



From the Director's Desk

Happy New Year! I hope you will spend a few minutes reading the annual Report to the Community which is included in this issue of Senior News. You will notice in the Report that SMAA staff and volunteers assisted more than 21,000 individuals and families in the past year. The Agency's 359 dedicated and skilled volunteers donated more



than 21,310 hours to SMAA, the equivalent of 10 full time employees. Our important work would not be possible without the generous donations given to SMAA by the hundreds of individuals, businesses and foundations each year. I am proud and very grateful to all our staff, volunteers and donors who make it possible for us to "Create Better Days" for older and disabled adults in southern Maine.

Christmas Meals on Wheels

For almost 40 years, community volunteers have donated their time on Christmas morning to deliver Meals on Wheels to homebound seniors in the greater Portland area. The Portland Rotary Club has been a key partner from year one. For several of these Rotarians, delivering meals on Christmas Day has become a family tradition that now extends to children and even grandchildren! Together with SMAA volunteers in other communities, more than 250 holiday dinners were delivered to seniors who were home alone this year. Thank you to all who volunteered to help bring a little holiday cheer to homebound seniors on Christmas Day and throughout the past year.

Medicare Open Enrollment

Another successful Open Enrollment period ended on December 7. As this issue of Senior News is going to print, final numbers of people served and the total out-of-pocket dollars saved are still be-

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Christmas Spirit Shared with Elders in Need

Every December, all of the available space at SMAA's headquarters in Scarborough is filled to the rafters with gifts collected to give to our neediest clients. For many years, SMAA's Community Services staff has worked to brighten Christmas for many seniors in Cumberland and York Counties. Many of our clients are living on a very limited income and do not have family or have family living far away. Christmas for them used to be just another day. Again, this year, our staff helped identify seniors who needed gifts. Since the program's inception, SMAA's Community Services has partnered with Coastal Women's Healthcare to provide holiday gifts to homebound seniors. For the past few years the International and Direct to Business Division of LL Bean has also participated. This year the Portland Water District staff joined the effort.

Our staff got involved too. Instead of giving gifts to each other, the Healthy Aging staff contributed again this year. Many of our Maine Senior Games (MSG) athletes participated too. We are able to deliver gifts to over 165 seniors just before Christmas. This program also benefits from a number of "Secret Santas" who quietly work with the staff and buy gifts to brighten Christmas



Gifts donated by 90 LL Bean International and Direct Division employees.

for so many. These donors wish to remain anonymous but their contributions are significant.

"We collected coats and boots, slippers and pajamas, socks and blankets, and grocery gift cards. We had fun wrapping and delivering the gifts to seniors and adults with disabilities. Our team also delivered practical items like cleaning supplies, food and personal hygiene items." stated Kathy Baxter, Direc-

tor of Community Services "To be a part of this effort and to meet the wonderful staff members at organizations who provided the holiday support, is nothing short of magical. There are so many wonderful toy drives for children at this time of year. We are grateful to spearhead this effort to help frail older people. This program truly represents the spirit of the holiday season."

SMAA Receives Donation from 100+ Women Who Care

November 13 was a very lucky day for the Southern Maine Agency on Aging. SMAA was selected as the winning charity for 100+ Women Who Care in Southern Maine. This means, SMAA will receive a \$50 contribution from each of the members of this group of over 200 women. This incredible pooled donation will enable SMAA to offer scholarships to families wishing to enroll a family member with cognitive loss in one of the adult day centers. The scholarships will be granted to those waiting for funding from a source like the Veteran's Ad-



ministration or Section 61 of Maine Care. The faster they are able to enroll their family member, the quicker the person with cognitive loss can begin building community and the caregivers get the benefit of daily respite.

Consider the case of Jennifer and Pauline. Jennifer's mother, Pauline, age 74, was

living in the southern US. Jennifer's father passed away suddenly. Jennifer did her best to help her mother rebuild her life and manage her finances while raising her family and working part time in Maine. Unknown to Jennifer, her mother was in the early stage of dementia. By the time Jennifer realized that the odd conversations, unusual purchases and the timing mistakes weren't caused by the stress of Pauline's new life as a widow, it was too late. Pauline had been the victim of a scammer who preyed on new widows. Pauline's small nest egg was gone as were her valuable family treasures. The scammer and the

money were long gone with no hope of recovery.

Jennifer and her husband managed to get Pauline moved to Maine into their spare room. And while having her close was a comfort, they needed to find a way to keep her safe and active during the day while they worked. Jennifer called SMAA to see about enrolling her mother in one of our day centers. The Cohen Center and its companion center in Falmouth, The Stewart Center, offer daily socialization in a safe community. Day center members enjoy community and companionship while getting to participate in favorite activities or discover new interests. However, Jennifer explained that until her mother's modest house sold, they did not have the money to pay for any type of support. Because of the donations from the 100+ Women Who Care, we will be able to offer a scholarship to Pauline, offering a bridge until the closing. Pauline could begin attending the Cohen Center for 20 hours a week, meeting new

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

Southern Maine
Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074

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Upcoming Agewell Workshops

Preregistration is required for all Agewell Workshops. Please call 207-396-6500 or 1-800-427-7411.

A Matter of Balance

January 17 – March 21
Wednesdays, 9:30 - 11:30AM
Falmouth Senior Center
190 Middle Road, Falmouth

January 17 – March 21
Wednesdays, 1:30 - 3:30PM
St. Cyr Court / So. Portland Housing
1700 Broadway, South Portland

January 17 – February 12
Mondays & Wednesdays, 2-4PM
100 State Street, Portland

January 9 – February 8
Tuesdays & Thursdays, 1-3PM
York Housing
4 Pine Grove Lane, York

March 5 – March 28
Mondays & Wednesdays, 10AM -12PM
Hazleton House, Bldg. 1
7 Smith Lane, Saco

Beginning in March, Time TBA (for more info call 396-6578)
Southern Maine Agency on Aging
136 US Route One, Scarborough

Tai Chi for Health & Balance

January 8 – March 7
Mondays & Wednesdays, 1-2:00PM
Presumpscot Commons
756 Main Street, Westbrook

January 15 – March 14
Mondays & Wednesdays, 3-4PM
Martin's Point
153 US Route One, Scarborough

January 16 – March 15
Tuesdays & Thursdays, 11:15AM-12:15PM

JR Martin Community Center
189 Alfred Street, Biddeford

January 16 – March 15
Tuesdays & Thursdays, 9-10AM
Woodford's Church
202 Woodford's Street, Portland

January 16 – March 15
Tuesdays & Thursdays, 9-10AM
Southern Maine Agency on Aging
136 US Route One, Scarborough

January 16 – March 15
Deepening Class
Tuesdays & Thursdays, 10-11AM
JR Martin Community Center
189 Alfred Street, Biddeford

January 16 – March 15
Deepening Class
Tuesdays & Thursdays, 10:15- 11:15AM
Woodford's Church
202 Woodford's Street, Portland

Living Well for Better Health

January 12 – February 16
Fridays, 1-3:30PM
Mill Cove Apartments
South Portland

February 2 – March 9
Fridays, 9-11:30AM
Woodside at Village Square
121 School Street, Gorham

February 14 – March 21
Fridays, 1:30-4PM
Jewish Community Center
1342 Congress Street, Portland

Living Well with Chronic Pain

February 16 – April 6
Fridays, 13:30PM
Hazleton House, Bldg. 1
7 Smith Lane, Saco

Volunteer Opportunities

Help others take control of their health by becoming an Agewell volunteer. Throughout the year we offer free trainings for volunteers to become:

- A Matter of Balance Coach
- A Tai Chi for Health and Balance Coach
- A Living Well for Better Health Leader

Contact us today to learn more! Please call 207-396-6500 or 1-800-427-7411.

Social Security – Retirement Income Basics

Most individuals are involved in Social Security in some way or another. In spite of the near-universality of the program, most folks are unaware of how the system works or the myriad benefits available.

Social Security was implemented in 1935 under President Roosevelt's "New Deal" program with the notion of establishing a basic safety net and social insurance program. Although most know that there is a retirement income benefit available, it should be understood that there are other, equally important, benefits available for survivors, disabled and widow/widowers. For this article, we'll focus on the retirement income benefits.

With the phasing out of pensions and reliance on more personal investments, Social Security benefits have gained increased importance in retirement income planning. Understanding the rules and the choices can mean a great deal to those facing this phase of life.

Eligibility for income benefits still starts at age 62 although it is important to understand your full retirement age (FRA). FRA is a significant milestone for two main reasons: 1) You can collect a benefit that is not reduced by early claiming and 2) You are no longer subject to an earnings limitation if you work and collect income benefits. For people born between 1946 and 1954, their FRA is age 66. For those younger, add two months for each year younger until you reach an

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FRA of 67 (born 1960 or later).

Early Claiming: As mentioned above, we are still eligible to collect retirement income benefits as early as age 62 (or any time thereafter). If this option is chosen, your benefits will be reduced for each month you receive benefits before your FRA. The formula roughly equates to a 25% reduction for someone whose FRA is 66 but claiming at 62. The closer one gets to FRA, the less the reduction.

Earnings Limitation: If you claim benefits before your FRA, Social Security will penalize you for earning over a certain amount (\$16,920 in 2017) while receiving income benefits. The penalty is \$1 for every \$2 earned over the threshold amount. The earnings limitation goes away at FRA whether you claimed early benefits or not. There is also a one-time limit in the year in which you retire and claim income benefits (\$44,880 in 2017) under which you will pay no penalty. Check this out if you plan to claim before your FRA.

Delayed Claiming: By waiting until after your FRA, Social Security will apply "delayed retirement credits" to your account. For each year after your FRA that you wait, your monthly benefit will increase by approximately 8%. Benefits may be delayed no later than age 70 accumulating to a 32% increase.

The decision on when to claim is a personal one based on a variety of factors such as health, other financial resources and other circumstances. It is an important decision because it is final. The decisions you make in this area will affect you and your family for the rest of your lives.

Clifford P. Ryan, CLU, ChFC, RHU is President of Elder Planning Advisors of Maine, Inc. in South Portland (<http://epame.com>). He can be reached at 767-8225.

SMAA and the AWS Team Up to Feed Pets

Southern Maine Agency on Aging and the York County Animal Welfare Society have joined together to offer pet owners who are on the Meals on Wheels program help with feeding their pets if needed. We are proud to be working with Rachel Levasseur and her team at the shelter to provide these meals to anyone of our clients in York County that are on Meals on Wheels Program and need some help with pet food.

We have been doing pet food for Cumberland County partnering with Jeana Roth and the Animal Rescue League of Greater Portland for many years and are now very pleased to add York County as well.

If any of our Meals on Wheels consumers need help with food for their cat or dog please call Jo Ann McPhee at 396-6510.

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Texas Instruments Gives Back



Texas Instruments Employees: Linda Falkenberg, Aaron Smith, Anne Gauthier, Misty Thompson, and Teresa Jones worked with SMAA staffer, Liz Engel, and SMAA volunteers Ann Reardon, Archie Archibald, Lorraine Lachapelle, Norman Lachapelle, and Eric Booker to deliver meals.

On November 28, Texas Instrument employees all across the United States participated in “Giving Tuesday” as part of their commitment to their local communities. Here in Maine, Texas Instruments employees delivered Meals on Wheels to homebound older adults in need. This is the second year that Texas Instruments has participated in “Giving Tuesday” at SMAA.

Older homebound seniors are Maine’s “hidden hungry”—often unable to ask for help, and in many cases, living alone with no close

family or support systems. Programs like Meals on Wheels help combat both poor nutrition and social isolation that homebound seniors frequently face.

In addition to this volunteer event, the Texas Instrument Community Fund gave a generous grant of \$15,000 to the SMAA’s Meals on Wheels program this past November.

THANK YOU Texas Instruments for giving back this “Giving Tuesday” and your continued support of Maine’s “hidden hungry”!



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For details on advertising in “Senior News,” log on to www.smaaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach “Senior News” representative Janet Bowne at 396-6533.

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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.

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

The Southern Maine Agency on Aging is committed to providing a safe and welcoming space for everyone regardless of his/her race, ethnic identity, gender, sexual orientation, ability, age, economic status, faith tradition, veteran status or life situation.

Commodity Supplemental Food Program Update

Southern Maine Agency on Agency will no longer be handling the Commodity Supplemental Food Program (CSFP) as of the end of December 2017. We made the extremely hard decision to not renew our contract.

The program however will continue without us! Wayside Food Programs of Portland will take over the program as of January 1, 2018. All current participants and interested participants can contact Wayside directly at 207-775-4939 with any questions or concerns.

The following schedules and locations will remain the same:

United Baptist Church
318 Main St., Saco
1st Thursday, 10:30AM-12:30PM

Eliot Methodist Church
238 Harold L. Dow Hwy (Rt. 236), Eliot
4th Thursday, 11AM-1PM

New Life Church
551 Alfred St., Biddeford
4th Tuesday, 12:30-2:30PM

St. David's Episcopal Church
138 York St., Kennebunk
Tuesday, 10:30AM-12PM

River Valley Healthy Communities Coalition
49 Congress St., Rumford
2nd Wednesday, 9AM-12PM

Riverside United Methodist Church Food Pantry, Porter
3rd Friday, 8-9:30AM

Moss Brook Church Admin Building
496 High St., South Paris
2nd Wednesday, 9AM-2PM

1st Nazarene Church
16 Church St., Bethel
2nd Monday 10:30AM-8PM

The Sanford site participants, please contact Wayside at 207-775-4939 for more information.

We are tremendously grateful to all of our partners and distribution volunteers who dedicated their time and worked extremely hard and diligently each month to hand out the commodity boxes to everyone, working closely with SMAA and Good Sheppard regarding all aspects of this program. They always went above and beyond to make sure everything went smoothly.

If you have any questions, or concerns, do not hesitate to contact our office at (207) 396-6507.

Donation from 100+ Women Who Care continued from page 1

friends, being active and establishing a new community. Jennifer and her husband could maintain balance in working and caring for their children.

The 100+ Women who Care is the brainchild of Deb Bergeron of Falmouth. Just over three years ago, Deb formed the group with a small nucleus. The organization has steadily grown. All the members agree to give \$50 at each of 4 meetings annually to the selected charity. In three years, the organization has grown significantly and has awarded almost \$100,000 to many deserving area nonprofits.

"Our mission is to use the power of collective giving to make a difference in our own Southern Maine community. As an individual, it's often difficult to make a large impact, but individuals working together can harness a collective power to contribute in ways that are meaningful and lasting.

There is so much good that happens under the radar screen in our communities, and the charities all need help. Because the pooled resources turn into large donations, charity recipients are able to initiate more ambitious projects than would be possible with fewer funds. That's real impact," said Bergeron.

Members of the organization submit the names of nonprofits they wish to present. Three organizations are drawn from a hat at the beginning of the meeting. Each member has 5 minutes to present and 3 minutes for questions. The presentations are heartfelt and comprehensive but do not employ any extras like power points or videos. At the end of the presentations, the members vote. While the votes

are being tabulated, the nonprofit selected at the last meeting present how the money affected their organization. Once the winner is revealed, members write a check to the winning nonprofit. Overhead for 100 Women Who Care is covered by an annual auction with items donated by members.

"We are so grateful to have the support of the 100+ Women Who Care. This donation will al-

low us to help relieve the stress that families go through when cognitive problems surface in a family member. Thank you to Deb Bergeron for creating this organization and thank you to all the members." stated Laurence Gross, CEO of SMAA.

If you're interested in learning more about 100+ Women Who Care, check out their web site <http://100womenwhocaresouthernmaine.com/>.



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Egg Roll Restaurant 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 – the Egg Roll Café. Located at 1299 Main Street in Sanford, The Egg Roll Café serves delicious Chinese food. Hours are Sunday through Thursday, 11AM-9PM and Friday and Saturday, 11AM-10PM. The owners of the restaurant are very excited to join the AYLI family and welcomes all seniors aged 60 and up to come and try the wonderful food at the Egg Roll.

AYLI is a program that offers seniors aged 60 and older the ability to enjoy a good meal at area cafeterias and restaurants on their own time. Meal vouchers are purchased in advance at a recommended cost of \$6 per voucher. We currently have 13 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/ayli.html

HEALTHY EATING WITH HOLLY: Taming Inflammation

By Holly Bresnahan RD, LDN


Inflammation is a protective process, a sign that your body is healing injuries and fighting bacteria. Typically it will last only a few days. But what if the inflammation is ongoing or chronic? Chronic inflammation occurs when the immune system attacks the body's healthy cells. This can cause long term damage. Chronic inflammation can be linked to autoimmune diseases such as rheumatoid arthritis, or skin conditions such as psoriasis. It can also be linked to heart disease, metabolic syndrome and type 2 diabetes.

Although there is more research to be done, some foods have shown to be helpful in suppressing inflammation. There is no one "miracle" food but overall good nutrition with the addition of foods high in antioxidants can help reduce inflammatory stress.


- Fruits and vegetables RULE, as always! Try to have half your plate full with a good variety of all fruits and vegetables. Specifically, cherries, broccoli, avocado, tomatoes, spinach, shiitake and oyster mushrooms and strawberries have shown a promising impact in research to lower inflammation.
- Cutting back on meat, especially red meat, will help. Meat can trigger the inflammatory process. Opt for plant based sources for protein such as beans, nuts, and seeds to help add in the good fats.
- Heart healthy fats high in Omega 3 and 6 are good choices. Extra virgin olive oil, salmon, sardines, avocado and nuts to name a few.
- Season your meals with fresh herbs and spices for an extra anti-oxidant rich punch!
- As in any healthy diet, avoid highly processed foods and fried foods as these can increase the inflammatory process.
- There are many factors that can ease chronic inflammation, diet being only one of them. A good night's sleep, physical activity and maintaining a healthy weight can go a long way to avoid issues with inflammation.



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From Jo Dill's Notebook

2018 Schedule*

Celebration of Athletes: June 1, Friday Fireside Inn

Pickleball: June 9, Men's/ Women's Doubles, A-Copi Sports Center, Augusta, Saturday

Pickleball: June 10, Mixed/ Singles, A-Copi Sports Center, Augusta, Sunday

5K Road Race/Power Walk: June 14, 6PM, Sanford Springvale YMCA, Thursday

Golf: June 25, 8:30, Willowdale, Monday

Track & Field: July 22, Scarborough High, Sunday

Cornhole: August 15, (rain 16) Sanford/Springvale Y, 4PM, Wednesday

Archery: August 19 (rain 26) Lakeside Archery, 9AM, Sunday

Triathlon: Pumpkinman Tri, September 8, 8AM, South Berwick

Tennis: September 8, Women's Singles/Men's Dbls, Mixed Dbls, A-Copi Sports Center,

Tennis: September 9, Men's Singles, Women's Dbls, A-Copi Sports Center, Augusta, Sunday

Bowling Candlepin: September 13, Big 20, Scarborough, 10AM, Thursday

Cycling: September 16, K'Port Bicycle Company, Sunday

Basketball (Men's): September 22, Cape Elizabeth High, Saturday

Basketball (Women's): September 23, Cape Elizabeth High, Sunday

Table Tennis: September 29, Lewiston Armory, Lewiston, Saturday 10AM

Bowling 10 Pin: September 30, Sparetime, Augusta

*There are still events to be scheduled

Sponsors

A very special thanks to the following sponsors who are on board for the 2018 season. Our lead sponsor is Martin's Point, and Gold Sponsors Piper Shores and Aging Excellence. More sponsors will be announced as they come on board.



5K Road Race/Power Walk

The power walk has just been accepted as a National Senior Games event for 2019 and for this year only, you do not have to qualify. They will be offering a 1500m which will be held on a track and the 5k power walk will be held on a 5k course. For those going to Nationals, this can be your third event (for 2019 only). Maine Senior Games 1500m has been and will be part of the Track and Field event. Our 5k Road Race/Power Walk will be held at the Sanford/Springvale YMCA. A beautiful course through the woods (paved). June 14th is the date. It is Flag Day so show your colors!

Wellness Activities

Starting January 22, at the Portland YMCA, we will once again be offering Cornhole and Short Court Tennis. John Turrell, Wellness Coordinator at the Y and myself will be there each Monday through March from 10:00-11:45. Cornhole from 10-10:45 and Short Court Tennis from 11-11:45. Come join us. Not a member of the Y? Get a free pass and try us out!! No previous skills necessary. Contact John Turrell at the Y at 207-874-1111 ext. 108 for more information or Jo Dill at Maine Senior Games at 396-6519.

 ADULT DAY CENTERS
OPEN HOUSE

Saturday, January 20, 10am-12pm
Saturday, February 10, 10am-12pm

An informative, free event for people who care for parents and spouses with memory loss.

In Partnership with Caregivers

Memory loss is not only a challenge for your parent or spouse, but also for you - the caregiver. We know through research that social interaction, physical activity, and good nutrition are keys to a good quality of life. Our members have days full of laughter and activity.



Join us for an informative morning with other caregivers at one of our two Adult Day Centers and learn about our unique and affordable program. Find out how your loved one can become a member right away.

AN INFORMATIVE EVENT FOR CAREGIVERS

- Meet our Directors and Staff
- Learn About Our Program and Its Benefits
- Hear Caregiver Testimonials
- Take a Tour of Our Center
- Learn About Affordable Membership Options



FOR MORE INFORMATION AND REGISTRATION

Visit www.smaaa.org/openhouse

Or call 1.800.427.7411



Stewart Center
74 Lunt Road, Falmouth

Sam L. Cohen Center
30 Barra Road, Biddeford

The Southern Maine Agency on Aging's Adult Day Centers are state-licensed, Adult Day Health Providers for VA, MaineCare, and Office of Aging and Disability Services.



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Keeping Mainers Warm this Winter

With your help, over 1800 coats were collected as part of the Maine Association of Area Agencies on Aging (M4A) annual Coats for Seniors coat drive with 375 donated right here in southern Maine! For each adult-sized coat donated, Goodwill will provide a voucher for the purchase of an adult coat at Goodwill (up to a \$30 value). Additionally, LL Bean donated \$5 per coat towards the fuel assistance fund.

Coats for Seniors is a state-wide program organized by the Maine Association of Area Agencies on Aging (M4A). Learn more at www.maine4a.org



Coat donations fill the back of a vehicle!

www.smaaa.org



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Money Minders: Channeling Resources

Lyle was already busy volunteering for the Southern Maine Agency on Aging's Meals on Wheels Program when he heard about Money Minders, a program that matches low-to-mid income seniors with trained volunteers who help with check writing and check-book balancing. During his six and a half years with the program, Lyle has had four clients, one of whom he continues to see on a monthly basis.

"It's been a great experience," Lyle says. "I like helping with financial issues, and all my clients have really appreciated the help."

Sometimes clients are at a loss as to what to do next, and the issues that come up are not within the guidelines of the Money Minders Program. The wife of one of Lyle's clients developed dementia and had to go into a memory care unit. The husband didn't know how to move forward after that, so Lyle had

breakfast with his client a couple of times a week for a while and just listened. He was able to find resources that his client could tap into to get his house sold and find a place to live.

Another client needed repairs to her garage door. He found out about the York County Community Action Corporation (YCCAC) and their Low-Income Energy Assistance Program (LIHEAP), which provide fuel and other winter energy services to people in income-eligible households. When the folks from YCCAC came to look at the garage door, they also checked out the heating system and found that the furnace was in such bad repair that it was dangerous, so they fixed the furnace. (Lyle is hopeful that the garage door will be next.)

Lyle's client has quite a sense of humor, and he talks about the time he was driving past his client's house on the way to his own house and saw

an ambulance in front of her house. Her son was there, as well, so Lyle stopped to see if his client was alright. When she looked at the people gathered all around, she said, "You know, I should fall down more often, look at all the company I get." She had a few bruises but did not need the ambulance, after all.

What advice would Lyle give to seniors to help them manage their finances? "Automatic payments. It solves a myriad of problems." For essential services, he says, "you don't want those things to be shut off because of a late payment."

For more information about the Money Minders Program, and to find a volunteer like Lyle to help you keep your finances in order, please call the Southern Maine Agency on Aging at 1-800-427-7411 or 396-6500 and ask to speak to a Resource Specialist. For Money Minders like Lyle, their knowledge of available resources might be just what you need.

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.

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Family Caregiver Support Program



Are you helping an older adult manage bills, prepare meals, manage medical services? Do you help with bathing or dressing, household chores, transportation to appointments, or companionship? Are you a senior who is raising someone else's child? **Then you are a Caregiver.**

Is caring for a family member or friend leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

New to Caregiving and Have Questions?

SMMA's Family Caregiver Support Program will be offering Understanding Cognitive Loss: Basics for Family Caregivers, on Thursday evening, March 1 from 4-6pm, at the SMAA office in Scarborough.

Understanding Cognitive Loss: Basics for Family Caregivers is a single session, two-hour class. This class was developed for family

caregivers: those who may have questions about someone's cognitive abilities and losses, those who are helping someone early in the course of a dementia, and those who may not be able to attend a full Savvy Caregiver series.

The class covers different conditions that can affect a person's cognitive abilities, how specific thinking skills might change, and

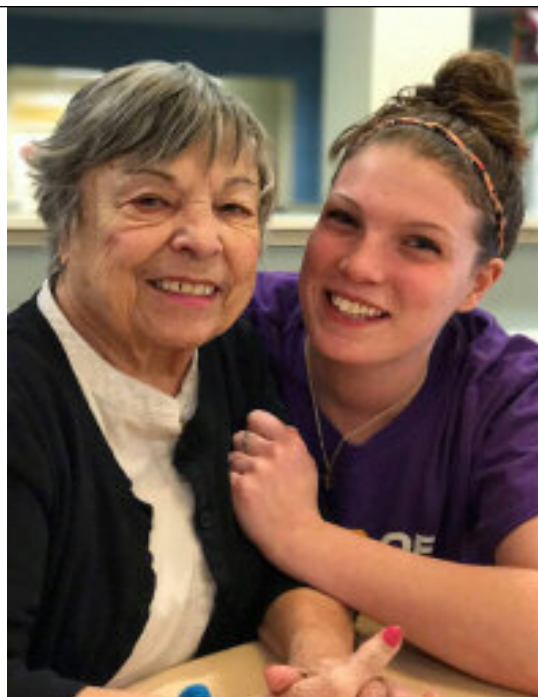
strategies that can be helpful for family caregivers of people who are experiencing difficulties with their thinking.

If you are a family caregiver for a person who has been diagnosed with dementia, or about whom you have concerns, we hope you will sign up. Please note, this session is not appropriate for people who themselves have dementia. The class size is limited, so pre-registration is required. Please contact the Family Caregiver Support Pro-

gram at SMAA, 1-800-427-7411 x 540, to add your name to the list.



Laurence Gross, Kelli Daunais, Executive Director (Atria-Kennebunk) Marilyn Durgin, Colleen Levesque, Community Sales Director (Atria—Kennebunk)



Atria of Kennebunk Raises \$1,850 to benefit the Sam L. Cohen Center

Many thanks to Atria Kennebunk for hosting a comedy night featuring Maine's own Bob Marley. Proceeds from the night of laughter, held in late October, benefited both the Sam L. Cohen Center and the Center at Lower Village in Kennebunk.

Bob Marley got his start in Maine but has entertained audiences far and wide. He's been a guest on the Tonight Show, Late Night with Conan O'Brien, Comedy Central and has acted in movies. His brand of humor draws heavily on his family and life in Maine.

Atria Kennebunk's Executive Director, Kelli Cummings reflected on the night by saying "We love to have fun with our residents and hosting a comedy night to benefit nonprofits was a win-win for us. Atria has always supported the Cohen Center and all the wonderful programs they offer to those affected by memory loss. We have a Memory Care neighborhood of our own so the mission of the Cohen Center is very near to our hearts."

"We are so grateful to the Atria for honoring us with this donation from the Comedy Night. Support like this helps the Agency tremendously. The Sam L. Cohen Adult Day Center is a place full of laughter and fun, providing community for those who have cognitive loss." stated Laurence Gross, CEO of the Southern Maine Agency on Aging.

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Doing More About Your Vision Loss

Do you have Age Related Macular Degeneration (AMD), Glaucoma, or Diabetic Retinopathy? You may have heard this from your eye doctor, “There’s nothing more I can do for you.”

You may not feel like it, but you are in good company! As you age, your chances of acquiring one of these eye diseases, with some degree of vision loss, increases. Of individuals over the age of 75, it is estimated that one out of every three people with have a functional vision loss.

What you may not have understood from your doctor, when you heard, “There’s nothing more I can do...,” is that, in some cases, there are no additional medical procedures, or glasses, that will restore certain vision loss. This is difficult to hear at first and takes adjustment.

But there is more you can do to adjust to vision loss, and maximize your remaining vision. You’ll need to adhere to the schedule of eye exams with your eye doctors.

The next step is to refer yourself to a Vision Rehabilitation Specialist—a physician does not need to make the referral. One of the best kept secrets is that Maine offers a wide variety of services through the State’s Division for the Blind and Visually Impaired (DBVI). DBVI can provide access to professionals such as Vision Rehabilitation Therapists (CVRT), Ori-

entation & Mobility Specialists (COMS), Low Vision Therapists (CLVT), and Rehabilitation Counselors (RC) through their statewide agency, or a partner agency, such as The Iris Network. All of these professionals are highly educated, with national certifications in their specialties related to vision loss.

Vision rehabilitation cannot restore your vision, it is intended to provide professional services to help clients maximize their existing vision with typical daily living, employment, and even recreational activities.

Here are ways these specialists can help you. They will:

- work with you outside on a travel route, avoiding obstacles and reducing glare;
- suggest alternative ways to read the newspaper, use household appliances, or access the computer;
- teach you how to optimize task lighting at home or the workplace, or work with magnification;
- coordinate services and locate resources for continued Independent Living or Employment.

You do not need to be legally blind to apply for services. Often, you may qualify for services if you have a vision loss that is affecting your life, daily activities, or employment. Most of these services are available at no out-of-pocket cost!

If you have a vision loss, there really is more you can do! Call DBVI by calling 1-877-594-5627 or visit their website at www.maine.gov/rehab/dbvi, or contact The Iris Network 1-800-715-0097, on the web at www.theiris.org.

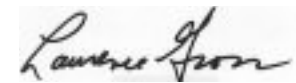
Steven Kelley CVRT, CATIS, CRC is a Vision Rehab Therapist with the Iris Network.

Living complex on the Oceanview campus in Falmouth to have a part time resource coordinator on-site to assist their residents. SMAA is also working with the Park Danforth in Portland to offer many workshops and classes, including Matter of Balance and Tai Chi for their residents.

More Good News

Earlier this month, SMAA’s Adult Day Centers were the recipients of a “100+ Women Who Care” award that will be used support members and their families who need financial help to attend the program. 100+ Women Who Care Southern Maine is a group of local women who are interested in supporting their communities by contributing as a group to Southern Maine charities to increase the impact on their individual \$50 gifts. We are honored to have been selected as their most recent charity and are very grateful for the more than \$10,000 this wonderful group will contribute to the Day Center program.

The winter season can present many challenges but I urge you to stay warm and active during these cold months. It’s a great time to check out one or two of our Agewell workshops—which are described on the SMAA website at www.smaa.org. Be healthy! Stay active!



Laurence W. Gross
Chief Executive Officer

From the Director’s Desk continued from page 1

ing tabulated. SMAA’s staff and the 60 specialized volunteers who provided this critical service at 14 different locations in Cumberland and York counties have once again helped thousands of older adults navigate their Medicare options and discover the best and most affordable plans for their individual circumstances. I look forward to sharing the final numbers with you in the March issue.

Good News

It’s been an exciting few months at SMAA as we have expanded our partnerships in the community. I am pleased to announce that the Yarmouth town council unanimously approved a contract to add a part time SMAA resource specialist to assist their older residents and work with the town’s Aging in Place volunteers. We have also secured a contract with the Plummer Senior



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VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

Make a Resolution in 2018 to Record Your Volunteer Hours

Did you know that every hour you volunteer for Southern Maine Agency on Aging and RSVP is valued at \$21.61? According to "Independent Sector" the latest value of a volunteer hour is up 2.5 percent from the previous year. That figure, estimated from data collected in 2016, shows the incredible contributions volunteers make to our communities and our country.

Currently, 63 million Americans volunteer about eight billion hours of their time, talent, and effort to improve people's lives and the natural world. With the new value of volunteer time, these Americans are contributing approximately \$193 billion to our nation. According to data from the *Corporation for National and Community Service*, religious organizations were cited as the type of organization that volunteers worked in the most (34%), followed by educational or youth service (26%), and social or community service organizations (15%).

This year SMAA/RSVP has 719 volunteers but only 321 of them reported the hours that they volun-

teer. More than half (398) did not report their volunteer work hours. If each of those 398 people volunteered only one hour in 2017 that would represent \$8,601 in volunteer value to our agency. The 321 volunteers who reported hours average volunteering about five hours per month for a grant matching potential of \$34,841 each and every month! If the 398 volunteers who have not reported any hours averaged five hours per month we would have an additional \$43,004 matching potential for grants to help those in need.

In 2018 please make a resolution to record your volunteer hours. We have made it easier than ever before. Here is how you can do it in five minutes or less each month:

- Visit: <http://www.smaaa.org/volunteer.html> (you can save a shortcut to this link on your desktop, or another convenient location) or go to the SMAA site then "Volunteer Services" page.
- Navigate to the left side of page and find a yellow box underneath the photo of woman & child,

where it says "Helpful Links"; click on "Log Your Volunteer Hours"

- Your Username is your first and last name with no spaces, like this example: marysmith
- Your Password the first time you log in is: **volunteer (the password is case sensitive)**.
- When you get to the next page, it will ask you to change your password. **YOU DO NOT NEED TO CHANGE YOUR USERNAME, ONLY YOUR PASSWORD.** To easily remember a new password, use one that is familiar to you. There are no security concerns associated with logging your volunteer hours.
- The first time you log on, you will need to **EXIT THE NEXT PAGE AND GO BACK TO THE YELLOW SMAA VOLUNTEER PAGE.** You will only have to do this once. After you log back in with your new password, you will be taken directly to the "enter your volunteer hours" page every time.
- Below the box where your volunteer position is highlighted, click **OK**.
- Enter hours. Please round up to the next half-hour—no minutes needed. Please include the time you have driven to and from the volunteer worksite. In other words, track "door to door" time. Please include time for *any training* in the hours you report and any meetings with SMAA, going forward.

Please email Judie at volunteer@smaaa.org if you have any problems logging-in or forget your password.

Thank you!

New Volunteers

We have nine new volunteers through deadline time for November and December 2017. Among them are:

- Katherine Brooks - Open Enrollment Receptionist
- Donna Frodyma - AARP Tax Counselor
- Harriet Hill - Activity Aide at the Sam L. Cohen Center
- Pamela McAvoy - MOW Driver
- Raymond Strozewski - MOW driver in Naples
- Sharlene Troop - MOW driver in Sanford
- Philip Weyenberg - South Portland Food Cupboard
- Dorothy Zieba - Food Service at Larrabee Village



Floyd Hastings, a Vet to Vet volunteer since 2014, was enjoying breakfast in a local restaurant in Saco with his family on Veterans Day when a waitress delivered a gift card. She told him that another diner wanted to treat him to breakfast to honor him for his service to the country. Floyd's Korean War veteran hat identified him as a veteran.

The generous diner had already left the restaurant, so Floyd couldn't thank him in person. He hopes his benefactor knows how much he appreciated the gesture.

CORRECTION: In the November-December 2017 issue, one of our new Volunteer Open Enrollment Receptionists was mislabeled. Our new volunteer's name is **Nancy Sulides**.

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DISBURSEMENTS

Another Vet to Vet Participant Included on Honor Flight

Longtime Vet to Vet volunteer, Mary Dottie McGuirk, joined other veterans on the October 27 Honor Flight Maine trip to Washington, DC, where the veterans and their escorts viewed veterans' memorials, including the Women in Military Service for America Memorial.

"It was the most wonderful experience I've had in a long time," Dottie said of her flight to Washington. "I'll never forget it."

Dozens of well-wishers sent cards for the veterans to read during their flight to D.C. After their tour, the veterans returned to Portland Jetport to a cheering crowd waving flags and welcoming them home.

Dottie served 20 years of active duty, beginning in 1954 as a 1st lieutenant in the US Air Force Nurses

Corps. She left the service in 1968 to raise a family with her husband, who was an Air Force pilot. When he died in a plane crash shortly after their son was born, Dottie applied to rejoin the service. Air Force officials told her she could not serve on active duty with children under the age of 18. Four years later, after being rebuffed numerous times, she wrote to the US Secretary of the Air Force Robert Seamans Jr. He wrote

back nine days later and ordered her back on active duty in the Air Force Nurse Corps in 1972. She served another six years, including a year in a small hospital in the jun-

gles of Thailand. She "broke the mold" and opened the door for other mothers to serve their country.

To apply for an honor flight for a veteran, please visit: <https://www.honorflightmaine.org/>



Dottie McGuirk, left, with her late Vet to Vet friend, Florence Link in 2015.

Photo credit: Sharon Roberts



Mary Dottie McGuirk at Portland Jetport receiving accolades from the crowd after her Honor Flight.

Photo credit: Charlene Vaughan



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