



From Megan's Desk

Happy Spring!

I am really looking forward to springing ahead on March 8 when we set our clocks ahead an hour and begin to enjoy longer and hopefully warmer days!



This month, I had the pleasure of riding along on a delivery route with Jack, one of our Meals on Wheels volunteers. It was incredible to walk in on a chilly Tuesday morning in February and see the site in Biddeford bustling with volunteers, Valentine's Day roses, and print-outs of names, deliveries, and directions. One volunteer shared with me that this is "heart-giving" work for her. Another volunteer told me that her mom received Meals on Wheels for months, and she was so grateful for the support. It was a tremendous example of a community coming together, all in support of our neighbors.

I had an illuminating meeting in January with the SMAA Advisory Council. We were thrilled that Liz Thompson, who is part of SMAA's development and marketing team, was there to present more information about how we can work together to combat ageism and how important language is to the work we do.

Liz presented a synopsis of the recent FrameWorks Institute workshop on aging that I mentioned in my January column. The Advisory Council was on the edge of their seats, as all of us were enthralled by communications suggestions like: Let's find creative solutions to ensure we can all thrive as we age; and Aging is a dynamic process that leads to new abilities and new knowledge that we can share with our communities.

The meeting ended with one of our members suggesting that we come back together to share more about SMAA's core beliefs,

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Red Roses from a Generous Heart!

Imagine being able to touch the lives of hundreds of people every year even after you've passed away. Loraine Merrill's memory is honored every year on Valentine's Day. She wished to ensure all of our Meals on Wheels clients received a long stemmed rose on Valentine's Day. At the end of her life, Loraine received regular weekly Meals on Wheels deliveries. She loved the program so much that she crafted a bequest to ensure that each Valentine's Day our clients would always receive a rose.

Loraine knew the healthy meals were good for her but she also loved the visits from the volunteers who made the deliveries. She knew that the other recipients must also enjoy the program. Loraine worked with the SMAA staff to design her bequest.

Our staff and volunteers always enjoy connecting with our clients but being able to bring a beautiful flower to each client in the deep mid-winter makes for a very festive experience. "It's hard to tell who has more fun on rose day, the volunteers or the clients", commented Renee Longarini,

Nutrition Program Manager for SMAA. "Our clients are always happy to get a delivery day, but everyone loves getting the roses."

Many of our donors have supported the agency with a bequest to sustain a favorite program or to be used by the Agency for the greatest need. "Many people may have the misconception that it's only extremely wealthy individuals who make bequests. In fact, most of our estate gifts come from people who are in the middle class. They goal is to leave a gift that continue to benefit our programs in perpetuity," offered Kate Putnam, Chief Advancement Officer. Kate continued, "Currently it's very beneficial to the surviving family members to have a bequest made from an IRA or other retirement account. If the gift is sent directly from the institution, it reduces the principal and the resulting tax that is due on the appreciated retirement account. Donors work with us frequently to design a bequest that meets their goals."

If you have ways that you would like to support SMAA, call Kate Putnam, Chief Advancement Officer, 207-396-6590.

(See Loraine's legacy in action on page 7.)

Southern Maine Agency on Aging to Screen Documentary *Too Soon to Forget*

Southern Maine Agency on Aging (SMAA) is proud to announce a special screening event of the documentary *Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease*.

Living with Alzheimer's disease is a challenge, changing life for both the person with the disease and their family. But what if someone diagnosed with this disease was in their early 60s, 50s, or even as young as in their 30s? Younger onset Alzheimer's disease affects people 65 years-old or younger. Although there are many resources

for those coping with Alzheimer's, very little information is available specifically for those facing younger onset. This lack of information and support leaves many families feeling misunderstood and often disregarded. *Too Soon to Forget* (60 minutes) aims to change that.

No one should have to go through this experience alone. With the stories of these nine families, we trust this documentary will begin a national conversation that encourages awareness, understanding, and acceptance.

Visit www.TooSoonToForget.net for more information about the documentary and to view the trailer.

Screening Details

Date: Saturday, March 28

Time: Doors open at 9:30AM, Film starts at 10AM

Location: Sam L. Cohen Adult Day Center, 30 Barra Road Biddeford

Following the screening, you can tour the Sam L. Cohen Center and



speaking with our caregiver experts on all aspects of caring for someone with dementia. Refreshments will be provided.

This is a free screening. Seating is limited. RSVPs are required. Please visit www.smaaa.org or call 207-396-6500 to reserve your seat.

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

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

Help Make a Local & International Impact – Partners for World Health

During a recent Southern Maine Agency on Aging Day of Service, SMAA volunteers had the pleasure of spending a few hours helping out at Partners for World Health (PWH).

This incredible organization collects medical supplies and equipment from healthcare facilities, manufacturers, other organizations, and individuals. All these supplies, which would otherwise end up in a landfill, are sorted, evaluated, repackaged, and prepared to be sent to individuals, communities, and healthcare facilities in need, both locally and internationally. Beyond providing supplies and equipment, PWH provides critically needed healthcare and education through medical missions to countries in Africa, South America, and Asia.

The organization's founder Elizabeth McLellan, RN, MSN, MPH, has this message to share, "It's important for all of us to give back. If we all tried a little...if we all tried to make a little bit of a difference, we could have a huge impact on so many people's lives." Here are a few ways you can get involved in their important work—lowering healthcare costs, providing healthcare resources to people in need, and being kinder to the environment.

Donate to the Medical Supply & Equipment Collection Program

If you have unused medical supplies or equipment in your home that you'd like to move along, PWH is the perfect place to donate them! Items do NOT have to be new, but they must be clean, in working order, and have all appropriate parts. Think: personal hygiene products, first aid supplies, crutches, hospital beds! For a full list of donation guidelines please visit <https://www.partnersforworldhealth.org/medicalsupplydonations>

Donate your Time

PWH functions through the help and support of a team comprised of 98% volunteers, ranging from middle school students to retirees up to age 94. Various groups are also welcome to lend a hand—there's truly a job for everyone. If you're looking for a way to share your time and skill set (love of organizing? Look no further!), check out their website <https://www.partnersforworldhealth.org/volunteering> to learn how to get started.

Discounted Medical Supplies

While we're lucky to have advanced medical services here in the

US, they can certainly come at a high cost. If you or someone you know is in need of medical supplies or durable medical equipment, and looking to stock up at a great price, you can purchase items through PWH at a deep discount. Again, think walkers, wheelchairs, wound care, incontinence, and diabetes supplies, and much more! Purchases are made by appointment only, please call 207-705-9020 with requests. Visit <https://www.partnersforworldhealth.org/medicalsupplyrequests> to learn more!

2019 Partners for World Health Highlights

- Collected 318,729 lbs of medical supplies and equipment, donating 228,689 lbs packed in 13 shipping containers, and 78,325 lbs distributed back into the local community.
- Logged over 30,000 volunteer hours from an increasingly diversified base.
- Delivered 2,880 hours of specialized services and training to healthcare professionals in 24 facilities on medical missions including maternal care, physical therapy, burn treatment, surgical cancer, and palliative care.

If you haven't checked out this inspiring organization, take some time to see how you can contribute to furthering their mission in 2020!

Alzheimer's Community Forum:

Alzheimer's Disease, Dementia, and Memory Loss

Please join us on Tuesday, April 7 from 10AM-12PM at the JR Martin Community Center Auditorium in Biddeford for an Alzheimer's Community Forum.

Hear a brief overview on Alzheimer's, dementia, and memory loss. Bring a friend who has been affected by the disease. Share your thoughts on how we can help people in your community.

Light refreshments will be provided.

Registration is requested. Please call 1-800-272-3900 or visit www.alz.org/maine/events.

This Alzheimer's Community Forum is hosted by Alzheimer's Association Maine Chapter.

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Enjoy Lunch at a Community Café Near You

Community Cafés are a great way for Maine residents age 60 and older to enjoy lunch in a social setting. Some Community Cafés also offer entertainment (such as bingo, games, and musical acts) or educational opportunities (such as speakers and resource tables).

The days of service and meal options vary by location. Meals are served at noon unless specified otherwise. Reservations are required. Please contact a specific café at least 48 hours in advance for reservations or for details.

Current Café Locations:

Biddeford (JR Martin Community Center) – Catered meals on the second Monday of the month. 283-2477

Biddeford (St. Andre’s Health Care) – Catered meals on the fourth Wednesday of the month. 282-5171

Kennebunkport (Kennebunkport Parks & Recreation) –

Catered meals on the second Wednesday of the month. 967-4304

Kezar Falls (Sacopec Valley Rescue Barn, Hiram) – Standard meals on the second and fourth Tuesdays of the month. 625-4057

Kittery/Eliot (Eliot United Methodist Church) – Catered meals on the second Monday of the Month, serve time 11:30AM. 475-7399

Sanford (First Baptist Church, Springvale) – Catered meals on the third Wednesday of the month. 324-5181

Scarborough (Blue Point Congregational Church) – Catered meals on the third Monday of the month. 510-4974

Scarborough (Martin’s Point Health Care Community Room) – Catered meals every Wednesday, serve time 11:30AM. *This cafe is offered through a town recreation department. Please inquire with the individual cafe for details.* 730-4150

Standish (175 Northeast Road) – Catered meals on the second and

fourth Wednesday of the month. *This cafe is offered through a town recreation department and may also charge yearly membership dues and/or have a different suggested donation for the meal. Please inquire with the individual cafe for details.* 675-3302

Westbrook (Westbrook Community Center) – Catered meals on the fourth Tuesday of the month. 878-3285

Westbrook (Westbrook Seniors) – Catered meals on the third Monday of the month. *This cafe is offered through a town recreation department and may also charge yearly membership dues and/or have a different suggested donation for the meal. Please inquire with the individual cafe for details.* 615-8831

Windham (Unity Gardens) – Catered meals on the second Thursday of the month. 892-3891

Yarmouth (Casco Lodge) – Catered meals on the first Tuesday of the month and standard meals every Tuesday. 846-6693

Area Plan Public Hearings

The Southern Maine Agency on Aging will hold two public hearings on its 2020-2024 Area plan this April.

April 16, 1PM – Sam L. Cohen Adult Day Center (30 Barra Road, Biddeford)

April 17, 9AM – Southern Maine Agency on Aging (136 US Route One, Scarborough)

The public is invited to attend. All persons wishing an advance copy of the draft goals and objectives may go to the Southern Maine Agency on Aging’s website (www.smaaa.org) and click the About Us tab, request one by phone at 396-6500 or 1-800-427-7411, or request one in person or by writing to the Agency at 136 U S Route One, Scarborough, Maine 04074. Written comments will be accepted on the Plan until April 30.

Southern Maine Agency on Aging Receives Sagecare Silver Accreditation

Southern Maine Agency on Aging (SMAA) is proud to announce that it has received the SAGECare Silver accreditation. SMAA participates in this training annually and is now certified through the end of 2020.

SAGECare provides training and consulting on LGBT aging issues to service providers. Upon completing the Silver level training, SMAA staff is better equipped to handle the needs, concerns and unique history of LGBT older adults, as well as how to take meaningful steps to immediately improve the quality of support and services we provide.

In 2019, SMAA achieved a Bronze level. We are proud to achieve the higher, Silver level for 2020 and of our increased staff abilities and continued support of LGBT older adults.



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—Senator George Mitchell

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

WE ARE
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Senior News is a publication of



Southern Maine AGENCY On AGING
Creating Better Days

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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.

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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.smaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaa.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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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.smaa.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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MEDICARE

Medicare Special Enrollment Periods

Did you know you can make changes to your Medicare Advantage and Medicare prescription drug coverage when certain events happen in your life, like if you move or you lose other insurance coverage? These chances to make changes are called Special En-

rollment Periods (SEPs). Rules about when you can make changes and the type of changes you can make are different for each SEP.

You may be eligible for a special enrollment period in the following situations:

- Changing where you live
- Losing your current coverage (loss of Medicaid, employer, or union coverage)
- Having a chance to get over coverage (employer, TRICARE, VA, or PACE)
- Your plan changes its contract with Medicare
- You're eligible for both Medicare and Medicaid
- You qualify for extra help paying for Medicare prescription drug coverage, and more.

The list above is just a small list of special enrollment periods. Visit www.medicare.gov for the full list of special enrollment periods and to learn how you can make use of them.

If you believe you made the wrong plan choice because of inaccurate or misleading information, including using Plan Finder, call 1-800-MEDICARE and explain your situation. Call center representatives can help you throughout the year with options for making changes.

Shingles Vaccine!

The Shingles Vaccine is an important vaccine for seniors that is covered by Medicare.

There are two shingles vaccines available for healthy older adults. The CDC recommends that healthy adults over age 50 get a two-dose version of the vaccine. The shots are generally given several months apart and are about 90% effective after you have the second shot. The single dose vaccine may still be used for healthy people over 60. If you've had the single dose vaccine, talk with your doctor to see if you need the new two-dose version.

Your physician or local pharmacy can administer the shingles vaccine. All Medicare Part D drug plans, or Medicare Advantage plans that have prescription drug coverage typically cover the shingles vaccine. However, there is usually an out-of-pocket cost. Depending on your plan, you will be responsible for a copayment or coinsurance.

National Council on Aging (NCOA)

Healthy Living (<https://www.ncoa.org/topic/healthy-aging/>)

Help for Victims of Scams and Fraud

Every day, unsuspecting Americans, from border to border, are victimized by scammers – who are typically working with a highly coordinated and sophisticated network of criminals. For these people, the aftermath often includes shame, loss of security and increased isolation. They feel embarrassed and guilty and don't know who to turn to, so more often than not, they don't tell a soul. The AARP Fraud Watch Network is here for you, your friends, and your loved ones who may have experienced this violation. And we're here to tell you it's not your fault.

Every week day, trained AARP volunteer fraud fighters are helping victims understand what happened to them, report the crime and start to put their lives back together. If you or someone you know has been the victim of a scam or fraud, call the AARP Fraud Watch Network Helpline at 1-877-908-3360 for support.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraud-watchnetwork.

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DON'T LET A FALL STOP YOU IN YOUR TRACKS.

Healthy Steps for Older Adults

Wednesday, April 22

9:30 AM — 2 PM (lunch provided)
Massabesic Lions Club Medical Center, Waterboro

Friday, May 8

9 AM — 2 PM (lunch provided)
Bonney Eagle Adult Ed, Buxton
** To register call Bonney Eagle Adult Ed 929-9185 **

Friday, March 20

9 AM — 2 PM (lunch provided)
Windham Vet Center, Windham
** To register call Windham Adult Ed 892-1819 **

A Matter of Balance

March 31 - May 26

Tuesdays, 10:15 AM — 12:15 PM
Saco Community Center, Saco
** To register call Saco Parks & Rec 283-3139, www.sacorec.com***

April 14 - May 12

Tues & Thurs,
9:30 AM — 11:30 AM
Kittery Community Center, Kittery
** To register call Kittery Community Center 439-3800***

May 4 - June 5

Mon & Fri, 1 PM — 3 PM
Windham Public Library

Registration is required for all classes.

Please call **207-396-6578** or visit www.smaaa.org for more information.

Generously sponsored by:



Happy Valentine's Day from Meals on Wheels!

Since 1995, our staff and volunteers have been delivering roses to our hundreds of Meals on Wheels clients in celebration of Valentine's Day. This annual event 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 clients' faces thanks to the generosity of the late Loraine Merrill. Mrs. Merrill was a kind woman and a Meals on Wheels recipient. She wanted to brighten the days of her fellow Meals on Wheels recipients and did so through anonymously gifting roses to her fellow recipients every Valentine's Day. Since her passing in 2003, SMAA has been able to publicly acknowledge and thank her for her gift.

Since this gift's inception, it is estimated that

over 17,000 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



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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.

Savvy Caregiver Starts March 11

Savvy Caregiver is a proven educational program for families and friends caring for someone with dementia who lives in the community. Classes meet two hours a week for six weeks. Savvy Caregiver is offered at SMAA and throughout the State of Maine.

The Savvy Caregiver 12-hour training for family caregivers of people with dementia provides:

- Knowledge - Learn what dementia is and how it affects personality and behavior.
- Skills - Communicate more effectively with the person you are caring for, making each day better for you both.
- Attitudes - Learn how to take care of yourself to reduce stress.

During the course of the series,

we will discuss what it means when a doctor says "dementia", strategies to handle typical behaviors that occur in dementia, caregiver self-care, and techniques to set up daily activities so that both the person living with dementia and their caregiver can have a better and less stressful day.

The classes will take place on Wednesday afternoons from 1:30-3:30PM from March 11 through April 15 at the Sam L. Cohen Adult Day Center in Biddeford.

There is no charge for the program, but we do ask that family caregivers commit to attending all six classes.

For more information about the Savvy Caregiver Program and to register for this upcoming series, please contact SMAA's Family Caregiver Support Program at 396-6541.

Strategies for Independent Living

April 15, 6-7PM
Windham High School, Room 127

There are many products, services, and ideas that can help an older adult maintain independence. This class looks at home safety, money and medication management, and daily activities as areas where function can be supported by simple strategies. This course is generously offered free of charge by the Southern Maine Agency on Aging, donations to SMAA are always gratefully accepted.

Registration is required. Visit <https://windham.maineadulted.org/> or call 892-1819 to register or for more information.

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www.facebook.com/SouthernMaineAgencyonAging

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Estate Planning Workshop



Monday, May 4, 9:30am-11am

Southern Maine Agency on Aging
13 US Route One, Scarborough

Join us for an Estate Planning overview with Danielle Star, attorney with Verrill Dana, LLP and Sarah Coburn, attorney with McCandless & Coburn, LLP.

Danielle and Sarah will share their insights on estate planning basics. They won't be able to address specific questions but will provide an overview of estate planning.

Register Today! Space is limited.

Please contact Janet Bowne to register:
(207) 39 - 533 - jbowne@smaa.org

This event is sponsored by the Better Day Society, SMAA's legacy giving group.



A New Offering for Family Caregivers

Trualta is an exciting new interactive eLearning platform designed especially for family caregivers and tailored to their particular caregiving journey. The Trualta eLearning platform is:

- **Convenient:** On-demand, bite-sized content that can fit into the busy lives of caregivers.
- **On-Demand:** Instant access to our content from any internet-connected computer, smartphone or tablet; completely optimized for mobile devices.
- **Personalized:** Learning preferences, unique care situations, and location-based offerings are tailored to caregiver needs.



Trualta is an easy-to-use tool that provides valuable information and tools to caregivers. This system has “adapted professional-level healthcare training for the family member audience” to help caregivers manage difficult situations and behaviors.

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Trualta is currently being offered free of charge to all Savvy Caregiver graduates as well as to family caregivers of members at the Sam L. Cohen Adult Day Center.

If you’re ready to enroll or would like to learn more, please contact Lori Campbell at 396-6541 or lcampbell@smaaa.org.

This service is being offered at no extra charge with center membership through a grant from Harvard Pilgrim Healthcare Foundation.



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From Jo Dill's Notebook

Volunteer Training

Maine Senior Games is looking for volunteers for the 2020 season. There are several ways you can volunteer from bulk mailing, filling the athlete's bags, checking athletes in at an event, helping to measure a throw in track or keeping score at an event. Save the Date: Thursday, April 16. We are hosting a Volunteer Training here at Southern Maine Agency on Aging from 6-7:30PM. Let us know if you are interested. 396-6519



Basketball (Women's): September 20, Cape Elizabeth High, Sunday

Hot Shot/Foul Shoot: Women's: September 20, Cape Elizabeth

Cycling: September 27, The Landing, Brunswick, Sunday

Table Tennis: October 2, Lewiston Armory, Lewiston, Friday 2PM

Swimming: October 3, Bangor YMCA, Saturday 11 raindate

Bowling 10 Pin: October 4, Sparetime Bowling, Augusta, Sunday, 10 raindate

2020 Schedule

Volunteer Training: April 16, Southern Maine Agency on Aging 6PM

Opening Ceremonies/Celebration of Athletes: May 29, Friday, Fireside Inn

Pickleball: June 13, Men's/Women's Doubles, A-Copi Sports, Augusta, Saturday

Pickleball: June 14, Mixed/Singles, A-Copi Sports, Augusta, Sunday

Golf: June 22, Willowdale, Scarborough, Monday

5K Road Race/Power Walk: July 12, Sanford/Springvale YMCA, Sunday 8AM

Racquetball: July 18, Apex Racket and Fitness, Saturday, 9AM

Track & Field: July 25, Scarborough High, Saturday

Buoy Toss: August 8, Sanford/Springvale YMCA, Saturday 9AM

Cornhole: August 12, (raindate 8/13) Sanford/Springvale Y, Wednesday

Archery: August 23 (raindate 8/30) Lakeside Archery, Sunday, 9 raindate

1 Mile Road Race/Power Walk August 29, Scarborough High, Saturday

10K Road Race: August 29, Scarborough High, Saturday

Tennis: September 12, Women's Singles/Men's Dbls, Mixed, A-Copi Sports, Saturday

Tennis: September 13, Men's Singles, Women's Dbls, A-Copi Sports, Augusta, Sunday

Triathlon: September 12, Pumpkinman Tri, Berwick, Saturday

Bowling Candlepin: September 17, Big 20, Scarborough, Thursday

Basketball (Men's): September 19, Cape Elizabeth High, Saturday

Hot Shot/Foul Shoot: Men's September 19, Cape Elizabeth

Advertising Opportunities

Maine Senior Games, a program of the Southern Maine Agency on Aging, depends on sponsors, donations and fundraisers along with registration fees to secure its continuation. Our mission is to provide athletic events and wellness opportunities for folks 45 and over.

We have two opportunities for your business that we hope you will be interested in and help keep Maine Senior Games running, while advertising your business.

Maine Senior Games Program Booklet: The booklet will contain the schedule of the games, information about awards, volunteers, our mission, the board of directors, the National Senior Games, and photos of volunteers and athletes. The booklet will be distributed (2,500) to local businesses/offices and to all participating athletes (ages 45+) their families, our volunteers, and all spectators at all the events/games from Sanford to Bangor.

Award Stands: An opportunity for your business/organization to have your name/logo on one of the four award stands (1st, 2nd, 3rd & 4th). The award stands are at the majority of the Maine Senior Games events which run from May-October. They will be seen by over 1,000 athletes, volunteers and spectators. The one time price will be for two years.

Contact Jo Dill at jdill@smaaa.org or call 396-6519 to advertise your business or for more information.

National Senior Games

2020 is a qualifying year for the 2021 National Senior Games to be held in Fort Lauderdale, Florida. The dates for the Nationals are November 5-18. You must be 50 years old by December 31, 2020 to qualify. Last year, 135 athletes from Maine went to Albuquerque, NM to compete bringing back many medals and ribbons.



Agewell Workshop Calendar – Winter Spring 2020

To register for any of the Agewell workshops, or to find our most up-to-date listings visit our website <https://www.smaaa.org/wellness/agewell-calendar.html> or call 207-396-6578.

A Matter of Balance

March 10 – May 5, Tuesdays, 9:30-11:30AM, Mason Motz Activity Center, 190 Middle Rd., Falmouth. To register please call Falmouth Community Programs 699-5302. Sponsored by the Maine Medical Center Trauma Program and Falmouth Community Programs

March 19 – May 14, Thursdays, 10:15AM-12:15PM. Optional Balance Screening on 3/12/20 10:15AM-12:15 PM. Graves Memorial Library, 18 Maine St., Kennebunkport. Sponsored by York Hospital

March 31 – May 26, Tuesdays, 10:15AM-12:15PM, Saco Community Center, 75 Franklin St., Saco. To register please call Saco Parks & Rec 207-283-3139 or www.sacorec.com. Sponsored by the Harvard Pilgrim Healthcare Foundation

April 13 – May 11, Mondays & Thursdays, 1-3PM, Yarmouth Town Hall, 202 Main St., Yarmouth. Yarmouth Residents receive priority registration until 4/1/20. Sponsored by the Town of Yarmouth

April 14 – May 12, Tuesdays & Thursdays, 9:30-11:30AM, Kittery Community Center, Kittery. To register please call Kittery Community Center 207-439-3800. Sponsored by the Harvard Pilgrim Healthcare Foundation

May 4 – June 5, Mondays & Fridays, 1-3PM, Windham Public Library, Windham. Sponsored by the Harvard Pilgrim Healthcare Foundation

May 4 – May 28, Mondays & Thursdays 10AM-12PM, Freeport Community Services 53 Depot St., Freeport. Sponsored by the Maine Medical Center Trauma Program & Freeport Community Services

Healthy Steps for Older Adults

Friday, March 6, 9AM-2PM with lunch provided. Raymond Public Safety Building 1443 Roosevelt Trail, Raymond. To register call Windham Adult Education 892-1819. Program Sponsor the Harvard Pilgrim HealthCare Foundation

Friday, March 20, 9AM-2PM with lunch provided. Windham Vet Center, 35 Veteran's Memorial Dr, Windham. To register call Windham Adult Education 892-1819. Program Sponsor the Harvard Pilgrim HealthCare Foundation

Free Documentary Screening



Too Soon to Forget
The Journey of Younger Onset Alzheimer's Disease

Saturday, March 28, 2020
Film starts at 10am
(Doors open at 9:30am)

Presented by the
Sam L. Cohen Adult Day Center
30 Barra Road, Biddeford

Please reserve your seat by **March 26**.
Visit www.smaaa.org for more information.

Living with Alzheimer's disease is a challenge, changing life for both the person with the disease and their family. But what if someone diagnosed with this disease was in their early 60s, 50s, or even as young as in their 30s? **Too Soon to Forget** (60 minutes) expands the conversation surrounding younger onset Alzheimer's Disease.

Following the screening, you can tour the Sam L. Cohen Center and speak with our caregiver experts on all aspects of caring for someone with dementia. Refreshments will be provided.

Seating for **Too Soon to Forget** is limited.
Please reserve your seat by **March 26** by visiting www.smaaa.org.



Wednesday April 8, 9AM-2PM with lunch provided. York Public Library, 15 Long Sands Rd., York. Program sponsor York Hospital

Wednesday April 22, 9:30-2:30PM with lunch provided, Massachusetts Lions Club Medical Center, 813 Main St., Waterboro. Program Sponsor the Harvard Pilgrim HealthCare Foundation

Friday May 8, 9AM-2PM with lunch provided, Bonney Eagle Adult Ed, 290 Parker Farm Rd., Buxton. Program Sponsor the Harvard Pilgrim HealthCare Foundation

Friday May 29, 9:30-2:30PM with lunch provided, Wells Ogunquit Senior Center, 300 Post Rd., Wells. Program Sponsor York Hospital

Friday June 5, 9:30AM-2:30PM with lunch provided. To register call Sacopee Valley Adult Education 625-3092. Program Sponsor the Maine Medical Center Trauma Program

Tai Chi - Introductory

March 3 – May 21, Tuesdays & Thursdays, 9:30-10:30AM (Instructors: Peg, Bonnie & RoseAnn), Southern Maine Agency on Aging, 136 US Route 1, Scarborough

March 16 – June 3, Mondays & Wednesdays, 10-11AM (Instructors: Kristen & Sarah). Kennebunkport Recreation Center, 25 School St., Kennebunkport

March 17 – June 4, Tuesdays & Thursdays, 9-10AM (Instructors: Kathy & Paula). Woodfords Church, 202 Woodfords St., Portland

March 24 – June 11, Tuesdays & Thursdays 1-2PM (Instructors: Mac & Michael), Freeport Community Services 53 Depot St., Freeport

April 6 – June 24, Mondays & Thursdays 1-2PM (Instructors: Kim & Paulette), St. Ann's Church, 40 Windham Center Rd., Windham

April 13 – July 1, Mondays & Wednesdays, 1-2PM (Instructors: Donna & Jean), Trinity Episcopal Church, 15 Cleveland St., Saco

April 14 – June 26 Tuesdays & Fridays, 10-11AM (Instructors: Bob & Pat), St. Aspinquid Masonic Lodge, 101 Long Sands Rd., York

Tai Chi - Deepening

March 17 – May 14, Tuesdays & Thursdays, 10:15-11:15AM (Instructors: Mercer, Chris & Teresa), Woodfords Church, Portland

April 6 – May 27, Mondays & Wednesdays, 3-4PM (Instructors: Janice & Ruby), Martin's Point 153 US Route 1, Scarborough

Freedom from Fractures

Wednesday May 13, 2-3:30PM, Southern Maine Agency on Aging, 136 US Route One, Scarborough

**Freedom From Fractures™ 2020—
Knowing and Managing Your Risk of a Fracture**

Here at the Southern Maine Agency on Aging (SMAA) we talk a lot about falls prevention and offer many workshops that teach skills and strategies to keep people active and independent. One reason we feel that it's so important to prevent falls is the risk of injury, sometimes life-changing, that just one fall can present. Two million preventable fractures occur each year and 50% of women and 20% of men over the age 50 will have a life-altering fracture in their lifetime. A wrist or rib fracture may seem trivial, but it can portend a more devastating event—like a hip fracture.

That's why SMAA is partnering with American Bone Health this May in honor of National Osteoporosis Awareness Month to present Freedom from Fractures 2020, a free one-hour workshop to help adults assess their risk of a fracture and create a road map to improve their bone health.

"We all want to live healthy independent lives," says Pat Fitz Gerald, Peer Educator, American Bone Health, "but a fracture could end your independence. Bone densi-

ty is just one of the factors that affect fracture risk. We'll look at the other factors as well and develop a plan for reducing your risk. We'll also look at some of the SMAA programs that can help."

In 2018, American Bone Health learned that 50% of participants in its Freedom from Fractures™ events were at high risk of breaking a bone in the next ten years.

The workshop explains how medical conditions, medications and family history can affect the risk of fracture and what participants can do to prevent fractures.

Participants will learn about how they can change risk factors associated with bone loss and what they can do to minimize their risk from factors they can't change. This information will give them the tools

to generate an individualized report of their own bone health. Participants will leave with a planning guide to manage their fracture risk.

Program Details: Wednesday May 13, 2-3:30PM, SMAA office, Scarborough This program is offered at no cost to participants, but registration is required. To sign up for this valuable program, please call 207-396-6578.

About American Bone Health

American Bone Health teaches people how to build and keep strong and healthy bones for life with practical and up-to-date information and resources to inspire them to prevent bone loss, osteoporosis and fractures.

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Save the Date: September 25
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An educational luncheon with all fundraising proceeds to benefit the **Sam L. Cohen Adult Day Center.**

Visit www.smaaa.org for more details.

Get Out and Get Active!

Alexandra Barr, DO and Karen Saylor, MD

Social isolation and loneliness are common problems in older adults; they are also health risks. Though the terms are often used interchangeably, they are not the same thing. Social isolation is a situation in which a person does not have enough people to interact with, whereas loneliness is the subjective experience of distress over not having enough social relationships or not enough contact with people. Even though social isolation can contribute to loneliness, it doesn't always. In other words, a person can be socially isolated but not feel lonely. The converse is also true; someone surrounded by a large network of friends or family can still feel lonely.

Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions such as high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death. In fact, one study showed that lack of social relationships is as strong a risk factor for dying as are smoking, obesity or lack of physical activity. Social isolation is also a risk factor for frailty,

falls and nursing home placement in older adults.

Social isolation and loneliness are precipitated by a number of factors, including living alone, health problems and disability, and sensory impairment such as hearing loss. Major life events such as the death of a spouse have been shown by numerous studies to dramatically increase seniors' vulnerability to emotional and social isolation. Several studies have also suggested there may be a genetic predisposition for loneliness in some people.

Research suggests that creating opportunities for social interaction, such as attending social programs, even by telephone, may help to reduce social isolation. It was found that having one or more supportive social relationships was related to a decreased risk of dying. People who engage in meaningful, productive activities with others tend to live longer, boost their mood, and have a sense of purpose. These activities seem to help maintain well-being and may improve cognitive function, studies show. As for loneliness, a review study showed that interventions that focused on changing people's perceptions were more effective than all other types of interventions.

Simple Ways to Help Older Adults Avoid Social Isolation and Stave Off Loneliness:

- Get moving. Physical activity shows the most promise at reducing social isolation and improving the health of older adults. The most effective programs meet more than once per week and involve a health care professional, but any exercise is better than no exercise.
- Find alternative transportation. When driving a car becomes too challenging or unsafe, ask a friend or relative for rides or look into public transportation or taxis to help you get out.
- Share a Meal. Sharing coffee or a meal with friends or family is a great way to engage. If you can't get out, invite a friend to your home
- Helping others through caregiving and volunteering. Providing care and assistance to others helps to preserve one's sense of purpose and self-worth, both important predictors of longevity and good mental health. Look for a program you can do easily from home. Some towns need help making check-in calls to older residents.

- Use Technology to Connect. Skype, Facetime and a bevy of other apps can reduce senior loneliness when visiting in person isn't possible. A simple phone call or letter can also brighten your mood and is a gift to the person you're contacting.
- Encourage learning new skills. Keeping the your mind engaged, such as learning a new language, not only may reduce the risk for dementia, but also helps distract from feelings of loneliness.
- Take care of the caregiver. Being a family caregiver is an enormous responsibility. You may feel unable to set aside your caregiving duties to do things that you previously enjoyed, which can trigger loneliness and depression. Seeking support, self-care and even looking for temporary respite can help ward off loneliness and restore a sense of connection.

Drs. Barr and Saylor can be reached at 207506-0301, coastalmainedirect@gmail.com or at their web site: www.coastalmainedirect-care.com. Coastal Maine Direct Care medical practice is focused on the needs of older adults.

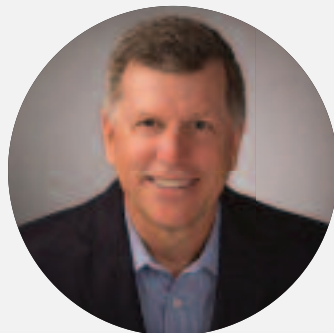
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From Megan's Desk
continued from page 1

and our role. I look forward to sharing more about this journey with all of you.

In the meantime, SMAA is hosting two public hearings in April to present our local four year Area Plan. The plan addresses key areas of service that SMAA will provide to older adults in southern Maine. We welcome your comments and suggestions and invite you attend one or both of the hearings. The York county hearing will be on Thursday, April 16 from 1-2:30PM at the Sam L. Cohen Adult Day Center in Biddeford. The Cumberland county hearing will be on Friday, April 18 from 9-10:30AM at the Southern

Maine Agency on Aging office in Scarborough. The area plan can be viewed on the SMAA website at www.smaaa.org.

I am also hoping you will put two special dates on your calendars for later this year. On July 28, SMAA is celebrating the 2nd annual "Let's do Lunch" event. Many restaurants in southern Maine will donate a portion of their lunch revenue on that day to benefit Meals on Wheels. A complete list of participating restaurants will be on the SMAA website so I hope you will plan ahead to go out on July 28 and treat yourself to a great lunch!

The 2020 Charting the Future: Innovations in dementia research, treatment and care fundraising event will be held on Friday, September 25 at the Portland Elk's

Club. We are delighted to welcome Dr. Doreen Rentz, a leading Alzheimer's Disease researcher from Brigham and Women's Hospital, back as our keynote speaker. Dr. Rentz spoke at the first Charting the Future event about the clinical trials she was leading and we look forward to hearing how that research has progressed. Many more details about Charting the Future will be coming soon but I urge you to

make plans to support this important SMAA fundraising event.

As spring weather heads our way and getting out and about becomes easier to manage, I hope you will check out all the wonderful classes and programs that SMAA offers. It's a great way to stay engaged.

Megan Walton
Chief Executive Officer



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Volunteer Corner

In each issue of the Senior News we will feature a Southern Maine Agency on Aging/Retired Senior and Volunteer Program (RSVP) volunteer. Hopefully, learning about our volunteers will inspire readers to contact Volunteer Services at 207-396-6595 to learn about the diverse volunteer opportunities available in Cumberland and York counties through SMAA/RSVP.

The Food Pantry Team at Larrabee Village

By Judie Alessi O'Malley

What do a former Maine farm girl, a man who thinks nothing of walking nine miles to see a movie, a Bath Iron Works machinist, an international NGO retiree, a woman who hiked the northern section of the Appalachian Trail, a former Marden's store manager, and a trained caregiver have in common? They volunteer together, staffing the Larrabee Village Food Pantry in Westbrook. On Monday, February 3, I dropped by to learn more about them and the pantry, meeting Nellie Campbell, Esther Griffin, Gail Holley, Anna Stanley, Claudia Stoddard, and Bernard Wurzel.

The Larrabee Village Food Pantry is a volunteer-run pantry open to the residents of Larrabee Village, a senior living community owned by Westbrook Housing and staffed by Southern Maine Agency on Aging personnel. The pantry's food is donated by the Westbrook Hannaford Supermarket and other vendors that drop food off at Hannaford.

The pantry volunteers agree they volunteer to help other residents who may not drive or cannot carry heavy grocery bags. Each of them also wants to donate their time in return for the gro-

ceries they receive from the pantry. Most of this cohesive crew have worked in occupations where they interacted with the public, and they enjoy being able to continue to socialize with each other and other tenants each week at the pantry.

The one volunteer who is not a resident of Larrabee Village is George Stevens, whom the others describe as a gift to the pantry. George is a full-time machinist, working second shift at Bath Iron Works. Originally from New Bedford, MA, he apprenticed with a tool and die maker as a young man and stayed in the trade for the past 33 years. Every Monday, he arrives at Hannaford at 6:45AM, where he meets one of the

other volunteer drivers to load food into vehicles. At Larrabee, they unload and set up the pantry. George returns to the pantry after it closes to help clean up before continuing to BIW where he will work from 3:30PM. to 1AM. While the other volunteers say he is a "godsend," George downplays his contribution by saying of them, "...THEY are an amazing bunch who stay active and young by volunteering."

Nellie Campbell grew up on her parents' North Yarmouth farm, where they raised dairy cattle, chickens, pigs, strawberries and vegetables. After marrying, she lived on Long Island and Brunswick.

Esther Griffin is a Westbrook native who raised her two sons in town. Before retirement she was a trained caregiver at Home Instead Senior Care, and still provides caregiving services to friends.

Gail Holley was born in Waterville and lived in Massachusetts for many years. While in her 40s, she and her companion hiked the northern section of the Appalachian Trail. She held many different jobs, working in a library,

insurance and school offices, and as a school bus monitor for children with special needs.

Anna Stanley's career at the nonprofit Institute of Cultural Affairs took her to Singapore, West Samoa, Chicago, and Brussels, where she came to appreciate the European affinity to public transit and recycling.

Claudia Stoddard was one of 10 children who also lived on a farm in Westbrook before her parents moved the family to Portland. Among the jobs she held, she was a CNA and a Marden's store manager.

Bernard Wurzel moved to Maine after retiring from the New Jersey State Treasury, exchanging the hot, humid mid-Atlantic summers for long, cold winters and cool summers, which he prefers. He walks everywhere, thinking nothing of heading off to the Maine Mall or to Falmouth's Flagship Cinema's free classic films on Tuesday morning.

While each of these volunteers has very different and interesting life stories, they come together as a team each week to provide the other residents a smile and hello while helping them select from the assorted baked goods, vegetables, meats, and other pantry staples. For that, Southern Maine Agency on Aging Volunteer Services is grateful.



The Larrabee Village Food Pantry Volunteers (L-R) Gail Holley, Esther Griffin, Nellie Campbell, Anna Stanley, and Claudia Stoddard. Not pictured: George Stevens, Bernard Wurzel, Estella Pagano, Judith Morrison, Margaret Hoy, and Shane Hoy.

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New Volunteers

There were ten new volunteers who began their assignments from November 1, 2019 through December 31, 2019. Among them are:

Laurie Bjorn – Meals on Wheels Warming Team

Stephen Elwell – Commodity Supplemental Food Program Volunteer, Larrabee Village

Linda MacDougall – Meals on Wheels Phone Pal

Andrea Manthorne – Meals on Wheels Kitchen Helper, Yarmouth

Alola Morrison – Meals on Wheels Phone Pal

Joan Noble – Longterm Care Ombudsman

Raymond Pinard – Meals on Wheels Kitchen Helper, Greater Portland

Socks Donated for Seniors in Need

Senior Corps volunteers, including SMAA RSVP, Foster Grandparents, and Senior Companions are pleased to announce the receipt of 2,266 pairs of socks during their *2nd Annual Warm Heart, Warm Feet* sock drive, held throughout Maine in partnership with Renys department stores. We were also able to partner up with PepsiCo, which supplied the boxes for the socks. Thank you both!

At every Renys store statewide, volunteers and store staff collected socks throughout the month of January. In addition, many individuals and companies participated in the annual event including attendees at the 2020 MLK Celebration Dinner, Marden's of Presque Isle and employees of TD Bank, Penquis CAP and Southern Maine Agency on Aging. Thank you to all who donated and helped to make this campaign so successful!

The 2,266 pairs of socks, with a value of over \$7,200, have been delivered to homeless shelters, soup kitchens and programs supporting older adults throughout the state. Donations from Southern Maine Agency on Aging went to Seeds of Hope in Biddeford and Preble Street Community Resources in Portland.

Warm Heart, Warm Feet grew out of Governor Janet Mills' 2019

inauguration when she encouraged the people of Maine to participate in a statewide "Day of Service" as a capstone to her inaugural week in office. The Day of Service was a call to action to foster community and civic engagement, one Senior Corps volunteer is committed to continuing annually.

Volunteer Monthly Raffle

As many know, Volunteer Services requests that all volunteers track their hours, either online or through printed time sheets. Hour tracking is extremely important, as these hours help us articulate the significant impact that individuals make, both locally and nationally. Additionally, all hours submitted by volunteers age 55+ help support Volunteer Services through RSVP (Retired Senior Volunteer Program), and contribute significantly to our funding.

Last year, in an effort to motivate volunteers to be more consistent with tracking, we started a monthly raffle, with a prize (gift card) being awarded every month to a volunteer who submitted his/her hours during that month. We've had a wide range of winners from different programs, all of whom have submitted their hours on a consistent basis. One SMAA staff member notified us that her winning volunteer "was SO

HAPPY to receive the gift card—she almost started crying!" Another winning volunteer told us directly, "What a surprise to have won this raffle...the reward is really making a difference in someone's life."

We hope that this raffle will continue to encourage our amazing volunteers to keep tracking their hours. Below are our 2019 Winners:

DECEMBER: **Loretta Zuger**, Phone Pals

NOVEMBER: **Deb Smith**, Senior Games

OCTOBER: **Nellie Campbell**, Food Pantry, Larrabee Village

SEPTEMBER: **Janis Dickson**, Delivery, Meals on Wheels Kittery

AUGUST: **Leonard Guralnick**, Delivery, Meals on Wheels Portland

JULY: **Douglas Boyce**, Kitchen Helper, Windham

JUNE: **Martha Henderson**, Office Assistant, Volunteer Services

MAY: **Carroll McDonald**, Delivery, Meals on Wheels Windham

APRIL: **JoAnn Gobeil**, Phone Pals

MARCH: **Cheryl Honer-Hickey**, Delivery, Meals on Wheels Yarmouth

FEBRUARY: **Cornelia Kittredge**, Delivery, Meals on Wheels Biddeford

JANUARY: **Carole Houlette**, Kitchen Assistant, Larrabee Village

DECEMBER (2018): **Gary Starbuck**, Medicare

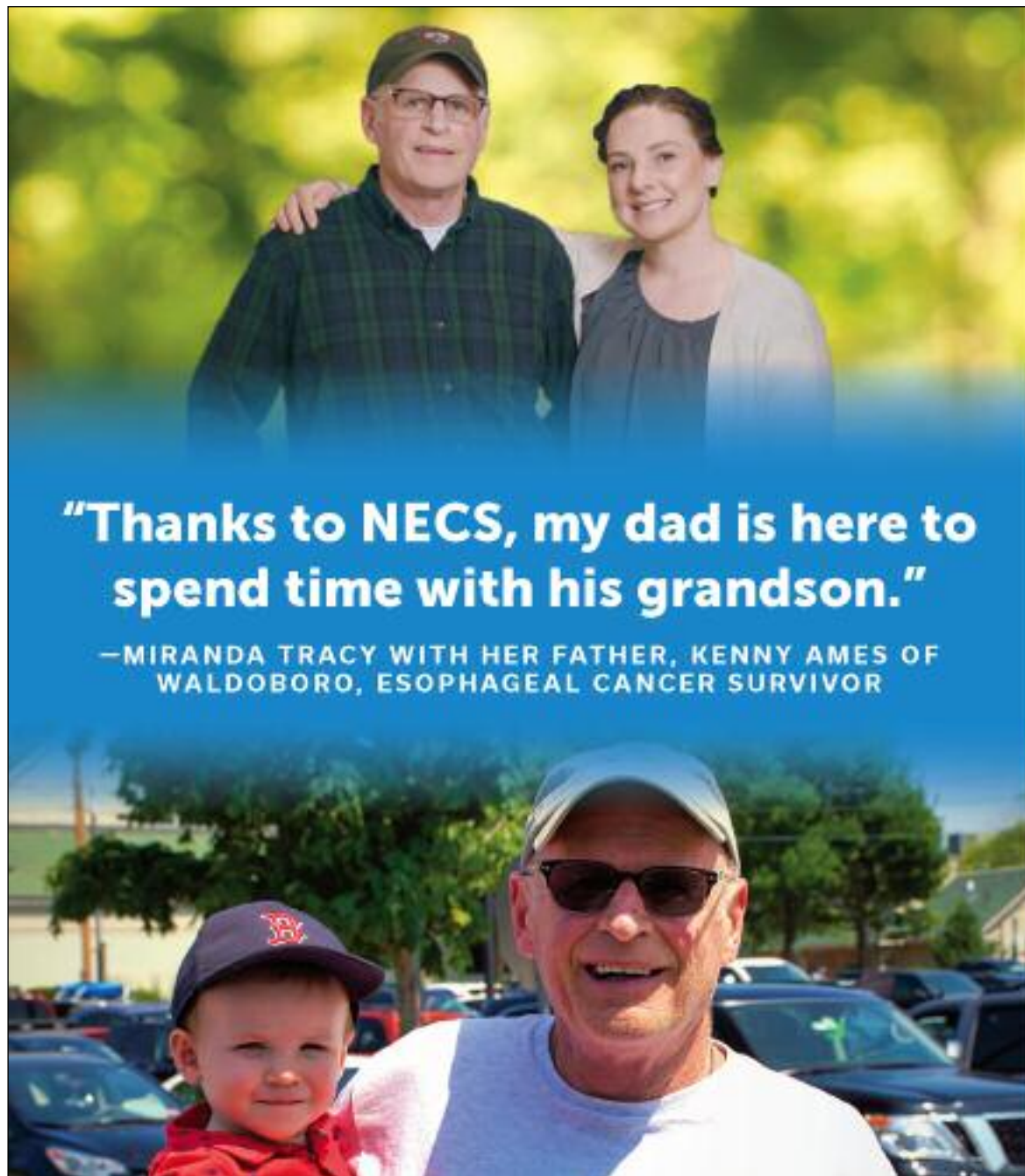
April is National Volunteer Month!

It's time for us to celebrate and recognize our volunteers who so generously give of their time and talent to make a difference in our communities.

Each of you is an integral part of our Agency whether by delivering meals, helping older adults to pay bills and balance their budgets, offering companionship by visiting veterans or calling homebound clients, informing beneficiaries about their healthcare coverage, teaching falls prevention classes, providing free tax preparation, assisting with data entry and mailings and much more. Your service is invaluable, and we at SMAA are grateful for your selfless commitment and dedication.

To show our gratitude for the work you do every day, SMAA and Volunteer Services staff invite you to attend our annual Volunteer Appreciation Luncheon on **Monday, April 27 from 11:30AM-2PM at St. Maximilian Kolbe Church in Scarborough**. Volunteers will be honored with a wonderful lunch, entertainment, raffle prizes, and more. For more information, please contact volunteer@smaa.org or 207-396-6595.

www.smaa.org



"Thanks to NECS, my dad is here to spend time with his grandson."

—MIRANDA TRACY WITH HER FATHER, KENNY AMES OF WALDOBORO, ESOPHAGEAL CANCER SURVIVOR

When Kenny Ames was diagnosed with esophageal cancer, his first thought was, "I'm not going to make it." But then his daughter, Miranda, connected him with **New England Cancer Specialists**. "Once I talked to my team, and heard their plan to beat my cancer, I felt I had a real good chance to pull through."

Thanks to early detection and effective treatment, Kenny has been able to return to work, and looks forward to celebrating the second birthday of Miranda's son, Jackson—his first grandson—this spring.

If you or a loved one should ever need cancer care, ask your doctor for a referral, or call us at (207) 303-3300.



**NEW ENGLAND
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ADULT MEDICAL ONCOLOGY MEMBER OF
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Oldies Dance Ticket Sales Benefit Ronald McDonald House

Rock n’ Roll fans are cheering the return of a popular Oldies Dance in March that will assist a deserving local charity.

On March 21, York County’s Oldies Dance Group will present the 18th Rock n’ Roll Oldies Dance at the Eagles Hall in Biddeford with 300 tickets up for grabs. Now in their 12th year, the Oldies Dances have raised a total of \$66,200 for the Ronald McDonald House in Portland since their inception.

Oldies Dance Group founder Bruce Martin said the dances are staged twice a year in March and October and have become a popular place for rock n’ roll fans of all ages to spend an evening dancing to their favorite oldies music with more than 1,740 songs available in a casual and fun setting.

“This dance has become the largest community fundraising effort for Ronald McDonald House of Portland, which provides comfort for the families of pediatric patients and supports programs that directly improve the health and well-being of children,” Martin said. “Ronald McDonald House provides access to quality health care and enables fam-

ily centered care ensuring families are fully supported and actively involved in their child’s care.”

According to Martin, participants attend the dances to socialize and have fun with their friends, but it’s really all about enjoying the music of another day and age that has become the soundtrack of the lives of so many generations worldwide.

“Over the years, I’ve found that the slow songs really get people up on the dance floor,” Martin said. “Songs like ‘Unchained Melody’ by the Righteous Brothers, or ‘Oh Girl’ by the Chi-Lites or ‘Misty Blue’ by Dorothy Moore have such everlasting appeal. I can play ‘Unchained Melody’ and then see husbands who don’t normally dance at all out there

with their wives on the dance floor swaying back and forth to that one.”

A typical set list for the Oldies Dance also includes a generous selection of Motown tunes, and iconic hits such as ‘The Twist’ by Chubby Checker, ‘Locomotion’ by Little Eva, ‘YMCA’ by the Village People and ‘My Girl’ by the Temptations.

Music includes oldies favorites from the 1950s, 1960s, 1970s and 1980s with videos provided by Oldies “R” Us.

“I have yet to find anyone who doesn’t love to dance to the Temptations,” Martin said. “We encourage those who want to attend to get their tickets early because of the limited seating available. People not only love to come out and dance, they appreciate that all of this is to help the Ronald McDonald House. It’s simply a fun event that is for a good cause.”

The next Oldies Dance will be from 7PM to midnight Saturday, March 21 at the Eagles Hall, 57 Birch Street in Biddeford.

Tickets are \$10 per person and do sell out quickly.

For more information or to obtain tickets, call 284-4692.



The 18th annual Oldies Dance will be held from 7PM to midnight Saturday, March 21 at the Eagle’s Hall in Biddeford. Proceeds benefit the Ronald McDonald House of Portland, which assists families of pediatric patients. Courtesy photo, Oldies Dance Group



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Established in 1854, Evergreen Features:



Wildlife & Birdwatching—cemetery is considered a premier birdwatching sanctuary with a variety of wildlife.



Wilde Memorial Chapel—built in 1902, available for weddings and funerals.



A New interactive mapping application—allowing users to search by name, age, or other parameters.



A New Columbarium—offering an above ground alternative to in-ground burial of cremated remains.