



From the Director's Desk

Our Meals on Wheels clients opened their doors on the Tuesday before Valentine's Day to a beautiful sight—their volunteer drivers delivering a lovely, long-stemmed red rose as well as their meal. Since 1995, thanks to the kindness and generosity of Lorraine Merrill, the



Valentine's Day rose delivery has been a SMAA tradition. When Lorraine died in 2003, she left a bequest to the Agency to est-

ablish an endowment fund assuring the rose tradition will continue in perpetuity. What a wonderfully touching legacy! Planned gifts, such as Lorraine's, enable the 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 Chief Advancement Officer, to find out how you can leave a legacy through your will.

SMAA recently completed another successful Medicare Open Enrollment that ran from October through early December. This year, 56 highly trained SMAA volunteer counselors and Agency staff helped 1,336 individuals find the best Medicare plan for their circumstances for 2018. As I've written about in previous issues of Senior News, in many cases, a yearly benefit review during Open Enrollment can save a person hundreds of dollars in annual out-of-pocket expenses. That that was indeed the case this year. Thirty percent of the people who attended a one-on-one session with a Medicare volunteer during Open Enrollment qualified for out-of-pocket savings in 2018—the average savings equaling \$1,322 per person!

As one of five Area Agencies on Aging in the state of Maine, SMAA offers many programs and services to older adults in southern Maine that are also offered by

continued on page 13

Nearly Four Decades of Service Honored: Jo Ann McPhee Retires

Jo Ann McPhee was recently honored for almost 40 years of service to the Southern Maine Agency on Aging (SMAA). During that time, Jo Ann has been helping feed seniors in southern Maine through the many nutrition programs offered by SMAA. What started as a volunteer opportunity turned into a job and then became a career with Meals on Wheels. Initially, Jo Ann worked in local communities coordinating meal delivery. She soon rose to be a site coordinator and ultimately to manage SMAA's nutrition program. A common thread in all the positions Jo Ann has held is she felt that she was helping improve people's lives. Early on, she understood the value of the human connection of offering people a meal and a visit.



Jo Ann receiving the first ever "Spirit of SMAA" award.

"Jo Ann represents the best of SMAA. She always puts the needs of our clients first. Jo Ann never forgets the importance of what we do and how much frail seniors depend on us for a good meal but also for the regular visit," commented Lawrence W. Gross, SMAA's Chief Executive Officer. "In fact, she was awarded Employee of the Year for 2017, recognizing her incredible commitment to her work in our Nutrition Department. We will miss her infectious smile, humor and can-do attitude."

We wish Jo Ann well in her retirement! And we know if she finds she has extra time, we are always looking for Meals on Wheels volunteers!



Jo Ann's service with a smile throughout the years.



In February, Jo Ann was honored at a retirement party including many colleagues from over the years as well as her family.



Jo Ann is also an avid bowler and medalist in the Maine Senior Games.



SMAA Specialist Provides Local Support for Yarmouth's Seniors

Maureen Brosnan, a Community Resources Specialist from the Southern Maine Agency on Aging (SMAA) is now available to provide support and resources for Yarmouth's older adults and caregivers.

Maureen will connect Yarmouth's older residents, those with disabilities, and their caregivers with community resources they need related to nutrition, housing, financial security, health insur-

ance, transportation, Medicare, and other issues. Maureen is based in the tutoring room of Merrill Memorial Library on Tuesdays and Fridays from 11AM-3PM, or by appointment. She can be contacted at 835-9866 or by email at mbrosnan@yarmouth.me.us.

Maureen has worked with the Southern Maine Agency on Aging since 2015, providing education and processing referrals for programs like Matter of Balance, Meals on Wheels, and Chronic Pain Management. Prior to joining SMAA, Maureen worked with SeniorsPlus in Lewiston, coordinating home care services and evaluating the effectiveness of care plans. Throughout her career, Maureen has worked closely with MaineCare, Medicare, private insurers, and other services. Maureen is a Licensed Master Social Worker, and has a Masters Degree of Social Work from the University of New England.

"I am very excited and thankful for the opportunity to work with Yarmouth seniors and caregivers, providing them with education and connecting them with resources to help them improve their lives", said Brosnan.

Brosnan's presence will support Yarmouth's seniors, proactively support at-risk residents and augment the ongoing Aging in Place initiatives administered through YCAN—Yarmouth Cares About Neighbors. SMAA has seen a 40% increase in requests for information and services from Yarmouth residents in the past year.

The Yarmouth Town Council approved the appointment and funding of a dedicated resource specialist from SMAA in October 2017. In addition to the Town of Yarmouth, SMAA currently provides Dedicated Resource Specialists for the Plummer-Motz Senior Living Complex in Falmouth, and a large health-care provider, and previously with the Town of Cumberland. These Specialists support aging in place initiatives, and to connect seniors and caregivers with the resources they need.

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

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

Thank You from Larrabee Village

This past holiday season residents of Larrabee Village were recipients of assorted gift cards provided by individuals in the Information and Technology Department within ON Semiconductor (Formerly Fairchild Semiconductor). The generous donation totaled \$305 in gift cards that were shared with 13 residents of Larrabee Village. The gift cards ranged from grocery stores to coffee shops to clothing department stores. One resident shared that he really appreciated the gift as he did not have anyone that sent him even a Christmas card. Another resident had shared it was so long since she bought herself a new clothing item that she did not even know the name of the stores one would buy clothes in. The gift cards were truly appreciated and very helpful!! THANK YOU to our anonymous donors.

Also we, staff and residents, would like to extend our tremendous thanks to Jo Dill and her

amazing team of holiday elves who kept Larrabee Village residents in mind again this holiday season and donated essential items to the residents through the Free Food Pantry. They provided a long list of items including: toilet paper, paper towels, laundry detergent, soap, calendars, hats and scarves. With such a cold winter, it was a real treat for the residents to pick up essential items right inside the building without having to get to the store.



Larrabee Village resident volunteers with essential item donations through the Free Food Pantry.

Update at Plummer Senior Living

By Doug Wilson, Resident Resource Coordinator

Residents are now moving in to the Plummer Senior Living, a 55+ Active Independent Community in Falmouth. Twelve of the 34 units are occupied and the residents tell me on a daily basis how much they love this place! What's not to love! It's a safe, secure and beautifully renovated facility (the original Falmouth High School, built in the 1930s and now on the National Registry of Historic Places), with an opportunity to build a community from scratch! We have an amazing common area (the former gymnasium) that serves as a gathering place for residents (we had our first potluck supper just before the Super Bowl) and we're adjacent to the Mason-Motz Activity Center where Falmouth Community Programs offer a host of activities and programs on a daily basis. There are over four miles of walking

trails throughout the Ocean View campus, right out the back door of Plummer!

SMAA has a contract with DC Management (the building management company) to provide resource coordination and assist Plummer residents in getting connected to an array of local services. As the Resident Resource Coordinator, I am thrilled to be in "on the ground floor", helping the residents build their new community. This is a very exciting time to be here! If you have any questions or know someone who might enjoy an active, independent community, feel free to contact me at Plummer (781-4418 between 11AM and 3PM) or Jody, at DC Management (772-3225) anytime.

CONNECTIONS: Flower Power

By Deb Folsom, Manager, Sanford & Kezar Falls Meals on Wheels Sites

CONNECTIONS are an important component to the Meals on Wheels program. Every time one of us makes a connection with another agency or person, there is an opening for better service to our Meals on Wheels clients. The more we know, the more we may be able to help.

One connection in particular I think about is the special connections we at the Sanford meal site have been able to forge with Waban Projects' Work Opportunities (WO) and Shaw's Supermarket. It's known as "Flower Power". On Thursday mornings, some of the folks from Work Opportunities go to Shaw's and pick up the flowers that are close to being thrown away. For the most part, the flowers are still in very nice shape. The Flower Power folks bring them to our Amherst Street location and make smaller bouquets. Our Meals on Wheels volunteer drivers deliver the flowers along with the meals. The recipients of the flowers' day (and sometimes week) have been brightened. The Flower Power folks feel happy and fulfilled that they have been able to give back to the community that has given so much to them and made someone else happy, too. Their joy is contagious!



Left to right: Maureen Harvey, Jennifer Merrifield (WO staff), Christopher Heywood and Holly Holland.



"I'm as happy as a clam at high tide!" ~ Jean

Our residents live life to the fullest in a vibrant, socially engaging environment, with daily assistance at their fingertips. Personalized care plans are delivered by certified staff and supervised by licensed nurses 24-hours a day.

Call Tamera Vogel today!

207-781-4621

FALMOUTH HOUSE
at • Ocean View

An experience not to be missed!



32 Blueberry Lane, Falmouth, Maine 04105 • oceanviewrc.com



NOW HIRING!

Southern Maine Agency on Aging is hiring for the following positions:

Assistant Site Coordinator (Greater Portland Meal Site)

Southern Maine Agency on Aging's Nutrition Program is seeking a part-time 16 hours per week Assistant Site Coordinator for our Greater Portland Meal Site in Westbrook. The Assistant Site Coordinator will be responsible for training volunteers, inventory management, supporting the home delivered meal preparation, and delivering meals directly to the clients' homes. Candidate must have reliable transportation and be computer literate and proficient in all traditional or current office equipment. Excellent interpersonal skills are required as the Assistant Site Coordinator must deal tactfully with staff, clients, volunteers and the general public. Benefits are pro-rated; starting pay is \$11.00 per hour.

Resident Attendant (Larrabee Village)

The Southern Maine Agency on Aging supported housing services program is seeking a Resident Attendant for 32 hours per week to help sustain the health, safety, and independence of frail elder residents including one-on-one assistance with IADL and ADLs. Candidate must be available to work days, evenings, weekends and holidays.

Qualifications: Accomplished ability to problem-solve in emergency situations, excellent customer service abilities with residents, family members, and others. Attention to detail and ability to work independently with minimal supervision. Habitually maintains the highest of personal health and safety practices, and works effectively in a team relationship. Candidate must provide proof of valid PSS certificate.

If you're interested in either position, please send cover letter and resume to:

Job Posting
Southern Maine Agency on Aging
136 US Route One
Scarborough, ME 04074
jobposting@smaaa.org

To view all of our listings, please visit www.smaaa.org/careers.html
The Southern Maine Agency on Aging is an Equal Opportunity Employer.



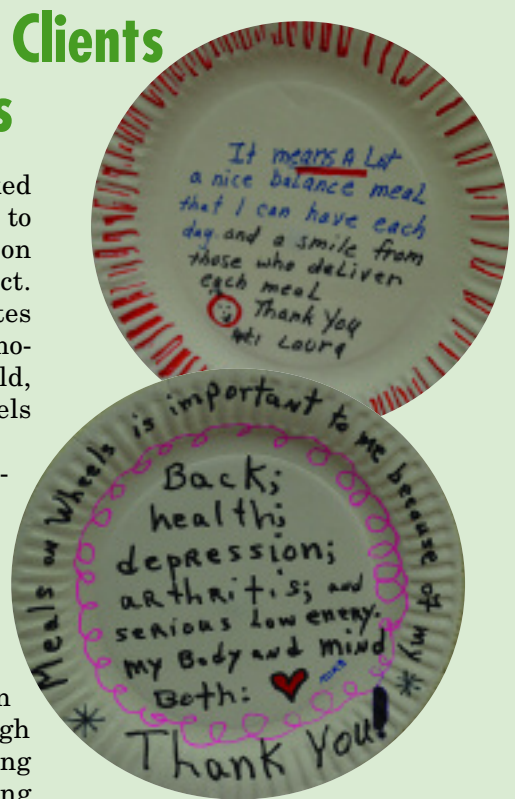
www.smaaa.org

Meals on Wheels Clients Share Kind Words

At the end of 2017 we asked Meals on Wheels recipients to participate in the Meals on Wheels Paper Plate Project. We provided blank paper plates and asked clients to take a few moments to let us, and the world, know what Meals on Wheels meant to them.

We received over 140 responses and we're thrilled to see the kind words from our clients and their families. Some responses show a great sense of humor while other responses will bring a tear to your eye.

The plates are on display in our main office in Scarborough downstairs in the Healthy Aging hallway and the Healthy Aging classroom. The public is encouraged to visit and view the plates during normal business hours.

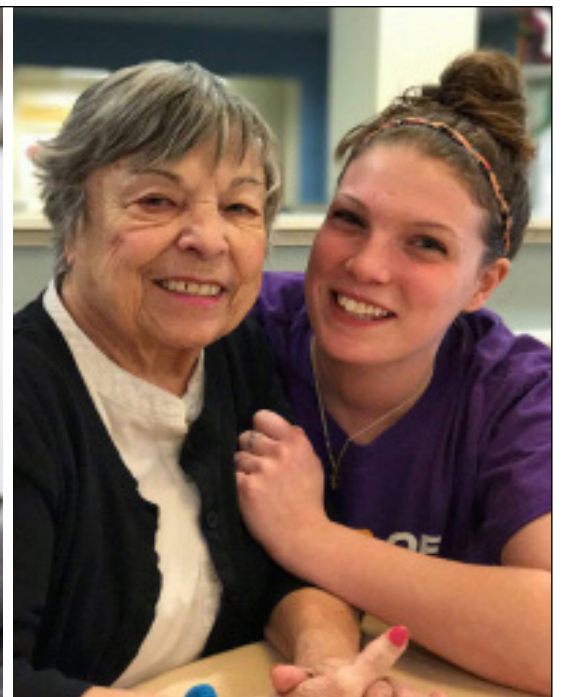


Some of the plates on display in Scarborough.

Meals On Wheels Community Leaders Day

Meals on Wheels will be holding its annual Community Leader's Day on Tuesday, March 20. On this day, we invite community leaders to go out into their communities and deliver meals to homebound seniors. It is a great opportunity for community leaders to see first-hand what a wonderful impact the Meals on Wheels program has on seniors. If you are interested in participating, please contact Renee Longarini, Nutrition Program Manager, at 396-6510.

VISIT OUR WEBSITE
www.smaaa.org



Maine's Premiere Assisted Living Community for Memory Care

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

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



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

207.857.9007

or: Lea@avitaofstroudwater.com

AVITA OF STROUDWATER

113 Landing Road | Westbrook, ME | avitaofstroudwater.com





Southern Maine AGENCY On AGING
Creating Better Days

Yes, I would like to subscribe to Senior News!
A 1 year/6-issue subscription is \$20 per address.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (____) - ____ - _____ Email: _____

Check for \$20 payable to Southern Maine Agency on Aging enclosed

Credit Card No.: _____

Exp. Date: ____/____ Security Code: _____

Please mail your payment to:
Southern Maine Agency on Aging / Attn: Senior News Subscription
136 US Route One, Scarborough, ME 04074

We do not sell or share our mailing and email list.

Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6588
(800) 427-7411
seniornews@smaaa.org



Southern Maine AGENCY On AGING
Creating Better Days

BOARD OF DIRECTORS 2017-2018

PRESIDENT
Kristine Sullivan, MLIS,
Scarborough

VICE PRESIDENT
Mary Jane Krebs, APRN, BC
Westbrook

SECRETARY
Susan Keiler, Biddeford

TREASURER
Thomas Gruber, Jr.,
Cumberland Foreside

BOARD MEMBERS

Jeffrey Aalberg, MD, *Portland*

Terry Bagley, *Cape Elizabeth*

Stephen Braverman, *Wells*

Denise Doyon, *Biddeford*

Marie Gerrity, *Cumberland*

Ann Hastings, *Biddeford*

John Holland, *Gorham*

Jeffrey Holmstrom, DO, *South Portland*

David McDonald, *Portland*

Betsy Mead, *Yarmouth*

David Smith, *Falmouth*

Do you need adaptive equipment?

Equipment & technology can make it easier to live more independently and safely. At getATstuff.com you can get, sell or donate items such as:

- Stair glide or ramp
- Adapted van
- Wheelchair or scooter
- Communication device



Visit getATstuff.com or contact Maine CITE at (207) 621-3195. TTY users call Maine Relay 711. E-mail: iweb@mainecite.org




Senior News is a publication of



Southern Maine AGENCY On AGING
Creating Better Days

136 U.S. Route One, Scarborough, ME 04074-9055

Telephone: 207-396-6500
Toll-free: 1-800-427-7411
e-mail: info@smaaa.org
Web site: www.smaaa.org

Editor: Kate Putnam
kputnam@smaaa.org or 207-396-6590

Advertising: Janet Bowne
jbowne@smaaa.org or 207-396-6533

Article Submission: Jessica LeBlanc
jleblanc@smaaa.org or 207-396-6520

Design: Becky Delaney

Printing: Sun Press, Lewiston

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

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.



ADVANCED MODIFICATIONS

SPECIALTY VEHICLE SALES, SERVICE & More



Specialty Seating Options



Hand Controls & Other Driving Aids



Wheelchair Accessible Conversions

1766 Hammond St.
Hermon, ME 04401

89 Mussey Rd., Suite 102
Scarborough, ME 04070

Toll Free 1-855-848-8226
www.AdvancedModifications.com

Circulation: 9,000 issues are distributed in public places from Kittery to Bridgeton and Brunswick. Another 1,000 are distributed through Agency on Aging events and locations. Total: 10,000

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!

Disclaimer of Endorsement: We appreciate the loyal support of our advertisers who make the publication of "Senior News" possible. The appearance of these advertisers does not constitute or imply an endorsement, recommendation, or favoring by the Southern Maine Agency on Aging (SMAA). Advertisers are not permitted to use the name of SMAA, its employees or volunteers for marketing or product endorsement purposes.

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.

MONEY MINDERS: Helping to Keep Seniors Financially Safe

When Elaine retired from a long career in banking, she looked for ways to volunteer that would utilize her money management skills. She was referred to the Southern Maine Agency on Aging (SMAA) and thought the Money Minders Program seemed like a perfect fit. “I enjoy the program,” says Elaine. “I get to meet new people, and I know I can help them.”

Money Minders is a program that matches trained volunteers with low-to-mid income seniors who need help with check writing and checkbook balancing. “The program has some rules, and it’s really important to stick to them for your client’s protection as well as your own.” Elaine values the oversight that is built into the Money Minders Program, and she

feels confident knowing that once the forms are submitted by the volunteer, “they are scrutinized by the program coordinator and the monitors, as well.”

Elaine has had four clients during her eight years as a Money Minders volunteer. In addition, she uses her banking background to work with others to monitor client reports and bank statements. Monitors look for any evidence of fraud, a scam, or unauthorized access to the account.

One of the things Elaine has learned since becoming a Money Minders volunteer is how easy it is for families to take advantage of a person. She had a client with that problem, and she was able to help the client contact Legal Services for the Elderly, who were able to stop it. “It was handled very well,” Elaine says.

Being a Money Minders volunteer, Elaine says, reminds you that people are different, with different personalities and different ways of dealing with money issues.

For example, one of her clients was losing her sight, and she was unable to read her mail or sign checks. Elaine discovered that her client was being sent duplicate bills by a company, and Elaine was able to contact the company and get it straightened out.

One piece of advice that Elaine would give to seniors is to “set up a budget, and once you do, don’t let

ads for low-interest credit cards tempt you to go off your budget – don’t buy on impulse.” She had a client who was quickly overwhelmed by the amount of credit card debt that built up through her impulse buying.

For more information about the Money Minders Program, and to find a volunteer like Elaine to help you keep your finances in order, please call the Southern Maine Agency on Aging at 1-800-427-7411 or 396-6500 and ask to speak to a Resource Specialist. For Money Minders like Elaine, the best part of their job is providing help when it is needed.

Do Not Call Registrations Don’t Expire

By Amy Hebert, Consumer Education Specialist, FTC

Someone pretending to be from the FTC is sending out fake emails telling people that their Do Not Call registration is expiring. The emails use the FTC’s logo and send people to a phony Do Not Call website to register their numbers again.

Don’t buy it. Do Not Call registrations never expire. Once you add a number to the Do Not Call Registry, you don’t need to register it again—ever. We only remove your number when it’s disconnected and reassigned, or if you ask us to remove it.



Are you a member of the sandwich generation?

Caring for both your aging parents and your children? Our Care Managers help older adults maintain their independence with high quality of life. Call us.

(207) 400-8763
50 Foden Road, Suite 3
South Portland, ME 04106
www.vnahomehealth.org

LifeStages A division of **VNA** HOME HEALTH HOSPICE DANC MEMBER



Making Space for Grief in Our Lives

with **Kate Braestrup**
National Bestselling Author
Chaplain, Maine Warden Service

8th ANNUAL
Hospice of Southern Maine
Anne L. Hunter Memorial
Thresholds
CONFERENCE

Wednesday, May 2, 2018
9:00 am – 1:00 pm
Hannaford Hall, USM Campus, Portland
\$25/lunch included
free garage parking

*Post-conference forums in
Kennebunkport, Scarborough, and York.*

**REGISTER: 207-289-3643 or
hospiceofsouthernmaine.org**

Hospice
of Southern Maine

Medicare Open Enrollment Comes to a Close

In December, The Southern Maine Agency on Aging wrapped up another Medicare Open Enrollment period. SMAA would like to thank the numerous individuals and couples we saw these past few months who



trust us to help them make informed choices about their Medicare plans. We are pleased to report that from October 15 through December

7 we served 1,336. Collectively we saved clients over \$576,000 on their premiums. Of the clients who experienced a savings, the average annual savings was \$1,322 per client.

Our ability to serve so many is truly because of the team effort and partnerships that SMAA has with our Medicare host sites and with our team of volunteers. We would like to extend thanks to the following locations for their support. Without their hospitality, we would not have been able to serve as many individuals throughout southern Maine.

Medicare OEP 2017 Volunteers

Medicare options. We take great pride in knowing that our volunteers routinely go above and beyond for our clients and that together we will have helped consumers save substantially in out-of-pocket health care expenses for 2018. We could not do it without them.

Thank you Volunteers!

- Doris Ames
- Jane Ashley
- Terry Bagley
- Jim Baker
- Ron Bolduc
- Mary Bruns
- Paulette Burbank
- Donald Caouette
- Dennis Coleman
- Lindsay Copeland
- Paul Doherty
- John Dyhrberg
- Sharon Eastman
- Annette Fournier
- Warren Giering
- Fred Gifford
- Peggy Gilbert
- Fran Gleason
- Nancy Goddard
- Carol Goldberg Copeland
- Nancy Gordon
- Connie Grant
- Jerry Harkavy
- Martha Henderson
- John Holland
- Therese Johnson
- Maryann Lawton
- Patricia Lennox
- Cindy Lord
- Jim MacLeod
- Dave Mikesell
- Ann Milliard
- Julie Morgan
- Steve Murphy
- Sue Ellen Muse
- Judy O'Brien
- Tom O'Connor
- Phil Ohman
- Wayne Olson
- Susan Pendleton
- Maurice Proulx
- Doug Robinson
- Fred Ronco
- Steve Sawyer
- Dave Smith
- Linda Sprague Lambert
- Gary Starbuck
- Deb Weldon
- Linda Westinghouse
- Barry Wolfson

We would also like to thank our amazing team of volunteer State Health Insurance Program (SHIP) counselors. Our dedicated volunteers worked diligently in order to accommodate the number of individuals seeking to review their

Elder Planning Advisors of Maine, Inc.

Personal Financial and Investment Advisors



If you're retired or about to retire, we can assist you with specialized, independent, and experienced financial and investment advice to help you realize your successful retirement.

Contact our office to arrange for your no-cost, no-obligation initial consultation.

1006 Broadway ♦ South Portland ♦ Maine 04106
(207) 767-8225 ♦ www.epame.com

In-Home Senior Services

Since 1994, we have provided the best in-home care and personal care services, including:

- Medication reminders
- Bathing
- Dressing
- Incontinence care
- Range of motion exercises
- Companionship
- Transportation
- General house cleaning
- Meal preparation
- Laundry

Our services are paid for by private pay, MaineCare, Veterans Administration and long-term care insurance

All our caregivers are carefully screened, trained and insured. We employ only the most dependable, compassionate and friendly staff.

20 Mechanic Street, Gorham, Maine
207-222-0740
www.inhomeseniorservices.com



Call us to learn how a locally owned company can provide you the best services – and peace of mind.

In addition, we would especially like to thank the following volunteers who took the time to greet and direct clients at SMAA with a welcome smile: **Dot Lee, Denise Smith, Susan Laughton, and Nancy Sulides.**

From Jo Dill's Notebook

2018 Maine Senior Games Schedule



Celebration of Athletes: June 1, Friday, Fireside Inn

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

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

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

10K Road Race: June 17, Scarborough High, Sunday

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

Track & Field: July 22, Scarborough High, Sunday

Men's Softball: August 5, Wainwright Field, South Portland, Sat/Sun

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

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

Horseshoes: August 22 (rain 23), Deering Oaks, Portland, Wednesday

Racquetball: August 25, Racket/Fitness Center, Portland, Saturday

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

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

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

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

Swimming: September 15, Kennebec Valley Y, Augusta, Saturday

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

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

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

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

Bowling 10 Pin: September 30, Sparetime Bowling, Augusta

Darts: October 14, The Gold Room, Portland, Sunday

Power Walk

The Power Walk is in for the 2019 National Senior Games. For this year only, you do NOT have to qualify and if you are already participating in two events at Nationals you may still participate in the power walk! The 1500 power walk will be done at the track and the 5K will be done on a course. The two main rules for power walk are that one foot MUST be on the ground at all times and it must be heel-toe at all times. The difference between power walk and race walk is that race walk has to have your front knee straight. Power walk is basically a fast walk. I hope you all take advantage of this! We will continue to offer the 1500 power walk and race walk at our track meet and the 5K power walk will be part of our 5K Road Race on June 14 (Flag Day).

Registration

Registration for the Maine Senior Games will open by April 1 (hoping for mid-March). We have made some changes this year. Be sure to check the end registration date as there are a few sports that WILL have a deadline. Most sports allow on-site registration but a few will not. If you register online you must use a credit card or the registration will not be complete.

Sponsors

Maine Senior Games depends on sponsorships to keep us going and bring you the best games possible. Please let our sponsors know that you are an athlete. Tell your doctor, dentist, banker or other businesses that you are an athlete or volunteer of the Maine Senior Games. I tell anyone who will listen in hopes that if enough folks tell them they will come to US for a sponsorship. Thanks for your help! So far, our lead sponsor is Martin's Point, our gold sponsors are Piper Shores and Aging Excellence and our silver sponsors are Cross Insurance and Bangor Savings Bank. Thanks for your help!

Raffle Calendar

Maine Senior Games is once again selling a raffle calendar. If you are willing to donate something for the raffle please let Jo know at 396-6519 or email: jdill@smaa.org. I am putting together a Boston teams basket. If you have a Celtics, Bruins, Pats or Sox item that is new and you are willing to donate it would be appreciated. Thanks so much for your help.

A Gift of Roses

Since 1995, Meals on Wheels recipients celebrate Valentine's Day with a special delivery of a beautiful red rose with their meal. This year over 600 roses were delivered to homebound older adults throughout southern Maine.

"Rose Day" is something that not only clients, but volunteers and staff, look forward to each year. It is

a wonderful opportunity to put an extra smile on our client's faces thanks to the generosity of the late Loraine Merrill. Mrs. Merrill was a kind woman and Meals on Wheels recipient. She wanted to brighten the days of her fellow Meals on Wheels recipients and did so through anonymously gifting roses. Since her passing in 2003, SMAA has been able to acknowledge and thank her for her gift.

Since its inception, it is estimated that over 16,000 roses have been delivered in the past two decades. Thanks to Mrs. Merrill's planned gift to SMAA, her generosity will be able to continue for decades to come.

If you have a vision of how you'd like to support a SMAA program like Loraine Merrill, contact Kate Putnam, Chief Advancement Officer at SMAA, 207-396-6590 or via email at kputnam@smaa.org.



Valentine's Day card donations



Sanford Site Manager Deb Folsom



L to R: Volunteers Ann Reardon and Archie Archibald, George the Dog, Nutrition Manager Jo Ann McPhee, Volunteer Eric Booker, Nutrition Manager Renee Longarini, and South Portland Site Coordinator Liz Engel.

Worry Less. Live More. Say Yes to Living Well.



The Park Danforth offers both Independent and Assisted Living options.

Personalized Senior Living Since 1881

777 Stevens Avenue Portland, ME 04103



NOW OPEN! 58 NEW Independent Living Apartments

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.

Basics for Family Caregivers Class Offered in Falmouth

Understanding Cognitive Loss: Basics for Family Caregivers is a class developed for family caregivers: those who may have questions about someone's cognitive abilities and losses, those who are helping someone early in the course of a dementia, and those who may not be able to attend a full Caregiver series. The class

covers different conditions that can affect a person's cognitive abilities, how specific thinking skills might change, and strategies that can be helpful for family caregivers. 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 register to join us.

Join us on Wednesday, March 14 from 3-5PM at the Lunt Auditorium in Falmouth.

This event is co-sponsored by SMAA and OceanView at Falmouth. Tours of the Stewart Center and Legacy Memory Care will be available following the class.

Space is limited, please register by calling 207-781-4460.

Are You a Caregiver in Need of Respite?

If you said yes, then the Caregiver Respite Program may be able to help.

The Caregiver Respite Program supports family caregivers of people with dementia by reimbursing them for part of the cost of respite care. This break for the primary caregiver might take place in the home, at an adult day program, or overnight in a facility (on a limited basis). The person receiving the respite care must meet financial eligibility guidelines, have a physician-confirmed diagnosis of some form of dementia, and be living in the community. The caregiver arranges for care, pays for it up front, and then submits the expenses for an 80% reimbursement, up to an annual cap set by the Maine Office of Aging and Disability Services.

Funds are currently available through this program for people who meet the eligibility criteria. For more information, please contact Lori Campbell at 396-6540 or email lcampbell@smaa.org.

SIGHT IS PRECIOUS.



center of excellence

TREAT YOUR EYES TO THE CARE THEY DESERVE.

You don't want to trust your eyes to just anyone. The latest advancements in eyecare are everyday practice at EMG.

Our experienced ophthalmologists offer a full range of eyecare services

- Cataract surgery
- Vitreoretinal care and surgery
- Glaucoma evaluation, treatment and surgery
- Corneal care and surgery, including transplantation
- LASIK vision correction



EMG
Eyecare Medical Group
Tomorrow's eyecare today.

HAVE QUESTIONS?
Just call our friendly staff at:

828-2020
888-374-2020

53 Sewall Street
Portland, Maine 04102
www.eyecaremed.com
www.seewithlasik.com

 Find us on Facebook!



Bruce Cassidy, MD



Robert Daly, MD



Samuel Solish, MD



Scott Steidl, MD, DMA



Jordan Sterrer, MD



Jackie Nguyen, MD



Aaron Parnes, MD



Adam Sise, MD



Elizabeth Serrage, MD
Emeritus



William Holt, MD
Emeritus



Katherine Hill, OD, FFAO



John Wipfler, CEO

For a free email subscription to our Eye Health Updates, visit us at www.eyecaremed.com.

Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.


Call or email for more information.

(207) 396-6588

(800) 427-7411

seniornews@smaa.org





Are you caring for a family member with dementia?

Let *Savvy Caregiver* help.


Savvy Caregiver is a 12-hour training for family caregivers of people with dementia and offers:

- Valuable Knowledge
- New Skills for Care
- Improved Outlook

Upcoming Series

May 1 - June 5
Every Tuesday, 1-3pm (6 wks)
Sam L. Cohen Center, Biddeford

Preregistration required:
1-800-427-7411 ext. 541



Is It the FLU or a COLD?

It's easy to confuse a common cold with seasonal flu. A cold is milder than the flu, but since the flu can make older people very sick, you should know the difference. That way you will know when to call the doctor, who might want to give you a prescription for medicines that can help you get over the flu.

People with the flu can have fever, chills, dry cough, general aches and pains, and a headache. They feel very tired. Sore throat, sneezing, stuffy nose, or stomach problems are less common. What some people call "stomach flu" is not influenza.

If it's a Cold

Fever: Rare
Headache: Rare
General aches, pains: Slight
Tiredness, weakness: Sometimes
Extreme exhaustion: Rare
Stuffy nose: Common
Sneezing: Usual
Sore throat: Common
Chest discomfort, cough: Mild to moderate hacking cough

If it's the Flu

Fever: Usual
Headache: Common
General aches, pains: Usual; often severe

Tiredness, weakness: Usual; can last two to three weeks

Extreme exhaustion: Usual; when first become sick

Stuffy nose: Sometimes

Sneezing: Sometimes

Sore throat: Sometimes

Chest discomfort, cough: Common; can become severe

If you get the flu, there are things you can do to feel better. First, call your doctor to see if there are medicines that can help. Remind him or her if you are taking

drugs to fight cancer or other medicines that make it hard for your body to fight illness.

If you are sick, try to rest in bed and drink plenty of fluids, like juice and water but not alcohol. Medicine such as acetaminophen can bring down your fever, which might help with the aches and pains. It is important not to smoke if you are sick with the flu. It is a respiratory illness that can infect your lungs, as well as your nasal passages.

Adapted from www.nia.nih.gov/health/all-about-flu-and-how-prevent-it

www.facebook.com/SouthernMaineAgencyonAging



SEVENTY FIVE STATE STREET

Celebrating 164 Years of Gracious Senior Living in the Heart of Portland

75state.org

SEVENTY FIVE STATE STREET
A History Of Gracious Living
INDEPENDENT AND ASSISTED LIVING
Serving Elders Since 1854
www.75state.org

207-653-1450

CALL TO TOUR TODAY

- Cozy Studios & Spacious Apartments
- Vibrant & Active Community
- Respite Care Now Available

A reverse mortgage could help you live more comfortably.



Call Steve for your free booklet on the government-insured HECM reverse mortgage.

- Supplement your retirement
- Receive a monthly payment
- Pay off a mortgage
- Set up a Line of Credit
- Buy a home

Steve Eastman
207-657-2459

Reverse Mortgage Advisor
NMLS #485909
SEastman@RFSLends.com
www.rfslends.com



Borrower must occupy property as primary residence and is responsible for property taxes, homeowner's insurance and the costs of home maintenance.
Synergy One Lending Inc. d/b/a Retirement Funding Solutions, NMLS 1025894. Maine Supervised Lender License 1025894. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.



RETIREMENT FUNDING SOLUTIONS

FUNDING AMERICA'S RETIREMENT®

RFS.1216.178.V1

"TO STAY INDEPENDENT, I NEED A LITTLE HELP ALONG THE WAY."



ASSISTED LIVING FOR THE LIFE YOU WANT

A spacious private apartment filled with light. An award-winning community filled with amenities. A calendar packed with activities. And 24/7 personal support, medical and companion services designed to help you keep the lifestyle you love.



Call for a personal tour of The Osher Inn at The Cedars:

620 Ocean Ave., Portland

207-221-7150

thecedarsportland.org

 ADULT DAY CENTERS

OPEN HOUSE

Saturday, March 24, 10am-12pm

Saturday, April 28, 10am-12pm

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

In Partnership with Caregivers

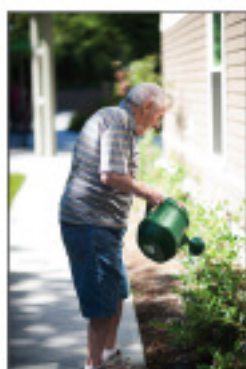
Memory loss is not only a challenge for your parent or spouse, but also for you - the caregiver. We know through research that social interaction, physical activity, and good nutrition are keys to a good quality of life. Our members have days full of laughter and activity.



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

AN INFORMATIVE EVENT FOR CAREGIVERS

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



FOR MORE INFORMATION AND REGISTRATION

Visit www.smaaa.org/openhouse

Or call 1.800.427.7411



ADULT DAY CENTERS
Southern Maine Agency on Aging

Stewart Center
74 Lunt Road, Falmouth

Sam L. Cohen Center
30 Barra Road, Biddeford

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

CAREGIVING HELP

'a gift you can give yourself'

By In-Home Senior Services

A loved one who needs personal care and can't be left alone presents a major problem for the family. This is especially true if the loved one lives far away or if the family caregivers are also employed full time.

The caregiving responsibilities can be overwhelming, too: transferring from bed to wheelchair or out of a chair; challenging behavior if the family member is living with dementia; time-consuming errands and chores such as shopping, banking, house-cleaning and food preparation.

Hiring help can relieve you of some of the tasks you are responsible for, freeing you to have some time for yourself. For long-distance caregivers and working caregivers, help can provide the care and assistance needed when you can't be there on a daily basis yourself. According to the nonprofit Family Caregiver Alliance, caregiver duties can cover some or all of these items:

- **Personal care:** Bathing, eating, dressing, toileting, grooming
- **Household care:** Cooking, cleaning, laundry, shopping
- **Health care:** Medication management, physician's appointments, physical therapy
- **Emotional care:** Companionship, meaningful activities, conversation

Interestingly, writes the Family Caregiver Alliance on its website, "caregivers have found that in some instances the person receiving care can be more cooperative with someone other than the primary caregiver, so that, for example, taking a shower might not be the battle that it can otherwise be. Engaging an attendant can help to preserve your relationship as daughter or partner, rather than always having to be the chore person or task master.

"Hiring help might not only be a necessity but a gift you can give yourself."

For more information on in-home caregiving, call In-Home Senior Services in Gorham, (207) 222-0740, or see www.inhomeseniorservices.com

This advertorial is paid for by In-Home Senior Services for the benefit of "Senior News" and its readers.

Watch Out for Scams

A "scam" is when someone tricks you to get your money. Most scammers use the telephone or the internet to get in touch with you. Often the scammer calls or writes from out of state or even outside the country. This means that if they manage to trick you, it is almost impossible to get your money back.

Don't Get Scammed:

- NEVER give any personal information in response to a phone call or email.
- NEVER wire money or give your personal information based on a phone call or email.
- If it sounds too good to be true, it probably is! Never send money or provide any personal information in response to a phone call or email that says you won a contest. Remember, you can't win a contest that you did not enter and legitimate sweepstakes never ask for money up front. If you would like to check out an offer that sounds too good to be true, call the Maine Department of Professional and Financial Regulation at 1-877-624-8551.
- There is never a legitimate reason for someone to give you a check or money order and ask you to wire them money in exchange. Do not ever send money or provide any personal information in response to a phone call or email.
- Before giving any money to charity do your homework. Real charities have to be licensed with the state. Check with the Maine Department of Professional and Financial Regulation's Charitable Solicitations Program at 207-624-8525 to make sure that it's a real charity.

The best way to avoid falling for a scam is to be careful when it comes to your money and personal information. Make sure your number is listed on the National Do No Call Registry. You can register your telephone number for free by calling 1-888-382-1222.

Most importantly: do not give money or personal information to anyone in response to an email or telephone call. If a caller claims there is an emergency, insists on secrecy, or pressures you to send funds: **HANG UP.**

If you think that you have been scammed and you are a Maine resident who is 60 or older, you should call the Legal Services for the Elderly Helpline at 1-800-750-5353 to speak to an attorney for free.

You can also contact the Maine Attorney General at 1-800-436-2131 or the Maine Department of Professional and Financial Regulation at 1-877-624-8551.

**Excerpt from "Watch Out For Scams", Elder Rights Handbook, Maine Legal Services for the Elderly, Inc. available at <https://mainelse.org/handbook>*

Foster Grandparents: Volunteering with Students in their Communities

At the age of 71, Aldeyne Friel didn't think there was much she could do to help the schools in her community. But as a Foster Grandparent at Biddeford Primary School, she is making a difference in the lives of children every day.

Aldeyne volunteers with the Opportunity Alliance's Foster Grandparent Program. Foster Grandparents are adults 55 and older that serve in schools, Head Start programs, or child development centers across Southern Maine, serving 15-40 hours per week at their site.

In addition to helping in the classroom, Aldeyne assists in her school's library, helping students find books and reading with them.



With a little help from a Foster Grandparent a classroom assignment becomes much more fun to complete.

At first, Aldeyne thought she might not be qualified to work with students, but she found that just being there as a friend and a good example to the kids couldn't be easier. Along with training provided by the program, Aldeyne said she learns right along with the kids; "I might not be able to teach the class, but I can really do something here." Her favorite part of being a Foster Grandparent is when the shy students start to break through their shells and come read with her; "we get to help children learn their strengths, and then all of a sudden they realize they can do things they didn't think they could."

Aldeyne enjoys great relationships with the teachers at her school, and having something that gets her out of the house every day. She shared, "It really makes me feel valued. It's encouraging to see seniors—both men and women—involved in our communities."

Volunteers meeting generous income limits receive a non-taxable stipend for their volunteer time, as well as meals, travel assistance, pre-service and ongoing training and recognition. To learn more about the program, please call 207-773-0202.

A MEDICARE NUGGET

From Stan Cohen

New Year's Resolution - Medicare Can Help

If addressing alcohol misuse is on your list of New Year's resolutions, Medicare can help. There are many preventive health screenings available free of charge under Medicare. They include mammograms, prostate cancer screening, diabetes tests, cardiovascular disease screening, and colonoscopies to cite a few.

Alcohol misuse screenings are also covered when done by primary

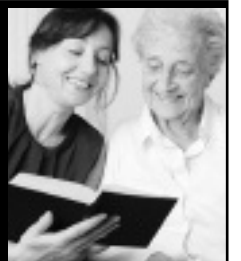
care providers, such as a beneficiary's family practice physician, internal medicine physician, or nurse practitioner.

This benefit also includes four behavioral counseling sessions per year furnished by the primary care provider if a beneficiary screens positive for alcohol misuse. If you know of a person on Medicare who may have an alcohol problem, please inform that person that help is available. Medicare questions?

Need help? Call 1 800 427-7411

Are You Concerned About Your Parents or Loved One Living Alone?

Advantage Home Care is the perfect solution for aging adults who aren't ready to leave their homes.



Highly qualified and trained caregivers can help you and your loved ones with a variety of daily activities such as:

- Caring Companionship
- Meal Planning & Preparation
- Incidental Transportation
- Light Housekeeping & Laundry
- Medication Reminders
- Alzheimer's and Dementia Care
- Assistance with Bathing, Dressing & Incontinence Care



Advantage Home Care

550 Forest Avenue, Suite 206
Portland, ME 04101
(207) 699-2570

www.advantagehomecaremaine.com

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

Become a Hospice Volunteer!

Compassus is a nationwide network of community-based hospice and palliative care services. Hospice brings comfort dignity and honor to the end of life's journey.

Put Your Compassion to Work
Hospice Volunteers may provide some of the following services:

- Office/Administrative tasks
- Friendly home or care center visits
- Reading to patients/writing letters
- Light housekeeping/running errands
- Meal preparation
- Patient caregiver relief
- Emotional and spiritual support
- Assist with grief support groups
- Helping with health fairs/community education



VOLUNTEER!

Next Training Series
5 Consecutive Fridays
March 2, 9, 16, 23, 30
9 - 11 am

Ross Community Center
189 Alfred Street
Biddeford, ME 04005

Contact Volunteer Coordinator,
Julia Boucher at
julia.boucher@compassus.com

Call us to find out more! (207) 761-6967



Are you concerned about the proper disposition of your estate?

Join us for a seminar on planning your final estate matters in advance. This seminar is specifically designed for people who have no heirs or whose remaining family will not be able to manage the duties required to settle an estate.

We've assembled a panel of professionals to help you understand how to ensure everything from your pet, household possessions and assets are dispersed properly.

Wednesday, April 4 from 11:30am-1pm
Southern Maine Agency on Aging, Scarborough

Our panel will include:

- Jennifer Kruszewski, partner at Epstein and O'Donovan
- Jessica LaPlante, Locations Real Estate Group
- Kim Dorksy, Simply Sized Home
- Brad Crowther, A.T. Hutchins Funeral and Cremation Services

Registration is required as space is limited.
Contact: Janet Bowne, 207-396-6533 or jbowne@smaaa.org





Agewell Schedule

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

A Matter of Balance

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

March 20 – May 8
Tuesdays, 1-3PM
Southern Maine Agency on Aging
136 US Route One, Scarborough

April 23 – June 18
Mondays, 10AM – 12:00 PM
Kittery Community Center
120 Rogers Road, Kittery
For more info or to register, please call Kittery Community Center: 207-439-3800

May 1 – June 19
Tuesdays, 1-3PM
MaineHealth Care at Home
15 Industrial Park Rd., Saco
For more info or to register, please call OOB/Saco Adult Ed: 207-934-7922

May 1 – June 19
Tuesdays, 9-11AM
Cape Elizabeth Community Services, 345 Ocean House Rd., Cape Elizabeth

May 3 – June 21
Thursdays, 1-3PM
Yarmouth Town Hall
200 Main Street, Yarmouth

Tai Chi for Health & Balance

April 2 – May 23
Mondays & Wednesdays, 3-4PM
Martin's Point, 153 US Route One, Scarborough

April 3 – May 24
Tuesdays & Thursdays, 9-10AM
Southern Maine Agency on Aging
136 US Route One, Scarborough

April 3 – May 29 (no class 5/3)
Tuesdays & Thursdays, 9-10AM
Woodfords Church
202 Woodford Street, Portland

April 10 – May 31
Tuesdays & Thursdays, 10-11AM
JR Martin Community Center
189 Alfred Street, Biddeford

April 10 – May 31
Tuesdays & Thursdays, 1-2PM
Plummer Senior Living
192 Middle Road, Falmouth

April 3 – May 29
Deepening Class (no class 5/3)
Tuesdays & Thursdays, 10:15-11:15 AM, Woodfords Church, 202 Woodford Street, Portland

Living Well for Better Health

Beginning late March
South Portland Housing Authority
Please call 207-396-6578 for more info

May 3 – June 7
Thursdays, 6-8PM
OOB/Saco Adult Ed
OOB High School Library, 40 E. Emerson Cummings Blvd
For more info or to register, please call OOB/Saco Adult Ed: 207-934-7922

Living Well with Chronic Pain

March 6 – April 10
Tuesdays, 9:30AM – 12PM
Cancer Community Center
778 Main Street, South Portland

Beginning in April
Southern Maine Agency on Aging
136 US Route One, Scarborough

Balance Screenings

Monday April 9
Kittery Community Center

Wednesday May 2
Maine Senior Guide Expo

Have your balance and strength checked, and learn what you can do to prevent falls and stay independent! Call 207-396-6578 for more information or to reserve your spot!

Volunteer Opportunities

If you are interested in volunteering with SMAA in your community, we are looking for coaches to lead our Agewell Programs. We have many classes coming up and there is a lot of interest in them, but we need enthusiastic, caring coaches to help us deliver the classes!

A Matter of Balance Volunteer Training

March 29 & March 30
8:30am – 12:30pm
Southern Maine Agency on Aging
136 US Route One, Scarborough

Chronic Pain Self-Management Cross Training

This training is open to those who are already trained in Chronic Disease Self-Management
March 22 & March 23
Southern Maine Agency on Aging
136 US Route One, Scarborough

Pre-registration is required for all Agewell Workshops. Please call: 207-396-6578 or 1-800-427-7411

AAA ROADWISE DRIVER®

Responsible Driving for Mature Operators



- 4 hour program designed to increase driving awareness & confidence behind the wheel
- Courses are led by AAA-trained & certified, professional instructors.
- Maine residents can qualify for a 55+ insurance discount¹
- **Online course also available in Maine, New Hampshire & Vermont**



\$10 OFF²
AAA Roadwise Driver
Class with auto insurance quote
PROMO CODE: MO18

COST | \$15 for AAA members
\$20 for non-members

Sign up for a Class Today! *Pre-registration is required.*
CALL 844.307.1605 CLICK AAA.com/roadwisecourse

CLASS SCHEDULE

MARCH 15
68 Marginal Way
Portland, ME

746 Daniel Webster Highway #3
Merrimack, NH

452 High Street
Somersworth, NH

MARCH 21
Hilton Garden Inn
14 Great Falls Plaza
Auburn, ME

MARCH 28
Hampton Inn
140 Commercial Street
Bath, ME

APRIL 4
Homewood Suites by Hilton
377 Western Avenue
Augusta, ME

APRIL 18
68 Marginal Way
Portland, ME

All classes are 9 a.m.–1 p.m.

¹Maine licensed drivers 55 years of age or older may receive an insurance premium discount upon successful completion of the online or classroom courses. Certain restrictions may apply. NH and VT drivers should inquire with their insurance provider for available discounts. ²\$10 class discount offer valid for ME, NH and VT residents through 12/31/18 who mention the offer, register for the AAA Roadwise Driver class and receive an insurance quote for AAA Insurance. Discount valid on classroom course only. New quotes only. Not valid for online quotes. AAA insureds not eligible. NO PURCHASE REQUIRED FOR QUOTE. AAA Northern New England membership requires the separate payment of annual dues and an admission fee for new members. AAA insurance is a collection of AAA branded products, services and programs available to qualified AAA members. AAA personal lines insurance is provided by the Interinsurance Exchange of the Automobile Club (Exchange). AAA Northern New England is the licensed agent for the Exchange. Limit one \$10 discount per class, per household per 6 months. We reserve the right to provide a substitute discount. Membership is not required for discount offer. Driving school schedules, locations and pricing subject to change without notice. Copyright © 2018 AAA Northern New England. All Rights Reserved.

Integrative Health and Chronic Pain Symposium to be Held in May

One of the primary issues facing Americans today is chronic pain management. The Integrative Health and Chronic Pain Symposium 2018 will focus on proactive solutions to both the management of chronic pain and alternatives to highly addictive opiates.

Through a collection of panels, presentations, and insightful discussions, participants can learn how integrative and alternative approaches complement conventional medicine in the treatment of chronic pain. Topics to be discussed include Chinese medicine, acupuncture, Ayurveda, osteopathy, homeopathy, yoga, qigong, and medical cannabis and the relationship between cancer, PTSD, and chronic pain—to name a few!

Southern Maine Agency on Aging's own Nicole Petit will be joining in a panel discussion on Cancer and Chronic Pain. Nicole is SMAA's Agewell Program Coordinator and has been instrumental in the recent successes in our Living Well for Better Health and Chronic Pain Self-Management Programs. She will be bringing her experience and knowledge about the benefits of evidence-based programming and the benefits to those struggling with cancer and chronic pain.

Integrative Health and Chronic Pain Symposium

May 18, 8AM-4:30PM
USM Campus, Hannaford Hall, Portland

Please visit <http://wellnessleadership.org/symposium2018> for tickets and more

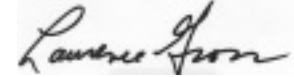
From the Director's Desk continued from page 1

our counterparts across the state. We are always looking for opportunities to share and compare how we are delivering our programs and how we might learn from each other. It was my pleasure to host Joy Saucier, the Executive Director of the Aroostook Area Agency on Aging at SMAA recently. We were able to ask questions about best practices in each of our Agencies, have staff learn how our colleagues in northern Maine provide similar programs and services, and discuss challenges and opportunities for more collaboration in the future. As AAA's plan for long-term sustainability, there will be increased need for all of us to work together to extend the same level of quality programs and services across the state, regardless of existing Agency boundaries. I am pleased that SMAA is a leader in this process through such programs as "A Matter of Balance," "Money Minders" and "Living Well."

For almost 37 years, I have had the pleasure of working with Jo Ann McPhee, SMAA's Nutrition Manager. During her tenure, Jo Ann performed just about every job there was in the Meals on Wheels and Senior Dining programs—from volunteer MOW driver to head of the de-

partment. She has excelled in every area and with a warm, cheerful attitude and innovative can-do approach to every challenge. Jo Ann led the transformation of SMAA's nutrition services, developing both the nationally recognized "Simply Delivered" and "As You Like It" programs. Now heading into a well-deserved retirement, Jo Ann was instrumental in selecting and nurturing her successor, Renee Longarini, who has been a MOW site supervi-

sor for several years. Although she is leaving full time employment behind, Jo Ann has already agreed to continue with SMAA as she began—as a volunteer Meals on Wheels driver! Thank you, Jo Ann, for your invaluable service to seniors in southern Maine!



Laurence W. Gross
Chief Executive Officer



38 Alfred St.
Biddeford, ME 04005
207-282-5100

info@mainestatebuyers.com

Web: MaineEstateBuyers.com

We specialize in Antiques, Coins, Gold, Silver Jewelry & Collectibles.



TWINCITYGOLD.COM

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



Want to learn more about classes and seminars offered through SMAA?

Visit our online calendar of events to learn more.

www.smaaa.org/events.html



ARE YOU READY TO AGE-IN-PLACE ?

CARPENTRY GRAB BARS VERTICAL LIFTS
RAMPS STAIR LIFTS CEILING LIFTS

Certified Aging-In-Place Specialist by National Home Builders Assoc.



207.632.5228 - tsthilaire@maine.rr.com - timcustomsolutions.com



VOLUNTEER SERVICES & RSVP

“An Invitation to Make a Difference”

Vet to Vet: Reaching Far and Wide

Vet to Vet began almost four years ago as a pilot program with 13 veterans who volunteered to visit 13 aging veterans. Some of those veteran pairs are still together, enjoying a friendship that has deepened with every visit.

What began as an experiment with a peer-to-peer program developed by Southern Maine Agency on Aging for veterans in York and

Cumberland counties has jumped across the continent! Recently a staff member charged with establishing a volunteer program for veterans in the state of Oregon contacted Vet to Vet to seek information to help jumpstart their project. The staff member heard about Vet to Vet through the National Association of Area Agencies on Aging (n4a) website, which features Vet to Vet as a

2016 national achievement award winner and describes the program in detail.

An agency on aging in Vermont likewise requested Vet to Vet materials to help formulate a similar project in that area.

Vet to Vet gladly supplied a comprehensive manual and instruction CD on the program to both these organizations—and we hope to provide many more.

None of this would have been possible without those first intrepid veteran volunteers who were willing to try a new venture because of their commitment to help another veteran. And the program would not have survived without the dedicated volunteers who signed on after that first team and continue to bring friendship and support to veterans who eagerly await their visits.

SMAA’s veteran volunteers have all made a huge difference—not only in the lives of the veterans they visit, but in the lives of veterans across the country who will benefit from their example.

Great work and a big thank you to all our Vet to Vet volunteers!

Legal Help for Veterans

Worth a click: A website dedicated to legal help for military members, veterans, and their families is available at <http://statesidelegal.org/>. From forms to a list of local VA-accredited lawyers to articles on benefits and finances and information, **STATESIDE LEGAL** offers a wealth of useful information. The website is the work of Pine Tree Legal Assistance of Maine and the Arkansas Legal Services Partnership, with help from volunteers, including private attorneys, members of the Judge Advocate General Corps, civilian Legal Assistance Attorneys, and veteran service officers.



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

Donate or Volunteer—Either Way, YOU Deliver!

Contact the Southern Maine Agency on Aging at www.smaaa.org or call 1-800-400-6325 or (207) 396-6583



In-Home Senior Care Designed to the Individual



INDIVIDUAL CARE
of Maine

Office: 207-613-9004
Fax: 207-221-1199

www.icareofmaine.com

SCARBOROUGH TERRACE
PREMIER ASSISTED LIVING & MEMORY CARE



“I haven’t seen Mom smile this much in years.”

“As Mom aged, we thought it best if she stayed in her home. We were wrong. Even with hours of home care, Mom wasn’t thriving. She needed more. She especially needed more socialization—not isolation. And more reliable care too. So she made the move to Scarborough Terrace. She truly loves her elegant new home! Life is more complete with lots of friends and activities, chef-prepared meals, daily care, medication management, and even transportation to appointments and outings. I visit her often, so I know Mom is happier and more relaxed now... and I am too. We only wish she’d moved sooner.”

Call Elizabeth today! 207.885.5568 or visit ScarboroughTerrace.com



Since 2013

600 Commerce Drive | Scarborough, ME 04074



Volunteer Help Wanted!

Food Service Volunteers Needed At Stewart Day Center

The Stewart Adult Day Center in Falmouth needs volunteers to assist in serving lunch to members. Tasks include setting tables, plating and serving meals, and cleanup. The perfect volunteer would love working in a kitchen, be fun loving and able to follow written instruction for dietary restrictions and allergies that need to be accommodated.

Phone Pal Program

Volunteers are needed for SMAA's new Phone Pal program. As you may know, fund restrictions have reduced the number of days per week meals on wheels are delivered. Although people still receive five meals per week, they are delivered only two days per week. The other three days many of our homebound seniors have neither visitors nor phone calls to check on their wellbeing. We are recruiting a team of Phone Pals for the days they do not receive a meal delivery. We will be having a volunteer training in late spring/early summer for Phone Pal Volunteers.

For more information, call 207-396-6595 or email volunteer@smaaa.org

Mark Your Calendar for the May 1 Health and Wellness Fair at the Italian Heritage Center

Southern Maine Agency on Aging and Opportunity Alliance SeniorCorps programs (RSVP, Foster Grandparent and Senior Companion) are sponsoring a HEALTH & WELLNESS FAIR on May 1, 2018. The Fair is open to the public from 9AM to noon at the Italian Heritage Center in Portland. There will be demonstrations on TaiChi, Maine Senior Games, Cookery and many other information booths for you to enjoy and learn from. Please drop in and visit with us.

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

New Volunteers

SMAA welcomed 11 new volunteers in December 2017 and January 2018. Among them are:

Paul Dettore – South Portland Food Cupboard

Michael Freeman – South Portland Meals Program

Donna Frodyma – AARP Tax Counselor

Jeanette Gugliemetti – Matter of Balance

Richard Kaye-Schiess – Meals on Wheels

Shawn Pettengill – Meals on Wheels

Raymond Strozewski – Meals on Wheels

John Testa – Matter of Balance

Welcome and thank you to all!

New Estate Planning Seminar Announced: Estate Planning for Solo Acts!

In 2017, SMAA hosted two seminars on estate planning led by Jennifer Kruszewski, a partner with Epstein and O'Donovan, a law firm specializing in wills, trusts and estates. During each seminar, at least one attendee asked about how to manage their estate without support from family. In some cases, the questioner was estranged from family or had family living in remote locations or they had no heirs at all. Some of the concerns were practical like how does a house get cleaned out and sold and what happens to pets and valuable possessions. Other concerns included how to ensure the proper distribution of their assets, planning for a memorial service and how to support a favorite charity.

If you share these concerns, consider registering for our next

estate planning seminar specifically designed for people who have no heirs or whose family will not be able to manage the duties required to settle an estate.

Our seminar will be held on Wednesday, April 4 from 11:30AM-1PM at the SMAA office in Scarborough. Our panelists will include:

- Jennifer Kruszewski, partner at Epstein and O'Donovan
- Jessica LaPlante, Locations Real Estate Group
- Kim Dorksy, Simply Sized Home
- Brad Crowther, A.T. Hutchins Funeral and Cremation Services

Space is very limited so preregistration is mandatory—there's no charge for this seminar. Contact Janet Bowne, 207.396.6533 or via email jbowne@smaaa.org for more information or to register.



MAINE CENTER for ELDER LAW LLC

WE HELP SENIORS AND THEIR FAMILIES PREVENT THE DEVASTATING FINANCIAL EFFECTS OF LONG TERM CARE

| |
|---|
| MaineCare Pre-Planning and Crisis MaineCare Planning |
| Planning for Eligibility for VA Aid and Attendance Benefits |
| Special Needs Planning |
| Estate Planning |
| Probate Administration and Trust Settlement |



Martin C. Womer, Esq.
Barbara S. Schlichtman, Esq.
Britton Ryan Garon, Esq.

MAIN OFFICE:
 3 Webhannet Place, Suite 1, Kennebunk, Maine 04043
 — branch offices located in Portland and York —

(207) 467-3301

WWW.MAINECENTERFORELDERLAW.COM

ATTORNEYS@MAINECENTERFORELDERLAW.COM

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.

We offer outpatient programs in the following specialties:
 Memory Issues • Geriatric Assessments • Fall/Balance Concerns

Call (207)662-2847 for an appointment or visit us at www.mmc.org/geriatriccare for more information.

MMC Geriatric Center • 66 Bramhall St., Lower Level, G-1 • Portland, ME 04102



centered around you



Southern Maine Senior Expo


Do you need information to help your loved ones
(or yourself) age well?
Come to our FREE senior expo

9 a.m.-2 .m. May 2, 2018
St. Max Kolbe Church 150 Black Point Rd., Scarborough

42 exhibitors ❁ talks ❁ entertainment ❁ door prizes and raffles
balance clinic ❁ demonstrations

media sponsors: **Maine Seniors** magazine The Forecaster Senior News


FMI: DMcLean@MaineSeniorGuide.com 



AFRAID OF FALLING? FOR OLDER ADULTS, THE MAINE STRONG BALANCE CENTER HAS A REMEDY

- We provide Physical Therapy and specialize in improving Balance and Walking
- There are over a dozen factors and systems that contribute to fall risk; we look into every one.
- Using targeted treatments, we routinely improve balance by 25-40% based on objective measures
- We offer Aquatic Physical Therapy in our heated pool; a successful treatment for Arthritis and Back Problems

We accept all major insurances
Appointments are one hour long
Call us at (207) 303-0612 for an appointment.



Phone: (207) 303-0612
Email: info@mainestrongbalancecenter.com
Website: www.mainestrongbalancecenter.com
Address: 400 Enterprise Drive, Suite 4, Scarborough, ME 04074