



Spring Wellness Checklist ✓

“Spring Cleaning”

Some tips and tricks to follow this spring for your home and vehicle.

- ✓ Check that your fire alarm and carbon monoxide alarms are working properly! The American Red Cross can provide free fire alarm installation if needed by calling 1.800.464.6692 (option 4).
- ✓ Clean out your gutters.
- ✓ Replace or clean any filters.
- ✓ Check for any storm or weather damage like loose or rotting boards around your home. Be sure to check the status of your stairs.
- ✓ Dispose of old medications safely (do not flush down the drain). Many pharmacies and police departments participate in drug take back programs, and it is best practice to take your name off the bottle.
- ✓ Shred any unnecessary documents (there may be free shredding events in your area).
- ✓ Save money and time by canceling any unused subscriptions and unsubscribe from any unwanted e-mails.
- ✓ Wash your car to get all of the salt off.
- ✓ Check your oil, tire pressure, and fluids. Make sure your car inspection, insurance, and registration are up to date.

Social & Recreation

Spring is a time for new beginnings!

- Check out what your local town Age-Friendly, Recreation Department or Community Center has for events.
- Find a walking trail near you at mainetrailfinder.com.
- Find a state park on the State Parks and Public Lands website.
- Check out your local library. Libraries are an endless resource for knowledge, fun, and social connection.
- Join one of SMAA's Community Café's for a delicious lunch and meet new people.
- Join an Agewell exercise class or a new program on our events page at smaaa.org/events.

Mental Health

Changing seasons can be difficult. Check out these resources for support.

- The Peer Support Line is available 24/7, at 1.866.771.9276.
- The Crisis Line can be reached at 1.888.568.112 via phone or text. You can also send a chat online at: opportunityalliance.org/crisis.
- For the suicide and crisis line, text or call 988. Press 1 for veterans.
- Find various other helplines at maine.gov/dhhs/about/contact/hotlines.



Southern Maine
AGENCY
on **AGING**
EMPOWERING OLDER ADULTS
AND THEIR CAREGIVERS



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FarmShare

Starting in April, the Maine Senior FarmShare program (MSFP) offers a voucher for \$50 that can be used at participating Maine farms and farmstands.

To be eligible you must:

- Be a Maine resident
- Be 60 years old or older, or 55 years old or older for Native Americans or 18 years old or older for disabled adults living in congregate housing with a cafeteria
- Meet the 2024-2025 Income Guidelines (\$2,322 per month for a one-person household; \$3,151 per month for a two-person household)

Interested participants must call an authorized farm directly to sign-up.

You may sign-up with one farm per year and can find a list of participating farms on maine.gov.

If you need help determining your eligibility or finding a farm, please call Southern Maine Agency on Aging at 207.396.6500 or the Maine Senior FarmShare Program at 207.287.3491.



Apply for Credits!

Property Tax Fairness Credit

Eligible Maine taxpayers may receive a portion of the property tax or rent paid during the tax year on the Maine individual income tax return whether they owe Maine income tax or not.

For eligibility requirements and to find the 1040ME form needed, visit maine.gov.

Sales Tax Credit

You may be eligible for the Sales Tax Credit even if your rent is subsidized or you live rent free! The Sales Tax Credit is based off of your income (not how much you spend for sales tax).

How much you are eligible for is based on your income range and filing status.

Reimbursements range from \$10-\$150 for singles and \$10-\$210 for married couples.

Learn more by calling Maine Revenue Services, 207.626.8475 or online at maine.gov.

Medicare Savings Program (MSP)

MSP can help pay monthly Medicare premiums and out-of-pocket costs. People who are eligible for Medicare Part A may qualify.

Monthly income is less than \$3,261 if single and less than \$4,407 if married and enrolled in Medicare. DHHS determines eligibility for these programs, 1.855.797.4357 or mymaineconnection.gov.

The Southern Maine Agency on Aging can help you apply over the phone! Please call us at 207.396.6500 or 1.800.427.7411 to learn more.