



Fall Wellness Checklist

Heating Assistance

The Home Energy Assistance Program (HEAP) can offer a credit paid to your oil/heating company.

Monthly income must be less than \$3,070 for a 1-person household or \$4,014 for two people. Out-of-pocket medical expenses may be factored into eligibility. If heat is included in your rent, you can still apply.

- Cumberland County residents: Opportunity Alliance, 207.553.5900 or 1.877.429.6884
- York County residents: York County Community Action, 207.459.2950 or 1.800.965.5762
- Or, you can apply online at mainehousing.org/programs-services/energy/energydetails/liheap

Contact a SMAA Resource Specialist for additional support at 207.396.6500 or referral@smaaa.org.

Medicare

Medicare Open Enrollment is October 15 - December 7

Whether you need information about how to enroll in Medicare or have a question about your existing Medicare coverage, SMAA's team of trained State Health Insurance Program (SHIP) Counselors can help you navigate health insurance options. Our Medicare SHIP Counselors provide free, unbiased, and confidential services to older adults and people who have Medicare because of a disability.

SMAA offers appointments by phone, Zoom, and in-person.

Medicare Savings Program (MSP)

Income guidelines for the Medicare Savings Program have expanded to \$3,261 for a single person and \$4,407 for a married couple. There is no asset limit and no estate recovery. MSP helps pay monthly Medicare premiums and out-of-pocket costs. People who are eligible for Medicare Part A may qualify for MSP.

To apply or learn more, please call SMAA at 207.396.6500 or visit smaaa.org.

You may also apply through DHHS by calling 1.855.797.4357 or by visiting their website at mymaineconnection.gov.



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Do you experience Seasonal Affective Disorder (SAD)?

Follow these tips to brighten your mood and your home!

Get some sunshine: Spend time in natural light as often as possible by spending time outdoors or near windows, especially in the morning. Even 20-minutes in the early morning hours are enough to help regulate your body's internal clock.

Stay active: Engaging in physical activity, ideally outdoors in daylight, releases mood-boosting endorphins and improves sleep. Try activities like walking, yoga, or dancing for at least 30-minutes as often as you can.

Wear reflective gear: Do you prefer to exercise in the evening? Wearing reflective clothing while walking in the evening significantly enhances your visibility to drivers, drastically reducing the risk of pedestrian accidents. Incorporate reflective accessories like bands and vests over light-colored clothing.

Check bulbs and find motion sensor lights: To improve safety and security for the upcoming darker fall and winter months, you should check all existing light bulbs in your home and consider replacing them with motion-sensor lights, particularly for exterior areas.

Join our Phone Pal program as a participant or volunteer: Staying socially connected is critical for overall well-being. The Phone Pal program is designed to help older adults socialize and remain connected while at home. Phone Pal volunteers call an older adult 1-3 times a week to have a friendly conversation with them. Trained volunteers are paired based on similar interests. This program is rewarding for both the volunteer and the participant! To learn more, visit our website at www.smaaa.org or give us a call at **207-994-1121**.

Join our Adult Day program: Are you taking care of a loved one with Alzheimer's or other dementias? Are you looking for a trusted, caring, and social environment for them while you receive much needed respite? Our 3 Adult Day programs— located in Biddeford, Portland, and Springvale— are here to support you. To learn more, visit our website at www.smaaa.org or give us a call at **207-396-6508**.



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