

## Athletes Train for 25th Maine Senior Games

By Jerry Harkavy

**H**undreds of older athletes who have the drive to compete are getting set to participate in the 25th annual Maine Senior Games, which will run from August 6 to September 25.

The games are open to men and women ages 50 and above who will display their skills in any of 15 sports ranging from triathlon to table tennis.

The events are open to both elite and recreational athletes who come to the Senior Games with varying motivations, says Jo Dill, now in her third year as program manager for the Southern Maine Agency on Aging.

"There are some fierce competitors looking to go to the nationals, and there are those who are also competitive but just want to



be in it for the camaraderie and the socialization, or to help stay in shape," Dill said.

Sports include bowling, softball, road racing, swimming, tennis, table tennis, track

and field, archery, triathlon, horse-shoes, golf, racquetball, cycling, 3-on-3 basketball and foul shooting/hot shot basketball.

Participation in Maine Senior Games has grown exponentially since they were first held in 1986.



**A few Maine Senior Games athletes joined Jo Dill, Manager of Maine Senior Games and Laurence Gross, executive director of the Southern Maine Agency on Aging to accept the \$15,000 Platinum sponsorship check from Martin's Point Health Care.**

**Pictured from l to r:**

**Derry Rundlett, track & field; Sue Weatherbie, basketball; Dr. David Howes, President & CEO, Martin's Point; Claudia Lackee, basketball; Laurence Gross; Jo Dill, basketball; and Ted Trainer, runner.**

### Southern Maine Agency on Aging

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### From the Director's Desk Healthcare Reform

**A**s part of the Affordable Care Act, Congress appropriated \$500 million nationally to fund additional Care Transition Interventions focused on increasing patient safety and reducing hospital readmissions.

In SMAA's role as an Aging & Disability Resource Center (ADRC), our staff were featured recently in workshops at Maine Medical Center and Maine Health. Both days were focused on the role of community providers like SMAA in preventable hospital admissions and safe transitions between levels of care.

SMAA has partnered with the Maine Medical Physician Hospital Organization (PHO) dedicating a SMAA social worker to assist with the transition from hospital to



home. We received a two-year grant in 2010 to fund this demonstration to show the positive impact that social services can have on reducing hospital readmissions.

### Proposed State Budget

So far, all state funds received by SMAA for the current year are included at the same level in the Governor's 2012 budget proposal.

However, as I noted in my last column, the Governor's proposed biennial budget, if approved by the Legislature, will have a significant effect on healthcare expenses for disabled adults and low-income seniors and families, in effect reducing their income.

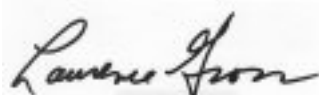
See editorials about the impact of the Governor's proposed budget by Nancy O'Connell on page 11 and by SMAA social worker Vicki Durrell on page 19.

I urge you to contact your Legislators asking them to vote against the provision to change the income qualifications for the Medicare Buy-In Program. Up to 40,000 low-income Mainers will lose some or all of the support they currently receive to help pay for medications, Medicare premiums, co-pays and deductibles, if their ability to qualify is taken away.

### Living Well

You may have noticed the "Portland Press Herald's" extensive story about our Living Well for Better Health Workshops. See page 16 to learn how this workshop could improve how you feel.

Happy Spring!



Laurence W. Gross  
Executive Director, SMAA

More than 500 seniors took part in 2010, a big jump from the year before, but the numbers for this year won't be known until registration is complete.

One noticeable trend has been the narrowing of the ratio of male to female athletes. In just three years, according to Dill, the preponderance of men has dropped from 70 percent to 65 percent as members of the first wave of women to take advantage of new opportunities in school sports turn 50 and beyond.

"I truly believe it's because of Title IX, and one of my goals is to encourage more women to participate," she said.

Athletes in Maine Senior Games who qualified in last year's competition are eligible to take part in this year's National Senior Games, to be held June 16-30 in Houston. The next chance to qualify for the nationals will come in 2012, when the top three athletes in each event will have the opportunity to compete in the 2013 nationals in Cleveland.

Mainers have done well in the National Senior Games, returning with 42 medals and 11 ribbons from the 2009 competition in California. Among the top performers were a Brunswick couple, Jerry and Arden LeVasseur, who collected a combined total of three medals—including Jerry's gold in the 4 x 100 meter

continued on page 2

### MAINE SENIOR GAMES SPONSORS

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Maine Senior Games is a program of  
SOUTHERN MAINE  
Agency on Aging

## Maine Senior Games

continued from page 1

relay in track—and six ribbons.

In all, Maine sent 80 athletes to Palo Alto, and the gold medalists included two women's basketball

teams. Maine's Houston-bound team numbers 55, and the summer heat in Texas may have discouraged some qualifiers from going.

The LeVasseurs, who moved to Maine from Connecticut seven years ago, are familiar figures at

the Senior Games, having participated since they first became eligible upon turning 55. The minimum age has since been lowered to 50. Jerry, 73, takes part in road races and track events and Arden, 71, is competitive in swimming and the triple jump.

What may seem surprising to some is that roughly 40 percent of the athletes in the Maine Senior Games are from out-of-state, including a few Canadians. Some of the nonresident athletes vacation in Maine during the summer or have children or grandchildren who live here. Dill says Maine also draws athletes who may not have qualified for the nationals in their home state and are looking for a second chance.

Because 2011 is not a qualifying year for the nationals, some predict that attendance at this year's state games may be about the same as

To encourage newcomers to the program, an event called Explore Maine Senior Games is being held June 5 at Scarborough High School. Open to men and women 45 and older, it provides a pressure-free opportunity to try any of seven events. Coaches will be on hand to provide assistance.

last year or slightly lower.

Maine Senior Games draws athletes from throughout the state, but most are from the southern and central regions that are home to the various venues. Among the most popular events are track and field, held August 6 at Scarborough High School, and basketball, September 10 and 11 at Cape Elizabeth High School.

Even with the current menu of 15 sports from which to choose, Dill gets plenty of calls, e-mails and letters from seniors lobbying for the addition of their particular favorites.

"I have someone who, three times a year, talks to me about power lifting. I had someone call and want bocce. Someone e-mailed me and definitely wanted badminton. The other day I got four e-mails with pitches for croquet," she said. "People who are passionate about their sport really want to see it in."

There also are occasional rumblings about the addition of winter games, which might appear to be a natural fit for a cold, snowy state. One element of a five-year plan approved by the advisory board of Maine Senior Games is to explore a winter schedule, even if it includes only one or two events. "That's probably coming in the near future," Dill said.

Ski area fees or the cost of ice time at a rink would pose a hurdle. At present, Maine Senior Games draws about 70 percent of its revenue from sponsorships—Martin's Point Health Care is the biggest sponsor—and 30 percent from registration fees.

With or without the addition of new sports, it's a good bet that the interest in the games will increase with the aging of the fitness-conscious baby-boom generation. Already, says Dill, the biggest segment of athletes has dropped from those in their 60s to the 55 to 59 age bracket.

As athletes get older, of course, they can look forward to moving up to the next age bracket in which the competition might not be as stiff. But LeVasseur, who has participated in eight National Senior Games as well as in national and world masters' events, finds that the field may thin out as he gets older but the competition remains tough.

"Your best competitors, if they're still around, will be there," he said.

You may register by visiting [www.mainesrgames.org](http://www.mainesrgames.org) or email [jdill@smaaa.org](mailto:jdill@smaaa.org). Save \$5 by registering before August 1st.

See page 17 for complete schedule and more details.

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Martha Giles, left, a volunteer driver with the Independent Transportation Network and her passenger, June Snow.

## Rides for Non-Drivers Independent Transportation Network (ITN)

**D**ottie Macdonald, 81, got to the annual crafts fair in Portland, Maine last winter the same way she always does: with six big bins of dolls and quilts and artwork stacked in the back of a 2002 Dodge Caravan, the one her husband Bob always drove because Mrs. Macdonald never learned how. Actually, it wasn't quite the same. This time Mr. Macdonald was in a passenger seat, too, and the driver was a stranger. The van didn't belong to Dottie and Bob anymore. The Macdonalds may have found an answer to the practical questions that follow the decision to stop driving: How are Mom and Dad going to get around, and what do we do with the car?<sup>1</sup>

The Macdonalds are members of ITNPortland, a non-profit organization that provides both scheduled and on-demand rides for non-drivers. ITNPortland's work is important because it helps older people live independently in their own homes even when they limit or stop driving because of age-related changes.

ITNPortland provides a very personal and convenient transportation alternative for seniors over 65 years of age or for visually impaired adults who live in the greater Portland area or within 15 miles of Portland.

Paid and volunteer drivers drive private vehicles without the usual commercial look, like a taxi or a bus. Drivers appear like a neighbor or friend offering rides 24

hours a day, 7 days a week. Rides are available for any purpose such as the beauty salon, grocery shopping, medical appointments or to a bridge game. Riders need to be ITN members and pay a fee below the actual cost of the ride.

ITN operations are funded by fees paid per ride, donations and grants, plus supported by the services of volunteer drivers. The cost is more affordable than a taxi. The average ride is almost five miles and costs about \$11—a \$4 pick-up fee, plus \$1.50 per mile. ITN's bottom line is happy seniors, not dollars.

ITN rides are a convenience to family members who would have been responsible to provide some or many of these rides for their parent, grandparent or other relative.

ITN seeks to serve more seniors whether or not you still drive. If you prefer not to drive to an unfamiliar place, in bad weather or at night, an ITN ride is a convenient option for you.

Volunteer drivers are needed for as few or as many hours your schedule allows. You would drive your own vehicle, and ITN would reimburse you for the miles driven. You may enjoy meeting new people and you can even plan on driving the same members each time you are available to drive.

To learn more about ITNPortland, visit [www.ITNPortland.org](http://www.ITNPortland.org) or call 207-854-0505.

<sup>1</sup>Excerpt from February 8, 2011 story in "New York Times."

## Restless Legs Syndrome (RLS) Renamed Ekbom Disease

Find out more on June 23

**D**r. Régis Langelier will hold a free informational meeting on June 23 from 11:45 AM to 1:15 PM at the Southern Maine Agency on Aging to talk about the new understanding of RLS as a disease that usually involves more than the legs in many cases. Dr. Langelier says, "A neutral name, such as Ekbom Disease (EKD), will make it easier to discuss the full spectrum of the disorder from mild to severe."

A recent program on RLS will be shown and handouts will be available to share with healthcare providers and family members.

Dr. Langelier is a volunteer leader and RLS Foundation Board Member and will discuss the reasons for the name change and provide an update on RLS from the June 2011 Sleep Conference in Minneapolis, Minnesota. This meeting will be a chance to get information that should help you be more hopeful about improving management of RLS and related sleep problems.

Please RSVP by June 17th at 207-351-5352 so that enough snacks will be available. The meeting will be held at the SMAA office, 136 US Route One, Scarborough, Maine.

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

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 from the Maine Office of Elder Services. Learn more at [www.smaaa.org](http://www.smaaa.org) or by calling 207-396-6500 or 1-800-427-7411.



The Southern Maine Agency on Aging is a BBB Accredited Charity.



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*—Dorothy K., a recipient of Meals on Wheels' annual Valentine's Day Rose*

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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.

## Participating in Springtime Activities

Ann O'Sullivan, OTR/L, LSW  
 Family Caregiver Specialist

Spring is short in Maine and many of us try to get the most out of it that we can. For some, that means getting out in the garden, getting outdoors for walks, or reconnecting with neighbors not seen over the winter.

For all of us, not matter what our age, abilities, or problems are, being able to participate in activities that are meaningful and involving is an important component of health and wellbeing. Research shows that "engagement with life" is one of the keys to health and life satisfaction.

As we age, some of our sources of meaning, such as work, social status, or activity may be impacted by retirement, medical or cognitive issues, or personal loss. We can, however, seek new or adapted ways to pursue things that bring us joy.

As caregivers, we may feel challenged to identify ways to help someone we care about continue or resume engagement in life activities. A couple of strategies may be helpful in this.

Consider what it is that you or your person truly enjoys. Let's think about gardening. What is the source of satisfaction: is it digging in the dirt, making things grow, creating beauty, being outdoors? If working in the garden has become difficult, is there a way to address these components another way? What about container gardening, or raised beds, if it is too hard to get down on the ground? What about window gardening, if getting outside is a prob-

lem? If planning beds is too difficult, would it still bring joy to help plant or weed? Would long-handled tools be helpful if bending is hard? If you think about the different components of an activity and what about it provides satisfaction, it's often possible to discover ways to adapt and enjoy it.

Many of the family caregivers we work with at SMAA are struggling to find ways to engage people with cognitive loss. We know that being focused on an activity ("contented involvement" according to the Savvy Caregiver Program) is a way to keep confusion away. However, people with cognitive loss have increasing difficulty staying focused and tend to lose the ability to filter out distractions. As caregivers, we may be able to adapt the task and the environment to help support the person's participation. Think about reducing background noise or other commotion (turn off the TV or radio). Simplify how tasks are presented—maybe one step at a time. Reduce the amount of information the person is being asked to take in and allow them time to process. If a previously enjoyed activity has become too complicated, is there a simplified alternative that might be satisfying? One caregiver, whose mother had been an artist, tried a simple egg-decorating project with her. The results were really quite beautiful and both of them enjoyed the time they spent together.

Life satisfaction is key for everyone, and we can continue to find meaning and engagement throughout our lives if we are flexible. Enjoy your spring!

## Attention Teachers and Students!

Are you a teacher or student who is also assisting a family member or friend with dementia who lives in the community? We are offering the Savvy Caregiver series at SMAA during the day this summer. Of course, the class is open to non-teachers / students too, but this schedule may be particularly convenient for those with lighter workloads in the summer.

Because we know that people often take on the role of caregiver without any preparation or training, Maine's Agencies on Aging and the Alzheimer's Association are offering this training program statewide, through a grant from the Administration on Aging.

This program helps family caregivers develop knowledge, skills and attitudes to make taking care of a person with dementia 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. So far, feedback from caregivers who have taken the class has been overwhelmingly positive.

Classes will be held at SMAA, on Wednesdays, starting July 6, from 9:30 to 11:30 AM. The course runs for six weeks. Pre-registration is required. You can find details in the Senior News caregiver class schedule, on the SMAA website [www.smaaa.org](http://www.smaaa.org) or you can contact Ann O'Sullivan or Kate Cole Fallon at SMAA (1-800-427-7411).

## Caring For Aging Family Members

### Support/Discussion Groups

You're not alone! Connect with other caregivers in a safe setting. Find out what's working for other people.

**Biddeford:** For caregivers of people with dementia. **NEW DAY:** 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 229-4308.

**Bridgton:** 2nd Wednesday of the month, 1-2:30PM, at the Bridgton Community Center. Contact Ann O'Sullivan at 1-800-427-7411 x 541. Respite care is available on site.

**Scarborough:** 4th Thursday of the month, from noon to 1PM at SMAA.

Contact Kate Cole Fallon at 1-800-427-7411 x 558.

**York:** Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, from 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700.

**Other areas:** Please call Kate or Ann at SMAA's Family Caregiver Support Program if you are looking for a group in another area. 1-800-427-7411.

### Kinship/Grandparent Support Group

**Sanford:** Wee Care, support and discussion for kinship parents and grandparents helping to raise children, 2nd Wednesday of the month, 5:30-7PM. Supper and child care available. Contact Thea Murphy at Trafton Senior Center at 457-0080.

### On-Line Discussion and Support Group

**Online support group:** This private Yahoo! message board is available 24/7. 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](mailto:online@smaaa.org).

## Updated Connections Book Now Available

The book, *Connections: A Guide for Family Caregivers in Maine* has been updated and is available for download on the SMAA website [www.smaaa.org](http://www.smaaa.org). The guide was first printed in 2002, and this is the fourth time it's been updated. It was developed by the Family Caregiver Support Program of Maine, which includes the programs at all five Area Agencies on Aging in the state. The book helps family caregivers learn about available services and resources in Maine, and how to find them. If you go to the website and click on Family Caregiver Support on the home page, the book, along with a number of other helpful resources, will appear in the list on the right. Please feel free to read, download and share!

If you would like to obtain a "hard copy" of the book, drop by the SMAA office at 136 US Route One, Scarborough between the hours of 8:00 and 4:30, Monday through Friday.

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Topics will include...

- assessing caregiver needs
- dealing with the demands of care giving
- environmental adaptations
- Maine community resources
- and more...

The target audience for this webinar is physician practices, rehabilitation professionals, nurses, home health clinicians, case managers, OTs, PTs, social workers and human service providers.

Mark your calendar today! Contact Ann or Kathy to register.

Ann O'Sullivan, OTR/L, LSW Family Caregiver Specialist, Southern Maine Agency on Aging, 396-6541, 1-800-427-7411 x 541, aosullivan@smaa.org

Kathy Adams, OTR/L, ATP,

Maine CITE Training Coordinator, Maine CITE Coordinating Center, kadamsot@maine.rr.com, 1-207-621-3195

## Help For People Helping Aging Family Members

### Class Schedule 2011

May 19, 6:15-7:30PM: **Maine Health Care Advance Directives.** Wells-Ogunquit Adult Community Education. Call 646-4565 to register.

May 31, June 7, 14, 21, 28 and July 5, 1-3PM: **Savvy Caregiver.** The Gathering Place, Kittery. Contact Kate Cole Fallon at 1-800-427-7411 x 558 to pre-register (required).

July 6, 13, 20, 27, August 3 and 10, 9:30-11:30AM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

August 11, 18, 25, September 1, 8 and 15, 9-11AM: **Savvy Caregiver.** Southern Maine Medical Center, Biddeford. Please contact Ann O'Sullivan at 1-800-427-7411 x 541, or check www.smaa.org for updates.

Please use the numbers listed to register. Feel free to call Kate Cole Fallon or Ann O'Sullivan at SMAA (1-800-427-7411) with questions.

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Jason Wilson, MSB, CFE

## SAVVY CAREGIVER REVISITED

### Comments from a five-month survey of Southern Maine Agency on Aging participants caring for a family member with dementia:

*I would like to take the course again and would love to see a follow-up group or reprise to refresh skills, since the progress of the disease is ever-changing and difficult to keep up with.*

*This little box is not large enough for me to expound on the tremendous benefit I have received from the Savvy Caregiver training.*

*The last months would have been much more difficult without this course.*

*I've shared the information with my children and am getting great support!*

*I'm now involving others in the process of supporting my parents.*

*I've become calmer, more sure of myself.*

*I aim to be happy with his "contented involvement." I try to have more patience.*

*I've changed my expectations. I consciously work on patience, tone of voice, and letting go of unimportant matters.*

*I'm more tolerant because I now understand what he isn't capable of doing.*

*The class gave me more understanding of the faces of dementia and what to expect of my Dad. I'm more patient.*

*I have more self-confidence. When you know better, you do better.*

*I now recognize the need for routine and simplicity.*

*I have become more accepting of the conditions of this disease and less angry.*

*I am less personally involved in a sense of failure. I pay more attention to choosing tasks appropriate to the level of ability to achieve. I have more patience and more understanding of the disease.*

NOTE: The Southern Maine Agency on Aging offers Savvy Caregiver classes on a regular basis. See page 7 for the upcoming schedule.

## SMAA Family Caregiver Specialist Receives Award



Ann O'Sullivan has been named to the Roster of Fellows by the American Occupational Therapy Association. The award, presented in Philadelphia on April 16, recognizes her Tireless Leadership in Homecare and Family Caregiving. O'Sullivan is licensed both as an occupational therapist and social worker. She has been the Family Caregiver Specialist at the Southern Maine Agency on Aging for 10 years.

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## Mild Cognitive Impairment — Betwixt and Between

by Ron Bailyn, MD  
Director, Memory  
Disorders Program  
Maine Medical Center



Not remembering the name of the couple who just moved in. Forgetting significant news from dinner with friends. Misplacing those keys—yet again. Normal aging? Dementia? Something else?

Neuroscientists often call that something else “Mild Cognitive Impairment” (MCI). Commonly, the person with MCI experiences a new and measurable problem in forming memories. Sometimes the intellectual change involves a different area of cognitive ability. While often hampered by the problem, the individual with MCI is able to manage customary tasks. Transition to dementia occurs when the person is no longer able to function independently.

Awareness of MCI that involves attention, language or other problems with fairly normal memory (non-amnesic MCI) has increased. For this, most research continues to center on individuals for whom memory loss is the prominent feature (amnesic MCI). Calendars and reminder notes are their frequent companions. Day-to-day judgment and reasoning skills are often fine.

None of us, even that legendary relative who could remember the weather in 1926, have a perfect memory. Where does normal forgetfulness leave off and MCI begin? A new pattern of forgetting activities and conversations strongly suggests MCI. By contrast, memory changes of normal aging tend to be limited with particular trouble recalling names of people and places.

For research purposes, amnesic MCI is defined by poor performance on formal memory tests compared to others of the same age. One study identified 12% of people over age 70 as having MCI.

Fortunately, many of the people identified with MCI will recover or

experience a stable problem. Reversible causes of MCI include physical illness, prescription or over the counter medications and depression. Alcohol and other abused substances can produce either temporary or permanent cognitive deficits.

Primary care physicians, psychiatrists and neurologists all have expertise in the medical evaluation and treatment of cognitive problems. Memory Disorders programs typically draw on the talents of these clinicians along with neuropsychologists, occupational therapists and social workers to provide complete assessments.

Seeing one’s primary care physician is a good starting point for MCI assessment. Regardless of the setting, a quality evaluation will include a review of medical problems and medication use, a neurologic examination, a depression assessment and neuropsychological screening. Blood work and brain imaging may be ordered to look for medical problems that impair thinking. Common concerns include infection, nutritional deficiency, autoimmune disease, thyroid or other endocrine problems and brain injury.

When MCI is identified, patient and family education on ways to enhance function and organization can make an important difference. While no medications have FDA approval for MCI, active research is taking place. The medication Aricept may help for about a year. Antioxidants, anti-inflammatory drugs, cholesterol medications and substances that alter brain chemicals, such as acetylcholine and glutamate, have all drawn research attention. There is significant hope that treatments will be found to stabilize MCI or slow the progression to dementia.

## Website for the Golf Enthusiast

By Hunter Howe



It’s been said that “golf is a good walk spoiled.” But don’t say that to the millions of baby boomers who relish such a walk. This includes golf enthusiast, Peter Blais.

Three years ago with a healthy obsession for golf, Peter started a website dedicated to boomers. To his knowledge, [www.BoomerGolfNews.com](http://www.BoomerGolfNews.com) is the only golf site exclusively focused on this age demographic.

A golf journalist for more than 25 years, Peter started sharing his passion for the game by writing a golf column in the “Morning Sentinel” published in Waterville, Maine. Since then, he’s written pieces for “Golf Magazine,” “Links Magazine” and “Golf Course Management,” among others. In addition, he’s been Managing Editor at “Golf Course News” and he is President of his own company, Blais Communications.

From his unique perspective, Peter saw the boomer golf market developing. He calls it an “active” market, one that should continue growing for well over 20 years. “Boomers,” he said, “play two to three times as much golf as other age groups.” Although the economic downturn tapped into the discretionary income of many, Peter believes boomers will return to the game in droves when the economy improves. “One benefit of the downturn is that it’s a great time to be a golf consumer. Boomers can capitalize on discounted green fees, equipment and even memberships.”

Peter’s website emphasizes travel, courses, real estate and general news. “With 16,000 golf courses in the U.S., boomers like the travel aspect of golf. They build entire vacations around golf courses. Both

spouses can play and it’s a good time for families to reconnect.”

He likes to regionalize his travel section throughout the U.S., promoting courses within a geographical area. “Maine has become a golf travel destination due to everything else we offer in Vacationland.” He

points out that many of the newer courses introduced in southern Maine in the past 15 years like Point Sebago, the Links at Outlook, Nonesuch, and The Ledges have raised the bar in terms of golfer expectations when it comes to course conditioning and customer service.

Regarding advice for golfing baby boomers, Peter believes in two essentials: “Take lessons and invest in the right equipment. Golf is hard—make it easy on yourself and work with a professional. Practice what you’ve learned, play and practice some more. If you can, play a round with your teaching professional.”

Give this website a look, get some practice and then tee up with Maine Senior Games!

### Maine Senior Games Golf Tournament

Tuesday, August 16th 8:30AM  
Toddy Brook Golf Course  
925 Sligo Road, North Yarmouth  
Rain date: Tuesday August 17th  
Event Coordinator: Marty Layne

- Shotgun start
- 18-hole Scratch
- Golfers must provide their own clubs
- Golf carts will be provided and must be used
- Foursomes will be put together by the Event Coordinator or Golf Pro
- Event is a National Senior Games sanctioned sport
- Medals are awarded the top three finishers in each age division (ribbons for fourth place)

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## Senior Moments

by Hunter Howe

### Rest in Peace

**W**e seniors worry, some about our obituary. Come on now, just admit it.

I will. Darn right I worry about my final words. I figure that I've only got about three paragraphs of life material highlighted by, "Hunter played badminton, bingo and banjo poorly." I need to get going. Perhaps I have obituary phobia.

In my youth, I'd grab the newspaper and scrutinize the sports page. In midlife, I still led with the sports, turned to the Editorial and Op-Ed sections and finally the obits. Today, it's the obits first. It's an age thing.

Here's the problem. Some of the obits overwhelm me. I don't measure up. I read one about Old Joe who performed as a circus clown with gypsies in Eastern Europe, toiled on a tramp steamer in the South Pacific, boxed in Morocco, summered in Malta and ran a successful company that made discount toys for the destitute. And, it said that he'd do anything for anyone. I've always been suspicious about that latter claim.

I wondered if Old Joe really accomplished all that? Think about resumes. We spend part of our lives building them, showcasing our wonderful talents. "Old Bert is a self-

starter, won employee of the year ten times ..." Hmm.

Fact is some puff up their resumes, exaggerating their accomplishments a trifle. Hey, they needed a job. Novelist Elizabeth Bowen said, "Nobody speaks the truth when there's something they must have."

Most of us make arrangements for our cemetery plot or the special place we want our ashes tossed. But, how many of us write our obituary? Maybe you haven't because, like me, you need more paragraphs.

In a senior moment, I had a swell idea: Hunter's Obituary Embellishment Service.

I'd work with you to embellish your obit, a little or a lot. You could pick and choose from a variety of categories such as sports, civic and business—kind of like the penny candy store you visited as a kid. We'd agree on a minimum of ten paragraphs. If you go over that, I'd charge a nominal fee. You'd sign a disclaimer in case your obit hit the headlines screamed, "Cure for Hemorrhoids" or "Red Sox Win the Pennant, Beat Yankees in 25-24 Slugfest." You'd be toast, nobody seeing your obit. Easy now, we'd have a backup plan; you'd get in the next day, for another nominal fee of course. As we worked together, I'd even provide a complimentary beverage of your choice, preferably Moxie.



Say, who fact checks obits anyway? If they did, would they put the embellishment in the Correction section? "Old Joe, as reported, wasn't a circus clown." Yeah right.

Don't you feel better? Remember the lyrics to the song, "Be happy, don't worry?" Now you don't have to worry about your obit, just passing away. I like passing on better than passing away because I feel like I'm actually going to go somewhere.

Rest in peace.

## EDITORIAL

### By the Year 2020, 20% of Maine's Population will be 65+ Private Sector Health Insurance is Not What We Need

**M**aine keeps getting older. We are currently the oldest state by median age. Let's take the population that is 65 or older. It is estimated that in 2008 there were 201,200 people in this age group in our state. The forecast for this cohort in 2020 – only nine years from now – is 304,500. That is a 51% increase! We will be the second "grayest" state in the country. Only Florida will have the dubious distinction of being grayer.

The five counties with the biggest estimated increases in this age group are: Sagadahoc -72%; York-70%; Lincoln-58%; Cumberland-58%; Waldo-58%. In terms of the share of the total population, these numbers represent an increase from 15.2% in 2008 to 21.3% in 2020. In other words, in 2020 about one in five people in Maine will be 65 or older.

It doesn't take much imagination to see that the state and federal programs that serve the elderly will soon be stressed to the breaking point. How can we muster the financial and bureaucratic resources necessary to sustain these programs, especially Medicare and MaineCare? New and pragmatic policies need to be established to deal with these problems and the time is now. Those political leaders who keep putting this off are in denial. It is folly and irresponsible to think that we can wait until the suffering starts before we start to think about the remedies.

That is why Paul Ryan's (U.S. Rep. from Wisconsin) plan to dismember Medicare has gained support. But his plan to convert Medicare into a program that would provide seniors with subsidies (vouchers) to purchase private health insurance is not the kind of innovation we need. It simply transfers much of the cost of health care to seniors, and puts insurance companies in charge of their care.

Stan Cohen, Bridgton

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**EDITORIAL**

**Governor's Budget  
Bad News**

**Medicare Buy-In Could be  
Eliminated**

By Nancy O'Connell

The time is near when Maine's disabled adults and low-income seniors and families may have to start worrying about their medical care, MaineCare coverage, prescription drugs and co-pays.

Should Part AAA of Governor LePage's proposed Biennial Budget pass, there will be little or no help for this segment of Mainers.

According to Maine Equal Justice, the Governor's proposal will affect about 40,000 disabled adults and low-income seniors currently receiving assistance. Approximately 12,500 will lose all assistance, 6,500 most assistance and 21,000 will lose some assistance. These Mainers will have to bear the cost of Medicare premiums (\$115 will be deducted from Social Security checks), co-pays and deductibles. Without the Drugs for the Elderly program (DEL), many would go without lifesaving drugs.

These "so-called" savings in the DEL program only transfers the money to "Provider Payments" and is intended to help cover MaineCare debt to hospitals and to offset future increases by hospitals. The source of the money is the Tobacco Settlement Money. About 80% of this money funds MaineCare and other programs for seniors and the disabled.

Also affected will be the Medicare Buy-In Programs, which help pay Medicare supplement premiums, funded by MaineCare. Without this help, the cost will be \$150 to \$200 per month. Eligibility for MaineCare and elder services will drop significantly, ie: monthly income levels for QMB will drop from \$1,436 to \$908 and Qualifying Individual (QI) from \$1,754 to \$1,225. The Governor wants to lower Maine's qualifying income levels to those of the Federal Poverty Levels (FPL).

According to the Center for Medicare and Medicaid Services the value of these benefits averages \$4,000 per year, a huge chunk of money for low-income people.

Several elderly people from the Biddeford-Saco area I spoke with said if they had to choose between rent, heat, electric or drugs they would pay their housing costs. Without subsidized medical care, some low-income Mainers would lose their housing and would have to turn to expensive care like nursing homes, which would cost much more money for the state.

State Senator Nancy Sullivan, District 4, explained why Maine is in dire financial straits and why healthcare funds for the elderly and disabled are being raided: "The budget enacted by the 124th Legislature was passed unanimously by both parties. An agreement was

continued on page 19

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**Tax-Free Gifts from IRA Accounts—  
This "window of giving" remains open through 2011**

If you are over 70½, Congress has extended the opportunity for you to give from your IRA account to charities, such as the Southern Maine Agency on Aging (SMAA), without paying federal taxes on the disbursement for 2011.

Here are important facts about making tax-free gifts from your IRA Account:

- You must be 70½ or older when you make your gift and the gift must be made directly from your IRA—no other retirement plans qualify, such as 401k, 403b or SEP accounts;
- Your gift must come directly to SMAA outright. It cannot be used to establish a life-income arrangement or support a donor-advised fund;

- Since the distribution from your IRA is not recognized as taxable income, you will not receive a tax deduction for your donation;
- Each taxpayer is allowed to donate up to \$100,000 per year through an IRA Rollover. If you and your spouse have separate IRA accounts, you can get twice the benefit and do twice the good.

We recommend that you talk to an accountant or other financial advisor about this giving option and then call Peg Brown, Director of Development, to get the information you need on how to make your IRA gift.

Visit planned giving on our website [http://www.smaa.org/planned\\_giving.php](http://www.smaa.org/planned_giving.php) to learn more, or contact Peg Brown at the Southern Maine Agency on Aging, (207) 396-6590 or [mbrown@smaa.org](mailto:mbrown@smaa.org).

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## Woodin Makes New Pledge for the Best Friend Fund

By Susan DeWitt Wilder

Eddie Woodin, the founder of the Best Friend Fund at the Southern Maine Agency on Aging, told me the other day that he'd received a thank you card from an older woman who had received care for her cats through the Fund. I was able to find Claire Dumont and ask if she'd tell her story for "Senior News." She replied,

*"Zircon and Jadzia make all the difference to me. Without them I would be lonely."*

"Certainly. When Eddie puts his foot forward, it's nice for people to know help is available."

"It was Andrew, my grandson, ten at the time, who named my two cats Zircon and Jadzia. It has something to do with Star Trek or Star Wars. That was nine years ago and these cats are my constant companions. I take them for a walk every evening down the hall to give them exercise. A friend used some

wheels from a walker and built a 'cat taxi' for me in which I take the cats upstairs to visit a friend."

Claire grew up in Biddeford, then lived on Munjoy Hill for many years. She worked for the Maine Department of Health and Human Services and also spent 20 years working in the radiation therapy and radiology departments at Southern Maine Medical Center, Mercy Hospital and Maine Medical Center.

She's had some health challenges—two knees and a hip replaced in the last seven years—and last year she needed health care for her cats. She'd saved an article about the Best Friend Fund from "Senior News" with a photo of Eddie and his two dogs, so she called the Southern Maine Agency on Aging to ask if the Fund could help her.

"Things were getting tough. I didn't know how I was going to afford the vet bills. The Best Friend Fund was a big help. My cats make all the difference to me. Without them I would be lonely."



*"Jadzia is on the left. She is the socialite. Zircon, my black and white boy, is head of the house," says Dumont.*

Mr. Woodin has issued a challenge for the Best Friend Fund again this year. He asks pet lovers to match his gift by contributing to this fund that helps older people who need help paying for pet-related care.

To sustain the great work of the Best Friend Fund by making a donation, call me, Susan DeWitt Wilder, at 207-396-6513 or email me at [swilder@smaaa.org](mailto:swilder@smaaa.org). You can also mail a contribution marked Best Friend Fund to Southern Maine Agency on Aging, 136 US Route One, Scarborough, Maine 04074. If Zircon and Jadzia could talk, they would say: *The force will be with you.*

If you are over 60 and cannot afford the cost of veterinary care for your cat or dog, call 207-396-6565 to inquire about the Best Friend Fund.

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### The Right Time To Consider Assisted Living

By Elizabeth Simonds  
Southern Maine Assisted Living Educational Group

Assisted living communities provide seniors an environment that supports and encourages independence while providing assistance with a range of services as needed. If you or a loved one are facing challenges living on your own, assisted living can offer the right amount of support, community, friendship and peace of mind.

The following are common services and amenities that are provided by many assisted living communities with examples of challenges you might be experiencing:

**Nutritious Meals and Snacks** - If you are losing interest in preparing food or perhaps you are eating the same frozen meal consistently or maybe you are losing weight because of poor meal planning, it's time to think about assisted living.

**Medication Administration** - When medications are skipped or there is confusion about what you have taken or not taken, assisted living offers medication support.

**Socialization** - Especially in Maine, with "special" weather, it is easy to feel isolated when living alone. Socialization is a very important part of stimulating your mental and physical health. Living in a community with peers and a caring staff can be a healthy solution.

**Personal Care Assistance** - As a resident in an assisted living community, your individual care

plan may include help (if needed) with bathing, dressing, grooming, incontinence, ambulating, reminders and medications.

**Well-Trained Care Staff 24/7** Enjoy peace of mind knowing that a registered nurse and other staff are in your assisted living home to care for you around the clock.

**Daily Activities** - Exercise programs, art classes, games, musical performances and social hours are only a sampling of activities offered that enhance your physical, spiritual, intellectual and emotional well-being.

**Transportation** - Trips to medical appointments, shopping, dining and entertainment are provided.

**Housekeeping, Laundry, Maintenance Services** - What a great relief! Most assisted living communities provide these services.

While there are many choices of assisted living communities, it is important to visit several and ask questions about services, availability and cost. Make sure you choose a community that matches your lifestyle and financial resources. Just as important is making a plan now while you have the choice. Moving to an assisted living community when you can take advantage of all it has to offer will help extend and even improve your quality of life.

*Information provided by the Southern Maine Assisted Living Educational Group offering seminars on assisted living. For more information, contact Elizabeth Simonds 207-885-5568, Ext. 330.*



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## Driver Safety Course Schedule

The AARP Driver Safety Course is recognized as an approved motor vehicle accident prevention course for automobile insurance premium reduction by the Maine Bureau of Highway Safety. Drivers age 55 and older may be eligible for an appropriate reduction in automobile insurance premium charges after completing this course. Please check with your insurance company or agent prior to taking this course for any additional requirements for eligibility. The registration fee is \$12 for AARP members, \$14 for others

May 26 — 8:30AM to 12:30PM  
**Brunswick**, Thornton Oaks  
Call instructor: Joe Hahn, 751-9364

May 26 — 12 to 4:30PM  
**Fryeburg**, Fryeburg Public Library  
Call instructor: John Hammon, 655-4943

June 6 — 9AM to 1:30PM  
**Bridgton**, Bridgton Comm. Center  
Call instructor: John Hammon, 655-4943

June 7 — 9AM to 1 pm  
**Sanford**, Trafton Senior Center  
Call instructor: David Snyder, 793-2889, To register, call 457-0081

June 8 — 10AM to 3PM  
**Kittery**, 2nd Cong. Church  
Call instructor: George Davis, 474-0677, To register, call Virginia Barron, 439-1678

June 17 — 9AM to 1:30PM  
**Yarmouth**, Yarmouth Town Hall  
Call instructor: Phil Chin, 846-0858

June 28 — 9AM to 1:30PM  
**Portland**, AARP State Office  
Call instructor: Robert Libby, 650-0571

August 4 — 9AM to 1:30PM  
**Portland**, AARP State Office  
Call instructor: John Hammon, 655-4943



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## Mini Dental Implants and You—Take a Bite Out of That Apple!

Dr. Glen Knock



If you, a friend, or a loved one wears dentures that spend much of the time either floating around in the mouth or, even worse, sitting in a glass, then there are many new solutions to this problem. Many people wear their dentures for too many years before they are remade or even relined. Sometimes this is due to the fact they weren't told to get them checked every year. Sometimes they just can't afford to keep up with the maintenance. A lot of the time, they just "get used to them" and forget about doing anything further about their dentures.

The American Dental Association recommends that dentures be redone or relined every 3-4 years. The main reason is that the bone supporting the dentures will erode away if they don't fit correctly; hence they get "loose." When this happens simple biting becomes a chore and a hopeless feeling of ever being able to bite into an apple again takes place. Many people are fine with this feeling, but many others wish that something could be done about it.

One solution could be as simple as remaking the denture to the eroded ridges. Sometimes this will improve the bite tremendously. Another solution could be to reline the inside of the denture to fit better. Most dentists are capable of doing these procedures, which are the least expensive.

To truly have "Tight Dentures" the placement of Mini Dental Implants can be a Godsend. These tiny, FDA approved Titanium implants have revolutionized dentistry and have made thousands of denture wearers able to "bite into that apple." A Mini Dental Implant, once placed, can anchor an upper or lower denture and keep it from dislodging and "floating" around in the mouth. No need for all that goopy denture adhesive—it becomes a thing of the past. The upper denture can be so well anchored with "Minis" that it can be horseshoe shaped and not have plastic in the roof of the mouth! Most of the time, to do this, several implants have to be placed.

Another great advantage of the Mini Dental Implants is that they are one-third to one-half the cost of conventional implants. And most of the time they only require one visit! Next time we'll talk about how Mini Implants can be used to replace one or more missing teeth.

**Glen C. Knock, DDS**  
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This advertorial is paid for by Falmouth Dental Arts for the benefit of "Senior News" and its readers.

## Aging Gracefully with the Montreal Jazz Festival

June 25 - July 4, 2011

By Elizabeth Margolis-Pineo



Be there or be square.

For 32 years, our friendly neighbors to the north have presented the biggest jazz festival in the world with hundreds of free concerts on 10 outdoor stages and 12 indoor venues around the ever-expanding *Place des Arts* in beautiful downtown Montreal.

Ageless virtuosos in this summer's lineup include Diana Krall, Dave Brubeck, Chick Corea, Dave Holland, Brad Mehldau, Josh Redman, Tony Bennett, Marianne Faithfull, Sade, Dee Dee Bridgewater, Madeleine Peyroux, Nikki Yanofsky, Paco de Lucia, Peter Frampton, k.d. Lang, Bob Walsh and many more.

Through the years, we've matured along with festival regulars B.B. King and Grace Jones. Here are six savvy senior strategies for a fun and safe jazz festival experience:

1. Stay at the Hyatt. From the outdoor decks, guests can see and hear the performances below. You can also "bump into" musicians in the elevator, and late nights at the bar you can schmooze with the greats.

2. Bring nifty GCI PackSeat portable stools (available at LL Bean). Outdoor seating is sparse, but savvy seniors enjoy free outdoor concerts with a portable seat. Be aware that folding seats are not allowed at big events when crowds are dense—the festival does a great job of keeping everyone safe.

3. Book evening concerts at small, ticketed indoor venues. Our favorite is the *Gesù Centre de Créa-*

*tivité*, a cozy venue with fabulous acoustics and cozy atmosphere. We've seen amazing performances there, intimate and indelible.

4. Treat yourself to larger, ticketed indoor venues like the *Salle Wilfrid-Pelletier* or *Théâtre Maison-neuve*. They're comfortable, formal and a bit pricey—but when you're listening to a Marsalis or Brubeck, it's worth it!

5. Bring a sun hat. Last year temps soared well into the 90s. Staying hydrated is easy with onsite refreshments whose proceeds support festival infrastructure—Montreal gets "greener" every year!

6. Grab a program for schedules, maps and accessibility information. There is so much going on,




Sophie Hunger Band at a Montreal Jazz Festival.

especially in the evening and a little preparation goes a long way. For tech-savvy seniors, the Jazz Fest App is a great tool for instant information.

So practice your high school French and be prepared to *laissez les bon temps roulez!*

For information and evolving all-star lineup, visit [www.montreal-jazzfest.com](http://www.montreal-jazzfest.com).



### Ankle & Foot Associates

John H. Dorsey, DPM  
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Ryan Hiebert, DPM

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- ❖ 3,130 people improved their health with foot care, screenings and tests
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Cindy M.

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- having pain
- being tired
- setting goals
- using medicines
- being inactive
- feeling sore
- feeling sad
- planning for the future
- being stressed
- solving problems
- breathing problems
- eating well

### Is this for me?

If you are dealing with concerns such as:

- aches and pains
- weight issues
- missing out on things you used to do
- arthritis
- depression
- high blood pressure
- diabetes
- cancer
- heart disease

Any adult who has a long term health condition is welcome. A family member or friend can also participate.

### When is the next workshop?

**Springvale:**  
May 24 - June 28, 9:30AM-12

**Portland:**  
June 21 - August 2, 2:30-5PM

To sign up contact Anne Murray at 396-6529 or amurray@smaaa.org

### How much does this workshop cost?

\$10 donation for the entire 6-week series.

A workbook and CD are available for loan or purchase.

*"This program would be helpful for anyone."*

## EDITORIAL

### A SMAA Social Worker Speaks Out

I do not think I am alone in my feelings of deep concern and outright anger at the Republican party's aim at cutting Medicare and Medicaid and services for the poor, elderly, and disabled while they continue to support tax cuts for the wealthy. In fact, they propose making all Bush-era tax cuts permanent! We all know who those tax cuts benefit!

As a social worker I see firsthand the hardships seniors face trying to live on their meager Social Security checks. One of my clients receives only \$636 a month from Social Security. She is a divorced woman who stayed home and raised her children as did most women of her generation. When she did start working she earned minimum wage, hence the low Social Security benefits she now receives. I challenge any law maker to try to live on \$636 a month with the cost of today's food, gas and oil prices. There is no way this woman could afford to pay even her Medicare Part B premium, let alone supplemental or prescription drug plan premiums. She is able to live her final years of life in her own home with the help of programs like the Medicare Savings Program, which pays for her Part B and D premiums and gives her Mainecare as a secondary insurance. She also receives fuel assistance and food stamps. If these programs are cut, my client will be forced to move to an assisted living facility at the cost of \$5,000 or more a month, paid for by the state.

These proposed cuts also affect my family directly. I am the mother of young man who is developmentally delayed. I thank God for having him in my life but worry about his future as someone largely dependent on the welfare system for his housing, insurance, and care. He, like most other persons with disabilities, is unable to advocate for himself, which makes cuts to his services even more outrageous.

Please contact your state repre-

sentatives and ask them to protect our most vulnerable citizens and support our President in his aim at eliminating tax cuts for the wealthiest Americans.

**Vicki Durell, LSW**  
Information & Resources  
Southern Maine Agency on Aging

### Older Adults and Alcohol Use

You may not think twice about having a drink now and then. But alcohol can be a serious problem for older adults, especially if you take certain medications, have health problems or don't control your drinking.

Aging lowers the body's tolerance for alcohol, so older adults can develop problems even though their drinking habits haven't changed. "Older adults can experience the effects of alcohol, such as slurred speech and lack of coordination, more quickly than when they were younger," says Dr. Kenneth R. Warren, acting director of NIH's National Institute on Alcohol Abuse and Alcoholism.

Drinking too much alcohol can also make many health conditions worse. These include diabetes, high blood pressure, congestive heart failure, liver problems, memory problems and mood disorders such as depression and anxiety.

Alcohol Use and Older Adults, a new topic on NIH Senior Health, provides helpful information about the effect alcohol can have on our bodies, health and lifestyles as we age. You can find it at <http://nihseniorhealth.gov/alcoholuse/toc.html>. The pages also discuss how much is safe to drink for most older men and women, what precautions to take if you're on medication and how to get help if drinking is a problem.



### When you've made the right decision, you know.

Even though we knew it was time, moving to an assisted living community was one of the hardest decisions we've ever had to make. But I knew we'd made the right choice when we decided to come here.

I never dreamed it would feel so much like home. And it's good to know we won't have to move again if our financial situation changes.

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From Jo Dill's Notebook

**Registration for 2011**

Maine Senior Games registration packets are in the mail and we are ready for on-line registrations. See the website for on-line registration or to download a form. [www.mainesrgames.org](http://www.mainesrgames.org)



**Thinking about competing in Maine Senior Games?**

**Come to "Explore Maine Senior Games Day"**

On Sunday June 5, (rain date June 12,) at Scarborough High School, Maine Senior Games and Easy Adventures will have an "Explore Maine Senior Games Day." This will be your chance to try a new event, get new tips on your event, learn about the Maine Senior Games and what it has to offer, rules, handouts, snacks and much more! No competition! Sports offered: track & field, women's softball, triathlon, horseshoes, foul shoot/hot shot, archery and tennis. Registration fee \$10. Register online at [www.mainesrgames.org](http://www.mainesrgames.org) or contact Jo at [jdill@smaaa.org](mailto:jdill@smaaa.org) or call 396-6519.

**Opening Ceremonies**

This year's opening ceremonies will be on Sunday, July 31, at a Portland Sea Dogs Baseball Game. The game starts at 1pm (athletes should arrive at noon) and the Sea Dogs play the Altoona Curve (Pirates). Athletes will get to go on the field before the game and Senator Susan Collins will light the torch to open Maine Senior Games! Tickets are on sale now and may be purchased by calling Jo Dill at 396-6519 or send an email to [jdill@smaaa.org](mailto:jdill@smaaa.org). The seats are reserved behind home plate and

the cost is \$7. By having the Opening Ceremonies at a Sea Dogs game, we expect to raise the awareness of the Games. Athletes, friends and family are encouraged to be there at noon.

**National Senior Games**

Congratulations to the following coaches and athletes who are going to the National Senior Games in Houston, TX in June: Adrienne Turner, Anne Dunn, Bonnie Fossett, Claudia Lackee, Coco Hirstel, Cyndi Boba, David Colby Young, Deb Smith, Debbie Tefft, Diane Whitmore, Donald Gleason, Donald Murphy, Ed Oakes, Elliott Tracy, Ellsworth Rundlett, Frank Goodwin, Jack Ginty, Jackie Lozier, Jo Lannin, Joan Feldmeier, Joan Howard, Joanne Petkus, Joe Carozzi, Joel Stinson, John Kelly, Judy Martin, Karen Reardon, Kathleen Erickson, Kathy Sanborn, Kayellen Walker, Kelly Sherwood, Laurie Bjorn, Linda Hunt, Linda Pickard, Loring Deagazio, Marcel Bastide, Marcia Chute, Margaret Holmes, Maureen McInnis, Nancy Fortin, Nancy Richardson, Patty Stogsdill, Paul Stevens, Ralph Dyer, Jr., Rick Fortin, Robert Cook, Robert Demont, Subi Link, Sue Dunn, Sue Schenning and Tammy Higgins. Good Luck to you all! I know you will make Maine proud!!

**Maine Flag Bearers at Nationals**

Nancy Fortin and Ellsworth "Derry" Rundlett will be the Flag Bearers for Maine at the celebration of athletes at the National Games in Houston. Nancy is a basketball player and also pitches horseshoes and Derry sprints the 100, 200, and 400 in track and field.

Thanks for your willingness to represent us and congratulations to you both!

**Thank you, Medicare Volunteers!**



SMAA relies on volunteers to help with Medicare Open Enrollment and "Welcome to Medicare" seminars. Volunteers pictured here are from left to right: Fred Ronco, Kathleen Kluger, Howard Hanning, Jim Baker, Mary Bruns, Connie Grant, Mary Smith, Tim McIntee, JoAnn Innis, Pat Paine, Marian Rowan, Paulette Burbank and Nancy Gordon. To find out more about joining the Medicare Team, call Carol Rancourt at 396-6547 or 1-800-427-7411, ext. 547.

**From a letter to a SMAA Resource Specialist**

Dear Sheila,

"At the pharmacy last week I stood and blessed your name as I picked up a prescription with absolutely no payment at all. With a huge smile the lady at the counter announced, 'No co-pay...' This would have been almost \$200 otherwise."

--Arthur Anderson, Old Orchard Beach

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**BOOK REVIEW**

**Major Pettigrew's Last Stand**

by Helen Simonson (2010)

Book Review by Don Caouette

We are introduced to the intelligent and refined Major Pettigrew, a 68 year old former British army Major, who has just lost his brother. Major Pettigrew has been widowed for six years and lives in a small town in Sussex England named Edgecombe St Mary. We also meet the Major's self-centered, obnoxious son who has an entirely different set of values, concerned with money and promoting his banking career, thereby creating a father-son clash. Into this mix enters the learned and attractive widow ten years the Major's junior, still considered Pakistani by this village, even though she has never been beyond the Isle of Wight. Finally, you add the rest of the town's residents, along with a couple of stereotypical American businessmen, all with their idiosyncrasies and fondness for "the right sort of people." Thus, you have the characters you will enjoy meeting in this well-written romantic comedy by Helen Simonson.

Major Earnest Pettigrew is a man in a constant state of "repressed irritation:" his daily tea is often not

to his liking, people do not exhibit the proper manners and politeness he thinks is expected. His son barges in on him unexpectedly upsetting his weekly schedule, and he has to confront the shallowness of racial and religious intolerance amongst his village neighbors. Fortunately, he is able to find respite in his new companion, Mrs. Jasmine Ali, an independent woman who shares many values with the Major and is affected by her own cultural family and societal issues. She and the Major engage in bright and witty dialogues, sharing a love for reading, especially Kipling. Through it all, you cannot help but cheer for them to have a successful relationship despite the many problems they encounter throughout their courtship.

The book is filled with humor, much of it emanating from the Major's relationship with his son, Roger, and also from the social interactions he experiences with the cast of colorful characters living in the town. Ms Simonson's first novel is a very entertaining story directed primarily at the over fifty age group, with a message to not give up on love no matter what stage of life. It is also a good read for anyone wanting to enjoy an amusing look at English folkways and mores.

**Quality Time with the Undertaker**

By Jason Wilson

Pre-planning your final arrangements will help prevent emotional turmoil for those you leave behind.

The costs and fees associated with decisions are seldom brought up in family discussions during final arrangements. The discussion and angst is focused on what the person who died might have wanted or said they wanted for their final arrangements. Ironically, if you want to alleviate the financial burden for your family, you should pre-plan your arrangements. A typical scenario for those left with making the final arrangements may include selecting a more expensive urn or casket than you would want. Why? Simply, it is a guilt/anxiety purchase. The survivors would rather make an error towards a better urn or casket. There is nothing wrong with a "feel good" purchase; Dad loved oak wood so they choose the oak urn or casket. The difference is subtle, and families want to be certain of their purchases. Uncertainty causes anxiety and people will do whatever possible to eliminate it like purchasing something more expensive. Knowing Dad likes oak wood but left specific instructions to be buried in a simple, pine casket ends any confusion.

What to do? Start with a dated,

simple set of instructions with copies for the decision makers in your family. The date is necessary because people change their preferences during their lives. Someone will remember that you mentioned something 30 years ago that is not relevant at the time of your passing.

What is a "simple set of instructions?" Use the Who, What, Where, and How technique. Who do you want to perform your ceremony? Who do you want to attend? What type of ceremony do you want? Where do you want it to take place? How do you want to be remembered?

Write a draft of your obituary or fill out paperwork, typically provided by the funeral home, supplying the important places, dates and people to be mentioned in your obituary. The obituary is a big stressor at the time of arrangements—everyone is afraid they will leave out an important person or item.

In summary, pre-arrangement can save your family a lot of emotional turmoil caused by uncertainty, which leads to possible overspending. Decide the type of service you want and if buried or scattered where that should occur. Finally, make copies, date the material for a time reference, and date and initial any updates. Your family and friends will notice your imprint on the final arrangements and add their own special touches.



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### More Beans, Please!

Susan Gay, Registered Dietician Nutrition Coordinator, Hannaford

I have to admit I was quite excited beans were chosen as the focus of this column! At the heart of a healthy diet is whole food in its natural state. Look no further than the bean aisle! Try cooking dry black beans. Soak them in water overnight in the refrigerator. Then drain and add fresh water, about 2 inches above beans and bring to a boil. Once boiling, reduce heat and simmer 60-90 minutes. Cooked beans will keep in refrigerator for three days. If canned beans are preferred, reduce the sodium by rinsing them in a colander before use.

Black beans are high in protein and fiber as well as antioxidants and magnesium. Beans are virtually fat free, therefore, a great substitute for animal protein that often can be high in saturated, the unhealthy fat. Fiber which many of us are lacking is plentiful in beans. Soluble fiber can help reduce the risk of heart disease by reducing the body's ability to make cholesterol. Insoluble fiber helps to minimize digestive disorders associated with constipation. Together, the fiber and protein can help maintain weight and manage blood sugar. Antioxidants found in beans help to protect against free radicals and may help protect against certain cancers and other diseases. Magnesium found in beans is a mineral that can help reduce the incidence of heart attacks by improving blood pressure. Magnesium helps to relax arteries allowing our blood, which carries oxygen and nutrients, to more easily travel through the body.

If all of these points aren't enough, beans are inexpensive, versatile and available year around! At the risk of starting something that won't be a constant, a simple and delicious bean recipe (from www.cabotcheese.coop) is included in this column. Hopefully, once you've discovered how tasty and easy to prepare they are, you'll be excited about beans, too!

#### Black Bean Roll Ups

- 1 (15-ounce) can black beans, rinsed and drained
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 2 teaspoons ground cumin
- 2 rectangular sheets soft wheat Lavash bread or other wrap
- 4 ounces extra sharp cheddar cheese, grated

Mash beans, oil, lime juice and cumin into coarse puree with potato masher or fork. Spread half of mixture over each lavash. Sprinkle with cheese. Starting with wide side, roll up tightly. Wrap in plastic wrap and refrigerate until ready to serve then microwave just until warm, about 20 seconds. Serve with salsa for dipping, if you wish. Makes 24 roll ups.



This advertorial is paid for by Hannaford for the benefit of "Senior News" and its readers.

### Governor's Budget

continued from page 11

reached between the Maine Hospital Association (MHA) and the Legislature on how to pay the hospitals. To the Republicans, Democrats and the MHA it made perfect sense," she said. "The new administration decided to make a big media splash announcing how the state had not been paying its bills. We were paying as agreed. Now the hospitals want full payment," she said.

About ten years ago the state sales tax was 5.5% then it reverted to 5%. That one-half percent brought \$204 million into the state coffers over two years," said Sullivan.

As a result of losing sales tax money the state had to find a way to replace it and they did. "They replaced it with the tax most people reject—property taxes," she said. "The amounts are huge."

Sullivan said she is not antibusiness and profits, however, she is against our elderly, disabled and the public sector paying the state's business bills, "to their detriment."

Biddeford Mayor Joanne Twomey commented, "The Governor is going in the wrong direction. I do not think he realizes how these cuts will affect people's lives. It will be devastating. We need the Legislature to stand up and oppose this."

Sullivan recommends calling your Legislators at home and asking them to vote against the provision. Tell them you want a call back on how they voted, and "you are a voter in their district and you expect to hear back from them," she said.

It would perhaps serve the Governor well not to underestimate this segment of Maine people who comprise a formidable voting bloc. Several calls to the Governor's office for comment failed to elicit a response.

To propose a Budget that increases healthcare costs for the disabled and low-income seniors and families is unconscionable.

Nancy O'Connell can be reached at 282-0453.

### EDITOR'S NOTE

## How About Giving "Senior News" a Boost?

Since 1997 Maine's only newspaper devoted to the daily life of older adults and their families has been produced, mailed and distributed throughout southern Maine free of charge. The good news: "Senior News" will continue! A recent public opinion poll\* of 300 people age 55 or older found that 74% recognize the value of such a newspaper and 35% specifically identified "Senior News."

This is good news for our faithful advertisers who make the "Senior News" possible. Yet, costs have crept up over the years, especially postage over which we have no control, and we need a financial boost.

If you enjoy the "Senior News" and are able to donate to help keep the paper thriving, please send a suggested donation of \$10 per year. By supporting "Senior News" you will help keep the information and resources communicated in our pages available to more than 20,000 households!

If you don't receive "Senior News" in the mail, call Bonnie Craig at 207-396-6526 or 1-800-427-7411, x526 and leave your name and mailing address. We're happy to send your way!

\*Research conducted by Critical Insights, Portland, Maine.



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# VOLUNTEER CONNECTIONS RSVP

## *"An Invitation to Make a Difference"*

### Burt Rendall Named "Volunteer of the Year"

**O**n April 11 Burt Rendall, a SMAA-RSVP volunteer for the past 21 years, was named "Volunteer of the Year" by Maine Medical Center. Burt sought RSVP's help in finding a placement when he moved to Maine from Worcester, Mass. He is retired from an oil company in Texas where he was a safety engineer and designer. Burt also received the Support Service Award from the United Way in 1995. He is an outstanding and unique volunteer serving several nonprofits all in one week (he and his wife have volunteered five days a week for years). In any one week you could find Burt at the Scarborough Library, the Portland Symphony, Maine Historical Society, SCORE, Maine Medical Center and the Maine Trolley Museum.

At the Maine Historical Society Burt helped catalogue over 4,000 drawings of the Portland Company that was in business from 1846-1978. Portland Symphony benefited greatly when he restored and catalogued sheet music that had been acquired but not catalogued for 50 years. He built shelves for the music and in the process learned names of various instruments in a variety of different languages. At Scarborough Library he shelved and kept 150 magazine collections in order. They saved special projects for him because he is such a detail expert. In the winter at the Trolley Museum he used his talents to help restore the trolleys and in the summer he often operated the trolleys. At SCORE he had been secretary and did intakes and counseling for small business owners. At Maine Medical Center he has been called upon for



**Burt and Sally Rendall each receive a spoon for the glass bowl "Volunteer of the Year" award Burt received on April 11.**

special projects of all sorts. His wife of 60 years is also a RSVP volunteer and has given 35,855 hours of service to Maine Medical Center!!

Burt Rendall exemplifies volunteers who have retired from work but not from life, contributing not only time but priceless lifelong skills and experiences for the betterment of the community.



**A quartet of the Royal River Chorus entertained at the Portland Volunteer Recognition event. Pictured here from L-R are Robin Marsanskis, Rhonda Williams, Ann Cianchette, and Sue Bonior.**

### Happiness Improves with Volunteering

by Eileen Whynot,  
Editor, "Senior News"

**I**'ve discovered that among other things, volunteering can make you happy—at least that's what a number of volunteers told me at the SMAA and RSVP Volunteer Recognition Luncheons. Everyone has interests, talent and skills of some sort to share. SMAA and RSVP help volunteers find their "happy place" by matching interests with hundreds of volunteer opportunities in southern Maine.

I met Janet Michaud who not only reads to children, last year she made 399 handmade greeting cards for military men and women serving in Afghanistan or Iraq to send home to their friends and family members. This is an impressive project, and I was in awe of Mrs. Michaud's creativity and how much it must mean to the people in a war zone to be able to send birthday and other greeting cards back home. What a gift Mrs. Michaud gives to people she's never even met.

I came across the Meals on Wheels table of volunteers who deliver in Kittery, Eliot and the Berwicks. I met Tammy Cole who drives meals from the SMAA distribution site in Kittery back to South Berwick four days a week, so that volunteers for the Berwicks can pick up food without driving to Kittery. Back in 2004 Tammy came to Maine from Missouri for her husband's new job in Portsmouth. A friend in St. Louis had delivered Meals on Wheels, so she decided to see how she could help. And help she does!

Some of the Kittery site volunteers know each other through the Footprints Food Pantry, including Eileen McKeel and the SMAA site coordinator, Elaine Plaisted. Elaine's parents drove for Meals on Wheels for 14 years and through them she learned about the part time job with SMAA.

*"I get so much out of it. They're doing more of a service for me than I am for them."*



**Frances McDonald, 87, a Meals on Wheels driver for 22 years.**

John and Judy Elwell have been delivering every Monday for three years. Their daughter told them about volunteering for Meals on Wheels. It turns out volunteers are desperately needed on Fridays in South Berwick and Tuesdays in North Berwick and Eliot. Elaine says 10 volunteers are needed right now to help get the meals delivered and shorten some of the longer routes. Call Elaine at 475-7339 between 7:30 and 11:30 except weekends and Wednesdays. Meals on Wheels drivers are reimbursed .44 per mile.

I met Alma Libby last year when she was 100 years old. She was honored again this year for being the oldest active volunteer. She knits hats and mittens for children and "prayer" blankets. If you're happier, you may live longer.

Philippe Roux, a retired electric utility lineman, goes to the gym at UNE every day, and has been delivering Meals on Wheels in Biddeford for 17 years. I guess fitness and volunteering can go together so you can be happy and healthy.

You can volunteer with a friend or your husband or wife. Aurel Biron has been delivering Meals on Wheels for five years. When his wife Monique retired three years ago, she joined him and they deliver meals three days a week. They see a lot of people every week and get to spend this time together. Monique says, "I love it!"

These are just a few of the volunteers who looked happy when they talked about their volunteer work.



**John and Judy Elwell, Kittery area Meals on Wheels.**



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## People Age 55 and Older Have Additional Opportunities to Help People of All Ages Through RSVP

Southern Maine Agency on Aging (SMAA) is the sponsor of the Retired and Senior Volunteer Program (RSVP) in Cumberland and York counties. RSVP is a national program for people age 55 and over who want to serve their communities by volunteering.

In RSVP, you may help seniors by volunteering with SMAA, but you also have many additional volunteer opportunities with other nonprofit and healthcare organizations.

For opportunities in Cumberland County contact Priscilla Greene at 396-6521 or 1-800-427-7411 Ext. 521. Or email her at pgreene@smaaa.org. For opportunities in southern York County contact Deborah Levine at 603-205-4073 or email her at dlevine12@yahoo.com. For opportunities in the rest of York County contact Ken Murray at 396-6520 or 1-800-427-7411 Ext. 520. Or email him at kmurray@smaaa.org.

### Some of the many opportunities available include:

- Activity Aide in Senior Housing
- Adult Tutor in Literacy Programs
- Board or Committee Volunteer
- Buddy for Health Program
- Bulk Mailing Helper
- Child Care Volunteer
- Classroom Aide
- Clerical Support
- Docent at a Museum
- Driver in a Volunteer Rides Program
- Entertainer at Senior Facilities
- Health Educator or Mentor
- Hospice Volunteer
- Hospital Volunteer
- Hotline Volunteer
- Independent Living Helper for Frail Elders or Returning Veterans
- Information Provider
- Knitter
- Library Aide
- Management Consultant to Nonprofit
- Mentor
- Ombudsman
- Program Aide in Various Settings
- Reader to Young Children
- Recruiter of Other Volunteers for Nonprofits
- Senior Center Volunteer
- Tutor of Children
- Visitor in Senior Housing

## Join Spring Training

Time to sign up for training in an interesting volunteer opportunity!

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."

### Cumberland County

- Attention gardeners! There are a variety of gardens in non-profit agencies that could use your help in planting or maintaining. Also available are situations where you could assist residents of long term care facilities in planting a vegetable garden.
- If you enjoy being in an office situation, there are needs for data entry, phone calling and assistance with fundraising.
- Do you enjoy engaging seniors in activities? Helping with crafts, cooking or discussing current events are three possibilities where you could run an activity.
- Join a river-watching team. Help collect water samples from our rivers and learn how to analyze the samples. This is a great opportunity to learn new skills while enjoying time outdoors.
- Another way to enjoy spring weather—assist in a trails program. Activities could include trail maintenance or helping at special events.

If any of the above opportunities interest you, or you would like to learn more about other ways you can help others, call Priscilla Greene for more in-depth information. You may reach her at 396-6521 or 1-800-427-7411 Ext. 521. Or you may email her at pgreene@smaaa.org.

### York County

- Volunteers are needed to work with the United Way to recruit other volunteers for area non-profit organizations. This is a great opportunity to use your knowledge of your community.
- A therapeutic riding program is looking for volunteers to help with various activities. If you like horses, this would be a great opportunity for you.
- A cooking and nutrition program is looking for volunteers to assist instructors. The program teaches families living with low incomes how to prepare tasty, healthy meals on a limited budget.
- York County's domestic violence prevention and response program is looking for volunteer hotline advocates, child care providers and court monitors.
- Nursing homes and assisted living centers have lots of volunteer opportunities to help with activities or visit with residents.

To learn more about these and many other volunteer opportunities, if you live in southern York County, contact Deborah Levine at (603) 205-4073 or dlevine12@yahoo.com. If you live in the rest of York County, contact Ken Murray, at 1-800-427-7411, Extension 520 or by e-mailing kmurray@smaaa.org

## Volunteers of All Ages Needed To Support Senior Independence

Southern Maine Agency on Aging has a long history helping people age 60 and over live full and independent lives. We have done that by providing clear, objective information and a variety of services. Volunteers have always been key to our success. Here are some of the many ways you could help as a volunteer:

- Help Seniors with Everyday Finances as a bill-paying assistant
- Deliver Meals on Wheels
- Shop for Groceries for a Senior
- Lead a Group to Help Seniors Improve their Balance
- Lead a Group to Help People Cope with Chronic Illness
- Help Organize Maine Senior Games
- Support Residents of Larrabee Village in Westbrook by Leading Activities, Visiting or Grocery Shopping
- Help with Activities and Events at Truslow Adult Day Center in Saco
- Become a Medicare and Health Insurance Advocate
- Help Provide Information & Resources to Seniors
- Put Your Office Skills to Good Use at SMAA

To learn more, call the Volunteer Hotline at (207) 396-6525.

## Maine's Volunteer Roll of Honor

Each spring the Maine Commission for Community Service collects the names of volunteers who have contributed 500 or more hours during the previous year. They are then entered into the Roll of Honor, which is part of the Governor's Service Awards program. This year, the following volunteers were nominated from RSVP:

Kathleen M. Fink	Lucette Logrien	Muriel Rumney
Doris Flaherty	Lorraine M. Moulton	Madeline Sargent
Joel A. Glass	Janice F. Phinney	Elizabeth D. Smith
Irene M. Harford	Sally M. Rendall	
Ruth A. Johnson	Burt Rendall	



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## Finding Balance Between Trust and Mistrust

By Jessica Wood



How do we know for sure if we are being scammed or if we are going to fall prey to a potential scam? Our natural desire to give others the benefit of the doubt and to be considerate towards the unknown may sometimes alter our ability to judge a particular situation or person. After all, what kind of society would exist if we were constantly mistrusting of others? Ulti-

mately, we must determine how to balance our ability to trust and mistrust to make sound decisions. The following stories exemplify this important message.

In the first instance, an older woman living in Maine was recently contacted by a gentleman claiming to be from a Canadian prison. The man asserted the woman's grandson was in jeopardy and required at least \$2,000 to meet bail. Evidently this man had enough knowledge about the grandson to motivate his grandmother to contact her local bank to inquire about wiring funds

from her account. This bank customer was genuinely fearful for her grandson and wanted to take whatever actions necessary to help him; however, admitted she had no way to determine if the request was valid. The bank advised their customer to report the event to the police, and to communicate to the suspects that she was going to coordinate payment through local law enforcement.

Feeling satisfied that if the request for financial help was sincere, she would have legitimate means of helping her grandson, she relayed the suggested message to the person requesting the \$2,000. In the end, when the suspect was told how payment would be made, he immediately hung up the phone and never called back.

As one additional note to this example: readers should be cautious because this is a well-known 'grandparent/grandchild' scheme. If you are presented with a similar situation, it is best to call police or your local sheriff department and allow them to assist you before sending money in what sounds like an emergency.

Also, when buying or selling an item never send or except more than the amount of a purchase or sale—another scam that is popular.

The following example presented a challenge for an aging, disabled man. Due to his physical limitations, this man is often unable to keep up with the maintenance on

his property. When several gentlemen approached him at his home offering to complete some unfinished work, he was relieved but in his opinion did not really accept the offer of their help. The "workers" completed a portion of the work they'd offered to do and pressured the man into writing a check as though the job was completed.

While this man was pressured into writing the check, it was eventually what caused him to feel uncomfortable about the exchange. When the "workers" never showed up to complete the work, the homeowner reported the events to the police and the bank. Although the bank customer wasn't able to recall the identity of any of the suspects, the bank was able to aid in providing evidence. As of this date, the suspect who cashed the check will be brought up on charges stemming from this incident.

In due course, we must all develop strategies to help us lead with sound decision making. While it isn't advised to radiate skepticism and uncertainty about everyone, we cannot place our unrelenting trust in the whole world either. Bottom line: reach out to professionals in the community, protect your assets, and pay attention to potential red flags to find your balance.

*About the author: Jessica Wood is an Investigator at Key Bank in Maine. She may be reached at Jessica\_Wood@KeyBank.com.*

### 2nd Annual Greater Portland Home Healthcare Expo For Senior Citizens

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\*Survey of service recipients, June 2010.

**Message from Leadership**

Thanks to the care and loyalty of our 1,345 generous donors, we were able to offer critical services and successful solutions to more than 15,000 individuals in 2010. Like most non-profits across the state, SMAA faced a challenging fundraising year. While many nonprofits around the country reported significant declines in giving, we set a record for the number of new donors, 506, and saw a 39% increase in the number of donations of \$1,000 or more. Private donations provided 16% of our 2010 operating budget—vital support needed as federal and state support continued to decline. We are deeply grateful to you—SMAA volunteers, community members, municipalities, clients, foundations, businesses and community organizations—for your continued generosity and your care for those we serve.

Last year we continued to develop new partnerships with a diverse group of organizations and have worked toward broadening and enhancing services to reach seniors in the 55 towns in our area.

No doubt, our biggest challenge going forward is preparing for the number of "baby boomers," those born between 1946 and 1964, many of whom will help care for their family members and friends. There will be an estimated 40,000 boomers aging into Medicare over the next decade in southern Maine alone. It will be only through the help of volunteers and donors that our organization can step up to this challenge. Please consider how you can help by giving of your time or financial support.

Thank you for your interest in SMAA's work.

Laurence W. Gross, Executive Director

**"I received excellent service by phone and face-to-face. Very caring people, very good listeners and explanations that were understandable."**

**New Community Partnerships**

- Working with the **Veterans Administration**, our adult day center in Saco created a core group of participating veterans. SMAA staff also developed two new long-term care programs for veterans.
- Recognizing that patients return home from a hospital stay at times with non-medical issues, **Maine Medical Center's Physician Health Organization** formalized ongoing referrals with a dedicated SMAA social worker.<sup>2</sup>
- Donor Eddie Woodin launched the **Best Friend Fund** with a \$2,500 challenge grant to help low-income pet owners with unexpected veterinary expenses.
- Our nutrition program joined community centers in **Kittery, Springvale** and **Westbrook** creating local hubs for SMAA resources.
- Through our "As You Like It" program, the **Bonanza restaurant, Me & D's Diner, Southern Maine Community College, St. Joseph's College, Maine Medical Center** and **York Hospital** served 11,000 discounted meals. Customers choose from a variety of menu items, where and when they want to eat out.
- SMAA worked with the **Good Shepherd Food Bank, Wayside Food Programs, Project Feed, York County Shelter**, and the **University's Cooperative Extension** along with a number of food pantries to reach 1,028 low-income seniors with 154,200 pounds of U.S. Commodity Supplemental Food in the first five months of this program.
- We worked with the **Elder Abuse Institute of Maine** and the **City of Portland** to develop Maine's first transitional housing program for older abused women.

<sup>2</sup>In January 2009 we set up electronic referral forms through the SMAA website. In 2010, the first full fiscal year with this feature, 875 website generated inquiries were transmitted to our staff.

**Milestones**

Fred Howard was presented the first Greenleaf Award by the estate of Ed Greenleaf to recognize a Meals on Wheels volunteer who best demonstrates compassion and dedication to participants served by the South Portland site. Howard also received a "6 Who Care" Award from WCSH6 television.

Ann O'Sullivan was named to the Roster of Fellows by the American Occupational Therapy Association for her "Tireless Leadership in Homecare and Family Caregiving." She has been a Family Caregiver Specialist at SMAA for 10 years.

Westbrook Housing Authority and SMAA celebrated 10 years of working together at Larrabee Village.



Volunteer Medicare Advocate Stan Cohen reached his 1,000th Medicare beneficiary in Bridgton.



Nathan Acker of Gorham has delivered Meals on Wheels since 1987, delivering his 10,000th meal in January.

SMAA relies on private donations. To donate toward our work, call 396-6591 or visit www.smaa.org. Services of SMAA are also supported by state and federal funds through the Maine DHHS Office of Elder Services, the Corporation for National and Community Service, and Housing and Urban Development, all of which require matching money from local communities, grants and donations. SMAA is an equal opportunity non-profit, charitable organization.



Meals on Wheels manager Jo Ann McPhee, right, with long-time volunteers, David and Penny Cole.

**"Excellent presentation on Medicare!"**

**Volunteers** made it possible for

- 189,919 Meals on Wheels to be delivered to 1,851 households
- 1,110 households to get 8,578 bags of groceries
- 4,764 people to be guided through complex health insurance decisions

This year 1,500 volunteers of all ages were involved in service either for SMAA programs, in healthcare or other non-profits. Volunteer hours totaled 65,351 or the equivalent of 31.4 full-time employees.

**Enhanced Services in the Community**

- "Welcome to Medicare" Seminars were added in **Windham, Scarborough** and **Springvale**, tripling the number of people who can access this vital information.
- More than 50% of the 4,764 people SMAA helped with health insurance counseling required additional one-on-one assistance for 7,595 total contacts, a 17.6% increase from 2009.
- For those living alone, SMAA has collected, reconditioned and distributed **300** emergency 911-only cell phones.
- Volunteers helped **87** people continue to live independently by completing their monthly bookkeeping through our "Money Minders" program.
- More than **511** athletes age 50 and older participated in **Maine Senior Games**, a 40% increase from 2009.
- The **Sam L. Cohen Foundation** funded the technology for electronic reporting between 12 outlying SMAA locations and the main office.



Truslow Adult Day Center participant hits a golf ball with staff member's support.

**Truslow Adult Day Health Center in Saco**

58 families benefited from 28,495 enriching hours of therapeutic activities for their mother, father, husband, wife, brother or sister. Music therapy programs complete with themes, sing-alongs, props, reminiscing, and dance movements were held each month and a carnival field day was planned by staff and held on the grounds with the help of United Way volunteers.

**"I just enjoy being here. The people and staff are friendly. I look forward to coming."**

**"My father passed away, and I needed a day program for my mother while I worked. Truslow has an outstanding reputation."**

- 2,050** family caregivers talked with one of our social workers or attended classes, which helped countless family members gain information and develop coping skills.
- Working closely with rec departments, primary care practices, immigrant community leaders and the YMCA, **13** "Living Well for Better Health" workshops were offered reaching **94** people, an increase of **70%** from 2009.
- Coach Broyles' Playbook*<sup>3</sup> and other resources for family caregivers were added to www.smaa.org.
- The Portland Rotary Club and SMAA volunteers delivered **185** holiday dinners to seniors who were alone on Christmas.



<sup>3</sup>Frank Broyles wrote this book of practical tips to help guide spouses and families taking care of someone with Alzheimer's disease or dementia. Broyles was the Razorback Athletic Director at the University of Arkansas.

**"Mom needed a little more quiet time to herself and a safe place for Dad."**



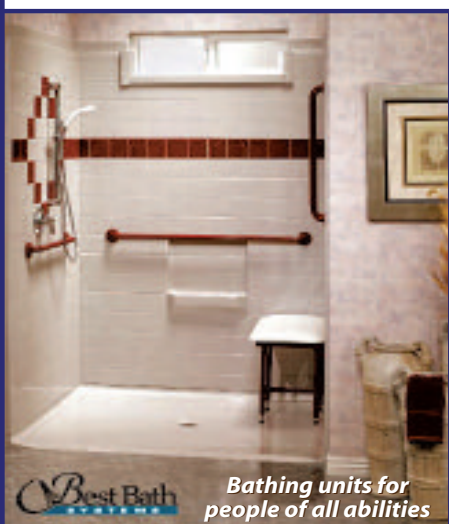
One of 10 veterans honored during Veterans Appreciation Day at Truslow Adult Day Center, shows his Purple Heart.



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When Marianne Fenton's father, John Garner, needed the specialized support of memory care, she and her mother, Pauline, visited Scarborough Terrace. "Halfway through the tour, Mom said, 'I wonder if living here wouldn't be best for both of us.'"

"Things couldn't have worked out better," says Marianne. The Garners started out sharing a beautiful assisted living apartment together, and later, when necessary, John received extra physical and emotional support in the Rose Garden, Scarborough's memory care center.

If you or a family member is looking for your own special kind of "relief," call **Elizabeth Simonds at (207) 885-5568** to learn more.

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