networking and book signing

Thanks to our sponsors: Martin’s Point Healthcare, Goggin Energy, and Susan Pye, Wells Fargo Advisors

Registration info: YourSecondActMaine.com

Hosted by Maine Senior Guide & Heart at Work Associates

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**Fall Senior Expos**

Do you need information to help your loved ones (or yourself) age well?

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**Southern Maine Senior Expo**

October 4, 2018  9 a.m. - 2 p.m.  Hilton Garden Inn, 5 Park St., Freeport

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**Seacoast Senior Expo**

October 10, 2018  9 a.m. - 2 p.m.  Kittery Community Center, Rogers Road, Kittery

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The Power of Positive Thinking

About half the carriers of a gene variant called APOE 4 get dementia. But scientists don't know why the other half don't. It may be all in your attitude.

Researchers surveyed 1,250 older adult carriers of APOE 4 gene variants on their beliefs about aging. They presented statements such as “True or false: The older I get, the more useless I feel.”

Those who were most positive about aging were significantly less likely to develop dementia over the next four years. In fact, their risk for dementia was the same as if they didn't carry the risk-increasing gene.

Source: PLOS One

Hospital Drug Dangers

Ready to leave a hospital? Make sure you understand how to take any new medication you've been prescribed, find out whether any of it may interact with other medication you’re taking already, and ask your doctors and pharmacists to carefully review the new drugs along with your other ones. One in three older adults experienced harmful drug reactions and other medication-related problems within eight weeks of discharge in a recent UK study. Seventy-eight percent of them required treatment or a medication change; four people died. The greatest risk was associated with opioid pain meds, antidepressants, and anti-anxiety drugs.

Source: British Journal of Clinical Pharmacology, May 22, 2018

Falls Prevention Awareness Month – Falls, Medications, and Resources

Here at SMAA we are always excited to celebrate Falls Prevention Awareness Month! As you’ll see on our upcoming schedule, we have many events and workshops geared toward helping you and your loved ones stay on their feet! As some of you may know, one in four Americans aged 65+ falls every year and every 11 seconds an older adult is treated in an Emergency Department for a fall-related injury. While these are sobering statistics, we want you to know that most falls can be prevented! We invite you to look at our schedule of Agewell workshops and Balance Screenings.

Another step you can take to limit your risk of falling is to be well informed about your medications. In fact, one article boldly states that “no other risk factor for falls is as potentially preventable or reversible as medication use.” (Leipzig, Cumming, Tinetti, JAGS, 1999). If you take one or more medications, whether prescription, over-the-counter (OTC) or supplement, read on to see how you can get the most benefit while minimizing any risk of falling.

Could You Be At Risk?

The more medications you use, the higher the risk of potential drug interactions, and the greater your risk could be of falling. But it’s most important to know that certain kinds of medications can increase your risk.

- Medications used for anxiety, sleep aids, and stress (Anxiety agents, Sedatives/hypnotics, Antipsychotics)
- Medications used for incontinence, Parkinson’s Disease, and COPD (Anticholinergics)
- Medications used for pain (opioids, muscle relaxants)
- Other types of medications (anti-seizure, blood pressure, diabetic agents, and some over-the-counter)

When Are You Most At Risk?

The time to be most aware of medication-related fall risks are times of change.

- Adding a new medication
- Increasing or decreasing the dose or amount of medication
- Stopping a medication
- Taking multiple medications that cause sedation or dizziness
- Adding alcohol, OTC, and even some foods to the mix

What Can You Do?

Medication management is complicated! But there are many things you can do to safely get the benefits of the medications you use.

1. Have your medications reviewed regularly. Talk to your pharmacist. Make sure there is a reason for each medication, that the dosage is right for you, and don’t be afraid to ask questions!
2. Be aware and informed. Know what, when, and why you take each medication. Use the same pharmacy for all your prescriptions. Carry a list of your prescriptions, OTC drugs, and any supplements with you.
3. Speak Up. You know your body best. Report any concerns you have about how your medications make you feel. Also, report any falls to your healthcare provider. Promptly sharing any concerns could prevent a fall.
4. Educate yourself. There are fantastic resources available at www.bemedewise.org.

If you want to learn more about falls prevention, you can find more great resources and information on the new Maine Falls Prevention Coalition website: www.knowfallsforme.org.

Agewell Schedule of Workshops

Preregistration is required for all Agewell workshops. Please call 207-396-6500 or 1-800-427-7411 unless otherwise noted.

A Matter of Balance

September 1 – November 1, Thursdays, 1-3pm, Yarmouth Fire Dept. Training Room, Yarmouth residents receive priority registration. For more information or to register, please call Maureen at Yarmouth Town Hall: 207-835-9966.

September 14 – November 9, Fridays, 1-3pm (No class 10/12), Wells Ogunquit Center at Moody.

September 27 – November 15, Thursdays, 1-3pm, Martin’s Point, Scarborough.

October 11 – November 6, Thursdays, 1-3pm, JR Martin Community Center, Biddaford.

October 15 – November 8, Mondays and Thursdays, 10:30am-12:30pm, Freeport Library, Freeport residents receive priority registration until October 1. For more information or to register, please call Meghan at Freeport Library: 207-865-3307.

Tai Chi for Health & Balance: Information Sessions and Demonstration

Want to learn more about tai chi and see a class in action? Stop by one of our upcoming information sessions:

September 6 – Session 1: 1-1:45pm, Session 2: 1:45-2:30pm, SMAA Main Office, Downstairs Classroom, Scarborough. No registration required for the information sessions — just stop by!

Tai Chi for Health & Balance: Beginner

September 17 – December 5, Mondays & Wednesdays, 2-3pm, Westbrook Housing, Westbrook

We’re big fans of the Maine Senior Games

Thank you for your efforts to support healthy lifestyles for Maine’s older adults and seniors.
Senior News 11

September-October 2018

September 17 – December 5, Mondays and Wednesdays, 10-11 AM, First Congregational Church, Kennebunkport
September 17 – December 5, Mondays and Wednesdays, 1-2 PM, Trinity Episcopal Church, Saco
September 18 – December 6, Tuesdays and Thursdays, 9-10 AM, SMAA Main Office, Scarborough
September 18 – December 6, Tuesdays and Thursdays, 9-10 AM, Woodford’s Church, Portland
September 18 – December 6, Tuesdays and Thursdays, 1-2 PM, Plummer Senior Living, Falmouth

Tai Chi for Health & Balance: Deepening Class
Deepening classes are appropriate for returning students only.
September 17 – November 7, Mondays and Wednesdays, 3-4 PM, Martin’s Point, Scarborough

Living Well for Better Health
October 9 – November 13, Tuesdays, 1-3:30 PM, Lecky Brown Center/First Parish Congregational Church, Gorham

Living Well with Chronic Pain
September 24 – November 5, Mondays, 1-3:30 PM, Yarmouth Town Hall, Log Cabin Room. Yarmouth residents receive priority registration. For more information or to register, please call Maureen at Yarmouth Town Hall: 207-835-9866

Balance and Strength Screenings
Learn more about your risk of falling and steps you can take to stay active and independent. Balance and Strength screenings are free, but space is limited. Please call 207-396-6578 to schedule a 15 minute appointment at one of the following locations:
September 7, 1-3 PM, Wells Ogunquit Center at Moody
September 10, 1-3 PM, Yarmouth Town Hall. For more information or to register, please call Maureen at Yarmouth Town Hall: 207-835-9866
September 21, 9:30-12 PM, Maine Strong Balance Center, Scarborough
October 1, 9-11 AM, Kittery Community Center. Walk-ins welcome at Kittery location only

YOUR 1ST STOP FOR ANSWERS
1-800-427-7411
www.smaaa.org

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Finding a Cure for Alzheimer’s is a (Maine) Marathon Effort
continued from page 1

or Penie, passed away in May after her long struggle with Alzheimer’s. Prior to the disease, Jo led a wonderful life. She loved raising her children, playing cards and games and spending time with her siblings and nieces and nephews. She was a lifelong communicant at Holy Martyrs and Falmouth and she and John enjoyed traveling and playing golf with friends and family.

Jo’s daughter, Abby Psychogos commented, “As my brother Timmy eloquently said in his eulogy, we received countless cards and messages from many people which brought us comfort. Everyone spoke of how my mother’s smile and Irish eyes would light up a room. Her generosity, warmth and humor will forever be her legacy.”

Frustrated with the lack of treatment, John Carr died for Jo at home. He knew he couldn’t stop the disease from stealing his wife’s memory and spark but he felt compelled to do something to find treatment and ultimately a cure to protect the lives of future generations. He wanted to see progress in his life time. The Marr Family considered making a meaningful donation to support dementia research. Connections led them to Brigham and Women’s Hospital in Boston. In early 2015, they met with researchers on the front line of dementia research, Drs. Reisa Sperling and Dennis Selkoe.

This meeting convinced the Marrs that a $2 million gift could propel to do something to find treatment and ultimately a cure to protect the lives of future generations. He wanted to see progress in his life time. The Marr Family considered making a meaningful donation to support dementia research. Connections led them to Brigham and Women’s Hospital in Boston. In early 2015, they met with researchers on the front line of dementia research, Drs. Reisa Sperling and Dennis Selkoe.

The Josephine and John Marr Alzheimer’s Research Fund at BWH fuels lab and clinical research aimed at preventing Alzheimer’s disease for future generations. The research is translational: discoveries in the lab inform work in the clinical space and vice versa.

Support from the Marr Fund is currently fueling two parallel and very important research efforts: biomarker discovery in the lab and a clinical observational study of pre-symptomatic Alzheimer’s individuals. While there is much more to accomplish, the Marr Fund’s support has already been a key catalyst helping the team to envision, and soon publicly launch, a new Alzheimer’s prevention trial in high risk adults with no hallmark signs of it in their brains. (The trial will be called A3). Alzheimer’s disease, like heart disease, progresses in stages over a long period of time. Building on pioneering work conducted by BWH, scientists have discovered that brain abnormalities caused by Alzheimer’s begin well over a decade or two before the onset of memory and cognitive symptoms. Similar to how statins work in heart disease, the hope and expectation is that starting treatment before symptoms are present, and treating patients for an extended period of time, will prevent symptomatic Alzheimer’s disease.

On Friday, September 28, Dr. Dorene Rentz PsyD, from BGH will be part of SMAA’s Charting the Future: Innovation in Dementia Research, Treatment and Care lunch. Tickets for the lunch are available at http://www.smaaa.org/chartingthefuture/index.html.
Care and Connection: Loneliness Affects All Ages

Human beings are social creatures. Feeling like we’re part of a community helps us thrive. But we sometimes have a hard time making and keeping the relationships that sustain us. Many Americans report feeling lonely for long periods of time. Connections with others are important for your health.

Social isolation and loneliness can both cause problems. “Isolation is about whether other people are physically there or not. Being lonely is about not feeling connected to others. You can feel lonely in a room full of people,” explains Dr. Steve Cole, an NIH-funded researcher at the University of California, Los Angeles, who studies loneliness.

Loneliness not only feels bad, it may also be harmful to your health. People who feel lonely are at higher risk of many diseases. These include heart disease, high blood pressure, and Alzheimer’s disease. Loneliness may also increase the risk of death for older adults.

Some of the increased risk of disease may come from changes in behavior. People who feel isolated may not have friends or family encouraging them to eat right, exercise, or see a doctor. New research suggests that loneliness can also directly harm our health.

“Lonely people have differences in their biology that make them more vulnerable to disease,” Cole explains. He and his colleagues have studied how loneliness affects the immune system—your body’s disease fighting system. They found that loneliness may alter the tendency of cells in the immune system to promote inflammation. Inflammation is necessary to help our bodies heal from injury. But when it goes on too long, it may raise the risk of chronic diseases.

People who feel lonely may also have weakened immune cells that have trouble fighting off viruses. “So that leaves lonely people more vulnerable to a variety of infectious diseases,” Cole adds.

People often associate loneliness with getting older. But you can feel lonely at any age. A recent survey found that young Americans are more likely to feel lonely than older adults. Some research suggests that social media tools and resources are preventing younger people from connecting in real life, Cole says. However, more studies are needed to know whether this is true.

It can be hard for people to talk about loneliness, Cole explains. They may feel like something is wrong with them, even though feeling lonely happens to almost everyone at some point.

NIH-funded researchers are looking into ways to help people break the cycle of loneliness. Studies have shown that feelings of loneliness can be reduced by helping others, Cole says. Caregiving and volunteering to help others may therefore help people to feel less lonely.

Having a sense of purpose in life may be another way to fight the effects of loneliness. Research has found that having a strong sense of mission in life is linked to healthier immune cells. And when you start to pursue a goal that’s important to you, you almost always have to cooperate with others to do that,” Cole says. “That helps bring people together.”

Reprinted with permission from newsinhealth.nih.gov/2018/08/care-connection

**Wise Choices: Get Involved With Others**

Being active in your community and helping others can reduce feelings of loneliness. You can get more involved with others by:

- Serving meals or organizing clothing donations for people in need.
- Helping an organization send care packages to soldiers stationed overseas.
- Caring for dogs and cats at an animal shelter.
- Volunteering to run errands for people with disabilities.
- Helping with gardening at a community garden or park.
- Volunteering at a school, library, museum, or hospital.
Adam Seigal
Named Volunteer Services Supervisor

Adam Seigal, became the new Volunteer Services supervisor at the Southern Maine Agency on Aging on Monday, July 23. He replaces Mary Hadlock, who was promoted from supervisor to director of Volunteer Services upon the retirement of Carol Rancourt last June.

Seigal is a native of Peabody, Mass., and an AmeriCorps alumnus who is dedicated to volunteerism and civic engagement. He holds a Bachelor of Science in Education from Lesley University and a Master’s in Administration of Higher Education from Suffolk University.

Through his passion for philanthropic service Adam has been fortunate to work for numerous universities and non-profit organizations, including Florida Atlantic University, University of South Carolina-Beaufort, Lesley University, Community Servings in Jamaica Plain, Mass., and Jewish Family Services in Portland.

New Volunteers

We had 16 new volunteers begin their assignments April through July, 2018. Among them are:

- Robert Creteau – MOW Driver, Sanford
- Kathy Faulstich – MOW Driver, Naples
- Lisa Ann Fearon – MOW Phone Pal
- Hazel Fritz – MOW Phone Pal
- Ruth Gallagher – MOW Phone Pal
- Paul LaChance – MOW Phone Pal
- Robert Look – Kitchen Helper, Windham

Barbara Bean is a 99-Year-Old Master Knitter and Shop Assistant at The Old Timer’s Shop, Sanford

Barbara Bean, with her 1940’s aviator husband, owned and operated logging camps in Maine before moving to Waterboro in 1957. It was there they raised four children, and it was on Waterboro’s Main Street that Barbara ran a beauty shop for nearly 40 years.

Not one to rest after retiring, Barbara began volunteering 17 years ago at Sanford’s Oldtimer’s Shop, a non-profit gift shop that has been in operation for 50 years. Today, you can find Barbara on the sales floor on Fridays, where she assists customers with their purchases and also gives tips to knitters who are experiencing difficulties with a project.

Shop Manager Linda Millington explains, “Barbara is a master knitter, well-known for her zip-up the-back sweaters for children,” which are for sale at the shop.

Feel free to stop in The Old Timer’s Shop on a Friday to visit Barbara, shop for a gift, or ask for help with a knitting problem. Barbara, who celebrated her 99th birthday this year, will be happy to help. The Old Timer’s Shop is located at 917 Main St., Suite A, in Sanford, Maine.

Thank you Barbara for your continued service to the community of Sanford.
The Southern Maine Agency on Aging is happy to announce that the popular SMAA Vet to Vet program will soon transition into a new non-profit organization called Vet to Vet Maine. Leadership teams from both SMAA and Vet to Vet have collaborated for several months to identify a path which would allow the program to grow statewide.

For those not familiar with the program, trained Vet to Vet volunteers visit with fellow veterans in their homes at least twice a month, swapping stories, providing much-needed companionship, and developing a bond strengthened by their shared military service and common interests. There are currently over 100 veterans involved with this program, both as volunteers and clients.

Moving forward, the new Vet to Vet Maine will be established as an RSVP volunteer station and SMAA will continue to recruit Veteran volunteers for the program (along with providing training and support). The official transition is tentatively scheduled to take place on October 1, 2018.

More details of the transition will be available in the next month or so. This is an exciting time for both SMAA and Vet to Vet Maine as the program continues to develop and grow statewide.
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1 Maine 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. NH and VT residents through 12/31/18 who mention the offer, register for the AAA Roadwise Driver class and receive an insurance quote for AAA Insurance. Discount valid on classroom course only. New quotes only. Not valid for online quotes. AAA members not eligible. NO PURCHASE REQUIRED FOR QUOTE. AAA Northern New England membership required for the separate payment of annual dues and an admission fee for new members. AAA Insurance is a collection of AAA branded products, services and programs available to qualified AAA members. AAA personal lines insurance is provided by the Interinsurance Exchange of the Automobile Club (Exchange). AAA Northern New England is the licensed agent for the Exchange. Limit one $10 discount per class, per household per 6 months. We reserve the right to provide a substitute discount. Membership is not required for discount offer.

AAA ROADWISE DRIVER®
Responsible Driving for Mature Operators

FIGHTING CANCER IS A TEAM EFFORT...

Our Kennebunk team (from l): Dee Dee Szumowski, Jennifer Cason RN, Kurt Abraham DO, Julia Bainter RN, Lisa Rieke, Erin Bay, Madalyn Cogan ARNP, Cam (Kathryn) Ison MD, Jamie Brown, and Marcia Moran-Poage ARNP.

...AND OUR PATIENT IS ALWAYS THE MVP.
New England Cancer Specialists is the region’s leading cancer treatment team, led by the top physicians, nurses, genetic counselors, and researchers in Maine, with a deep bench of experts in Boston and beyond. But with all this talent, year after year, the patient under our care is always the MVP.

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Cheryl Lee Clark of Kennebunk, pancreatic cancer survivor. “My team at NESC used every tool to make sure I’m cancer-free.”