



From the Director's Desk

Happy Spring!

Although it was a pretty mild winter in comparison to the previous two, I'm sure we will all be happy to turn our clocks ahead an hour on March 13—a true harbinger of Spring. That extra hour of daylight seems to lighten our moods and heighten



our anticipation for warm, sunny days ahead.

It has been a busy winter at SMAA. We officially opened the Sam L. Cohen

Center, our new adult day center in Biddeford, in early January. I am happy to report that our members and their families are really enjoying the bright new space. The much larger space is allowing the staff to expand creative programming and fully implement person-centered activities. It's a lively, active environment. If you haven't had a chance to tour the new Center, please join us for the building dedication ceremony on May 20 and see first-hand what a valuable community resource this new Center has become. Look for more information as we get closer to the date!

I was very happy to welcome Senator Susan Collins to the Stewart Center, SMAA's adult day center in Falmouth, for a tour in January. She was so impressed with the Center and the programming being offered to members by our staff. During and after the tour she eloquently expressed her desire to have an adult day center like ours in every county in Maine. In her role as the Chair of the United States Senate Committee on Aging, she recognized and appreciated our commitment to providing Centers of Excellence for older adults with dementia and their caregivers.

Meals on Wheels recipients were surprised on the Thursday before Valentine's Day with a special delivery—a lovely, long-stemmed red rose to brighten their day. Since 1995, thanks to the kindness and generosity of Loraine Merrill, the Valentine's Day rose delivery has been an annual SMAA tradition. When Loraine died in 2003, she left a bequest to the Agency to establish an endowment fund assuring the rose tradition will continue in perpetuity. What a wonderfully touching legacy! Planned gifts, such as Loraine's, enable the

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SMAA Nutrition Programs: Improving Quality of Life

At SMAA, we are constantly examining our programs to ensure that we are meeting the needs of our constituency. Nowhere is that more evident than with our Nutrition Program—consisting of Meals on Wheels, Community Cafes, As You Like it, Simply Delivered and Food Support. We all recognize the importance of good nutrition and a healthy life. Our programs offer convenient nutritious options for seniors whether they are homebound or too busy to cook!

Meals on Wheels

For decades, we have been providing nutritious and delicious delivered meals to homebound older (60+) adults in Cumberland and York counties. We deliver up to five meals every week of the year. Our volunteers and staff generally deliver between 10:30 and 12:30. Participants can choose to receive a frozen or heated meal. Our meals are tasty and can be adapted to a range of nutritional concerns. We offer gluten free, low sodium, vegetarian and pureed meals. All of our meals have



Simply Delivered Meals are perfect for people who need short term help with meals.

a protein based main dish, side dish and a vegetable and dessert. Our clients can also receive a quart of milk per week. We sample the meals frequently to be sure they are tasty and visually appealing for our participants.

Some of our participants have been receiving meals for many years but we also have participants who sign up for a limited time because they are recovering from surgery or have had a bout of sickness like pneumonia. There is no income test for Meals on Wheels. For those who are able, they donate \$3.50/meal which goes to fund the program.



Here workers are serving up a great meal for our community cafes.

Many give less and some can't give any donation. We never turn anyone away if they cannot contribute.

We know that our meals deliver nutritionally sound and delicious food. But our network of volunteers and staff are also a social connection to the outside world for our participants. Our volunteers and staff are trained to make sure that our clients are safe. A brief conversation, even it's about the weather, helps alleviate mentally crippling social isolation for homebound seniors.

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Another Year of Medicare Open Enrollment in the Books

If you listened closely on December 7, you may have heard a collective sigh of relief coming from Southern Maine Agency on Aging's staff and volunteer "Medicare Team" as the 2016 Medicare Open Enrollment Period (OEP) came to a close. Each year during Open Enrollment, Agency staff and volunteers work tirelessly and bolster our efforts to serve the surge of thousands of Medicare enrollees who

need help identifying and comparing prescription medication and insurance options.

Several months before the October 15 start date, Agency staff begin preparing for Open Enrollment by scheduling additional "Welcome to Medicare" seminars, and identifying locations, dates and times to offer increased one-on-one support in communities throughout southern Maine. This year we increased the

number of appointments and added one-on-one counseling locations to the Waterboro, Cumberland and Berwick communities—bringing the number of sites throughout southern Maine where we offer appointments to 23. A corps of 46 highly skilled volunteers on our Medicare Team makes it possible for the Agency to assist more than 4,500 people each year. More than half of those individuals receive assistance during the short Open Enrollment period.

With an estimated 10,000 Baby Boomers turning 65 each day nationwide, it is not surprising that 2015-2016 was the busiest and most successful Open Enrollment period on record for the Agency. Our Medicare Team is reporting that this year many insurance providers are changing their plans and dropping medications off their formularies, of-

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2015-2016 Medicare Open Enrollment Team. Thanks for your hard work and dedication.

If you no longer want to receive the paper, please contact Jessica at 396-6520 or 1-800-427-7411 x520 or jleblanc@smaa.org.

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Healthy Eating As We Age

By Holly Bresnahan,
RD, LDN

There can be many benefits to adopting healthy eating habits.

Eating better now can be the key to keeping your mind sharp, help ward off illness, and provide better management of chronic illnesses. By fueling your body with foods that are good for you, you may notice higher energy levels as well.

It doesn't have to be complicated. Using the "Choose My Plate" diagram can help you focus on providing variety in your diet.

Make half your plate fruits and vegetables

Break the apple and banana rut and reach for berries or melon. The more colors on your plate help



ensure you are getting valuable nutrients to stay healthy. Fresh, frozen and canned vegetables all count! Just make sure if canned it has "no added salt" or is "low sodium".

Make at least half your grains whole

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Whole grains help provide much needed fiber to help stay regular and can also aid in lowering your risk for heart disease, stroke and diabetes. As you age, your digestion becomes less efficient, so it's important to include fiber in your diet.

Vary your protein sources

As with fruits and vegetables it is important to eat a variety of proteins such as seafood, nuts, beans, as

well as lean meat, poultry and eggs. Don't just rely on red meat; try a "meatless Monday" or "Fish Friday".

Switch to fat-free or low fat milk

Calcium, found in dairy products and milk, is very important as we age. It helps maintain bone health and adequate calcium intake can prevent bone fractures and osteoporosis. Whether it is a fat-free or low fat dairy product it has the same amount of calcium. Older adults need 1200 mg of calcium/day. Quick hint to find out how much calcium is in a product: Add a zero to the end of the percentage on the label and it tells you how many milligrams calcium per serving. For example 45% calcium = 450 mg/serving (note: this only works for calcium, not for other nutrients on the label)

If you are lactose intolerant, look for calcium fortified beverages or lactose free milk.

Source: Academy of Nutrition and Dietetics, www.eatright.org, www.choosemyplate.org

Taking it to the Streets: QC 2016

Maine Quality Counts will hold their annual conference on April 6, at the Augusta Civic Center. This year's conference "Taking it to the Streets" will build on last year's theme of "Delivering Health", exploring what is needed and available to help Maine people and communities overcome barriers to maintaining their health.

Maine's most knowledgeable, passionate; health-care focused individuals participate in QC2016 to make the theme of the conference come to life. They will share their experiences, innovative solutions, best practices and insights on health leadership, identifying and addressing social needs, bridging health care and community resources, workforce modules, engaging people and communities in health, and more!

Early bird registration is now open. To learn more about attending, becoming a sponsor, or an exhibitor, please visit www.mainequalitycounts.org or call 207-620-8526.

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



Meet Jean, in our online video: oceanviewrc.com/video/#fh

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NINE
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NINETY

Nine to Ninety FREE Screening

Join the Southern Maine Agency on Aging for a screening of the documentary *Nine to Ninety*, a love story of a couple who face tough choices, challenged by illness and financial struggles. Phyllis Sabatini, the nonagenarian, featured in the documentary will be on hand to participate in a panel discussion following the movie.

When: Tuesday, April 12, 1:30PM

Where: The Lunt School Auditorium, 70 Lunt Road, Falmouth

RSVP: There is no fee for this screening but seating is limited. Call or email Janet Bowne at 396-6533, jbowne@smaa.org to reserve your spot and for information.

We have a limited number of spaces for tours of the Stewart Center following the screening and panel discussion. The Stewart Center is SMAA's innovative adult day center for people challenged by dementia located adjacent to the Lunt School Auditorium.

We will also host an open house at the Stewart Center on Saturday, April 16 from 10AM-12 noon.

SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

Community Café – JR Martin Community Center, Biddeford: Call for schedule and menu. Reservations: 283-2477

Family Caregiver Support Groups – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723

Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Tues. Call 396-6500 for appt.

Medicare 1-on-1 Appts – Dyer Library, Saco, Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appt.

FALMOUTH

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

FREEPORT

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

GREATER PORTLAND (CAPE ELIZABETH, PORTLAND, SOUTH PORTLAND, WESTBROOK)

Community Café – Peoples Methodist Church, South Portland, Thur, noon. Reservations: 767-2255

Community Café – Cummings Center, Portland, 3rd Thurs, noon, Reservations: 878-3285

Community Café – Westbrook Community Center, Westbrook, 4th Tue, noon, Reservations: 956-1348

Larrabee Village Nutritious Lunchtime Meal – Westbrook, 7 Days a week, 11:30am. 854-6818

Southern Maine Restless Legs Support Group – 3rd Wed, Quarterly: April 20, 7-9 pm., Allen Avenue Unitarian Universalist Church, Portland, FMI: 510-508-8163

Woodford's Church, 3rd Mon, 1-3pm, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts/Free Information & Assistance - Westbrook Community Center. 2nd and 4th Wed, 9am-12pm, 396-6500/1-800-427-7411 for appt.

KENNEBUNK/WELLS

Community Café – Ross Corner Woods, Kennebunk, Mon, Tue, Thur, and Fri, noon, Reservations: 985-2588

Medicare 1-on-1 Appts – Kennebunk Senior Center, 3rd Wed, 12-3pm, 3 96-6500/1-800-427-7411 for appt.

KEYS REGION (KITTERY, ELIOT, YORK, AND SOUTH BERWICK)

Community Café – Eliot Methodist Church, 1st Thurs, 11:30 am, Reservations: 475-7399

Family Caregiver Support Group – The Gathering Place, Kittery, 1st Thurs, 3-4:15pm. 439-6111

Family Caregiver Support Group – Living Well Center, York, 3rd Tue, 1-2pm. 475-1167

Medicare 1-on-1 Appts – York Hospital, 2nd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for appt.

Welcome to Medicare Seminar – York Hospital, September 23. 396-6500/1-800-427-7411 to schedule.

KEZAR FALLS/HIRAM

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

LAKES REGION (BRIDGTON, CASCO, NAPLES, AND SEBAGO)

Family Caregiver Support Group – Bridgton Community Center, 2nd Wed, 1-2:30pm 1-800-427-7411

Medicare 1-on-1 Appts – Bridgton Community Center, Call 647-3116 for an appt.

PARSONSFIELD

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

SANFORD

Community Café – Nasson Community Center, Springvale, 3rd Tue, noon. Reservations: 324-5181

Medicare 1-on-1 Appts – Southern Maine Health Care, Sanford, 1st Tue, 9am-4pm. 396-6500/1-800-427-7411 for an appt.

Welcome to Medicare Seminar – Southern Maine Health Care, Sanford, 1st Tue, 2-4pm. 396-6500/1-800-427-7411 to schedule

SCARBOROUGH (SMAA MAIN OFFICE)

Family Caregiver Support Group, 3rd Thurs, 4:15-5:30pm* NEW TIME, 396-6540

Medicare 1-on-1 Appts/Free Information & Assistance, Every Mon, Weds and Fri, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Savvy Caregiver starting on April 27, 5:30-7:30pm, 1-800-427-7411 x540 to pre-register (required)

Welcome to Medicare Seminar – 2nd and 4th Mon, 2-4pm and 1st and 3rd Thurs, 10am-noon, and 1st Mon of month 5:30-7:30pm. Call 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH

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

Weekly Wednesday Lunches at Camp Ketcha – Every Wed, 11:30am, All Welcome! \$5 for 60 and up, \$7 for all others. Reservations: 730-4150 by 2pm the Mon prior

STANDISH

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

Understanding Cognitive Loss: Basics for Family Caregivers, March 21, 4:30-6:30pm at St. Joseph's College, 1-800-427-7411 x545 to pre-register (required)

WINDHAM

Community Café – Unity Gardens, Reservations: 892-3891

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

Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, 1st Tues, 10am-noon, 396-6500/1-800-427-7411 to schedule.

YARMOUTH/NORTH YARMOUTH

Community Café – Bay Square at Yarmouth, 4th Tue, 11am. Reservations: 846-6693

Indoor Walking – North Yarmouth Memorial School, Tues and Fri, 11am-12pm. Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.

Savvy Caregiver starting on April 26, 4-6pm, North Yarmouth Academy, 1-800-427-7411 x545 to pre-register (required)





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From the Director's Desk continued from page 1

Agency to sustain and grow valuable programs that have a profound impact on the lives of seniors in southern Maine. I encourage you to contact Kate Putnam, SMAA's Director of Development, to find out how you can leave a legacy through your will.

At the end of March, the Community Based Care Transition Program (CCTP), the patient intervention designed to reduce hospital re-admission rates for high-risk Medicare patients by providing short-term counseling and support for participants after they are discharged from the hospital, will be ending. Working in partnership with the Maine Medical Center Physician Hospital Organization, a member of MaineHealth, for the past four years, the CCTP intervention was able to reduce 30 day hospital readmission rates by almost 16.2% at our partner hospitals for CCTP beneficiaries. I want to thank SMAA's dedicated CCTP staff for the fine results they have accomplished assisting more than 8,500 frail older adults these past four years. Well done!

In October 2014, SMAA received a three year Alzheimer's Disease Initiative (ADI) grant from the Administration for Community Living (ACL) to provide a more comprehensive and sustainable

network of training, referral, and person-centered services to support individuals living with Alzheimer's disease and related dementias and their family caregivers. Great progress has been made in the past 18 months including embedding a family caregiver specialist at the MMC Geriatric Center in Portland who has served 91 families in just the past eight months. Both families and Geri Center staff report that having an on-site SMAA specialist has been tremendously helpful. The ADI grant has allowed SMAA to implement and expand ADS+, an evidence based, year-long care consultation and coaching intervention delivered through our adult day centers. ADS+ is designed to increase caregiver skill so they feel more confident in their caregiving roles. Much progress is also being made towards building an infrastructure to identify and support people with dementia who are living alone in the community using our Meals on Wheels staff and a new community health worker. I look forward to sharing more ADI accomplishments in the months ahead. In the meantime, enjoy the crocus and daffodils that will soon be poking their heads through the snow!



Laurence W. Gross
Executive Director

General Enrollment Period

If you miss your Initial Enrollment Period or your Special Enrollment Period, you get another chance to enroll.

You can sign up for Medicare Parts A & B between January 1 and March 31 each year. Your Medicare coverage would begin on July 1 of the same year.

It is important to note that if you need to buy Part A, you must also enroll in Part B at this time.

Source-My Medicare Matters

Senior News

is a publication of



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Design: Becky Delaney

Printing: Sun Press, Lewiston

Senior News is published six times per year in January, March, May, July, September and November.

"Senior News" is mailed free for the asking. If you would like to receive "Senior News," call Jessica LeBlanc at 207-396-6520 or send your name and mailing address to jleblanc@smaaa.org.

Circulation: Mailed directly to 15,000 households and 7,500 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 23,000

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

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

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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.



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Meals on Wheels Celebrates Valentine's Day



On February 11, Meals on Wheels celebrated Valentine's Day with their annual rose delivery. Each year every Meals on Wheels client receives a special delivery—a long-stemmed rose along with their meal. This special gift is thanks to the generosity of the late Loraine Merrill whose endowment will help ensure the annual delivery of the roses for many years to come.



SMAA Staffers Deb Folsom and Fran Gleason getting ready to deliver roses.



SMAA Nutrition Manager, Jo Ann McPhee with a bright bouquet.



Left: Meals on Wheels volunteers getting ready to deliver a meal and a smile to their clients in the Greater Portland area.



March is "Shared Decision Making" Month

The Southern Maine Agency on Aging's Health Care Advisory Council (HCAC) is partnering with Maine Health's Neil Korsen, MD, MSc, Medical Director, Shared Decision Making Program. We're working with Neil and Celine Kuhn, to help promote Shared Decision Making (SDM) in the month of March. What is SDM? SDM is another approach that allows patients to take a more active role in their health care. SDM is maybe best stated as "No Decision about Me without Me". Why is this important?

Shared decision making (SDM) is a process that allows patients and their providers to:

- Make health care decisions together
- Use the best scientific evidence available as well as the patient's values and preferences.
- Honor both the provider's expert knowledge and the patient's right to be fully informed of all care options including benefits and harms.
- Provide patients with the support they need to make the best care decisions
- Provide patients with the chance to express their own expertise, which relates to what their goals are and what is important to them. Without that expertise, knowing what the options are does not necessarily

lead to a high quality decision.

Please consider your next visit to the doctor as an opportunity to ask questions and have a conversation with your provider and their team. These discussions will help you become healthier and wiser about your health care.

At MaineHealth, Dr. Korsen's impressive passion and commitment to the benefits of SDM are a result of talking about the responsibility of making values based decisions. He has often said that when a patient is in a discussion with their health care provider, "there are two 'experts' in the room, the patient and the physician". SDM honors both the provider's expert knowledge and the patient's right to be fully informed of all care options and the potential *harms and benefits and to express their preferences and their values related to the decision at hand*. Making decisions together leads to the best decision making quality and there is evidence to prove it.

Look for more information about Shared Decision Making during the month of March by visiting our website: smaa.org, check out our Facebook page, or go the MaineHealth website: [MaineHealth LearningCenter.org](http://MaineHealthLearningCenter.org) You may also contact MaineHealth at: (207) 662-0764 and talk with Celine about Shared Decision Making.

FOR MORE MATERIAL ON SHARED DECISION MAKING, CHECK OUT THESE VIDEOS AND WEB SITES:

MaineHealth Educational Services

https://www.youtube.com/watch?v=lNV1Xu_TrJk&feature=youtu.be

MaineHealthLearningCenter.org

<http://www.mainehealthlearningcenter.org/topics/decision-tools/>

Video – Neil Korsen, Medical Director, Shared decision Making Program

http://www.informedmedicaldecisions.org/imdf_demo_site/mainehealth
<https://www.youtube.com/watch?v=RxCAf6LQsLM>

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Neighborhood Network Allows Seniors To Live Independently At Home

By Sandy Shapiro

- Do you value independence, choice, access to a health network, security and a carefree lifestyle?
- Are you 50+ and want to stay living at home?

If you can answer yes to these questions then Neighborhood Network is for you.

Neighborhood Network provides a one-stop connection to resources, service providers, volunteers and a social calendar for members residing in Southern York County.

The Network is all about empowerment, independence, convenience, safety and security. You stay in the comfort of your home as the captain of your own ship, making decisions, directing your own life. With just one phone call the Network can handle problems

and concerns—whether it’s a ride to the doctor or market, or dealing with a leaky faucet or a snow-laden walk.

The network is your pipeline to social activities, too. Are you interested in joining or creating a book club or morning yoga class? The Network offers a monthly newsletter to get the word out to other members.

Neighborhood Network, a non-profit organization, was established in July 2015 as a member-based referral program, fashioned after the nationally renowned Beacon Hill Village. It was formed under the auspices of York Housing, which has built and managed five residential developments in York, providing 166 housing units for individuals of all income levels since 1978. The Network is in partnership with

York Hospital.

The Network centers on the whole person, providing an evolving menu of services and resources for adults as they approach retirement and into their later years as they continue to live in their own homes.

The Network offers more than what is found in models that focus on single issues such as housing, medical care or social activities. It also attracts members who seek more freedom and control over their lives. Neighborhood Network aims to create “a neighborhood environment in the same way as neighbors help each other with a home improvement project, or gather for a book group or a potluck social,” said Patricia Martine, executive director of York Housing Authority. “We will help you navigate today’s market and give you the confidence to feel

safe knowing that vendors coming into your home will have been vetted for safety and security.”

For an annual fee, Members can utilize the Neighborhood Network as a worry-free way to find solutions quickly and efficiently. The Network will utilize carefully-screened vendors and volunteers. Many services will be provided free of charge or at a reduced cost.

Because volunteers are the backbone of the Network, there are opportunities for anyone who wants to use his or her skills or to do something that speaks to an interest.

Complimentary membership is being offered until May 1 with your paid annual membership.

For more information call Sandy Shapiro, program coordinator, at 207-351-1828, or email neighborhoodnetwork@yorkhousing.info.

Before That LAST Breath:

Maximizing the Quality of Life

Join us on May 5, from 1:30 to 3pm at Lunt Auditorium in Falmouth where speaker Amanda Carr will explore the topic of creating a personal definition of quality of life and maintaining it through the years. This workshop is an overview of important considerations in defining and making your

wishes known to preserve quality of life through the aging and dying processes. Topics included are:

- Having the difficult conversations.
- Defining your personal wishes.
- Understanding the need for Pre-planning.
- Making wishes/choices known through documentation and communication.

- Legacy work and creating memories that last before it’s too late.
- Additional options from palliative and hospice to green funeral and more!

Amanda Carr, RN, BSN is an Emergency Room Nurse who has found her passion in helping people design and achieve the end of life they desire. Through years of experiences with patients in the hospital settings, as well as personal experi-

ence, Amanda has developed a unique view and skill set to help people navigate their choices in health and medical care; maximizing their lives to the last moments. Amanda encourages people to have these difficult conversations through educational workshops, blogging, community outreach and individual conversations.

Amanda is the owner and operator of Changing the Face of Dying LLC (www.changingthefaceofdying.com).



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From Jo Dill's Notebook

30



National Senior Games

2016 is a qualifying year for the 2017 National Senior Games which will be held in Birmingham, AL, June 2-15. Athletes coming in first through fourth (in most events) will be eligible to go to Birmingham.



2016 Maine Senior Games

Volunteer Training: April 25, Southern Maine Agency on Aging, 6-7:30PM, Monday

5K Road Race: June 12, 9AM, Scarborough High, Sunday

Opening Ceremonies: June 12, 10:30AM, Scarborough High, Sunday

Explore Track & Field: June 12, 11AM, Scarborough High, Sunday

Golf: June 20, Willowdale, Scarborough, Monday

Horseshoes: Aug 9, 4PM, Tuesday
Pickleball: Aug 13, Men's/Women's Doubles, Racket & Fitness, Saturday

Pickleball: Aug 14, Mixed/Singles, Racket & Fitness, Sunday

Cornhole: Aug 17, Sandford/Springvale Y, 4PM, Wednesday

Archery: Aug 21 (rain 28th) Lakeside Archery, 9AM, Sunday

Table Tennis: Aug 26, Pineland YMCA, 5PM, Friday

Track & Field: July 30, Scarborough HS, 10AM, Saturday

Tennis: Sept 8, Women's Singles/Men's Doubles 12PM, Mixed Doubles 3PM, Racket/Fitness, Portland, Thursday

Tennis: Sept 9, Men's Singles 12PM, Women's Doubles 3PM Racket/Fitness, Portland, Friday

Cycling: Sept 11, Kennebunkport Bicycle Co, 9AM, Sunday

Basketball (Men's): Sept 17, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday

Hot Shot/Foul Shoot: Sept 17, Cape Elizabeth HS, Cape Elizabeth, 2PM, Saturday

Basketball (Women's): Sept 18, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday

Bowling Candlepin: Singles/Doubles: Sept 29, Big 20, Scarborough, 10AM/1PM, Thursday

Swimming: Oct 1, Waterville YMCA, 10AM, Saturday

Bowling 10 Pin: Oct 16, Singles/Doubles, Sparetime Bowling, Augusta, 10AM, Sunday

2016 Sponsorships

Thanks so much to the following sponsors who have come on board so far for 2016. Lead Sponsor: Martin's Point, Gold Sponsor: Piper Shores, Silver Sponsors: Goodwin Motor Group, Bangor Savings Bank, OPTA, Humana, Falmouth Orthopaedic Center, The Derry Rundlett Show-CTN5. Maine Senior Games is so appreciative of your sponsorship. As new sponsors come on, we will update you on our website. www.mainesgames.org

Save the Date

Not sure if the "Games" are for you? Try us out on Sunday, June 12 at Scarborough High School from 12:30-2:30. Explore Track & Field is a day for those wanting to try a new event, have a chance to practice or to see what the Maine Senior Games is all about! Events will include: 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Race Walk, 1500 Power Walk, javelin, shot put, discus, long jump, high jump and triple jump. Come see what the buzz is about! No pressure—just a chance to learn more from experienced competitors, get training tips from coaches and who knows you may even want to try the Maine Senior Games.

Opening Ceremonies

Come join us for the Opening Ceremonies as we celebrate 30 years. Be on hand to watch and participate in the lighting of the caldron and then stay for Explore Track and Field or other sports as athletes will be on hand to talk about their sport, some tips, where to practice and how to get involved.

Medical Support

For the sixth year, Orthopaedic Physical Therapy Associates of Scarborough and Sandford will provide medical support for many of the 2016 Maine Senior Games events. Your support of the Maine Senior Games is appreciated and our athletes feel safer knowing you are with us!



Badminton

We are searching for a place to offer badminton to those who might want to try it out or practice. We hope to have secured a place in the next few weeks. When everything is finalized, we will post it on our website: www.mainesgames.org

Our hope is that it will be a Maine Senior Games event either this year or next. Stay tuned.

YCREA Helps Older Adults Stay Warm This Winter

Last year, members of the York County Retired Educators Association (YCREA) held a fundraiser selling tickets to win an Apple iPad Air 2. All of the proceeds from the sales of tickets were earmarked for the Southern Maine Agency on Aging with the goal of supporting the Oil Assistance Program which provides financial as-

sistance for older adults throughout York County who need help heating their homes in winter. YCREA raised \$5,630 to help keep older adults warm this winter.

"We are happy to be able to sponsor such a worthwhile fundraiser and provide help for those in need. The committee sincerely appreciates the support and generosity of YCREA members," said Chairperson Shirley Jones.

Southern Maine Agency on Aging expresses sincere gratitude to the YCREA on behalf of our clients and staff for their support.



Photo L to R: YCREA Membership Committee Co-chairperson Gail Brayman, SMAA Development Office Staff Janet Bowne and Liz Thompson, Chairperson of the Fundraising Project, Shirley Jones, and YCREA President Nancy Sullivan.

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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.

Memory Loss is More Than Alzheimer's Disease:

There are many things that can contribute to forgetfulness

Memory loss plagues thousands of baby boomers and seniors. It can be a scary experience. The Maine DHHS and the Area Agencies on Aging (AAAs) are working together to increase awareness of the various causes of memory loss.

The AAAs are offering a free booklet produced by the National Institute on Aging, as part of their Age Page series, "Forgetfulness: Knowing When To Ask For Help." This booklet may reduce your fears by providing valuable information and suggested action steps. It also has a section on how to keep your memory sharp.

If the following questions cause concern, rest assured that there is a pretty wide gap between early mem-

ory loss and an Alzheimer's diagnosis, as memory loss can be caused by any number of reasons that have nothing to do with Alzheimer's disease. For example, thyroid problems, medication interactions or side effects, vitamin deficiency, or a urinary tract infection, among others, can be the culprit responsible for forgetfulness.

So how does one tell the difference between occasional forgetfulness and serious memory loss? What is memory loss due to normal aging or is there such a thing? What constitutes the beginnings of dementia? Can we blame a bad memory or decline in organizational ability on distractions from being too busy, or living with stress?

One question to ask yourself is

whether forgetting things is creating problems in your daily life.

- Did you forget to pay one long-standing bill or are you having trouble managing the checkbook and household budget?
- Did you get turned around and distracted in the grocery store one time or are you finding shopping to be overwhelming and the store difficult to maneuver?
- Do you sometimes get lost when driving in an unfamiliar area or do you have difficulty finding your way home after running errands?
- Have you missed an appointment or two at work or are you struggling with successfully completing routine daily tasks?
- Do you occasionally forget to take a medication or are you having trouble setting up your meds and keeping track of times and dosages?

See the difference? Most people have problems occasionally with forgetfulness but when the memory lapse begins to interfere with normal living, it is time to take a hard look at the situation and get more information.

Call SMAA at 1-800-427-7411 to get the free booklet and a list of the 10 Early Signs and Symptoms of Alzheimer's. Or, for more information, visit www.adremaine.org.

Class to Help with Thinking Ahead

SMAA's Family Caregiver Support Program is collaborating with VNA Home Health Hospice to offer more sessions of Understanding Options and Communicating Wishes as We Age, this spring. The program is funded by a

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grant VNA was awarded by the Raskob Foundation and is part of VNA's Howard Detmer Faith Community Nursing (FCN) Program.

As we all age, decisions may need to be made about our living situations and the care we receive. Knowing what the options are and preparing in advance gives us more control over what happens over time. This class will help you understand both living environments for older adults and health care advance directives, and will offer some strategies for having these conversations so that choices can be honored.

The 2-hour class will be offered at the following times and places:

- Tuesday, April 12, 9:30-11:30AM at the Parish of St. Anthony of Padua in Westbrook
- Tuesday, May 10, 9:30-11:30AM at St. Maximilian Kolbe Church in Scarborough
- Wednesday, June 8, 9:30-11:30AM at St. Bartholomew's Parish in Cape Elizabeth

It will be taught by Ann O'Sullivan, OTR/L, LSW, FAOTA, who is an occupational therapist and manages the Family Caregiver Support Program at SMAA.

To pre-register, contact Bonita Usher at VNA, 210-5344.

Caring For Aging Family Members

Support/Discussion Groups

You're not alone. Connect with other caregivers in a safe setting. Find out what's working for other people. Groups are coordinated by SMAA or the community providers listed.

Biddeford – Community Partners: For caregivers of those with dementia.

- Second Monday of month, 3-4:30PM
 - Second Monday of month, 6-7PM.
- Call Barbara Alberda at 713-3723.

Bridgton – Community Center: For caregivers of an older adult or person with dementia. On site respite available (call 647-8143 to reserve).

- Second Wednesday of month, 1-2:30PM. Contact Ann O'Sullivan at 1-800-427-7411 x 541.

Kittery – The Gathering Place: Respite available on-site for a fee; please call ahead to reserve.

- First Thursday of month, 3-4:15PM. Contact Jill Larson at 439-6111.

Scarborough – SMAA: For caregivers of an older adult or person with dementia.

- Third Thursday of month, 4:15-5:30PM. Contact Lori Campbell at 396-6540.

York – Living Well Center: For family and friends assisting an older adult with a chronic condition.

- Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

Help For People Helping Aging Family Members

Caregiver Class Schedule 2016

Are you assisting an older adult? Do you spend time helping with errands, household chores, finances, meals, health or personal care? The **Family Caregiver Support Program** can help support you as you help someone else.

March 11, Friday, 1-2:30PM: **Living Options for Older Adults.** Windham/Raymond Adult Education. Call 892-1819 to pre-register (required).

March 21, Monday, 4:30-6:30PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** St. Joseph's College, Standish. Contact: AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

March 24, Thursday, 1-2PM: **Ag-ing and Memory.** Trafton Center, Sanford, 457-0080 to pre-register.

April 1, Friday, 1-2:30PM: **Some-one I Know is Having Memory Problems.** Windham/Raymond Adult Education. Call 892-1819 to pre-register (required).

April 12, Tuesday, 9:30-11:30AM: **Understanding Options and Communicating Wishes as We Age.** Parish of St. Anthony of Padua, Westbrook. Offered by SMAA and VNA Home Health Hospice. Contact Bonita Usher at VNA, 210-5344 to register.

April 26, May 3, 10, 17, 24, & 31, Tuesdays, 4-6PM: **Savvy Caregiver.** North Yarmouth Academy, Yarmouth. Contact: AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

April 27, May 4, 11, 18, 25, & June 1, Wednesdays, 5:30-7:30PM: **Savvy Caregiver.** SMAA, Scarborough. Donation requested. Contact: Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

May 10, Tuesday, 9:30-11:30AM: **Understanding Options and Communicating Wishes as We Age.** St. Maximilian Kolbe Church, Scarborough. Offered by SMAA and VNA Home Health Hospice. Contact Bonita Usher at VNA, 210-5344 to register.

May 11, Wednesday, 5:30-7PM: **Beginning Planning for Eldercare.** York Adult & Community Education. Call 363-7922 to pre-register (required).

May 19, 26, June 2, 9, 16 and 23, Thursdays, 5-7PM: **Savvy Caregiver.** Southern Maine Health Care Sanford Medical Center (Goodall Hospital building), Sanford. Contact: Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

June 7, Tuesday, 5:30-7PM: **In the Middle: Solutions for the Sandwich Generation.** Wells-Ogunquit Adult & Community Education. Pre-register (required) at 646-4565 or at <http://wells-ogunquit.maineadulted.org/>.

Classes for Family Caregivers of People with Dementia

SMMA's Family Caregiver Support Program will be offering several classes for unpaid family and friends who are assisting a person with dementia.

Understanding Cognitive Loss: Basics for Family Caregivers, a two-hour session, will be given in March in Standish. 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 dementia, and those who may not be able or ready to attend a full Savvy Caregiver series. Please note, this session is not appropriate for people who themselves have dementia or for professional care providers.

We will also offer the Savvy Caregiver series in Yarmouth and

Scarborough in April and in Sanford in May. This evidence-based (meaning that it has been researched and proven effective) program is designed for people who are assisting a family member or friend with dementia who lives in the community, and it helps develop knowledge, skills, and attitudes to make caregiving easier. The goal is that both the person with dementia and the caregiver can have a better day. Savvy Caregiver consists of six 2-hour class sessions, and encourages participants to try out ideas at home between classes.

Times and dates are listed in this issue. 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. The class size is limited, so pre-registration is required. Please contact the Family Caregiver Support Program at SMAA, 1-800-427-7411 x 545, with questions or to add your name to the list.

Alzheimer's Disease Initiative Grant Update

Behavioral Symptom Management and Expert Consultation for Family Caregivers

By Ann O'Sullivan & Liz Weaver

In October of 2014 SMAA was one of ten awardees nationwide to receive a three-year from the federal Administration for Community Living (ACL) for the purpose of expanding the network of dementia-capable services and supports for people living in the community with Alzheimer's disease and related dementia (ADRD) and their family caregivers. A "dementia-capable network" is defined as a system-wide ability to competently identify, interact with, and serve the unique needs of people with dementia and their family caregivers.

In the last issue of *Senior News* we described our plans to connect with family caregivers and service providers of people living with intellectual disabilities who are aging in to dementia. Today's focus will be on

the second component: behavioral symptom management and expert consultation for family caregivers.

When SMAA applied for the Alzheimer's Disease Initiative (ADI) grant in 2014, we were asked to show what we already had in place to serve family caregivers of people with dementia (part of our "dementia-capability"). The Family Caregiver Support and Adult Day Programs were able to share a long and rich track record, which included:

- The Family Caregiver Support Program has been offering assistance with problem solving, resource identification and access, support, planning for the future, communication, behavior guidance, respite, support groups and caregiver training to family caregivers since 2001. The program serves family caregivers of any older adult (60 and up) as well as family caregivers of people with dementia.

continued on page 10

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Alzheimer's Disease Initiative Grant Update

continued from page 9

- The Caregiver Respite Program (formerly, Partners in Caring), which is a state-funded program, helps support respite for family caregivers of people with dementia who live in the community and meet financial eligibility guidelines. In addition to funding, the program offers ongoing support and problem-solving assistance to caregivers.
- The Understanding Cognitive Loss: Basics for Family Caregivers 2-hour class, for family caregivers early in their caregiving trajectory and those who are concerned about someone with possible cognitive issues.
- Savvy Caregiver, an evidence-based 6-session program for family caregivers of people with dementia who live in the community. Participants learn about dementia, cognitive skills that can be affected, self-care strategies, ways to identify a person's cognitive level, how to fit activities to abilities using structure and support, decision-making, family

engagement, and communication skills.

- The Savvy Caregiver Advanced evidence-informed series for Savvy Caregiver alumni, developed with the researcher from Savvy Caregiver, which addresses applying Savvy Caregiver strategies to later stage illness, incorporating new ways of problem-solving, considering long term care decisions, addressing grief and loss, and adapting the environment.
- The adult day program (the Truslow Center, at that time) has been fortunate over the years, to have a social worker to work with family caregivers of members around individual problem-solving and needs. In addition, staff training was being developed under a John T Gorman grant, which focused on understanding behavior in order to anticipate and guide it, and putting structure around the staff's excellent instincts. The training includes a section on staff self-care and one on collaborating with family caregivers. It has since been delivered to staff and outcomes are being analyzed.

Since we received the ADI grant, all these supports have continued and we have added some ad-

ditional opportunities for family caregivers of people with dementia to receive guidance on their caregiving journeys.

- A Family Caregiver Specialist is now embedded at the Maine Medical Center Geriatric Center under the ADI grant one half day a week. She is available to work with Geriatric Center clients and caregivers from the community, to assist with problem solving, resource identification and access, support, future planning, behavior guidance, and getting respite.
- SMAA was awarded training by the Rosalynn Carter Institute, and staff were trained to deliver RCI REACH, an evidence-based in-home intervention. In this program, a "Caregiver Coach" works with the caregiver to develop a care plan for priority issues, with a focus on safety, caregiver support, behavior management, and caregiver stress reduction. Two Family Caregiver staff were certified as interventionists, and SMAA is partnering with two faculty members from the University of New England Occupational Therapy program, who are serving as volunteer interventionists.
- SMAA has opened two state-of-the-art therapeutic adult day centers serving people with dementia. The Stewart Center in Falmouth opened in October of 2014; the Sam L. Cohen Center opened in Biddeford in January of 2016, replacing the former Truslow Center in Saco. Each Center has a full-time social worker to meet the needs of family caregivers.
- Under the ADI grant, SMAA is implementing the evidence-based ADS-Plus Program, a year-long care consultation and coaching intervention designed to increase caregiver skill and self-efficacy. The social worker at the Stewart Center is enrolling caregivers currently; the program will be offered to families at the Cohen Center later in the year.

In addition to these formal programs, Family Caregiver Specialists continue to be available to assist family caregivers helping older adults or people with dementia by phone, email, or in person, to offer guidance and support as they provide assistance for someone else.

For more information about any of the caregiver interventions described above, please contact Ann O'Sullivan at 396-541 or aosullivan@smaa.org.

Dementia Intervention Pilot Project Funded

By Susan DeWitt Wilder

The Southern Maine Agency on Aging (SMAA) has been awarded a grant from the Physician Hospital Organization of MaineHealth for a pilot project to provide support to people with dementia returning home from a hospital stay or emergency department visit, and their family caregivers.

People with dementia are hospitalized twice as often as people with no cognitive issues, and often for a reason that would be preventable or treatable as an outpatient (Journal of American Medical Association, 1-2011). Hospital stays can easily confuse people with dementia and worsen their cognitive status.

SMAA will be working with Spectrum Generations, the Agency on Aging which serves the Augusta area, to provide enhanced transitional care for 40 people to help prevent another hospitalization or ED visit within 90 days.

Individualized support may include:

- an initial home visit including an in-home falls-risk assessment and administration of Crisis to Thriving Scale by a Family Caregiver Specialist;
- home-delivered meals for both participant and caregiver;
- ongoing phone and in-person consultation;
- heightened oversight by specially trained Meals on Wheels drivers; and
- evidence-based interventions, including an introduction to and manual for Balancing Act, a home-based balance improvement program designed by the University of New England; advance care planning through Respecting Choices®; and access to Savvy Caregiver classes and other caregiver support specific to those caring for people with dementia.

Learn How to Protect Yourself

In recognition of Consumer Protection Week (March 6-12), Southern Maine Agency on Aging will be hosting a special presentation:

Medicare Fraud & Identity Theft Seminar

Presented by Paul Doherty, Medicare Volunteer, March 7, 2-4PM, Southern Maine Agency on Aging, 136 US Route One, Scarborough

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A Year of Thanks from Larrabee Village

By Amy Hatch

Winter

It is a brisk winter morning and Grace enjoys looking out the window at the falling snow. She is warm and relaxed in her apartment at Larrabee Village in Westbrook. She thought of previous winters when another snowfall meant worries of the cost to keep her driveway plowed, and the bitter cold would have required yet another call for more heating oil. She had spent nights awake worrying about ability to afford to remain in her own home.

Ever since Grace moved into Larrabee Village, she has had a housing subsidy which has greatly reduced her financial strain. Even though her expenses were more manageable, and her rent is only 30 percent of her income (including heat and electricity), she still needed to be careful with her monthly budget. She has been able to augment her monthly food stamps (food supplement benefits) by taking advantage of Larrabee Village's "Free Food" on Monday mornings. Thanks to holiday donations made to the Southern Maine Agency on Aging, funds were available to add a selection of fresh meats which are not typically available on "Free Food" Mondays. (The "Free Food" program is made possible by donations from Hannaford of Westbrook through a Good Shepherd Food Bank program.) The day of extra food donations, Grace enjoyed making herself a hearty dinner of pork chops with all the fixings from provisions she collected from the "Free Food" Monday morning!

When Grace saw that Excel Nail Salon of Windham offered free manicures to residents one day in February, she was tickled at the treat to have a manicurist work on her nails. It was just the thing to brighten a winter day in Maine and not something she was able to indulge in as frequently as she would wish.

Spring

Matthew has been a resident at Larrabee Village for a number of years. In the last few months, his compounding health issues with diabetes, neuropathy, and his need of oxygen has made it necessary for him to seek help to stay independent in his apartment. He found doing heavy cleaning and laundry was becoming more of a chore and very taxing, so he requested support services through Southern Maine Agency on Aging's Independent Housing and Support Program. He gets help with housekeeping and laundry each week which greatly reduces the cleaning chores he finds challenging to complete himself. He also found that getting to the grocery store and having the stamina to cook a healthy meal more challenging than ever. Matthew also participates in the lunch program,

and he looks forward to eating a hot meal in the dining room every day with his fellow residents. Matthew looks forward to the socializing as much as the food, since he recognizes that he has a tendency to just stay in his apartment watching television.

Matthew, who is divorced and his children live out of state, tends to keeps to himself. He had not noticed how long his hair had become. When one of the Resident Attendants in June suggested he get his hair trimmed and a shave, he was concerned he did not have money to cover the cost. He was told that the Goodfellas Barber Shop of Westbrook had donated their time and there would be no cost for the cut or shave. Matthew was one of 20 men who had their "ears lowered that day". Matthew emerged from the hair salon at Larrabee feeling ready for summer.

Summer

Martha was heading outside for a walk with her dog Spot, they would often walk to the edge of the trees and sit on a bench in the summer evenings. On the way out the door she passed by the Larrabee Village Hair Salon. She thought about her own hair, pulled back in a pony tail, perhaps it was time to get her hair cut short. She would be visiting her granddaughter next month and it would be nice to arrive with a new hairdo. That meant she would need to save up for this extra expense. Martha had many prescription medications and medical supplies she needed on a monthly basis. She received assistance from the state with

these costs, but she still needed to be frugal with her monthly income from Social Security. Upon returning to the building, Martha met up with one of the Resident Attendants. Martha shared she was thinking about getting her hair cut and wondered how much it would cost. The Resident Attendant had gift certificates for the Larrabee Village hair salon that were made possible by holiday donations to Southern Maine Agency on Aging. She gave one to Martha. Martha made use of the gift certificate that same week.

Fall

Grace had enjoyed the summer months with many walks in the enclosed garden at Larrabee Village, and she was very happy to help plant some colorful perennials to add some color to the garden. She even managed to get in a few trips out to eat with Westbrook Housing Authority's activity program. Fall had arrived and Grace missed some of the fall bounty that she had some enjoyed growing up on a farm. When Grace went to the "Free Groceries" Monday in October, she was thrilled to see bushels of apples from Terison's Apple Orchard of Cumberland and bags of corn from Hawkes Farm of Windham. Grace planned to make corn chowder and apple pie and invite her friend of Martha for dinner and a game of Yahtzee.

Matthew had not looked forward to the December holidays, since his family was far away and unable to visit. He expected Christmas to be much like any other day of the week. The one thing he did look forward to was a special Christmas meal of prime rib, potatoes and Brussels sprouts followed by New York Style

Cheesecake for dessert prepared specially by the kitchen staff in the Larrabee kitchen. As he left to venture to the dining room, he looked at his shelf outside his apartment door, and to his surprise found a decorated Christmas ornament along with a voucher for a free coffee at the McDonald's of Westbrook. He later learned that Ms. Knight's and Ms. Karish's Fifth Grade classes at Line Elementary School in Newfield had hand decorated many of the holiday ornaments. Other ornaments had been made by a local daycare owner Shelley Boggs and her family. The kind gestures of goodwill and holiday cheer made Matthew smile.

The residents referenced in the article are fictitious simply used to illustrate how the generous donations of many have been so appreciated through out the year at Larrabee Village. Larrabee Village is a property for low income adults 62 years-old and older maintained by Westbrook Housing. Southern Maine Agency on aging operates the Independent Housing Support Program.

The residents and SMAA staff at Larrabee Village would again like to thank the individuals and businesses that kindly donated in 2015:
Excel Nail Salon, 778 Roosevelt Trail, Windham, Maine.
Goodfellas Barber Shop, 589 Bridgton Rd., Westbrook, Maine.
Hawkes Farm, Hawkes Farm Rd. Windham, Maine.
Line Elementary School of Newfield, Maine. (5th grade classes of Ms. Knight & Ms. Karish)
McDonald's, 95 Main St., Westbrook, ME.
Shelley Boggs and family
Terison's Apple Orchard, 1 Whitney Rd., Cumberland, ME.
 Holiday donations to Southern Maine Agency on Aging.

Photos by Susi Spear





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REPORT TO THE COMMUNITY 2015

Message from Leadership

The Southern Maine Agency on Aging relies on the generosity of many community volunteers, donors and a dedicated corps of staff to help us deliver on the promise of our mission: to improve the physical, social, emotional and economic well-being of older adults living in Cumberland and York counties. Thanks to these caring volunteers, donors and staff, we were able to provide critical services to 27,000 older adults in 2015. More than 600 volunteers donated approximately 37,000 hours to SMAA, the equivalent of 18 full time employees. As an Agency, we could not begin to provide the many services that we offer without this wonderful group of talented men and women.

Several exciting projects begun in 2013 that will have lasting impact on older adults and their families in southern Maine were completed in 2015. We are happy to report that the Stewart Center, an adult day program celebrated its first anniversary in October, and the new Sam L. Cohen Center was finished in late December.

SMAA also completed another year of our Community Based Care Transition Program (CCTP) in partnership with the Maine Medical Center Physician Hospital Organization, a member of MaineHealth. The program was designed to reduce hospital re-admission rates for at-risk seniors by providing short-term counseling and support for participants after they are discharged from the hospital. Since we began in 2012, 8,495 Medicare patients have participated in the program. Our partner hospitals have seen a 30 day readmission rate reduced to 13.2% from an average of 16.2% at the start of the intervention. Additionally, SMAA has provided one week's worth of Simply Delivered Meals to 1,000 patients and their caregivers who were participating in the CCTP intervention at Maine Medical Center. Those patients who received the meals had a 30 day readmission rate of only 10.5%—furthering our belief in the critical part that good nutrition has on recovery. SMAA expects to expand our relationships with healthcare providers as we continue to see the positive impact these partnerships have on reducing health care costs while improving outcomes for patients.

This past year, our "Welcome to Medicare" seminars served 4,680 adults who needed to make decisions about their impending Medicare enrollment options. These monthly seminars, and the subsequent one-on-one appointments, held at several locations in York and Cumberland counties, have really elevated our presence in the community as the place to go for answers on aging. Additionally, during Medicare Open Enrollment, which ran from mid-October through December 7, SMAA staff and volunteers counselled 2,730 clients. One in five of the clients who received counselling saw significant annual out of pocket savings that averaged \$1,700 per person—a 46% increase in savings over last year.

Financially, the Agency continues to maintain a strong bottom line despite flat and falling federal appropriations. We are most grateful to the 1,889 individuals, foundations, municipal and corporate donors who generously gave \$729,673 for critical operating support in 2015. These donations make it possible for SMAA to create better days for older adults in southern Maine.

These are exciting times at the Southern Maine Agency on Aging as we celebrate the opening of two new state-of-the-art adult day centers and continue to provide the best services and information to a growing population of older adults. We applaud all our volunteers and hardworking staff who make these accomplishments possible. As we close the books on 2015, we thank all those who have helped to make it a successful and productive year for SMAA.


Laurence W. Gross
Executive Director


Dave Smith
President, Board of Directors

Volunteer Highlights

This year 611 volunteers of all ages contributed 37,331 hours of service (the equivalent of 18 full-time employees)—making it possible for SMAA to:

- Deliver 142,619 meals to homebound older adults in communities throughout Cumberland and York counties;
- Help 3,123 individuals and families make informed decisions regarding health insurance coverage — including Medicare;
- Help 300 individuals reduce their fear of falling through A Matter of Balance or improve their balance with Tai Chi for Health and Balance;
- Provide over 1500 hours of Money Minders service to help older adults create a basic budget and pay bills on time, and more.

Additionally, 481 RSVP volunteers (55+) provided 31,304 hours of service (the equivalent of 15 full-time employees) to dozens of non-profits (including SMAA) throughout Cumberland and York counties.

Volunteer Spotlight: John Holland, a long-time volunteer with SMAA was nominated and won the prestigious Six Who Care Award and was honored at a ceremony on November 19 at the Portland Museum of Art.

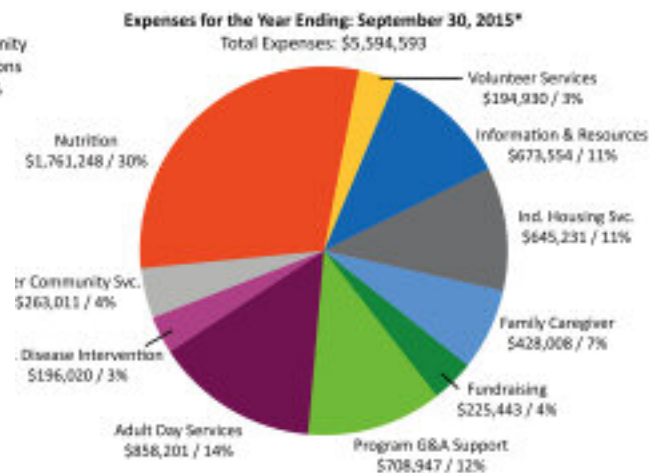
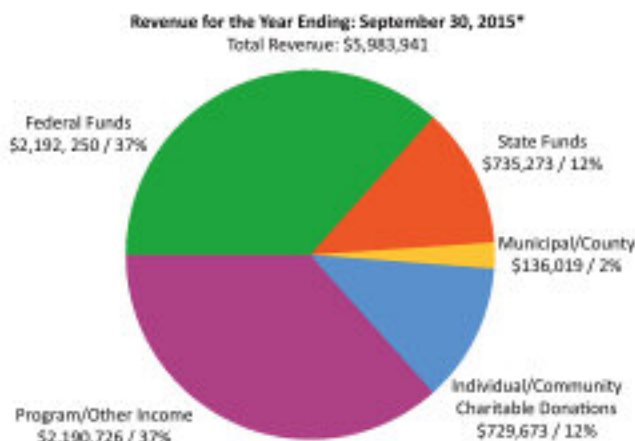


Scouts deliver cookies for Meals on Wheels

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*Figures are an unaudited estimate. Audited figures will be available in Spring 2016 by contacting SMAA.

Milestones

- 2015 marked the inaugural year for the Maine Senior Games Hall of Fame. The class of 2015 included, Jerry LeVasseur, Arden LeVasseur, Ellsworth "Derry" Rundlett, and The Maine Triple Threat Basketball Team: Patty Stogsdill, Adrienne Turner, Mary Whited, Kathy Sanborn, Lana Merchant, Cyndi Bona, Coach Mo Sylvia
- We had two staff members who reached an amazing milestone—25 years of service. Congratulations to Lori Campbell, a Resource Specialist and Betty Ramey, a Resident Attendant at Larrabee Village. We at SMAA are very fortunate to have terrific individuals like Lori and Betty on our team.
- Family Caregiver Support Program Specialist AnneMarie Catanzano achieved the designation of Certified Dementia Practitioner (CDP).
- The City of Westbrook proclaimed that April 13 was CATCH Healthy Habits Day in Westbrook.
- 12 Money Minders volunteers have served clients for 10 or more years—6 of which have been involved since the program's inception almost 18 years ago.
- SMAA would like to thank the 1,889 individuals, organizations, foundations, and municipalities, who provided \$729,673 in critical operating support to our annual fund during Fiscal Year 2015. Of all our donors, 699 were first time donors to SMAA!

Community Partnerships

- Since March of 2012, SMAA, in collaboration with the Maine Medical Center Physician Hospital Organization (PHO), Spectrum Generations (the Central Maine AAA) and four MaineHealth hospitals, has pioneered new working relationships between community based organizations (SMAA and Spectrum Generations), physician practices, and hospitals to improve hospital and patient outcomes. Thanks to the great work of the "Maine Transitions" team (our CCTP project name), SMAA and PHO CCTP coaches reduced hospital readmissions from 16.2% to 13.2%. We also saved Medicare close to \$5 million dollars in avoided hospital readmissions.
- SMAA and York Hospital will be working together the next three years to bring an increased number of Welcome to Medicare Seminars, Medicare Counseling, Fall-risk Screening Days, and Matter of Balance workshops to the York area.
- Money Minder (and SHIP) volunteer Paul Doherty, served as a representative on The York County Elder Abuse Task Force, a group of law enforcement, financial, and social service representatives who focusing on raising awareness on elder abuse and how to more effectively prevent it.



Vet to Vet training

- The Town of Cumberland will be working with SMAA to provide services, support, and guidance to their Aging in Place initiative.
- SMAA's Family Caregiver Support Program has worked with the following organizations over the past year to provide caregiver education and training: St. Joseph's College, VNA Home Health Hospice Parish Nursing Program, York Hospital Oncology, Trafton Center, Southern Maine Health Care, Parish of the Holy Eucharist, Ocean-View at Falmouth, Osteoporosis Support Group, InterMed, York County Community Action Corporation, MaineHealth Accountable Care Organization, Stewart Adult Day Center.
- Vet to Vet is currently working with the Maine Veterans' Homes, the Maine Bureau of Veterans' Services, the Veterans Administration, the AMVEST Post 2 in Yarmouth, the Maine Military Museum, and the DAV Charitable Service Trust to enhance services and abilities for both veteran volunteers and program participants.

Enhanced Services in the Community

- CATCH Healthy Habits expanded its services to adults 50+. The curriculum was revised for older adults and has already served over 350 individuals so far! The program was met with such a strong success that we will be adding five new nutritional topics to our existing offering.
- We have 23 active volunteer Advance Care Planning Facilitators. Our team of highly-trained volunteers helps people to clarify their goals and values, select a health care decision-maker, determine what type of care they would want, complete a legally-valid advance directive and provide copies to their health care providers, facilitate conversations with their loved ones, and more. We have already served 75 individuals and families and expect to serve significantly more in the upcoming year.
- Family Crisis Services and SMAA have collaborated to provide training to law enforcement and social service providers on how to detect and handle cases of domestic violence when the victims are older adults. Katlyn Blackstone, Director of Community Services, along with detectives and officers of the Portland Police as well as a Cumberland County prosecutor has received extensive training under a grant from the U.S. Department of Justice Office on Violence Against Women.
- Under the ADI grant, a Family Caregiver Specialist is available at the MMC Geriatric Center a half a day per week, to provide caregivers with resources, support and education. Additionally, the Family Caregiver Support Program is collaborating with Community Partners Inc. to deliver training about people with intellectual disabilities aging into dementia to staff and family caregivers.
- SMAA received a competitive award from the Rosalynn Carter Institute and Family Caregiver staff was trained to offer the RCI REACH evidence-based intervention for family caregivers of people with dementia. Two interventionists from the University of New England Department of Occupational Therapy faculty were also trained, and will deliver the program as SMAA volunteers.
- Medicare Volunteer Warren Giering developed and presented a new Reducing Drug Costs Seminar to healthcare providers and the general public.
- SMAA expanded 1-on-1 appointments to 23 sites during Medicare Open Enrollment. Additionally more evening appointments were offered to better meet the needs of the clients we serve.
- Vet to Vet has trained 51 veteran volunteers who have served 53 aging and disabled veterans in their homes on a regular basis. In addition to companionship, volunteers assist veterans and their families with obtaining VA benefits and linking them to SMAA services.



CATCH Healthy Habits Day



Maine Senior Games Celebration of Athletes



Pooch Parade at the Stewart Center

Thank You Eddie!

Long-time SMAA supporter and founder of the Best Friend Fund, Eddie Woodin presented SMAA with a generous donation of \$2,000 to benefit the Best Friend Fund. The Best Friend Fund helps low-income older adults in York and Cumberland counties who may not be able to afford the necessary veterinary care for their pets,

and when needed, the cost of euthanasia and cremation. Eddie and other donors make yearly contributions to the Agency to help people meet those necessary costs and without their support the Best Friend Fund would not be possible.



L to R: SMAA Social Worker Sylvia Harkins, SMAA Executive Director Laurence Gross, Eddie Woodin, and SMAA I&R Supervisor Kathy Baxter

Bank of America Supports Meals on Wheels

Thank you to Bank of America for your recent grant of \$3,300 to support Meals on Wheels.



L to R: Liz Thompson, SMAA Development Office, Bridget Dionne, Bank of America Small Business Division, Jo Ann McPhee, SMAA Nutrition Manager

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Call today to learn how we're creating better days for older adults and those who care for them.

207.396-6500

Located at 30 Barra Road, Biddeford and 74 Lunt Road in Falmouth.



Southern Maine Agency on Aging Adult Day Centers are state-licensed, Adult Day Health providers for VA, MaineCare and Office of Elder Services.

Drug Costs Getting Out of Hand?

SMMA is hosting a special presentation to help educate consumers on how to reduce prescription drug costs:

Reducing Drug Costs

Presented by Warren Giering, Certified SHIP Counselor, April 14, 5:30-7:30PM, Southern Maine Agency on Aging, 136 US Route One, Scarborough

Please call 396-6500 FMI and to reserve your place for this informative seminar. This seminar is free to the public.

Rx Safety for Seniors

Casco Bay CAN (Create Awareness Now) partners with adults that influence youth – grandparents are a vital influencer and can help prevent youth substance use. In the past four years we have successfully hosted community forums on Prescription Drug Safety for Senior Citizens. In collaboration with local law enforcement agencies we will host an event in your community in April or May, for more information on the forum dates and locations in Falmouth, Freeport, Yarmouth, Pownal, Cumberland, Gray, and New Gloucester contact Beth at 688-8816 or visit www.cascobaycan.org

Join local law enforcement agencies in your community to learn about how to keep drugs safe and dispose of them properly.

- Bring any outdated or unwanted medications along with you and law enforcement will dispose of it.
- Attendees will have the opportunity to receive a FREE Pill Pod lockbox to store medications safely.
- Complimentary coffee and snacks at this FREE event.

New Primary Care Practice in South Portland

Portland Community Health Center has opened a new primary care practice in South Portland. A federal grant was awarded to Portland Community Health Center mid-fall 2015. After a community planning process, the doors of their new location opened early December 2015 to meet the needs of over 17,000 South Portland residents that do not have access to health care, and the many more individuals that struggle to find the

right primary care for their families.

“We believe in good health care for all people, and are excited to be a part of the Brick Hill neighborhood,” stated Leslie Clark, CEO, “We lower barriers to care wherever we can.” Services at the South Portland location include primary health care, mental health and substance abuse treatment, chronic illness management, and health education. Clark said, “The new health center plans to develop a model of primary care for older individuals, based on what they want it to be like.”

Medicare, Medicaid and private commercial insurance are accepted. Portland Community Health Center works to make health care affordable and connect patients to community resources. They partner with specialists, hospitals, pharmacies, and other providers in the Greater Portland area to make sure patients receive needed care. The staff at Portland CHC approaches the whole person: physically and emotionally.

For more information, please call 207-874-2141 or stop by the South Portland location on 100 Brick Hill Ave, South Portland on the 3rd Floor of “The Castle.”

Study Participants Needed

Hello, my name is Elizabeth. I am a distance Nursing PhD student at Rush University in Chicago working on my dissertation research and living in St. Petersburg, Florida.

I am interested in how the death of a family member with Alzheimer’s Disease (AD) impacts the family. Research suggests that family caregivers begin to grieve before their family members actually die and that the effects of this grief may remain for several years after caregiving ends. There is very little research on how former AD caregivers process these deaths, heal, and move forward with their lives, especially if their family member dies in a long-term care facility (nursing homes or assisted living).

I am looking for a small number of AD caregivers to answer a few questions about their experiences following the death of their family member.

QUALIFICATIONS: You must be a former family caregiver of an individual that died in a long-term care facility (nursing home or assisted living) with a diagnosis of AD or another form of dementia.

You can choose to answer questions over the phone or via the Internet using Skype or Facetime.

The more information you share, the more we will learn in order to better support families that face the devastating loss of losing a loved one with AD

Elizabeth H. Arruda, BSN, RN
207-629-7062 (cell)
Elizabeth_h_arruda@rush.edu

SMAA Nutrition Programs continued from page 1

Simply Delivered

A few years ago, we realized that many seniors in our area wanted a nutritious meal but weren’t eligible for Meals on Wheels. We created Simply Delivered. Participants in this program can receive seven meals a week, delivered on a convenient day. Simply Delivered meals arrive frozen and are quickly microwaved. They cost \$5/meal and are purchased in advance using credit/debit card, cash or food stamps. An added benefit: all of the money raised from Simply Delivered funds our Meals on Wheels program!

We have had many people take advantage of Simply Delivered. Some are planning ahead for an elective surgery like a hip replacement. Having Simply Delivered meals on hand makes meal preparation easy—especially for tired caregivers. Others are busy and don’t like to cook. Simply Delivered meals are delicious and easy to fix—perfect for active people!

As You Like It Restaurant Vouchers

If you like to eat out and are 60 plus, As You Like it is the program for you! We have worked with restaurants all over Cumberland and York counties and a registered dietician to develop As You Like It menus. The menu options (dine in only) range from entrees to soup and sandwich combinations. Menus change and usually include a dessert and low fat milk, small beverage or coffee. Participants register at one of our many registration locations once for a free membership card by showing your driver’s license or other proof of age. The vouchers are \$5 each and you may request up to 10 dining vouchers at a time. Visit our web site for information on the participating restaurants: www.smaaa.org.

Community Cafes

Community Cafes offer both delicious food and socialization! Some Community Cafes offer other activities like bingo, educational speakers or musical entertainment. Some feature standard meals as well as

Here’s what one of our Simply Delivered clients said about his experience:

“We took advantage of Simply Delivered at the suggestion of a care planner at Maine Med following my hip surgery. My wife and I both love to cook and were reluctant at first but they were just what we needed. Tasty, well portioned, easy to prepare (microwave); a good idea to help get us through my early convalescence.”

Rick H., Scarborough

catered meals. The café days and menus vary but all come with an entrée, dessert, coffee, tea or milk. Our website has a complete listing of Community Cafes. You can register at the café locations. Anyone 60 and older is eligible. Reservations are required and can be made by calling 48 hours in advance. We suggest a donation of \$4 for standard meals and \$5 for catered meals. Anyone under age 60 is welcome but we ask a donation of \$7 for their meals.

Food Support

We often hear from seniors who have extremely limited income and have to choose between groceries and other expenses. We offer the Commodity Supplemental Food Program (CSFP) to people 60 and older. With this program, participants get 30 lbs. of commodity food items such as pasta, cereal, canned meats, vegetables and cheese. This program is offered to people who have an individual income under \$1,276/month or \$1,726 for two people. Participants need to be able to pick up the food or designate a friend or family member to pick it up. You can call our office or see our web site for an application.

If you are interested in any of these programs, call us at 207-396-6500 or visit our web site www.smaaa.org. If you know of anyone you think might benefit from our programs, please pass the information on to them! We are here to help ensure that no senior suffers from food insecurity.

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A Picture is Worth a Thousand Words!

Our adult day centers are arguably the best of their kind in New England and, maybe in the United States. Our programming offers people challenged by dementia to enjoy friends and activities because we focus, not on loss, but on what our members continue to enjoy. The layout, the design and even the door handles are chosen to ensure that our members have a positive experience—a better day!

When it came to art for the walls, we turned to the Portland Camera Club and other amateur photographers from the area. These talented image makers contributed images of everything from beautiful seascapes to trains and even laundry drying on a summer's day. We had almost 200 images submitted for selection. We chose 85 for display. Michael Leonard worked with the individual images, preparing them for print and eventual custom plaque mounting by Artiplaq. Michael's contribution of time and his eye for detail was invaluable to the process. His work ensured that the artist's image was the highest quality possible.

The result is beautiful images hanging in our Stewart Center in Falmouth and the Sam L. Cohen Center in Biddeford. These images are restful but also encourage conversation or prompt memories for our members. The Artiplaq process is a framing option allowing people to touch the images without damaging the images.

Ella Hudson of Portland said, "I was thrilled when notified my photographs had been selected to hang in the beautiful new (adult day centers)! The surroundings are warm and inviting and further enhanced by the photographs that blend so well into the different areas. I'm honored to play a small part in your efforts."

Jessica LeBlanc, an image maker and a member of SMAA's staff said, "I'm glad that my images are on display for our members to enjoy at the Cohen Center. I have been working for SMAA for five years and so having some of my images selected to be a part of such an amazing project really means a lot to me."

Thank you to Michael Leonard and all of the photographers who participated in this enduring project.



Common Scams and Identity Theft

Every year, taxpayers lose BILLIONS of dollars to fraud in health care and have their identities stolen. Here are some things that you can do to protect yourself.

Common scams

Be suspicious of doctors, health care providers, or suppliers who:

- Ask for your Medicare number:
 - In exchange for free equipment or services
 - For "recordkeeping purposes"
- Tell you that tests become cheaper as more of them are provided
- Advertise "free" consultations to people with Medicare
- Call or visit you and say they represent Medicare or the government
- Use telephone or door-to-door selling techniques
- Use pressure or scare tactics to sell you expensive services or tests
- Bill Medicare for services you never received or a diagnosis you do not have
- Offer non-medical transportation or housekeeping as Medicare-approved services
- Bill home health services for patients who are not confined to their home, or for patients who still drive a car
- Bill Medicare for medical equipment for people in nursing homes
- Bill Medicare for tests you received as a hospital inpatient or within 72 hours of admission or discharge
- Bill Medicare for a power wheelchair or scooter when you don't meet Medicare's qualifications

Identity theft

Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes your name, Social Security, Medicare, or credit card numbers.

The crime takes many forms. Identity thieves may rent an apartment, obtain a credit card, or establish a telephone account in your name. You may not find out about the theft until you review your credit report or a credit card statement and notice charges you didn't make—or until you're contacted by a debt collector.

Identity theft is serious. While some identity theft victims can resolve their problems quickly, others spend hundreds of dollars and many days repairing damage to their good name and credit record.

Protect yourself. Keep your personal information safe. Don't give your information out over the Internet, or to anyone who comes to your home (or calls you) uninvited. Give personal information only to doctors or other Medicare approved providers.

To see if a provider is Medicare approved, call:

- 800-MEDICARE (800-633-4227)
- 877-486-2048 (TTY users)

Source: Centers for Medicare/Medicaid Services

AARP Smart Driver Courses

This class is designed to help experienced drivers improve their driving skills and learn how to adjust their driving to take into account age-related changes that may affect driving ability. Among the topics discussed will be rules of the road, road configurations, the effects of medicine and alcohol on driving, how to drive safely at intersections, on high speed highways and in difficult weather conditions, and how to share the road safely with other drivers and pedestrians. Most Maine drivers who are 55 or older will be eligible for a reduction on their automobile insurance upon completion of this course. The cost is \$15 for AARP members and \$20 for others. Class size is limited.

Upcoming Classes:

March 24, 1-5PM at Southern Maine Agency on Aging, Scarborough. Call 396-6500 to register.

April 14, 10AM-3PM (w/break for lunch) at The 50 Plus Club at the Ross Center, Biddeford. Call 282-5005 to register.

www.facebook.com/SouthernMaineAgencyonAging

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Buxton Church Offers Community Center for Seniors

Every Monday morning Buxton Centre Baptist Church celebrates several hours of fellowship for senior citizens. This includes a free luncheon and fun activities, particularly cribbage and jigsaw puzzles, as well as a welcome opportunity to just be with and talk to friends.

This project started two years ago when the church's Mission Committee explored opportunities to serve the community. After many conversations around town it was evident that there was a need among retired persons for some type of community center, wherein they could gather and share with one another. Beginning in September 2014 the church assembled a model for seniors to regularly have such a fellowship opportunity. It has been up and running weekly for the past year and a half.

Attendance has grown steadily, with mostly regulars, and others coming as they choose. On a typical Monday morning there are three cribbage tables, up to six or seven persons intently working on a jigsaw puzzle, and others just enjoying conversation. A healthy, buffet style lunch of homemade soup, sandwiches, salad, dessert and coffee is served from 11:30 to 12:30. The set-up, food prep, and clean-up are done by the Mission Committee with volunteer help by some of the group.

Many attendees who had previously felt somewhat socially isolated have expressed joy on now being regularly connected to a wonderful group of friends. What was once conceived as a two-hour program has spontaneously evolved into an all-day affair, with folks arriving at 9AM to set up the dining and card tables, and some puzzle workers staying beyond 3PM.

This initiative has been a resounding success, notably in meeting an expressed need by many seniors in and around Buxton. With this track record, the church intends to present the project to the Buxton Selectmen, hopefully to spawn interest in developing a full community center for the town.



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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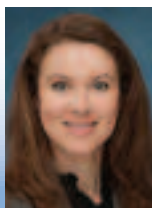
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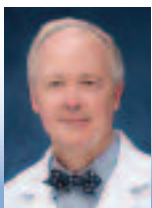
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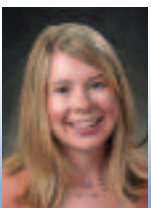
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15 Lowell Street
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VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

Volunteers Needed

Friendly Faces Wanted: Our Sam L. Cohen Adult Day Center in Biddeford provides a home-away-from-home environment for individuals living with memory impairments, including Alzheimer's disease and other dementias. We are looking for AM & PM Volunteer "Greeters" or Greeter Couples. Morning greeters will welcome members as they are dropped off by their caregiver and help with coat/hat/boots, then assist member in joining a group activity. The afternoon greeter will let the staff member assigned to departures know who is being picked up and assist the member with their coat/hat/

boots if staff are not available to do so. Shifts are 9-11:30AM or 2:30-4:30PM, Monday - Friday.

Lunch-Time Helpers: The Sam L. Cohen Adult Day Center in Biddeford is looking for friendly lunch-time helpers to assist the assigned staff member with lunch prep, such as buttering rolls and setting up a drink cart for lunch, cutting food and serving the plates to members. Basic clean up involves scraping, rinsing and placing dishes in dish washer and then putting them away. Shifts available are 10:30-1:30PM, Monday - Friday.

Want to volunteer but you're only available in the evening, or on the weekends? We have a wonderful, new volunteer opportunity

available to work with low-vision students as a Recreational Assistant in the Iris Network's Rehabilitation Program. Volunteers will assist small groups of students (3-10 individuals) with a craft project, cooking, a card game, or even leading the group on a fun weekend outing! Training and assistance provided by Iris Network staff.

For more information about these and other volunteer opportunities, please contact Angie Millington at amillington@smaaa.org or call 396-6595.

Are you a veteran who wants to help other veterans?

The Vet to Vet project at SMAA is recruiting new volunteers to visit

aging and disabled veterans in their homes. Sign up now for 3-session training May 10, 12, and 17 at Maine Veterans' Home in Scarborough. FMI: Susan Gold, Vet to Vet coordinator, 207-396-6521 or sgold@smaaa.org or sign up online at <http://www.smaaa.org/veterans.html>

Vet to Vet Seeking New Volunteers

SMAA's Vet to Vet program will be holding a training session in the spring for new recruits. Volunteers will be trained to be friendly visitors to aging and disabled veterans in their area. The training will be held May 10, 12, and 17 from 5 to 8PM at the Maine Veterans' Home in Scarborough.

Vet to Vet volunteers visit isolated and homebound veterans in their homes at least twice a month. They provide needed companionship and can refer veterans for other services if needed.

Currently 39 veteran volunteers serve in the program. Vet to Vet volunteer Eric Mihan, who has served in the program since its inception, says he feels privileged to participate in Vet to Vet. "This program has turned out to be as rewarding for me as I think it has been for the vet I visit."

To learn more about the program, please contact Vet to Vet coordinator Susan Gold at 207-396-6521 or email sgold@smaaa.org. Volunteers can sign up for the training online at www.smaaa.org/veterans.html. To view a video about Vet to Vet, tune in to <https://www.youtube.com/watch?v=Jvc4EiApHKk>

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THANK YOU!



To Pauline Clement

for her amazing yarn donation. Pauline recently stopped by the Agency with many bags full of exceptionally soft yarn in a variety of beautiful colors. The yarn will be provided to volunteer knitters who knit hats, gloves, scarves, and lap blankets for school-aged children in southern Maine along with older adults in need.



Healthy Habits Day Proclaimed In Scarborough

The Town Council in Scarborough declared February 17 as Healthy Habits Day in Scarborough. After reading the Proclamation, the Councilors unanimously voted in favor.

Attending the ceremony were Marlise Montgomery (Anthem Blue Cross and Blue Shield Foundation representative), Healthy Habits for Adults volunteers (Peggy York, Jean MacDonald, Sharon Hickey Roberts, Dori Schulberger) and SMAA staff (Carol Rancourt and Sharon Schulberger). Marlise and Carol made comments to the Council about the value of the classes before the volunteers handed out some giveaways, including copies of our Healthy Living Guide, filled with healthy snack recipes, nutritional information and low-impact exercises. They also received stress balls to remind them to eat their fruits and vegetables, flying discs to increase their activity level and magnets with a grams/teaspoons conversion chart of daily nutritional goals for salt, sugar and fats. These were a big hit.

One of the Councilors commented how valuable this program could be to everyone in Scarborough, not just those attending the Senior Luncheon classes. He said that health care costs were one of the biggest line items in the budget. The incidence of obesity has tripled in the last three decades with over 62% of adults considered overweight or obese in Cumberland and York Counties. Health consequences from obesity related illnesses, including diabetes, heart disease and some cancers are mushrooming. Another Councilor thought this was a great way to help improve or maintain functional ability of our older citizens so they can remain independent and not have to move to a nursing home.

New Volunteers

December/January

Archambault, Leisa
Berry, Beverly
Boutin, Andrea
Caner, Janet
D'Alonzo, Janice
Dickenson, Ernest
Dickenson, Janis
Dorr, Laurie
Douty, Bree
Dunbar, Glenn
Lavin, Joan
Moloney, Michael
Sprenger, Martha (Kappy)
Stockly, Doris "Didi"

Reaching 100

A recent survey of Americans found that a majority of them hope to reach the age of 100. While a lofty goal, the researchers are reporting that this is highly unlikely because we continue our habits of smoking, alcohol, obesity and a sedentary lifestyle, all of which contribute to chronic illness and premature death.

It certainly is hard to change life-long habits, but you can influence your longevity and that of other "Golden Agers". You can sign up for a course that will remind you of all of the good things you can do for your body. And you can volunteer to teach the information to your peers. As a volunteer, you not only stimulate your own healthy habits, but you also get a lot of positive reinforcement through socialization with your classes and other volunteers. Learning something also helps with your longevity.

FMI, call Sharon at 396-6523 or e-mail ssschulberger@smaaa.org. CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation

CATCH Healthy Habits is Catching On

Thanks to the dedication of our volunteers, CATCH Healthy Habits for Adults reached 388 people over the age of 50 in 21 sites in Cumberland and York Counties during 2015.

As part of our successes, CATCH Healthy Habits is celebrating an extension of our grant from The OASIS Institute, funded by the Anthem Blue Cross Blue Shield Foundation. During this year's grant period (Jan-Jun), we will be concentrating on the Healthy Habits for Adults classes.

Vet to Vet Receives \$8,500 from Disabled American Veterans

The Disabled American Veterans (DAV) Charitable Service Trust has awarded Southern Maine Agency on Aging's Vet to Vet program a grant of \$8,500. The grant will, among other things, enable agency staff to expand training with a new class of volunteers this spring.

"We are delighted to be able to extend the reach of Vet to Vet with this generous grant from the DAV," said project coordinator Susan Gold. "With a waiting list of both volunteers and veterans who want services, the grant will allow us to meet a growing need. We hope to train an additional 15 to 20 new veteran volunteers who will be assigned to visit an equal number of veterans requesting the service."

Vet to Vet recruits and trains veterans who visit aging veterans or those with disabilities. The volunteers

visit the veterans in their homes at least twice a month, providing needed companionship, and refer the veterans to other services when needed.

Since the program began in May 2014, Vet to Vet has trained 51 veteran volunteers, who have spent almost 2,000 hours visiting 53 aging and disabled veterans.

Veterans receiving visits have expressed appreciation for their veteran volunteers. "We are so pleased to have such an attentive person to take the time and patience to explain to us whatever

questions we ask. We enjoy his company," wrote the wife of one veteran. Another spouse called the veteran who visits her husband "a special gem," and said the program is "a lifeline" to her husband, who eagerly looks forward to the volunteer's visits.

"We would like to express our deep appreciation for the support of the DAV Charitable Service Trust," Gold said. "With their help and that of our caring veteran volunteers, we'll be able to improve the lives of many more aging and disabled veterans in York and Cumberland counties."

The volunteers visit the veterans in their homes at least twice a month...

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free AFA memory screening

Matter of Balance workshops

Hosts: Maine Senior Guide • Beach Glass Transitions

Gold Sponsor: Salvation Army Planned Giving

Silver Sponsor: Gorham House



A Matter of Balance

April 4 - June 6, Mondays 10AM-12PM, Kittery Community Center, 120 Rogers Road, Kittery
 April 15 - June 3, Fridays 9-11AM, Lakes Region Senior Center, 40 Acorn Street, Gorham
 April 5 - May 23, Tuesdays 10:30AM-12:30PM, United Methodist Church, Cumberland
 April 28 - June 23, Thursdays 9:30-11:30AM, York Hospital, 15 Hospital Drive, York
 May 3 - June 21, Tuesdays 1-3PM, SMAA's Main Office, Scarborough, Hosted by Scarborough Parks & Rec
 May 4 - June 22, Wednesdays 1:30-3:30PM, Libby Memorial Library, 27 Staples Street, Old Orchard Beach
 May 6 - June 24, Fridays 1-3PM, Yarmouth Community Center
 May 24 - July 12, Tuesdays 10AM-12PM, Woods at Canco, 257 Canco Road, Portland

The Agewell Programs would like to thank **Hannaford** and **Shaw's** who support A Matter of Balance Workshops.

Tai Chi

March 29 - May 26, Tuesdays and Thursdays, SMAA's Main Office, Scarborough: 8:45-9:45AM, Beginner; 10-11AM, Advanced
 March 29 - May 26, Tuesdays and Thursdays, JR Martin Community Center, Biddeford: 9-10AM, Advanced
 March 29 - May 26, Tuesdays and Thursdays, Woodford's Church, Portland: 9-10AM, Advanced
 March 28 - May 25, Mondays and Wednesdays, United Medical Gym, South Portland, 3-4pm, Advanced

For more information, or to register for A Matter of Balance or Tai Chi, please call 396-6583 or 1-800-427-7411 ext. 583.

New classes are added all the time. Visit www.smaaa.org for details!

Volunteer Coaches Wanted

Matter of Balance Coaches needed in Southern York County. If you would like to help older adults stay active and independent through coaching these empowering eight-week workshops please contact Anna Guest, Agewell Coordinator. 396-6529 or aguest@smaaa.org

Why You Should Attend a Balance & Strength Health Screening Event

You may have heard a lot of buzz lately about older adults and balance. Whether you've noticed a change in your balance, have a friend or family member who's fallen, or just worry about it—consider these statistics from the Center for Disease Control:

- One third of adults age 65 and older fall each year.
- One out of five falls results in a serious injury such as head trauma or fracture
- Over two million older adults are treated in the ER for nonfatal fall injuries each year

Those are some sobering numbers—but there's good news! Most falls are preventable and with a little information you can make some simple changes to lower your chances of falling.

What is involved in a Balance & Strength Health Screening?

At a screening event you have the opportunity to move through several stations where you can learn about different risk factors that contribute to balance and your chances of falling.

1. Check Your Risk For Falling Questionnaire—A short series of questions helps you self-identify factors that might increase your risk of falling.
2. Medication—Some medications or combinations of medications can make you dizzy or sleepy and could lead to a fall. Have a pharmacist or pharmacy student review your medications—after-

wards you can follow up with your PCP if you have concerns.

3. Physical Screens—These screens are quick to perform and take a look at everyday tasks like getting up from a chair, and your ability to balance for 10 seconds without moving. How easily you are able to do these activities can tell you a lot about your risk for a fall.
4. Blood Pressure—If you find yourself getting dizzy when you move between lying and sitting or sitting and standing, that could be a sign of orthostatic or postural hypotension. As part of the screening you can have your blood pressure checked.

Who runs the Screening?

A variety of community professionals collaborate to make these valuable screenings possible: Southern Maine Agency on Aging staff and volunteers, physical therapists, occupational therapists, pharmacists, nurses, and students.

Why Should I Attend?

A Balance & Strength Health Screening is a great way for you to take a proactive approach to managing your health and independence. Whether it's making an overdue appointment with your PCP, signing up for A Matter of Balance or Tai Chi class through SMAA, or getting your vision tested, participating in a screening will give you the information and tools you need to take the next steps toward staying safe, independent and engaged in your meaningful daily activities.

When, Where, How Do I Sign Up?

- FREE Screening Events:**
- York Hospital, York – April 14
 - Maine Senior Guide Expo, Scarborough – May 4
- Screening Appointments Required. Please call 396-6583 to learn more or to register.



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New AAA Foundation Research Reveals Effective Ways to Extend the Driving Age

Advanced automotive technologies and safe driving habits can help older motorists remain behind the wheel longer into their lives, according to two new studies by the AAA Foundation for Traffic Safety and the University of Michigan Transportation Research Institute.

“New technologies and a focus on safe driving can help seniors remain behind the wheel for years to come” said Peter Kissinger, AAA Foundation for Traffic Safety’s President and CEO.

AAA determined that six advanced vehicle technologies can provide high value for older adults by potentially reducing crashes and improving the ease and comfort of driving:

- Forward collision warning / mitigation: These systems can help prevent crashes by warning drivers of a potential collision or by automatically applying the brakes. For older drivers, this technology can improve reaction times and reduce crashes by up to 20 percent.
- Automatic crash notification: These systems automatically alert emergency services in the event of a crash. Older drivers are more likely to suffer from the serious effects of a crash because of their age, which means these systems can provide a greater safety benefit to seniors.
- Park assist with rearview display: This technology includes backup cameras and obstacle-detection warning systems, which can help prevent crashes when pulling out of a parking space. About 95 percent of seniors want these systems in their next vehicle, while 55 percent reported that it can help reduce driver stress and workload.
- Parking assist with cross-traffic warning: These systems utilize radar sensor technolo-

gy to notify drivers of crossing vehicles when backing out of a parking space, and on some vehicles, the systems automatically can apply the brakes to prevent a collision.

- Semi-autonomous parking assistance: These systems take over steering while moving into a parallel parking space, which can reduce stress and make parking easier for older drivers.
- Navigation assistance: Turn-by-turn GPS navigation systems can provide older drivers with increased feelings of safety, confidence, attentiveness and relaxation, which can help seniors remain focused on the road and comfortable behind the wheel.

“Seniors in the market for a new car may want to consider the potential long-term benefits of choosing a vehicle with advanced safety technologies,” said Pat Moody Director of Public Affairs for AAA Northern New England. “Equipping a new car with the right features can help an aging driver remain confident behind the wheel and out of crashes.”

Older adults also can extend their driving years by adopting strategies that reduce their risk on the road. Many seniors can improve their safety by avoiding challenging situations, such as driving at night, in bad weather, during rush-hour traffic, in unfamiliar areas or on the highway. In addition, seniors who successfully continue to drive are less likely to engage in potentially distracting behaviors, such as talking on a cell phone, texting, eating, smoking or grooming in the car. Many older drivers also are less likely to speed or frequently change lanes, which can further reduce crash risks.

Driving is a skill that can and should be continually improved. AAA’s Roadwise Driver classroom courses and online courses can help seniors get the most out of their vehicle, while reducing risk to them, their passengers and others on the

road. A comprehensive driving improvement course can help older drivers learn the most up-to-date driving techniques and understand the latest vehicle technologies. AAA provides comprehensive information on senior driving at SeniorDriving.AAA.com.

As North America’s largest motor-touring and leisure travel organization, AAA provides more than 55 million members with travel, insurance, financial and automotive-related services. Operating 19 offices throughout Maine, New Hampshire and Vermont, AAA Northern New England is a not-for-profit, fully tax-paying corporation and a leader and advocate for the safety and security of all travelers. AAA clubs can be visited on the Internet at AAA.com.

Don't Stay Cooped Up this Winter

Libby Memorial Library in Old Orchard Beach is open year round and is a great place to stretch yourself. Here are just a few of the activities that are open to the public:

How about something you've never done before but now have the opportunity to try. Have a go at drawing a portrait with live models. This program will run every other Thursday from 10AM until 1PM on March 3, 17, 31, and April 14. Those interested may pop in for any or all sessions.

When at the library, please be sure to complete the two-question anonymous survey on library hours. It's important to provide your input by the end of March. The survey will also be available through the library's website.

Adults of all generations have a comfortable, stress-free place with the library's new Winter Warmer Zone. A place to go to tackle a puzzle, play Sudoku, and try out the newest in adult coloring. Come when you want, stay all day, bring a friend, make a new friend, or settle into a quiet corner by the fireplace.

Grown-ups love making maps of places they love. On March 22 at

6:30PM, Molly Holmberg Brown will present a Cartography Program. She will help you use historical or contemporary maps, isolate geographic features, and use water color paints to design a favorite locale. Pre-register by email at director@ooblibrary.org with the subject Maps or by calling the library.

The library offers each month, in partnership with SMAA, a session titled Medicare Minute at 10:30AM on the fourth Wednesday of the month. The topics represent what is timely and important in this area and questions are driven by the participants. Call the library on the first of each month or check out the website to learn the topic for that month's session.

There seems to be more time in the winter to whittle away at home projects you've been meaning to do. People will find helpful and actionable tips for simplifying and organizing their home on April 5 at 6:30PM. Six Steps to Simple will be presented by Lisa Luken, founder of Simple Joy Living.

In recognition of National Library Week, patrons have the opportunity between April 2-16 to return overdue library materials in exchange for donating dog or cat food to the collection for Community Animal Watch. It's also a great time to browse the classic movies and TV series on DVD, try out a Kindle e-reader, maybe even learn a new language with the online Mango Languages program, and thank the staff for the important role they play in our community. Any assistant is happy to help with your requests.

Money Smart Week will be packed with great presentations by Saco & Biddeford Savings Institution from April 26-29. Kicking off Tuesday at 6PM will be How Debt Can Disappear, Wednesday at 12:30PM is The Size of Your Credit, Thursday at 12:30PM is Being Determined, and Friday at 6PM will be Avoiding a Financial Disaster.

Check out up-to-date event information on the website ooblibrary.org and watch for possible changes due to inclement weather. Free parking at 27 Staples Street, Old Orchard Beach. You can reach the library by calling 207-934-4351. Come on over!

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Restless Legs Syndrome:

Mysterious, Under-Visible, Maddening

By Susan Ransom

Do creepy-crawly feelings in your legs keep you from sleeping? Do you have trouble sitting down and relaxing in the evening, or staying in bed? Does your bedmate complain of being “kicked” when you’re trying to fall asleep? Do you have to get up and stretch, read, or take a hot bath so you can get to sleep? Do any family members have the same symptoms? You might have Restless Legs Syndrome (RLS).

This mysterious and incurable neurological disorder is not particularly painful, doesn’t originate in the legs, and often doesn’t appear until pregnancy or other hormonal changes bring it on, but it robs its sufferers of sleep and is associated with various more serious disorders. Many people who have it don’t have a diagnosis or even a real name for it—it’s often called crazy legs, jumpy legs, or just plain insomnia, by people who haven’t consulted a doctor about their

symptoms. Depending on the severity, it can be annoying, debilitating, or fatal.

Even people who know they have RLS find it difficult to navigate. There has been little research on the disease, so it’s hard to find doctors who understand it, hard to choose medications, some of which make symptoms worse, and hard to discover the strategies that will keep you healthy. Some people give up alcohol and caffeine, some swear by exercise, some take vitamin or herbal supplements, some try alternative medicines such as acupuncture. All agree that it’s a particularly infuriating and unpredictable condition.

The long-standing but now restarted Southern Maine RLS Support Group welcomes anyone interested in finding out more about the disease. If any of this sounds familiar, or if you’ve already been diagnosed with RLS, often through a sleep lab, you are invited to our next meeting at the Allen Avenue UU Church in Portland on April 20, 2016, at 7pm. Spouses or family members are welcome; refreshments served. For more information contact Lindy Hough, 510-508-8163 or SoMaine@rlsgroups.org. See also the very helpful RLS Foundation website, www.rls.org.

The S-Word

By Don Kopp



Rebranding as a business strategy is popular these days. The aim is to come up with an appealing quality that will make customers line up for whatever it is that you are peddling. This isn’t new, of course. A good example from years past is that red-blooded Marlboro Man who persuaded so many of us guys to buy a pack and light up. Oh, wait. Maybe that is not a good example.

Branding is also what politicians do, isn’t it? They decide on the kind of person that they think voters will like and then become that person... in public. Which reminds me of the slogan adopted by a candidate in a local election a few years back. His brand was (*Candidate’s Name*) *will improve your needs*. That was a puzzler. And judging from the jaw-dropping percentage of votes cast for his opponent, increasing voters’ *needs* was not what they were looking for.

The University of Southern Maine is rebranding. It wants to be known as a “metropolitan university” in order to reflect its plan of addressing the shared needs of Portland, Lewiston, and Gorham, its campus locations. Discovering what those communities have in common, needs-wise, will be the task of a 30-member committee. We should wish them well. For one thing, chairing a 30-member committee and herding cats are just two ways of saying the same thing. For another, don’t those three USM locales strike you as pretty different necks of the woods?

There is even a move afoot to rebrand the word *senior*, considered by some to be the *s-word*. In Minnesota, the Rochester Senior Center, along with adding a bistro-style café and a bike-sharing program, has rebranded itself *125 Live*. Why? Its website explains that *125* is its new street address and *Live* conveys vim and vigor and also rhymes with *five*. Older patrons of the center see the new name as conveying something else—the belief that without *125* in the center’s name, they won’t be able to remember where the new center is. A national senior housing group has changed its name to *Argentum*, Latin for *silver*, a reference, one supposes, to the silver in its clients’ hair... or their wallets. But isn’t that aiming pretty low? *Silver* is so yesterday. Look at your credit cards: *gold*, *platinum*, *palladium*, and now even *titanium*, favored by those of us with new hips. And in Baltimore, an *s-word* center now calls itself the *50+ Center*, and is introducing Zumba and Power Yoga. Affixing the word *power* to an ancient spiritual meditative discipline strikes me as funny. Maybe there is *Laugh-A-Minute Yoga* for misfits like me. Among the things that I have learned from people

with whom I play bridge is this: If the 50+ Center or any other *s-word* group wants grownups of a certain age beating down its doors, it need only work the word *Pickleball* into its name. Do that and stand back!

As a fan of Western movies, I am imprinted, so to speak, with the disturbing image of a red-hot branding iron being applied to a demonstrably disinclined calf. In other words, the concept of branding doesn’t appeal to me. And who would want to be *branded* a liar or a wing nut? But how do you feel about the *s-word*? Does it offend you? Would you prefer a new brand? If so, what would you like it to be? *Mature* and *adult* come to mind, but may be suggestive of smutty movies. (Or is that just me?) *Ripe* feels almost right, but it also can mean *stinky* or, as in the phrase *ripe old age*, pretty long in the tooth. I’m considering *seasoned grown-up*. Would you feel friskier if you were reading these words in the *Seasoned Grown-up News*? I would love to hear.

Don Kopp can be reached at donkopp@sacriver.net

Medicare Open Enrollment continued from page 1

ten leaving older adults unknowingly without coverage of expensive prescription medications. By meeting with a member of our Medicare Team—either for the first time when enrolling in Medicare, or yearly to review coverage—the Agency helps provide peace of mind, and often saves individuals hundreds, and even thousands of dollars a year on health insurance premiums.

We are so pleased to report that during the 2015-2016 Medicare Open Enrollment Period, the Southern Maine Agency on Aging’s Medicare Team held 2,730 individual counseling sessions that resulted in a reported \$857,871 in annual savings.

While some people decide to remain on the same plan from year to year, others—with the help of the Medicare Team—uncover plans with lower premiums, co-pays, and deductibles that lead to significant savings. The average savings—across all those who experienced savings—was \$1,699 a year.

The Agency’s staff would like to thank the group of fiercely dedicated volunteers who make it possible to serve so many aging adults each year. Planning for next year’s OEP has already begun! Make sure you call SMAA early in September to schedule your Medicare annual check-up!

www.smaa.org



A meal, and so much more.

“One of the largest volunteer networks in southern Maine delivers 800 meals to homebound seniors struggling with hunger. Along with those meals, they deliver dignity and compassion. Please join me in making a gift today for Meals on Wheels so that no senior goes hungry.”

—Senator George Mitchell

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March is Blood Clot Awareness Month

By Cindy Asbjornsen, DO, FACPh

Blood Clot Awareness Month—a chance for the medical community to educate the public about a medical condition that affects approximately two million Americans annually.

In vein care, one of the most troubling conditions is Deep Vein Thrombosis (DVT), or a clot in the deep veins of your leg. Why? Because a clot in a deep vein can be dangerous if it breaks free from the vein wall and enters the blood stream. The clot could then travel up through the legs, through the major vessels in the abdomen, and into the vena cava, the large vein that empties directly into the heart.

The heart would pump the clot to either your lungs, which would act like a filter and catch the clot. This is called a pulmonary embolism (PE). A PE can be asymptomatic or fatal, depending on the size and location of the clot. Or, if your heart has any wall defects, the clot could travel to the brain (instead of the lungs), resulting in a stroke.

DVT can occur without symptoms but, in most cases, the affected area will be painful, swollen and red, and the superficial veins may be puffy. Consider these sensations a warning sign! Even a muscle cramp that feels especially sharp and painful can be a sign of a DVT.

DVT is a medical emergency, so any symptoms should be regarded as a DVT until proven otherwise, especially if you're in a risk category.

The incidence of DVT is higher in older people. The three main risk factors: 1) trauma to any blood vessel due to surgery, or even bumping into something, 2) immobility for any reason, such as age or being in a car for a long ride, and 3) an abnormal tendency toward blood clotting, which you can be born with or acquire at any point in your life.

As people age, their veins become less elastic and more likely to "leak." They're also more likely to become immobile as the result of a surgery or injury (such as a hip replacement). For these reasons, there is an increase of varicose veins in the elderly population. As the condition progresses, it puts people at risk for other problems, including blood clots and DVT.

The good news is that superficial venous disease can be fixed with minimally invasive procedures.

To learn more about how to identify and treat blood clots, call (207) 221-7799, or visit www.veinhealthcare.com or www.stoptheclot.org.

Dr. Cindy Asbjornsen is the founder of the Vein Healthcare Center in South Portland, Maine. Certified by the American Board of Venous and Lymphatic Medicine, she cares for all levels of venous disease, including spider veins, varicose veins and venous ulcers.

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Dr. Asbjornsen is a nationally recognized vein specialist, member of the *American College of Phlebology*, and a board certified phlebologist.

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