

From the Director's Desk

New Food Provider

Meals on Wheels and Senior Dining have made a big jump with new menu options. In mid April, we began serving and delivering meals that have been prepared and flash frozen by Jeanie Marshal Foods, a company based in Bangor, Maine. The Jeanie Marshal facility employs 75 people, is inspected by the FDA and produces 50,000 meals per week for commercial sale, including restaurants. Our new food service company is nationally known and respected for its work in flash frozen technology, nutritional menu development, and food safety. They have provided us with 50 different menus from which to choose, and with the new technology, our local staff can offer more dinner choices specific to individual taste.

Also, along with more menu selections, Jeanie Marshal meals can be heated in a microwave or conventional oven. For those who'd like their meals delivered hot, we have new convection ovens for this purpose, and home delivery is accomplished with insulated, heated carriers. We're excited to offer a product that can be eaten whenever preferred. In Portland, where we have been testing the new meals for three months, more than 60% of Meals on Wheels diners request that meals be delivered cold to heat at their convenience.

I want to thank all of our 300 volunteers for organizing and delivering Meals on Wheels and to our meal site staff who work hard to manage an inventory of meals and make sure food is delivered to those who struggle to prepare balanced meals. To inquire about Meals on Wheels, call 1-800-400-6325. There is no waiting list or income qualification!

Maine Senior Games

Our new coordinator Jo Dill is busily adding new sports to this dynamic statewide SMAA program. For the first time, Maine Senior Games will offer archery and the high jump has been added to our Track & Field line up. You may not realize that Maine Senior Games sponsors the largest tennis tournament in Maine and that Maine's

women's basketball teams continue to win medals in the national games! Just think, if you are age 50 by the end of December you qualify to compete in 2009! It's easy to register online at www.MaineSRGames.org. Look for inspiring athlete stories on page 10 and page 12 of this issue.

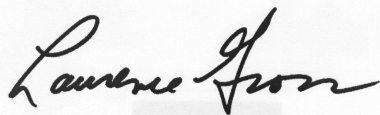
May is Older Americans Month

This year's theme for Older Americans Month is "Living Today for a Better Tomorrow." Simply stated, although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are known to be preventable.

This is a concept that SMAA's new Strategic Plan and Mission Statement embrace fully. Even though we are not a medical service provider, we have been supporting the health of older adults for many years through programs that reduce the financial and emotional stresses of aging. In addition, our Meals on Wheels program addresses the nutritional and safety needs of vulnerable older adults.

Since 2006, SMAA has been working with medical partners to offer the nationally researched and award winning falls awareness course, "A Matter of Balance" and, "Living Well for Better Health," a course that teaches day-to-day coping skills and supports older adults with chronic health problems. Both programs have gained credibility by demonstrating improved health status outcomes.

Thank you for your interest.



Laurence Gross
Executive Director
Southern Maine Agency on Aging

23rd Annual Maine Senior Games A Program of the Southern Maine Agency on Aging

Spirited Competition for Athletes 50+



The Maine Senior Games are made possible by the support of the Southern Maine Agency on Aging, sponsorships, registration fees and volunteers. Special thanks to our friends at Martin's Point Health Care for supporting the fitness and health goals of athletes age 50 and older by returning as lead sponsor.

Even though the Games kick off August 29 and run through September 24, it isn't too early to register. There are at least four ways to register:

1. On-line through www.MaineSRGames.org. You will be linked to Maine's page of the National Senior Games registration web site.
2. Print a 2009 Entry Form found at www.MaineSRGames.org, fill it out and send in.
3. Pick up a white registration brochure, which can be found in various athletic venues around the state.
4. If you are ready to sign up and need a form, call Jo Dill at 396-6519.

New for 2009

Archery has been added to the Maine Senior Games line up of more than 50 events. Archery will be Sunday, August 30 at 9:00 AM at Lakeside Archery in North Yarmouth. The following competitions will be held: Compound Fingers, Compound Release, Recurve and Barebow Recurve.

Since archery joined after materials were printed for this year, you will need to write in archery on the 2009 form or send an e-mail to jdill@smaaa.org. Registration is \$30. Join in!

At the request of athletes, 2009 Track & Field events will bump up to 13 with the inclusion of the High Jump.

If you have questions or would like to volunteer at events, please contact Jo Dill, Maine Senior Games Coordinator, at 396-6519 or jdill@smaaa.org.

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Faced with rising printing costs and increases in postage, the Agency on Aging is examining the distribution system for our bi-monthly newspaper.

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If you have suggestions for articles or would like to contribute an article, please contact editor, Eileen

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For details on advertising in "Senior News," log on to www.smaaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach "Senior News" representative Nancy Bloch at 396-6588.

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"Senior News" is mailed free for the asking. If you would like to receive "Senior News," call Bonnie Craig at 207-396-6526 or send your name and mailing address to bcraig@smaaa.org.

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Improve the physical, social, emotional and economic well being of older adults living in southern Maine (Cumberland and York counties).



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A Former Caregiver Gives Back

New Faith-Based Support for Family Caregivers

By Eileen Whynot, Director,
Community Relations
Southern Maine Agency on
Aging

Cheryl Estabrooke had no warning. "It was heartbreaking. My mother was such a strong woman and then she didn't know who I was. I was my mother's caregiver, and she was my best friend. I had her at home, and I didn't even dare leave her to go to the clothesline. So I know how hard it can be." This time of caregiving, now 13 years ago, gave Cheryl an idea of what she'd like to do when she'd eventually retire.

Active in her church, Cheryl had a vision that she wanted to reach out to older people by visiting them in nursing homes or sending cards to people she knew would benefit from caring contact. She helped start a group now named, Visitation & Care Team, along with other women in the First Parish Federated Church in South Berwick.

After a summer of traveling, Cheryl returned home last fall and was excited to get involved in her church again. Knowing that family caregivers need knowledge and resources and remembering that being together with other caregivers helped her, Cheryl wondered how she could bring support to family

caregivers in her community.

Then, her minister Rev. Donna Lee Muise got an e-mail from AnneMarie Catanzano of the Family Caregiver Support Program at the Southern Maine Agency on Aging. Reverend Donna, as she is affectionately called, has been the minister of the South Berwick church for 13 years, arriving when Cheryl needed a lot of help with the loss of her mother. When Rev. Muise saw the e-mail about setting up support for family caregivers around a faith-based community, she asked Cheryl if she'd like to spearhead the effort.

On May 13 the first worship service was held for family caregivers and elders. Reverend Donna wore her robe and told the story of the Good Samaritan. Hymns were sung and everyone enjoyed lunch and fellowship. Cheryl emphasizes that supporting each other is the main focus and that there won't be sermons as in a traditional church service but enough of the surroundings and cultural cues to be of comfort. AnneMarie from the Family Caregiver Support Program will facilitate a support group for those who would like to participate. Cheryl's goal is to have this support for the greater Berwick area, not just for church members she says.

Cheryl has been there and she's ready to help others who are facing

some of the same challenges she experienced caring for her aging mother. Anyone in the caregiving role and their elder is invited to join the group on the 2nd and 4th Wednesday of the month at the First Parish Federated Church in South Berwick. See page 4 of this newspaper for the definition of caregiver.



To get involved or to help start faith-based support activities for family caregivers, contact Anne Marie Catanzano at the Southern Maine Agency on Aging at 1-800-427-7411 x545 or 396-6545.

Jeanine Paquette is the primary caregiver for her brother Marcel Angers pictured here with Debra Thomas, Program Manager at the Truslow Adult Day Health Center in Saco. For more information on adult day services, contact Debra at 283-0166.



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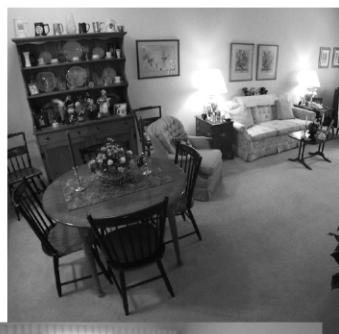


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Family Caregiver Support Program



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 an older loved one 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 Trainings Ongoing

Savvy Caregiver is a training program for family caregivers of people with dementia. Often these family members take on the role of caregiver without any preparation or training. Maine has been awarded a grant through the US Administration on Aging to offer this training series, which will be provided locally through the Southern Maine Agency on Aging.

This evidence-based program is designed for people who are assisting a family member or friend with dementia, and helps them develop knowledge, skills, and attitudes to make caregiving easier. As part of the grant, we will be collecting data to add to the research on this program by asking participants to complete pre and post questionnaires.

Savvy Caregiver consists of six, two-hour class sessions, and encourages participants to try out ideas at home between classes. Participants are asked to plan to attend all six classes in the series. Over the next three years, the series will be held in a variety of locations throughout southern Maine.

Trainings are ongoing and more are being scheduled for the coming months. We are looking for organizations to partner with to offer additional sessions. If you are interested in learning more or being on our list to be notified as trainings are scheduled, please contact Ann O'Sullivan at 1-800-427-7411 x541 or aosullivan@smaaa.org.

Summer Heat and the Elderly

Kate Dulac, MS, LCPC,
Caregiver Advocate

Summers are short in Maine but each year we typically experience days of extreme heat. Although we may embrace the summer months when they finally arrive, there are precautions we can take to protect our more vulnerable family members from the dangers associated with being overheated.

- Be sure to stay well hydrated. Don't wait until you're thirsty to drink. Avoid caffeine, alcohol and sugary drinks.
- Dehydration can increase confusion in people with dementia.
- Ask your health care provider about medications. Some may need to be refrigerated. Others may cause sun sensitivity or fluid loss.
- Wear light weight, loose fitting clothing.
- Avoid the midday sun.
- Use a room fan or air conditioner during very hot spells.
- When possible, take a break somewhere cool like a mall, library, supermarket or movie theater.
- Cool showers, sponge baths and water in a spray bottle are all helpful to relieve the effects of the heat.
- Monitor older people on hotter days. Adverse reactions to heat can happen quickly. Confusion, dizziness, nausea, lack of or excessive sweating are all red flags indicating a need to contact a health care provider right

away. Don't overlook any unusual symptoms or behavior in hot weather.

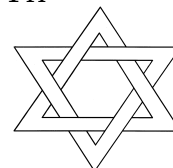
Do what you can to keep your loved ones cool and comfortable but heed the warnings of heat-related illness. On those few days when it feels unbearably hot, remember this is Maine—the snow will be flying again soon!

Together at Shabbat

Please join Jewish Family Services, in collaboration with the Southern Maine Agency on Aging, at the first "Together at Shabbat" service on Friday, June 12th at 4pm, at Shaarey Tphiloh in Portland.

Shabbat is a time for families to come together at the end of a long week to welcome a time of rest and reflection. "Together at Shabbat" is a unique Shabbat service designed for families in caregiver roles and their loved ones. The service will be short, with lots of singing, reminiscing, and delicious treats! This is a chance for all families to enjoy a relaxed Shabbat service together and spend time with other families who also find themselves in the role of caregiver.

For further information and to RSVP, please contact Karli Jaffe at 772-1959. This will be an all-inclusive Jewish service, encompassing all degrees of Jewish faith.



New Faith-Based Support in the Berwick Area

The First Parish Federated Church of South Berwick and the Southern Maine Agency on Aging are working together to provide support, fellowship and a midweek worship service for caregivers, people they are caring for and volunteers on upcoming Wednesdays.

Worship services will be followed by fellowship, a caregiver support group and a light lunch at the church for the volunteers, the elders and their families. This program is open to anyone assisting an older adult without regard to why that person needs help. Upcoming dates are May 13, May 27, June 10 and June 24th.

All are welcome to attend the fellowship and worship services. There is no cost to participants. For more information, please contact: First Parish Federated Church at 207-384-4091 or fpfc@gwi.net

Southern Maine Agency on Aging at 1-800-427-7411 x545 or acatanzano@smaaa.org

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Support for People Concerned About a Person with Dementia

Community Partners, Inc. (CPI) and Southern Maine Agency on Aging are collaborating to provide additional support to people concerned about a person with dementia. Community Partners' existing Dementia Support Group is opening to members of the community. SMAA is assisting with the planning and implementation of new presentations for the group and Community Partners brings expertise in the area of serving adults with cognitive impairments to the project, which is funded by a SMAA Family Caregiver Support Program mini-grant awarded to CPI.

CPI invites employees, family members, affiliates, and community members to the upcoming Dementia Support Group meetings. Everyone is welcome and encouraged to attend. Dementia / Alzheimer's disease has touched most of us in some way. If you know someone with dementia at home, at work, or from a distance, or even if you just want to learn more about this condition, you are welcome to come, listen, and share. All support groups have an educational component followed by an open time for discussion.

The Dementia Support Group meets on the 3rd Monday of the month at 3 PM in Classroom 3 at Community Partners, 443 Main Street in Biddeford. FMI Contact Barbara Alberda at 229-4308. Upcoming topics include:

May 18

Aging Issues and Dementia Part One—medical considerations when supporting someone with memory loss. Presented by Betsey Palmer and Laurie Peterson, RN, of Community Partners, Inc.

June 15

Grief, Loss, and Resiliency—coping with dementia in a loved one. Presented by Ann O'Sullivan of Southern Maine Agency on Aging.

July 20

Death and Dying—Thoughts about our feelings and the work we do, the role of hospice, preparing to say good-bye, finding peace. Presented by Rev. Larry Greer of Hospice of Southern Maine.

Aug 17

Aging Issues and Dementia Part Two—medical considerations when supporting someone with memory loss. Presented by Betsey Palmer/Laurie Peterson, RN, of Community Partners.

Support/Discussion Groups for People Caring for Older Adult Family and Friends

Is caring for an aging family member or friend leaving you feeling... Tired... Isolated... Sad... Guilty... Stressed? Want to talk with other people in this situation and share ideas?

Bridgton: 2nd Wednesday of the month, 1:30-3PM at the Bridgton Community Center. Contact Oretta Baker at 647-8095

Portland: 1st Monday of the month, 5:30-7PM at the MMC Geriatric Center (66 Bramhall Street). Contact Ann O'Sullivan at 1-800-427-7411

Scarborough: 4th Thursday of the month, noon to 1PM at SMAA. Contact Kate Dulac at 1-800-427-7411

York: 3rd Tuesday of the month, 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700

York: For people with congestive heart failure and their families, 1st Tuesday of the month, 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700

On-line support group: This 24 hour/day message board is simple enough for even the least experienced computer user. If you are caring for an aging family member or friend, and you have Internet access, please join us! Contact Kate at SMAA, 1-800-427-7411 or online@smaaa.org.

Other areas: Please call Kate or Ann at SMAA, if you are looking for a group in another area. Toll-free number is 1-800-427-7411.

Series of Classes: PUTTING THE PUZZLE TOGETHER

Getting Ready to Offer Support to Older Family Members and Friends

Are you helping an older adult now? Are you thinking ahead about helping in the future? The Southern Maine Agency on Aging is offering a series of classes on four Mondays in June at their main office at 136 US Route One in Scarborough.

Mondays, June 8, 15, 22 and 29 from 5:30—7:30 PM. Please plan to attend all four sessions:

- Health as We Age
- Understanding Resources and Supports
- Legal and Financial Issues
- Making It Work

There is no charge, but pre-registration is required. For more information, contact AnneMarie Catanzano at 396-6545.

Connections Resource Guide Available

The resource book Connections: A Guide for Family Caregivers in Maine has been updated. The book explains a variety of resources that can be helpful for family and friends who are assisting older adults, and for older people in the role of parenting.

The book is available for free download from Southern Maine Agency on Aging's website, www.smaaa.org. Hard copies are available at no cost from SMAA. Contact AnneMarie Catanzano, Family Caregiver Advocate, at 1-800-427-7411 x 545 for a copy.

Please note: The correct number for Maine Medical Center's Geriatric Center is 662-2847. Their number is incorrect in the resource book.

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MEDICARE

Medicare Part D Prescription Drug Coverage True Out-Of-Pocket (TrOOP) Costs When Changing Part D Plans

At the beginning of this year Ms Nolan was getting her prescriptions covered through a stand-alone Part D plan that worked with her original Medicare. Because she takes extremely expensive medications for rheumatoid arthritis and sleep apnea, by the end of January, Ms. Nolan had spent enough out-of-pocket to reach her plan's "catastrophic coverage" limit, which made her co-pays very low.

In February Ms Nolan decided to move out of state to be closer to her family. She called 1-800-Medicare to ask whether her Part D plan would cover her after the move. The representative told her it would not. He then helped Ms. Nolan choose a Part D plan in her new zip code that would cover all of her prescription drugs without restrictions. Ms Nolan asked the representative to enroll her in the plan effective March 1st.

In mid-March after moving, Ms Nolan went to fill a prescription at a pharmacy in the new plan's network. She was surprised when the

pharmacist said that she needed to pay a very high amount of money. The pharmacist explained that this amount included both her deductible and a large co-pay. Ms Nolan paid, but was upset that her costs were so much higher than what she had last been paying under her old plan.

When she got home, Ms Nolan called the Medicare Rights Center and spoke with a hotline counselor about her high Part D costs. The hotline counselor told her that her new plan was charging too much. In all Part D plans, you reach catastrophic coverage when your out-of-pocket costs hit a certain amount, \$4,350 in 2009. If you reach catastrophic coverage in one plan and then switch plans during the year, your balance is transferred and you should continue to pay catastrophic coverage co-pays until the

end of the calendar year. You do not have to start paying your deductible and high co-pays again, but should continue to pay lower co-pays.

The hotline counselor advised Ms Nolan to dispute the plan's calculation of her TrOOP ("True Out of Pocket") spending by filing a

"Almost every day I meet someone who is struggling to pay their health care bills."

— Dick Hilton, Senior Medicare Patrol Volunteer

grievance. A grievance is a written complaint that you submit to your plan.

The counselor advised Ms Nolan to explain in the grievance letter that she had already reached catastrophic cover-

age in her former plan, so she should also be in catastrophic coverage in the new plan. The counselor also encouraged Ms Nolan to gather her pharmacy receipts so she could request reimbursement for the amount she paid out of pocket. The plan is required to respond to the grievance within 30 days.

If you are faced with a similar situation or have a question about co-pays for Medicare D, contact the Southern Maine Agency on Aging at 207-396-6500 or outside of the Portland calling area, call 1-800-427-7411.

income of \$20,940/single or \$28,164/couple or monthly income of \$1,745/single or \$2,347/couple,) you may be eligible for Medicare Savings. If you qualify, your monthly \$96.40 Medicare Part B premium will be paid for you (and your spouse.) Additionally, if you want to enroll in a Medicare Prescription Drug Plan, MSP will pay for the monthly premium for your drug plan if you chose a company that participates in Maine.

If you have a prescription drug plan that does not participate in Maine, MSP eligible persons can have \$28.12 monthly put toward the premium of the plan they choose and only pay the difference. In addition, if you are MSP eligible the co-payments for your drugs will also be reduced to zero for generics and no more than \$3 for brand name drugs you take. It is pretty hard to beat those prices anywhere else! But even better, if you qualify for MSP the coverage gap or "donut hole" in Medicare drug coverage goes away. Still better, if you are single, you will have an additional \$1,200 in your pocket each year and a couple would have an additional \$2,400 in their pocket each year to spend on other necessities or even having a little fun once in while. If you take prescription drugs your savings will be even more.

Finally, there are three levels of MSP and in typical government fashion they are known by their alphabet soup names, QMB, SLMB, and QI. If your income is \$1,429/single a month or \$1,922/couple a month or less you would qualify for the QMB level of MSP and in addition to the money benefits listed above, QMB eligible persons can also have their Medicare deductibles and co-payments covered, freeing them from having to pay for Medicare Supplement Insurance. Depending on the supplemental coverage you have, you may save an additional \$1,800 each annually. There are some limits on this coverage but if you think you might qualify, you should contact your local Department of Human Services office or call Southern Maine Agency on Aging for details 207-396-6500.

And more good news: there is no "asset test" for MSP eligibility in Maine. It doesn't make any difference how much money you have in the bank or what else you own. Additionally, MSP is not subject to Estate Recovery.

As I always say, it never hurts to apply—you may pleasantly find you qualify for some extra money in your pocket at the end of each month. Extra money is worth trying for!

Dick Hilton has been a Senior Medicare Patrol (SMP) volunteer with the Southern Maine Agency on Aging for more than five years. For help with applying for Medicare Savings, call statewide, toll-free 1-877-353-3771 to be connected to your agency on aging.

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The Inside Scoop

Saving Money on Medicare

by Dick Hilton,
Medicare Patrol Volunteer

One of the best kept secrets to help retirees is a program known as the Medicare Savings Program (MSP). This wonderful benefit is available to anyone who has both the A (hospital coverage) and B (outpatient coverage) parts of Medicare.

Why would you want Medicare Savings? Well, the benefits to those who qualify are great! First of all, if your income qualifies you (annual

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MEDICARE EDITORIAL

To: Center for Medicare & Medicaid (CMS)
From: Stan Cohen, Volunteer Medicare Advocate
Att: Jonathan Blum, Acting Director, Center for Drug and Health Plan Choice, CMS



available to help people with Medicare make confident choices in their health and drug coverage” and “By strengthening our oversight efforts, we are...ensuring that the data provided by plan sponsors is reliable and correct”. Also: “... beneficiaries should then be easily able to see differences in the types of plans offered, including clear differences in the benefits offered through each different plan.” Those are great intentions!

I am a Volunteer Medicare Advocate working in southern Maine. I am associated with the Southern Maine Agency on Aging. Since mid 2004 I have counseled several hundred seniors on Medicare issues. I'd like to make an observation about CMS's annual call letter to Part D and Medicare Advantage providers.

Those initiatives may help demystify the Part D landscape. But I doubt that they will make a dent in the frustration and confusion surrounding the Medicare Advantage scene.

First, I applaud the effort to enhance CMS's oversight of private plans (quoting you): “Having more transparent information

Aside from the fact that Medicare Advantage Plans (MAPs) differ from county to county within a state, each MAP has a SUMMARY OF BENEFITS buried in its web site. Even if a Medicare beneficiary is able to view that document (either on line or by obtaining a hard copy from the sponsor) he/she would be hard pressed to fully understand the co-pay structure for each of the approximately 40 separate medical services covered. More importantly, he/she would have to compare the summaries of benefits from all plans being considered, and to Traditional Medicare with a Medicare Supplement plan, in order to make an informed decision. Even trained counselors have trouble doing this! And this point doesn't speak to the “quicksand” where MAP compa-

nies can and do change premiums, co-pays, OOP limits and formulas every year.

So, “easily seeing differences” in MAPs is, in my view, not realistic given the current methodology and permissiveness in allowable plan design. That is why I favor the creation of a CMS administered Medicare Advantage plan that seniors can trust without seeking a lawyer's counsel.

Stan Cohen is available for free, one-on-one consultation at the Bridgton Hospital every Tuesday from 9 AM to noon. No appointment is necessary. For more locations for help with Medicare, call the Agency on Aging at 1-800-427-7411 and ask for a Medicare Advocate.

Visit our new web site
www.smaa.org
 or call 396-6500 for answers on aging.

Why the Census is a Good Idea

Census data will be used to decide how much federal and state funding will be allocated for schools, public transportation, hospitals, roads, and other services for the next decade.

Some retirees may think that their activities are not important to this type of survey. In order to have an accurate picture of the entire population, it is necessary to include people in all age groups. Besides, if you are looking for work or work part-time, your status is important to show that people of all ages are working or may be seeking employment. Information gathered is important in measuring the economic condition of older people as a whole and will help shape the funding of services in the future.

The 2010 Census questionnaire that every household will receive is only 10 questions and all responses are confidential. All U.S. Census Bureau employees have taken an oath and are subject to a jail term, a fine, or both if they disclose ANY information that could identify you or your household. Your answers will only be used for statistical purposes. After 72 years, your census data does become public so that it can be used for family history and other types of historical research

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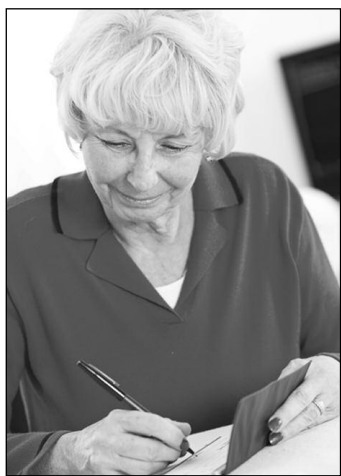
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Less Worry with Money Minders Program

Money Minders participant Betty S., who is 81, explains that before her husband passed away, he took care of paying all the bills. "I'm not good with numbers and I needed help from someone I could trust," Betty says. "My volunteer is so kind, and I was relieved to know that my Money Minders Volunteer works at a bank, so I know he is well qualified."



confidential. A client is able to maintain their individual dignity, privacy and independence.

"I have no complaints. I feel less stressed, and I am so glad I called," says Betty. "My volunteer has helped me in so many ways. He comes in and sits down at the table

and if he sees a mistake I've made in my check register, he gently points it out to me, and I feel so much better. I know exactly how much money I have to live on until the next time I see my volunteer. I don't know what I'd do with out this program. I am so very grateful that there are people out there supporting this program financially, because I feel really lucky and less stressed."

Money Minders Program Coordinator, Maryann McGreehan, explains that program volunteers attend an interview and orientation, as well as furnish three references. Also, the sponsoring organization, the Southern Maine Agency on Aging obtains a criminal background check. Services are available throughout York and Cumberland counties. Once or twice a month a trained and bonded Money Minders Volunteer can help a client with balancing their checkbook, opening and organizing mail, budgeting, and writing checks (all checks are signed by the participant). All decision making regarding finances are made by the participant, so they keep full control of their finances. All services are provided in the privacy of the client's home and are

Money Minders are bonded, trained volunteers who help people age 55 or older maintain control of their finances. To volunteer, donate, or to ask for help, contact Maryann McGreehan at the Southern Maine Agency on Aging, (207) 396-6523 or 1-800-427-7411 ext. 523, 136 US Route One, Scarborough, ME 04074.

Money Minders thanks the following donors for their generous support:

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When asked how a Money Minder volunteer has changed their lives, participants echo Betty:

- "Life is better, with less stress."
- "I have the confidence to ask questions on money matters"
- "No more embarrassing time spent at the bank."
- "I'm not as frightened, more confident, and more in control."
- "I feel so much lighter since I paid off my credit cards."
- "I can go to bed at night and not worry about bills that should be paid."
- "I'm not bankrupt!"
- "I'm able to make independent decisions about my money."
- "I have peace of mind."

Play Golf and Benefit Meals on Wheels

The Portland Rotary's 2009 Charity Golf Tournament will be held on Monday, June 8 with a shotgun tee off at noon at the Falmouth Country Club. The Tournament's sponsor is MEMIC (Maine Employers' Mutual Insurance Company) and 50% of the proceeds go directly to the Southern Maine Agency on Aging's Meals on Wheels program.

Other sponsors are Mid-Maine Communications and Pine Tree Networks. Prime Motor Group is the Hole-in-One Sponsor and will give away a car for a hole in one shot! Please call the contact names below for other sponsorship opportunities.

A foursome costs \$600, a discount of \$80 from last year! The price includes carts and fees, box lunch, post-game BBQ dinner and four free raffle tickets per foursome. Contact Paul Tully at RE/MAX By The Bay, 553-7509 or Rob Chatfield at CBI, 773-1745 for more information or to register.

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New TRIAD Working to Keep Older Adults Safe

by Eileen Whynot, Director, Community Relations, SMAA

About two years ago people starting talking about forming a TRIAD for Gorham and Westbrook, says Fred Morrill, now a co-chair of the group. According to Morrill, Bill Jenks and Susan Germano from Home Instead Senior Care were the driving force behind the development of the TRIAD with help from Paul Gaspar, Executive Director of the Maine Association of Police and Betsy Cantrell, an AARP volunteer. Now along with Officer Ted Hatch of the Gorham Police Department; Officer Inger Cyr and Officer Christine LaBranche of the Westbrook Police Department, 10 or 12 seniors and about 15 business people are involved.

Based on a national model, TRIAD is a cooperative partnership between law enforcement, elder service providers, and seniors in a community. There are reportedly 19 TRIADs in Maine.

“Clearly, a spin-off of TRIAD is people helping other people,” says Morrill. “One of my neighbors had a lot of problems with their heat, and I got the Southern Maine Agency on Aging involved. It was amazing how they helped get the resources together to fix an unsafe situation.”

Last fall 221 older residents of Gorham or Westbrook filled out surveys identifying their issues of concern. Surveys were collected at polling places on Election Day and at Westbrook Housing Authority sites. Discovering these concerns has energized the new Gorham/Westbrook TRIAD and given the group a good jump start. The number one issue from the survey was identity theft. To address ID theft, TRIAD will hold a presentation open to the public on June 11 at 6:30 PM in the Gorham Council Chambers at the Municipal Center.

Anyone can get involved with the Gorham/Westbrook TRIAD by calling Fred Morrill at 839-7785 or David Garthe at 839-5407. If you are unable to attend meetings, Sylvia Brackett from Gorham and Fred Collins from Westbrook have volunteered to call people who want to be kept informed of what’s going on with the TRIAD. TRIAD secretary Terri Norton either e-mails or mails out minutes of the meetings to people who want to be kept informed.

The Gorham/Westbrook Triad meets from 9:00 to 10:00 AM on the second Friday of each month alternating between the Westbrook Public Safety Building and the Gorham Municipal Center. During 2009, meetings will be held in Westbrook in June, August, October and December. Meetings will be held in Gorham in July, September and November. For more information, contact Fred Morrill at 839-7785 or David Garthe at 839-5407.

TRIAD is a cooperative partnership between law enforcement, elder service providers, and seniors in a community. The primary mission of TRIAD is to reduce the criminal victimization of older residents, enhance the delivery of law enforcement services, and improve the quality of life for seniors.

TRIAD strives to:

- 1) Educate – sponsor programs for crime prevention, fraud, home security, elder abuse, etc.
- 2) Communicate – provide a forum to discuss the concerns of seniors, develop and implement community-wide solutions.



**Gorham
Westbrook
Triad**



TRIAD tip: If you are going to be away from home, call or go to your local police department to ask for a “Property Check” while you are away. Have your mail and newspapers held for delivery after you return.

Front row L-R: Officer Ted Hatch, Paul Gaspar, Fred Morrill, Phil Curran, back row L-R: David Garthe, Susan Germano, Terri Norton, Officer Christine LaBranche, Sylvia Brackett, Marilyn LeBlanc, Mary Vetterline, and Bonnie Cloukey.



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MAINE SENIOR GAMES SPORTS SPOTLIGHT

Runner Polly Kenniston

By Kim Williams
Maine Senior Games Athlete

If you've spent any time driving on the roads of Scarborough you've probably seen Polly Kenniston out running. She recently ran the Mary's Walk and Kerryman Pub Road Race 5k (3.1 miles) in a time of 27:25 and took first place in the "Female over 70" age group. I caught up with her recently to ask some questions.

What sports do you compete in?
Running, road racing, and track. I also do some cycling.

Do you have a favorite race or a favorite place you've competed?
The New York City Marathon.

What's your training like? How do you train through the winter?
I run six days a week and take Sunday off; go to church and rest my legs for a day. And yes, I train throughout the winter. My routine is pretty much 5-6 miles a day with a 9-10 mile run on Saturday. My

style gets a little off during the icy months as I mainly use my arms for balance!

What do you think athletics has added to your life?
It has brought a sense of peace and ability to cope with whatever problems life sends in my direction. Running definitely gives one a more positive outlook. Sort of a "Yes, I can."



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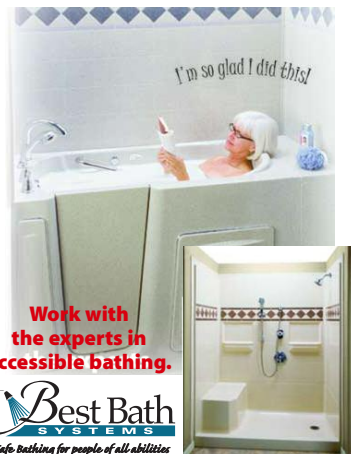
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Do you have advice for someone just starting out?

Build up your endurance gradually, because you will be better able to enjoy it. You do not want this to be a hardship or a chore for you, as running is a very enjoyable experience.

Do you participate in Maine Senior Games?

Not yet, but it is in my game plan.

Any special accomplishments you'd like to mention?

I never cease to wonder at the

fact that I am, indeed, able to run a marathon and be none the worse for wear and tear. I love distance running and what it has done for me.

Polly's dedication to being active and working towards goals is an inspiration to all of us whether we're competitive athletes or not. We hope she does join us in the 2009 Maine Senior Games, and she'll set the pace for the field.

For more information on Maine Senior Games, log on to www-MaineSRGames.org or call Jo Dill, Maine Senior Games Coordinator, at 396-6519.

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A Healthy "Diet" is Really No Diet at All

Susan Gay, Registered Dietician
Nutrition Coordinator, Hannaford



The Mediterranean Diet refers to the typical food and beverage practices of those living near the Mediterranean Sea which includes Greece, Spain, Italy, France, Egypt, Turkey, Morocco, Syria, Tunisia, Algeria, Croatia, Lebanon, Libya, and Malta. This "diet" is really no diet at all. There is significant scientific evidence that a Mediterranean diet promotes good health by incorporating delicious foods that provide more antioxidants, more fiber, and more "good fats" that protect us against certain diseases. By embracing this way of life we can lower the risk for cardiovascular disease by decreasing plaque build up in our arteries, diminish the risk of diabetes by improving insulin sensitivity, and furthermore reduce the risk of certain types of cancer and Alzheimer's disease by reducing inflammation!

It is based on an abundance of tasty fruits and vegetables, hearty whole grains, moderate amounts of healthy fats, low-fat dairy, a small amount of red wine or grape juice daily, and importantly, minimizing saturated fat by cutting back on red meat (less than four times per month) and consuming more fish, seafood, poultry, nuts, and legumes.

Protect yourself by including 1-2 fruits and vegetables at each and every meal and snack. While low in calories but high in nutritional value, it's no wonder they are the mainstay of this diet. Particularly in season now are pineapple, mango, asparagus, peas, and zucchini. If fresh isn't available, frozen is a convenient and healthy option, so stock up! The benefits of eating whole grains like oatmeal, 100% whole grain bread, brown rice and quinoa, include more antioxidants, important B vitamins, as well as magnesium that contributes to blood pressure management, bone health, normal heart rhythm and more! The additional fiber provided by whole grains contributes to a healthy digestive system. Highlighted in this diet plan are monounsaturated fats like olive or canola oil, avocado, and most nuts that can help lower your total cholesterol and triglycerides.

As a follow up to last month's article, triglycerides are known as "blood fat." Take caution with too much alcohol as it can specifically have a negative impact on triglycerides. Limit simple sugars such as sweetened beverages, white bread, and sweets, and avoid too much cholesterol from high fat meats like hot dogs, ribs, bacon, and sausage. Extra calories the body doesn't need are converted to triglycerides. Three uniformly equal meals and 1-2 snacks each day can provide you with steady energy and help avoid unwanted extra calories that can be stored as triglycerides. So as with any healthy meal plan remember portions, portions, portions!



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No Slowing Down for This Senior Athlete

By Sharron Cygan

Most of us of a certain age look forward to slowing down, taking it easy and enjoying our much deserved retirement. However, Margie Bride isn't like most of us. She's neither slowing down nor planning on retiring any time soon. Not only does Margie

work as Vice President of Odysseys Unlimited, marketing and selling international tours, she serves on several boards including the National Outward Bound Advisory Board, connected to Hurricane Island here in Maine. The Outward Bound program enhances leadership skills and offers wilderness courses for both children and adults.

She serves on the board of the Senator Mitchell Scholarship Research Institute, whose mission it is to increase the likelihood that young people in Maine will complete a college education. She's also a board member of the Posse Foundation, one of the most comprehensive and renowned college access and youth leadership development programs in the United States.

While her job and community service activities keep Margie busy, her real passion is keeping physically fit through exercise, and I don't mean the toe touching and jumping jacks we all did in gym class. No, her regimen is far more serious and impressive and includes cross training with tennis, cycling, strength training and aerobics. Margie, who currently maintains a home in Scarborough at Prouts Neck, has been an athlete all her life and even held the title of highest ranking Singles Champion with the Maine Tennis Association in the late 70s. She says the training routes in Scarborough and Cape Elizabeth are simply great and awe inspiring.

To help maintain her health and vigor, Margie started running 5-6 miles five times a week in the 1970s. Things quickly turned serious, however, when her son chided her for taking it easy and not pushing herself. An accomplished athlete in his own right, and knowing a challenge when she heard one, she soon got herself a personal trainer and eventually ran marathons. Her first competition was the Boston Marathon in 2001, then came the Maine and Boston Half Marathons, which she ran back-to-back in 2002. She planned to run the 5k in the Maine Senior Games in 2007 but an injury got in the way. In 2008 she competed in Maine Senior Games and qualified for the 2009 National Senior Games in 40K Cycling and Singles Tennis to be held in Palo Alto, CA in August. Qualifying for this prestigious event required winning gold or silver medals, which Margie ac-



"I read about National Senior Games in 'Newsweek' magazine some five years ago and always wanted to compete nationally. I'm looking forward to going to Palo Alto the first week in August. I'll compete in Singles Tennis and the 40k cycling event."

Margie Bride,
Maine Senior Games athlete.

complished through arduous training and competing in Maine Senior Games.

Being as physically active as Margie is has its risks as well. She has endured many injuries while pursuing her passions; torn ligaments and muscle problems, common among athletes young and old. One incident resulted in a chipped bone in her toe seven days before the Boston Marathon. As Margie explains, any kind of physical competition challenges us mentally as well as physically, and that "mind over matter" attitude enabled her to finish that race. Now that's real determination!

Her dedication and sincere belief that fitness is the best way to maintain health as we age, is strongly supported by the medical community and beautifully demonstrated by Margie herself who is bright, attractive, energetic and very inspiring. She strongly believes we can all benefit from some form of exercise no matter what our age, and suggests we just get up and move. Perhaps learn some stretches to get started and add some short walks that you can gradually increase (checking with your doctor, of course, before beginning any exercise program).

As accomplished as Margie is, her dream is to create a fitness and exercise program as a confidence builder for at-risk woman who may be in abusive or otherwise detrimental situations. With her energy, determination and inner strength, we know that this woman will reach whatever goals she sets, at any age!

Sharron Cygan is a contributing volunteer writer through Capacity Corps with the Southern Maine Agency on Aging. To get involved in volunteering, contact Ken Murray at 396-6520.

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— Linda R.

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Thinking About Selling Your House?

by Kathy Barnes

When talking to real estate agents about the possibility of selling your home, it is a good idea to interview more than one. Many people interview three or more. Have each agent compile a current market analysis for you. The analysis should compare your property to similar ones in your area that have sold within the past few months (since the market dropped an average of 10% from 2007-2008, the comparable properties should have sold less than six months ago and less than three months ago would be even better.) Comparables for houses like yours that are presently on the market will let you know what the competition is asking. It is also a good idea to check similar homes whose listings expired without selling. You do not want to price your home so that it ends up in this category.

Find out what each real estate agent and her company will do for you to reach the greatest number of ready, willing and able buyers. Most buyers begin their search on the In-

ternet, so you will want to choose a company that has great Internet presence. Find out specifically what the marketing plan would be to sell your home. In today's market it takes more than listing a house and sitting back waiting for it to sell.

The agent should be readily available to you by phone and/or e-mail and should have a plan for communicating with you on a regular basis should you decide to list with him or her. Full service real estate agencies will not ask you for any money upfront. They receive their commission only when your house actually sells.

A home is probably the largest item you will ever sell. Choosing an agent to represent you should be a business decision. You want to select the person and company that you feel have the best tools to reach the most qualified buyers and the negotiation skills to facilitate the best outcome for you. Having said that, you also want an agent with whom you feel comfortable.

Kathy Barnes can be reached at 773-1990.

In today's market it takes more than listing a house and sitting back waiting for it to sell.



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Social Security's One-Time \$250 Economic Stimulus Payment


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Legal Services for the Elderly



your Social Security or SSI benefit.

The one-time payment will have no effect on the amount or delivery date of your regular Social Security or SSI benefit. The \$250 payment will come separately. If you are married, and both you and your spouse are receiving Social Security or SSI, you will each receive the \$250.

The one-time \$250 payment will not count as gross income for federal income tax purposes. The \$250 will not count as income when determining eligibility for Extra Help with Medicare Prescription Drug Plan costs. Nor will the \$250 count as income when determining Social Security Disability benefits.

The law requires the Treasury Department to offset the \$250 payment to collect delinquent child support, or debts owed to state and/or federal agencies. The \$250 will not be used to collect Social Security or SSI overpayments. If you feel that your \$250 payment has been withheld in error, contact Legal Services for the Elderly for a free consultation at 1-800-750-5353.

The American Recovery and

Reinvestment Act of 2009 also provides for a one-time payment of \$250 to persons receiving benefits from the U.S. Department of Veterans Affairs (VA) or the Railroad Retirement Board (RRB). The VA and RRB will determine eligibility for the payment, and will be responsible for paying beneficiaries under their respective programs. However, individuals will receive only one \$250 payment regardless of how many types of benefits they get. If you receive Social Security and Veterans or Railroad benefits, you are entitled to only one payment.

If you have a Representative Payee, the \$250 will be delivered to that person. The Representative Payee is required by law to use this payment for your benefit. If they have not, call Legal Services for the Elderly for a free consultation at 1-800-750-5353.

There are many concerns about scams happening during this stimulus payment process. The Social Security Administration (SSA) is stressing: **Do not provide your**

personal information to anyone requesting it to process your payment. This includes your Social Security Number, bank account information, or even your date of birth. The SSA will not initiate contact with you over the telephone; neither will the IRS.

You should never give your personal information to someone over the phone, no matter how persistent he or she is. Ask whoever is calling to send you a letter detailing what they need and why, and you can respond if necessary. If the caller insists, you should hang up. Report any suspicious calls to the Social Security Fraud Hotline at 1-

800-269-0271.

The SSA is urging people who receive Social Security or SSI to refrain from calling about the \$250 payment before June 4, 2009. If your \$250 payment is not received by June 4th contact your local SSA office, or call SSA at 1-800-772-1213.

You should never give your personal information to someone over the phone, no matter how persistent he or she is.



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Protect Your Wealth for Future Generations with a Charitable Lead Trust

In February 2009 the “Wall Street Journal” ran a timely article on charitable lead trusts under the headline, “Giving Smarter While Helping Your Estate.” With low interest rates and depressed stock values, Maine donors with estates valued at more than \$1 million are finding charitable lead trusts make wise estate and giving sense. Estate and gift taxes can consume as much as 50% of a large estate, reducing the inheritance for your children or grandchildren by a heartbreaking amount. A charitable lead trust offers you a way to make a magnificent philanthropic gift to the Southern Maine Agency on Aging while protecting your wealth for future generations.

One type of charitable lead trust can make an annual payout to SMAA for a number of years, after which the trust assets are turned over to your children or other heirs. The advantage is that this lead trust helps reduce or completely eliminate (“zero out”) gift or estate taxes that would otherwise apply to your gift to heirs. Low interest rates and depressed stock values are good in this case. For example, since your stocks are down from their former high price, you can put more shares into a lead trust than you could at the stock’s high price—at the same gift “cost.” The interest rate that affects charitable gift calculations, the federal midterm rate or discount rate for May is 2.4%, a remarkably low rate. (The lower the discount rate, the lower the required payout to charity and the more left over for your heirs.)

For example, Mrs. Drummond, a Meals on Wheels volunteer with one 5-year-old grandson, sets up a 20-year charitable lead trust with a \$1 million gift of depreciated stock. She wants 6% of the trust to be paid out to SMAA each year. In the first year SMAA receives \$60,000. As the trust increases in value, the charitable payout increases each year. At the end of 20 years, Mrs. Drummond’s grandson receives the trust principal, which, well-managed, has grown in value over the years. She had carefully structured her charitable contribution and the term of years so that he pays no estate or gift taxes.

The higher your annual distribution to SMAA and the more years you allow the trust to run, the more assets you can pass to future generations with little or no taxation!

Call Peg Brown, Director of Development at 207-396-6590 to learn more about how you can work together with her and your legal and financial advisors to create a charitable lead trust. For general information on how to make a planned gift, go online to www.smaaa.org/planned_giving.php to learn more about how you and SMAA can benefit from a planned gift made wisely.



Martin’s Point Health Care (right) presents the lead sponsorship check for Maine Senior Games to Larry Gross, Executive Director of Southern Maine Agency on Aging.

David Howes, MD, President, Chief Executive Officer, and Chief Medical Officer of



For almost 20 years my dad, Homer Gere, has been a Meals on Wheels volunteer. Along the way he’s taught me that the act of bringing food to a homebound person gives a kindness a healthy meal alone can’t touch. To be a Meals on Wheels volunteer or donate funds, visit www.MaineMealsonWheels.org or call 207-400-4000-400-6325.



Healthy Aging Calendar

Living Well

A six-week workshop to learn new tips for healthy living

Who will benefit? This workshop is for people who have aches or pains, a heart problem, difficulty breathing, diabetes, vision or hearing problems, depression, weakness, struggle with your weight (over or under), or any long-term health condition.

How will this program help? By taking part in Living Well, you will learn better ways of coping and managing your health by:

- Setting goals that are do-able for you
- Working with others
- Finding support and solutions to your health concerns
- Make your daily tasks easier

What is covered in the program?

- Health related problem solving
- Communication skills
- Managing emotions
- Exercise
- Developing patient/physician partnership
- Use of community resources
- Nutrition
- Managing medications
- Advanced directives
- Cognitive symptom management (relaxation, distraction, self-talk, visualization)

Workshops will be offered at the following locations, days and times:

- Falmouth Family Medicine (MMC), 5 Bucknam Rd., Wednesdays, May 27 - July 1 from 4-6PM.
- Portland Family Medicine (MMC), 272 Congress St., Wednesdays, May 27 - July 1 from 10AM-12PM.
- Southern Maine Agency on Aging, 136 U.S. Route One, Scarborough, Mondays, July 6 - August 10 from 1-3PM.
- Southern Maine Agency on Aging, 136 U.S. Route One, Scarborough, Tuesdays, September 22 - October 27 from 1-3PM.

Registration fee is \$10 for the six-week workshop, which includes a \$5 credit towards purchase of course book or tape/CD. Course materials can be borrowed. Invite a family member, friend or caregiver to participate.

Call Anne Murray at 1-800-427-7411 or 396-6529 for more information or to register.

What's Happening

Spring Plant Sale to Benefit Memory Walk

Get a tour of the beautiful Sedgewood garden and browse the pre-potted plants for sale. Or, select from the garden of plants to be dug up and potted on site. Gardeners will be available for questions or if you are interested in ordering specialty items or plants.

For more information, please contact Lea Casalnuovo at 207-781-5775 x227. All proceeds will benefit the 2009 Alzheimer's Association Memory Walk.

May 29 from 9AM-2PM at Sedgewood Commons, 22 Northbrook Drive, off Route One, Falmouth.

Clinical Research Study Now Enrolling

One in three people with Parkinson's disease see, feel, or hear things that are not really there. They may also feel paranoid or distrustful of others, suspecting friends or family of stealing or cheating on them. There are currently no FDA-approved treatments for these non-physical symptoms of Parkinson's disease. A clinical trial is currently recruiting people with changes in thought, behavior and judgment re-

lated to Parkinson's disease to test whether their condition can be treated safely and effectively with a new investigational drug.

To qualify, participants must:

- Be at least 40 years old
- Have been diagnosed for at least one year
- Be experiencing changes in thought, behavior and judgment that started after diagnosis

Those caring for someone with these symptoms are encouraged to call toll-free-1-866-565-0262 or visit www.ParkinsonsBodyMind.com Compensation for time and travel may be provided.

Become a VIPS

The Cumberland County Sheriff's Department is looking for men and women to become VIPS Volunteers in Police Service. This program already exists in other towns including Standish. There is a 16-week training course. Contact either Officer Ted Hatch or Deputy Paul Pettingill at the Gorham Police Department at 839-5581.

It's My Choice: How to make sure your wishes are carried out

This workshop will help you understand the purpose of advance directive and the difference between a living will and a healthcare power of attorney. Learn what are considered heroic or life prolonging measures and what is involved in organ donation. Join Cindy Frost, RN, ANP-C from Maine Medical Center to learn what you need to know to complete your own advance directive.

Thursday, May 21 from 6-7:30 PM at the Learning Resource Center, 5 Bucknam Road, Falmouth. \$5/person.

Foster Grandparent and Senior Companion Volunteers Wanted

The Senior Volunteer Programs of People's Regional Opportunity Program (PROP) have openings for men and women age 60-years and older. Placements are available throughout York and Cumberland counties.

By joining the Senior Volunteer Program, seniors can have a great time and earn a little extra money. Foster Grandparents volunteer with children in schools and child development centers. Senior Companions are friendly visitors to other seniors who are living independently in their own homes.

Volunteers eligible under income guidelines, earn a tax-free income, mileage reimbursement and other benefits that do not affect Social Security, food stamps, LIHEAP, or subsidized housing eligibility.

Call 207-773-0202 for more in-



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formation about attending the next Foster Grandparent/Senior Companion training program.

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Understanding Medication for Memory Loss

An evening with Doctor Thomas Hattan discussing medications used for dementia and memory loss, and how they work. Monday, June 1 from 6-7 PM. RSVP at 846-0044.

Parkinson's Awareness Presentation and Luncheon

Wednesday, June 3, 11:30AM Lunch, Presentation noon-1PM. Dr. Edward Drasby of Port City Neurology is Maine's leading Movement Disorder Specialist and the Medical Director of the American Parkinson Disease Association's Information & Referral Center. Dr. Drasby will be here to answer questions and talk about the latest in surgical options, such as Deep Brain Stimulation. RSVP required as space is limited, so call early. RSVP at 846-0044.

"Outwit Memory Loss & Reduce the Risk of Alzheimer's Disease"

Can We Reduce Our Risk of Alzheimer's Disease? Lucie Arbuthnot, Ph.D., will address these questions. Arbuthnot is a leading authority and national speaker on strategies for reducing the risk of memory loss and Alzheimer's disease. Tuesday, June 23 from 2-3:30PM. Sponsored by: Alzheimer's Association, Maine Chapter. RSVP at 846-0044.

New Bereavement Support Group

Hospice of Southern Maine is offering an evening drop-in Bereavement Support Group for adults who have experienced a death more than six months ago. Participants will have the opportunity to share with a skilled group facilitator and other participants.

The drop-in group will meet on the first Wednesday of the month from 5:30-7PM., beginning Wednesday, June 1. These non-denominational meetings will take place at St. Nicholas Episcopal Church, 350 U.S. Route One in Scarborough. There is no fee.

The group will be facilitated by Carol Schoneberg, an experienced bereavement support group facilitator and manager of the bereavement program at Hospice of Southern Maine. This support group will help individuals deal with feelings of sadness, grief, depression, and anger, as well as other issues of self-growth. Contact Carol at 289-3651, or cschoneberg@hospiceofsouthernmaine.org

Identity Theft: How to protect yourself from sneaky thieves

The Gorham/Westbrook TRIAD sponsors a talk with Gorham Police Officer Ted Hatch on Wednesday, June 11, 2009 at 6:30 PM in the Gorham Council Chambers at the Municipal Center.

Identity theft affects everyone—it could be the simple things you do that are putting you at risk. Officer Hatch will give you everyday examples of people who have had their identity stolen, and simple changes you can make to prevent this crime from happening to you.

For more information about the Gorham/Westbrook TRIAD, contact Fred Morrill 839-7785 or David Garthe 839-5407.

Volunteering is Good for Your Health

While it's important for older Americans to have good physical health, it's equally important that they maintain good mental health. Studies have shown that engaging in social activities within the community can greatly improve mental health. In fact, research has demonstrated a strong relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

Volunteers make it possible for all Agencies on Aging to extend services out in the community and to more people than would be otherwise possible. The Southern Maine Agency on Aging currently has upwards of 1,000 volunteers in SMAA programs as well as 110 other local non-profits.

For more information on volunteering with an Agency on Aging program or at one of the more than 100 RSVP stations in York or Cumberland County, contact Ken Murray at 396-6520 or 1-800-427-7411 x520.

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RSVP

Retired and Senior Volunteer Program "Sharing the Experiences of a Lifetime through Volunteering"

Kudos

The following is quoted from the newsletter of Dress for Success Southern Maine, a nonprofit agency based in Portland that helps women obtain needed, professional clothing in order to apply for jobs and (re)enter the workforce.

RSVP volunteer Kathleen Weggler has volunteered with Dress for Success Southern Maine for three years. The following was written about her in the organization's newsletter and is reprinted with permission.

"If it's to be, it's up to me."

This is a quote that personal shopper Kathleen Weggler thinks of when she works with clients who are referred...for interview suits and professional attire. "The women I meet at Dress for Success are so inspiring to me because they are ready to take responsibility for their own livelihood. We become instant friends as we select and try on clothes. When we've filled their shopping bag with clothes, shoes and handbag, it's just natural to say good-bye with a good luck hug. They learn from me and I also learn from them."

A job development specialist

who refers women to Dress for Success says of Kathleen, "She is able to make even the most anxious or apprehensive client feel comfortable and at ease."

Congratulations, Kathleen! You are a shining example of the spirit that RSVP volunteers bring to the communities of southern Maine.

New Volunteers

The following volunteers joined RSVP in the last few months. Welcome to you all, and thank you for sharing your gifts with others through volunteering.

Denise Blanchard
 Donald Caouette
 Sharron Cygan
 Paul Doherty
 Gerald Fitzgerald
 Connie Goldman
 Cynthia Grovo
 Sandra Heffernan
 Susan Keeley
 Patricia Lennox
 Evelyn McElroy
 Lorraine O'Brien
 Sandra Parks
 Susan Pastore
 Nan Rand
 Ruth Swift
 Lynn Underwood

The Tip of the Iceberg

There are hundreds of volunteer opportunities available for people age 55 and over through RSVP. The ones listed below are just "the tip of the iceberg."

Make your life a growing experience—volunteer!

Cumberland County

- A rewarding and unique experience awaits you when you train to become a hospice volunteer. Hospice volunteers receive formal training and are placed in the local area.
- Do you love to dance? Have you ever taught line dancing? There is an enthusiastic group waiting to learn in the Portland area.
- Spring flowers are popping up all over. Would you like to teach a group of flower enthusiasts the art of flower arranging? The flowers will be provided.
- Do you own a dog that is calm and loves people? A senior facility would enjoy having you both visit.
- If you'd prefer to volunteer at home, there is a need for

advocates to help on a telephone crisis line. No experience is needed, but good listening and support skills are necessary.

- Volunteers are needed to pick up about 10 meals each week-day at Larrabee Village in Westbrook and transport them to Franklin Towers in Portland. Mileage reimbursement is available.

For in-depth information on these suggestions and numerous other volunteer opportunities, call Priscilla at 396-6521 or 1-800-427-7411, Ext. 520. You may also e-mail pgreene@smaaa.org. Bear in mind that these are only a few of the many volunteer opportunities that can be yours through RSVP.

York County

- An assisted living facility in Kennebunk is looking for volunteers to spend time with residents who have Alzheimer's disease. Activities would include talking, reminiscing and taking walks in the facility's garden.
- A nursing home in Saco is looking for volunteers to help staff the front desk and answer telephone calls.
- A senior center in Wells is looking for volunteers to provide office help and answer phones, as well.
- An assisted living facility in Saco is looking for a volunteer to lead a knitting group.
- A rewarding and unique experience awaits you when you train to become a hospice volunteer. Hospice volunteers receive formal training and are placed in the local area.
- Area chambers of commerce are looking for volunteers to greet visitors and provide them with information about our communities.

To learn more, call RSVP Director, Ken Murray. He can be reached at 1-800-427-7411, Extension 520 or by e-mailing kmurray@smaaa.org. There are many other opportunities in York County, as well.

New RSVP Station

The Wells Chamber of Commerce recently became an RSVP volunteer station. We welcome them to the RSVP network and look forward to developing meaningful volunteer assignments with the Wells Chamber for many years to come.

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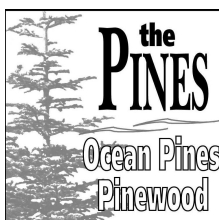
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Transitions in Health Care: The Critical Role of Coordination

Joel Botler, MD
Director, Division of Geriatrics
Maine Medical Center



Everyone is aware of how important it is to provide expert care while a patient is hospitalized for medical conditions such as heart attacks, strokes, pneumonia, and other infections. Likewise, the management of chronic illnesses such as diabetes, hypertension, and congestive heart failure in physicians' offices is equally important. However, over the past several years, it has become increasingly obvious that effective transitions between health care facilities—and from one of these facilities to home—are vital to a patient's well-being and to the successful functioning of the health care system as a whole. Transitional care is defined as "a set of actions designed to ensure the coordination and continuity of health care as patients transfer between different locations or different levels of care in the same location."

As patients live longer with chronic illnesses, these transitions occur more and more often. Twenty to thirty years ago, it was common for the same doctor to follow a patient in the office, hospital, and nursing home. Today however, such

continuity of care is rare. Instead, we typically have primary care doctors who only work in the office, doctors who only work in the hospital ("hospitalists"), and doctors who only work in the nursing home.

Unfortunately, during health care transitions, there is frequently poor communication between providers, confusion regarding a patient's medications, tests results that are not tracked down, or necessary evaluations that do not occur. For example, patients may arrive at their doctor's office following a hospitalization, and the doctor may not know the details of the hospitalization. The results of the lab studies performed during the hospitalization may not be available, or the primary care physician may not even know what studies were done. The outcome of this disconnect can be medication errors, new medical problems, or recurrence of the original symptoms that may have caused the hospitalization. Ultimately, this situation can result in a readmission to the hospital that could have been avoided. Not only is an unnecessary hospitalization a major source of dissatisfaction for patients and their families; it also is a major expense for the health care system.

Different approaches have been employed to improve transitional

care. As an example, hospitals are now required to reconcile medications both at the time of admission and at discharge. In other words, an exact list of the patient's medications is documented when he or she is admitted to the hospital, and at discharge, the initial list is compared to the new one. In addition, one model of care that has been effective is to have a specialized nurse plan the hospital discharge and then follow the patient at home until the patient is stable. A second approach involves a nurse coach who educates patients and families

about "transitions" so they are aware of potential problems. A final model is one that employs a standardized discharge process to maximize that the correct steps are taken for every patient leaving the hospital.

As patients move from one health care situation to another, problems can occur. An increased awareness of this fact by both patients and doctors can certainly help smooth these transitions.

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Gentiva accepts patients for care regardless of age, race, color, national origin, religion, sex, disability, being a qualified disabled veteran, being a qualified disabled veteran of the Vietnam era, or any other category protected by law, or decisions regarding advance directives.

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