



From the Director's Desk

Happy Summer!

After the long, cold winter we experienced this year, it's great to welcome in some warm, sunny days. I hope you are taking time to relax and enjoy the Maine summer.



Congratulations to Jo Dill

At a "Celebration of Athletes" event on May 31, Jo Dill, SMAA's coordinator of the Maine Senior Games, was presented with the first Martin's Point Medallion Award. Created to distinguish individuals who inspire and motivate others to strive for their best personal health, Jo was a natural choice to receive the Award. During her five years as coordinator of the Games, Jo has tirelessly recruited new athletes, grown sponsorship and increased awareness of the Senior Games across the state. Two members of the National Senior Games organization were on hand to witness the presentation of the Medallion Award to Jo and to applaud her dedicated efforts as a champion of senior athletes and advocate for active lifestyles through athletic participation.

We at SMAA are very thankful for Martin's Point longtime leadership support for the Maine Senior Games. For the past seven years Martin's Point has been the lead sponsor of the Games offering not only their very generous financial support but also encouraging their employees to volunteer and participate in the Games. It is a great partnership! Please join me in congratulating Jo for well-deserved recognition of her achievements with the Maine Senior Games.

Speaking of Senior Games, the 2014 Maine Senior Games, with 19 different sports offered, are going on now. There is still time to register and participate. It's a great way to meet others who share your passion for fitness! Check out the complete schedule at www.smaa.org/maine-seniorgames.

SMAA Strategic Plan

Every five years the Agency dedicates time to evaluate the work that has been done and to set goals for the next five years in the form of an Agency Strategic Plan. Rather than a static report, we strive to develop goals that address the opportunities and challenges the Agency needs to accomplish to move forward in delivering our mission to

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Maine Athletes Awarded at Recent Celebration

The first annual Maine Senior Games Celebration of Athletes was held on May 31 at the Fireside Inn in Portland. Athletes, friends, volunteers, family, and supporters were invited to the luncheon. During the celebration two awards were presented: The National Senior Games "Personal Best" and the Martin's Point Medallion Award.

Jerry LeVasseur Named Personal Best

Each year the National Senior Games chooses athletes from around the country to receive their "Personal Best" award. "Personal Best" athletes are chosen because of their character—both on and off the field, because they inspire greatness in others and show that "It's Never Too Late to Get in the Game." At this year's Maine Celebration of Athletes, Jerry LeVasseur was honored as a "Personal Best".

LeVasseur, from Brunswick, has been involved in both the Maine Senior Games and National Senior Games for over 20 years and currently serves as a board



member for both. LeVasseur has persevered—even when faced with a childhood tragedy and health challenges, later in life. His dedication to his sport and support for all athletes, young and old, is inspirational. We at SMAA are proud of Jerry LeVasseur and congratulate him for his "Personal Best".

We would also like to thank Marc Riker, CEO of National Senior Games and Del Moon, Communications/Marketing of National Senior Games for joining us for the weekend and choosing Jerry LeVasseur as one of your "Personal Best".

Jo Dill Receives Martin's Point Medallion Award

The Martin's Point Medallion Award honors individuals who inspire and motivate others to strive for their best personal health. This year was the inaugural year for this award, which will be given annually to the person most influential in the health journeys of Maine Senior Games athletes.

Jo Dill was named this year's recipient of the award. Dill has been involved in improving the health of all Mainer's. She taught Physical Education for 40 years,

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L to R: Becky Dube, Martin's Point Vice President, Senior Products, Jo Dill, Medallion Award recipient, Kate Leahy, Martin's Point Public Relations Specialist, and Lisa Muller-Jones, Martin's Point Manager of Brand and Creative. Photos by Dennis Sheehy.

UNE Life History Project Connects Students and Seniors

Southern Maine is blessed with many gifted health care professionals—many of whom studied at the University of New England. Recently, one group of UNE nursing students had a different educational experience. Sixty nursing students guided by their professors, Donna Hyde and Barbara Haas, embarked on a long term project to document living histories for 30 Southern Maine Agency on Aging volunteers or Meals on Wheels clients.

Working in pairs, the students met with their assigned client for six hours, getting to know them and hearing their personal stories. The students



interviewed the participants about all aspects of their lives, giving the students an appreciation of the struggles and hurdles each person faced. The students gained a greater understanding of the vicissitudes of the lives of older individuals. The project culminated with the design and production of a living history book with photos and quotes encompassing the participant's life.

The books were very personal, reflecting the participant's lives and personal philosophies, as well as quotes and representations of their careers, hobbies and family lives.

"There's no doubt that this program gives the

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Jerry LeVasseur receiving the "Personal Best" award from Del Moon, NSGA.

MAINE SENIOR GAMES THANKS OUR 2014 SPONSORS

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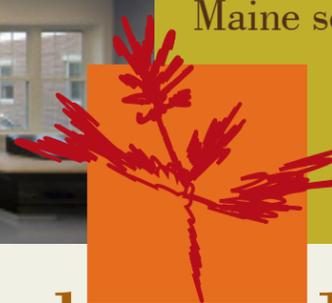
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Day of Caring

By Elisha Stickney, CTRS

Truslow Adult Day Center was proud to host the annual York County United Way 'Day of Caring' on Wednesday, June 4. Although it rained, the sun was shining inside all day with volunteers, members and staff preparing lunch, gardening and playing a variety of tournament games including Bowling, Skee Ball and Target Ball. Over 20 volunteers from Unum located in Portland, Maine took the day to help make this year's, Day of Caring, special for everyone, members and staff included.

A group of volunteers faced the rain and worked hard in the garden and surrounding areas to weed, hoe, rake, prune and plant. Thanks to a donation by Daniel Bedard the morning was spent planting tomatoes, peppers, eggplant, lettuce, kale, onions and squash.

While one group of volunteers was getting wet, another group was helping run the Field Day Tournament that was adapted to be played inside. While the members bowled, played Skee ball and Target Ball the volunteers kept score, reset pins and most importantly cheered them on. After the tournament ended, staff Mark Boissonneault played the guitar and led a sing a long which even included some dancing.

The day would not have been a success without the most important piece... Lunch! When the volunteers first arrived they got right to making the pasta salad with the assistance of a few members who are great cooks. They chopped, diced and cubed peppers, onions and cheese to go into the pasta salad. Unum volunteers manned the grill and cooked up about 50 hamburgers and 25 hotdogs!

Once everyone was satisfied with a hamburger or hot dog (or both!) from the grill the volunteers and members settled into small groups of 5 or 6 and played a variety of cards, dice and most importantly conversation. The room filled with chatter, laughter and the smell of popcorn which made everyone nostalgic of being at a real fair. The only thing missing was the animals. The day came to a close almost as quickly as it had started and awards were given to volunteers, members and staff for all their hard work and our appreciation.

Dancing was Debi Irons's life.
An incredible surgeon gave it back to her.



When professional dancer Debi Irons learned she needed two hip replacements, it was as if her life had been taken away. Fortunately, there's a team of exceptional orthopedic surgeons right here in Maine. Maine Medical Partners – Orthopedics is recognized for exceeding U.S. standards in quality. In fact, these surgeons and their team at Maine Medical Center are rated in the top 1% nationally. It seemed before she could say "arabesque" Debi was back where she belonged. Dancing and teaching in her Art Moves Dance Studio.

For more on Debi, her doctors and other orthopedic procedures, go to mainemedicalpartners.org/orthostory


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www.smaa.org

SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

Adult Day Center – Kimball Health Center, Saco Mon-Fri, 7:30AM-5PM. 283-0166

Community Café - JR Martin Community Center, Biddeford, Mon, Tue, Thur, and Fri, noon Reservations: 283-2477

Family Caregiver Support Group – Community Partners, Biddeford 2nd Mon, 3-4:30PM. 713-3723

Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Mon, Tue, Wed, call for appt. Linda Sprague-Lambert 776-4759.

Memory Café – Brooks Coffee, Biddeford, 2nd Thurs, 11AM. FMI: 370-1476 or cafe@memoryworks.org

CUMBERLAND

Memory Café – Louie's Grille, 4th Tues, 11AM. 797-7891 or cafe@memoryworks.org

FALMOUTH

Medicare 1-on-1 Appts. – Falmouth Library 3rd Thur, 10AM-1PM. 396-6524 for appt.

FREEPORT

Medicare 1-on-1 Appts/Free Information & Assistance – Freeport Library, 2nd Tue, 1-4PM. 396-6500/1-800-427-7411 for appt.

GORHAM

Memory Café – The Gorham House, 4th Tue, 1PM. FMI: 839-5757 or cafe@memoryworks.org

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

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

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

Community Café – Westbrook Community Center, Westbrook, Last Tue, noon, Reservations: 878-3285

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

Maine Senior Games – Horseshoes, Aug 16, 9AM, Deering Oaks, Portland

Maine Senior Games – Triathlon, Aug 17, 7:30AM, Tri for Preservation, Cape Elizabeth

Maine Senior Games – Tennis: Sept 4, 9AM, Women's Singles/Men's Doubles; Sept 4, 1PM, Mixed Doubles; Sept 5, 9AM, Women's Doubles/Men's Singles, All tennis events held at Racket and Fitness, Portland

Medicare 1-on-1 Appts/Free Information & Assistance: Portland, Hope Gateway Church, 4th Tue, 12-1PM; Salvation Army, 2nd Wed, 10AM-12PM; Woodford's Church, 3rd Mon, 1-3PM, 396-6500/1-800-427-7411 for an appt.

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

Memory Café – Beach Glass Transitions, South Portland, 1st Wed, 11AM, "Tech Café", 797-7891 or cafe@memoryworks.org

VISIT OUR WEBSITE FOR UPDATED EVENTS: www.smaa.org

KENNEBUNK/WELLS

Community Café – Park Street School, Kennebunk, 1st Fri, noon, Reservations: 985-2588/329-5400

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

Maine Senior Games – Cycling, Sept 7, 9AM, Kennebunkport Bicycle Company

Medicare 1-on-1 Appts – Kennebunk Senior Center, 3rd Wed, 12-3PM. 396-6500/1-800-427-7411 for appt.

Memory Cafés: Huntington Commons, Kennebunk - 3rd Thurs, 11AM; Seed & Bean, West Kennebunk - 1st Mon, 11AM. FMI: 797-7891 or cafe@memoryworks.org

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

Community Café – Eliot Methodist Church, 1st Thurs, 11:30AM, No Café in July, Reservations: 475-7399

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

Family Caregiver Support Group – Heart Health Institute, York, 3rd Tue, 1-2PM. 475-1167

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

Memory Cafés: The Inn at Sentry Hill, York - 2nd Tue, 11AM; The Gathering Place, Kittery - 3rd Wed, 12:30PM; A Perfect Move, Kittery - 4th Tue, 11AM; York Senior Center - 1st Tue, 11AM, Includes light lunch. 797-7891 or cafe@memoryworks.org

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

KEZAR FALLS/HIRAM

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

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

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

Medicare 1-on-1 Appts – Bridgton Hospital Every Tues between 8:30-11AM. Walk-in first come first serve basis.

PARSONSFIELD

Medicare 1-on-1 Appts/Free Information & Assistance – Parsonsfield Town Office, 3rd Mon, 9AM-12PM. 396-6500/1-800-427-7411 for appt.

SANFORD

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

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

Memory Café – Gentiva Home Health, Sanford, 2nd Tue, 11AM, 797-7891 or cafe@memoryworks.org

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

SCARBOROUGH (SMAA MAIN OFFICE)

Family Caregiver Support Group, 4th Thurs, 12-1PM. 1-800-427-7411 x558

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

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

Welcome to Medicare Seminar – 2nd and 4th Mon 2-4PM and 1st and 3rd Thurs, 10AM-noon. Call 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH

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

Maine Senior Games – Track and Field, Jul 19, 10AM. Scarborough High School

Maine Senior Games – 10k Road Race, Jul 27, 9AM. Scarborough High School

Maine Senior Games – Golf, Aug 18, 8:30AM. Nonesuch River Golf Course

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

WINDHAM

Community Café – Unity Gardens, Catered luncheons: July 10 - Meat platter with potato salad, close slaw, chips, rolls, and dessert. Special guest speaker, Curtis Johnson, Superintendent of the Maine Wildlife Park; Aug 14 – Baked lasagna, toss salad, garlic bread, and dessert. Special musical guest, Robert "Bob" Gendreau. Regular meals on Mon, Tue, Thurs, and Fri, noon, Reservations: 892-3891

Free Information & Assistance – Our Lady of Perpetual Help Church, 396-6524 for appt.

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

Savvy Caregiver – Windham Adult Education, Sept 25, Oct 2, 9, 16, 23 and 30, 5:30-7:30PM, 1-800-427-7411 x540

Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, 1st and 3rd Tues, 10AM-noon, 396-6500/1-800-427-7411 to schedule.

YARMOUTH/NORTH YARMOUTH

Community Café – Masonic Lodge, Yarmouth, Every Tue, noon. Reservations: 846-6693

Maine Senior Games – Archery, Aug 24, 9AM, Lakeside Archery, North Yarmouth



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A Medicare Nugget

from Stan Cohen

Nugget 483

The Los Angeles Times reported that Medicare is now showing what the program for seniors pays individual doctors, and the figures reveal that more than a dozen physicians received in excess of \$10 million each in 2012. In that year there was \$77 billion in government payouts to more than 880,000 healthcare providers nationwide. The report ends decades of secrecy.

Although the overwhelming majority of doctors billed the government very modest amounts, the two highest-paid doctors listed in the Medicare data are already under government review because of suspected improper billing. They include an ophthalmologist in the retiree haven of West Palm Beach, Florida, who topped the list by taking in more than \$26 million to treat fewer than 900 patients. A Florida cardiologist received \$23 million in Medicare payments in 2012, nearly 80 times the average amount for that specialty. One California doctor was in the top 10 nationwide: a Newport Beach oncologist who was

paid \$11 million that year.

Federal officials have cautioned against drawing sweeping conclusions about individual doctors from the numbers. High payouts do not necessarily indicate improper billing or fraud, they say. The American Medical Association and other physician groups have long opposed the release of the Medicare data.

Stan Cohen, a Medicare Volunteer Counselor, is available for free, one-on-one consultations by appointment only. Call 647-3116 to arrange for an appointment



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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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Mission Statement

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

Commitment to Reasonable Accommodation:

The Southern Maine Agency on Aging will, with adequate notice and upon request, provide appropriate auxiliary aids and services to persons with disabilities, to assist in effective communication and to participate equally in programs, services and activities. Call 1-800-427-7411 x503 or from the Portland calling area call 207-396-6503 to make your request.

The Southern Maine Agency on Aging (SMAA) is a non-profit, charitable organization. Services of SMAA are supported in part by state and federal funds provided through the Office of Aging and Disability Services of the Maine Department of Human Services. Learn more at www.smaaa.org or by calling 207-396-6500 or 1-800-427-7411.

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What Will Your Legacy Be?

Quiet Support

In 2013, the Richard P. Russell Trust made the first gift to the Meals on Wheels program at a time when sequestration was looming and cuts and cost savings were being analyzed daily. His gift would help to provide over 1,800 meals to his neighbors in Eliot, Kittery, and South Berwick. This year's gift will provide another 2,800 meals.

Mr. Russell was a quiet man who lived a simple, but good life. When he died in 2012 the Richard P. Russell Trust was established. Our Meals on Wheels program is one of the fortunate beneficiaries that will receive annual support on behalf of his generosity.

A Gift of Roses

Since 1995 each and every single Meals on Wheels client receives a beautiful long-stem red rose for Valentine's Day. First as an anonymous gift from a Meals on Wheels client, and then later revealed to be a legacy gift from Lorraine Merrill upon her passing—the roses have become a tradition of the Meals on Wheels program and of the Agency.

Lorraine Merrill's generosity will ensure that we can celebrate Valentine's Day with our Meals on Wheels clients for many years to come.

Your Legacy

Donors who believe in the work that Southern Maine Agency on Aging does can create a legacy by putting the Agency in their wills. Your legacy can take on many forms. You can designate exactly how you want your bequest to be used—like Lorraine Merrill, you can restrict it to a program or service—like Richard Russell, or you may leave it unrestricted and provide the Agency with the flexibility to meet the ever-changing needs of older adults in Southern Maine.

Bequests are easy to make and can be a specific dollar amount, a percentage of your estate, or a designation of specific property. A bequest in your will to the Southern Maine Agency on Aging is exempt from federal and state estate taxes. A gift made by will, will not disrupt your current income or lifestyle – you will retain the use of your assets during your lifetime. You can also change your bequest should personal circumstances change.

If you would like to learn more about creating your own legacy, please contact the Southern Maine Agency on Aging's Development Office at 207-396-6590 or online at www.smaaa.org/planned_giving.php.

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The Joys of Aging: Yes, There are Some

By Stephanie MacNeille

I hate commercials! Oh, I am way beyond a mild dislike of them—especially pharmaceutical commercials. I literally mute the TV every time a commercial comes on. Wishing I could mute the commercials on the radio easily I didn't always listen to it often. Now I have my radio going most of the time I am here at home, including now, as we speak. Why, you might ask.

It all began with a trip for breakfast to the Broadway Café in Brunswick. I was there quite a while before I realized that the neat music playing in the background was not being interrupted by commercials. Assuming it was a tape or CD, I asked about it. Turns out, it is a radio station! I got the station call letters, and when I went home, I put my radio on AM 730, which is WJTO in Bath, ME. The same music goes to WJIB in Boston. From his 5400

records, the owner/disk jockey plays adult standards from the 30's to 60's. He also plays Soft Pop from the 50's and 60's—stuff I grew up on. And the songs are played one right after the other with few interruptions.

There is a little bit of chat during the day, but it is enjoyable. Of course, the legal things have to be done, like announcing the station call letters, along with weather reports or a notice put on by a non-profit.

The man who runs the station, Bob Bittner also doesn't like commercials, so he doesn't run any. He funds the station with listener support. Each summer, he begins fund raising, and by the end of the summer he has raised enough to fund the stations for the next year. Funds raised only support his stations—when he reaches his goal he stops for the summer. I say stations because he now has both AM and FM.

I very much enjoy the humor of his quotes, and that the music that

goes on all day long. In fact, I am amazed when I find myself singing along with a song I haven't heard for decades. I can remember the words to that song, but sometimes can't remember what I went into the living room for five minutes ago.

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Becoming Nicer

By Don Kopp



Reading a newspaper one morning this spring, I nearly purred when I saw the headline, "We Actually Get Nicer With Age." This was very good news. Thanks to a winter that wouldn't die, I had become somewhat less than, well, chirpy. Perhaps, I thought, by squeaking out a

few more weeks, affable daffodils might sprout, so to speak, among the peevish weeds of my mental garden. Excited now, I read on.

According to the article, 16,000 good-natured Australians had agreed to be studied. And after only four years, it was established that they had become even more agreeable. This result was attributed to the "Maturity Principle." But wait! I next learned that this principle applies only to

those 20 to 65. Say what? Not fair! Isn't 70 the new 60? I was miffed.

But just as I was about to toss the paper aside, one word caught my eye. It seems that over the four-year period of the survey, those amiable Aussies also became more... wait for it... *introverted!* So hold on. Let me get this straight—by becoming less social, our youngish friends from Down Under became more pleasant.

So what this maturity principle really means is that over time we learn that interacting with our fellow humans can at times be, um, challenging. Well, duh! On the other hand, if you interview our dogs, cats, parakeets, and/or tropical fish, you won't hear even one of them grouse about our attitude. I get it. In order to feel nicer, I need only spend less time with other people. I can do that, even at my age. *Especially* at my age!

Don Kopp can be reached at donkopp@sacoriver.net

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From the Director's Desk

continued from page 1

create better days for our constituents in southern Maine.

Since the implementation of the last strategic plan in 2008-09, challenges identified then continue to need SMAA's attention and investment: isolation, severe poverty; increasing need for support of family caregivers and the economic future for retiring baby boomers. More recent developments that will impact the Agency's work in the next five years include the growing population of those 60 and older in southern Maine, which now accounts for 21% of the total population; the increasing numbers of older people living with dementia (sometimes alone) and the physical and economic health of family caregivers; and the 2009 SMAA designation as an Aging and Disability Resource Center which includes a large group of people under the age of 60 who are disabled and will look to SMAA for information and services.

In 2008-09, SMAA served approximately 12,764 people. In 2012-13, that number grew to 18,424—a 44% increase in just four years. And while the demand for services increased dramatically, federal and state funding for critical programs, including Meals on Wheels, has remained flat or decreased significantly. These challenges mean that SMAA will need to further develop private funding sources, including corporate, foundation and individual donors.

Our strategic plan covering 2014-2018, approved by the SMAA Board of Directors, emphasizes five areas we feel will have the biggest impact in the coming years. They are:

1. To advocate for, and respond to, the needs of vulnerable older adults, adults with disabilities, and family caregivers, through measurably effective programs and services.

2. To serve as a Center of Excellence in Adult Day Services for people with dementia, for family caregivers, and for professionals in the field.

3. To sponsor programs that encourage informed, healthy and active lifestyles that result in aging with confidence.

4. To develop and expand partnerships with health care systems, medical providers, and third-party payors that align Agency services with the needs of their constituents.

5. To increase Agency revenue obtained from philanthropic, fee-for-service, and contractual sources.

The Stewart Center

We are happily anticipating the grand opening of the Stewart Adult Day Center in Falmouth early this fall. After many months of planning, construction of our space in the former Lunt School has begun and we are now recruiting members for the Center. If you would like more information about the Day Center and the programs offered, I hope you will contact Polly Bradley, Director of Adult Day Services at pbradley@smaa.org or call her at 396-6512.

Enjoy these beautiful summer days!

Laurence W. Gross
Executive Director

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For more information about ARA, see www.unh.edu/ara or call Carol Caldwell, 603-343-1004

Planning for the Circle of Life

By Carol Rancourt

Most of us have probably heard of the movie *The Lion King* and the song "Circle of Life". The words of that song ring truer and truer for me as I am aging, I hope, gracefully. At 65 I am old enough to look back at the many stages of life through which I have passed. But perhaps the most important stage that I can directly impact is the final stage of life. That is because I can prepare and share my Advance Health Care Plan for my end of life care no matter when it comes with my doctors and family well in advance of the day I will have to make those decisions.

If you have not taken steps to prepare your own plan of care should something unforeseen happen or you come to the natural end of life now is the time to take advantage of Southern Maine Agency on Aging's Advance Health Care Planning seminars and one-to-one sessions to help you decide what is right for you. SMAA is working with Maine Health and in both Cumberland and York counties to offer seminars and individual appointments.

We will be holding sessions in Biddeford in August, October and December and in Scarborough in September and November. Please give us a call at 396-6525 or e-mail volunteer@smaaa.org to register for one of our seminars or to volunteer to train as AHCP councilor. Our next training for councilors will be in September.

2nd Annual Alzheimer's Awareness and Caregivers Appreciation Day at the Ball Park



Enjoy the game and help raise awareness for a good cause with the Portland Sea Dogs on Sunday, August 17 at 1PM.

General admission seats (normally \$8) have been discounted to \$5. First come, first seated. Reserved seats are mid-level; sit together. \$9 tickets have been discounted to \$7. Largest group to register gets the Honorary 1st Pitch. Group photos available. Event will also feature a presentation of Maine Dementia Care Professional of the Year Award.

For groups fewer than 5, contact Ken Capron at Memory Works, kcapron1@maine.rr.com or 797-7891.

For groups larger than 5, contact Dennis Meehan, Executive Director of Ticket Sales for the Portland Sea Dogs, dmeehan@seadogs.com or 874-9300.



SMAA has made it easier to receive up-to-date news and information from the Agency. Receive news about events, classes and workshops, upcoming seminars, volunteer opportunities, information about programs and services, and other happenings at the Agency. Visit our official Southern Maine Agency on Aging Facebook page to learn more.

www.facebook.com/SouthernMaineAgencyonAging

UNE Life History Project continued from page 1

nursing student a better understanding of the needs of the older patient. It will make them better nurses because they'll see the whole individual, not just someone with a disease or chronic condition." offered Jo Ann McPhee, Nutrition Manager for SMAA and coordinator of this program. Jo Ann added, "Our clients and volunteers loved participating and reminiscing with the students. It was so successful that we're planning to repeat the program this fall."

If you're a senior in Cumberland or York counties and are interested in participating, and have the time to do so, contact Jo Ann at 396-3510, or via email: jmcphee@smaaa.org

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Five Steps to Get Back to Better

Chronic conditions are a leading cause of illness, disability and death in the US. The Centers for Disease Control and Prevention (CDC) reports that about half of all adults have at least one chronic condition. What's more, seven of the top ten causes of death in 2010 were chronic diseases, including heart disease, cancer, lower respiratory diseases, diabetes, and kidney disease. CDC also notes that arthritis is a leading cause of disability in the US and that obesity is a growing health concern contributing to the prevalence of chronic conditions as well.

Chronic pain (pain that persists for months or years) is also of growing concern for the healthcare industry. Experts are still unsure about exactly how many people suffer with chronic pain (estimates range from 50 million to 116 mil-

lion), but the National Institutes of Health reports that chronic pain is now the leading cause of disability for adults in the United States.

The impact of chronic conditions is far-reaching, and can affect our ability to function in our daily lives. People with chronic conditions often report experiencing fatigue, muscle tension, pain, poor sleep, loss of concentration, difficult emotions, restricted movement, stress and anxiety, and even depression. Work and relationships can suffer and people often experience a sense of loss of control over their own lives.

The good news is that many chronic conditions are preventable or manageable with some straightforward lifestyle changes, like quitting smoking, becoming more physically active, and eating healthier. In addition, staying on top of your symptoms and becoming a good self-manager will help you to maintain good health and avoid or minimize chronic health problems which can diminish your quality of life.

What You Can Do: Five Steps to Get Back to Better

1. Get Active!

Many people with chronic conditions tend to be less active, causing weak and shortened muscles and stiff joints. It's a good idea to talk with your healthcare provider to develop an exercise plan that is right for you. The idea is to start where you are now and go slowly.

Regular exercise can: Help your heart, including improved levels of cholesterol and blood pressure; Reduce pain and loosen stiff joints; Increase muscle strength and endurance, making it easier to do daily activities; Improve flexibility, balance, and coordination which can help to prevent falls; Elevate your mood, reduce anxiety, stress and depression; Improve energy levels and sleep quality; and Improve organ function and reduce constipation

2. Pace Yourself

Finding a good balance between activity and rest is very important for people managing chronic conditions. Some people rest too much, causing negative effects in the long run. Others try to do too much causing increased pain or exhaustion. Both of these types of people can benefit from pacing because it allows you to accomplish tasks each day without overdoing it and maintaining a good level of activity. A simple way to start is to take a sheet of paper and write down all of your activities in a day, including rest times. You will want to note the amount of time you spend on each task, and what your pain or fatigue level was. This will give you a sense of how you are spending your time and whether you are resting too much, or overdoing it.

3. Relax!

Dealing with ongoing health issues can be challenging, both physically and mentally. This can lead to difficult emotions like anger, frustration and depression and can increase pain and fatigue. Using methods of relaxation can help you loosen up tense muscles; decrease stress and anxiety; release endorphins which can decrease pain and elevate your mood; and improve sleep. Some methods for relaxation you can try include: progressive muscle relaxation, guided imagery and visualization, meditation, deep breathing, yoga or tai chi among others.

4. Ask for Help

When health problems interfere, it can be hard to get things done. Even with pacing, some tasks may be left incomplete or you may find that you need help to take certain steps to improve your health.

Maybe you just need some support to get through it all. Don't be afraid to ask for help! Here are some tips on how to ask for help:

- Accept that you need help. Everyone does at some time or another. Remember that it is ok. Figure out exactly what you need help with and how it can be accomplished. This will make it easier for you to explain to others what the problem is and how they can help.
- Think about who is most appropriate to help you with each situation and seek them out. If you know someone is likely to say no, ask someone else. Look for someone who is knowledgeable about the topic you need help with.
- Stay positive. Asking for help doesn't make you weak or mean that you failed. Rather, by seeking help, you are getting your needs met and maintaining your independence in the long run.
- Be gracious- thank your helper. A little consideration goes a long way and people will be left with a good feeling about their interactions with you if you take the time to thank them and let them know how their efforts have helped you.

5. Take a class

Sometimes it is a good idea to look for outside resources that can assist in the process of managing our health. You may consider joining a gym or taking a health management class. Folks in southern Maine can turn to the Southern Maine Agency on Aging and their Healthy Aging workshops for tips on how to manage their ongoing (chronic) health concerns and live a more active, fulfilling life. SMAA's Self-Management workshops, **Living Well for Better Health** and **Chronic Pain Self-Management**, meet weekly over a 6 week period to discuss topics like dealing with pain and fatigue, managing difficult emotions, physical activity and nutrition, communication, and how to achieve personal goals.

If you are interested in attending one of our self-management workshops, call SMAA today find out what's available in your area!

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Agewell Schedule

Volunteer Training Opportunity

A Matter of Balance

(1 day training)

July 30, 8:30AM-4PM

Southern Maine Agency on Aging, 136 US Route 1, Scarborough. For more information or to register please contact Crystal Castro at 207-396-6529 or castro@smaaa.org

Workshop Schedule

A Matter of Balance

July 29 - September 16, Tuesdays, 2-4PM, Southern Maine Agency on Aging, 136 US Route 1, Scarborough

September 8 - October 1, Monday & Wednesday, 10AM-12PM, Woods at Canco, 257 Canco Road, Portland

September 17 - November 12, Wednesdays, 1-3PM, NE Rehabilitation, 335 Brighton Avenue, Portland

September 25 - November 13, Thursdays, 10AM-12PM, Kittery Community Center, 120 Rogers Road, Kittery

September 26 - November 14, Fridays, 9-11AM, Southern Maine Agency on Aging, 136 US Route 1, Scarborough

Chronic Pain Self-Management

July 21 - August 25, Mondays, 9-11:30AM, JR Martin Community Center, 189 Alfred St., Biddeford

September 16 - November 21, Tuesdays, 9-11:30AM, HomeHealth VNA, 72 Main Street, Kennebunk

September 30 - November 4, Tuesdays, 9-11:30AM, HomeHealth VNA, 15 Industrial Park Road, Saco

For more information or to register please contact Maria DeFabritiis at 207-396-6583 or mdefabritiis@smaaa.org

Some Summer Trips Should be Avoided

For many Mainers, summer is a time to enjoy the great outdoors. For others, summer can be a prime time for serious injury due to a fall. While most people think winter weather is the culprit, there are actually many factors that contribute to a fall—and summer time is no time to become complacent about taking care to avoid one.

According to the Center for Disease Control and Prevention, on average, every seven minutes a Maine resident over the age of 65 is hospitalized due to a fall and nearly one third of Americans over 65 fall each year. Falls are a leading cause of injury, disability and even death among older adults. In addition, many people become fearful of falling, thereby reducing their activ-

ities which can actually place them at greater risk for taking a fall.

What contributes to a fall? Avoid these summer trips!

1) Medication – Be mindful of your medications. Some medicines, or combinations of medicines, can have side effects like dizziness or drowsiness, which can increase your risk for a fall. Be sure to have your doctor or pharmacist review all of your medications to help reduce the chance of drug interactions or risky side effects. You can use a medication tracker to help you stay organized with your medicines, making sure to take the right medication, at the right dose, at the right time. For a help in tracking your medications, you can use this template offered by the Food and Drug Administration: <http://goo.gl/2Kzeai>

2) Insufficient Physical activity – Lack of exercise weakens your muscles, which increases your chance of falling. Exercise programs like tai chi can increase strength and improve balance, making falls less likely. It's never too late to get moving!

3) Changes in vision and hearing – Even small changes in vision or hearing can affect your sense of balance. Poor vision makes it harder to get around safely. Be sure to have your vision and hearing checked yearly to adjust for any changes that may have occurred.

4) Clutter & Other trip hazards – About half of all falls occur in the home. A home safety checklist can help you identify the fall hazards in your home, like clutter and poor lighting that should be removed or changed. For a detailed checklist of home fall hazards, go to: <http://goo.gl/wxex2c>

5) Misinformation – many people hold false beliefs about their risk for falling or the causes of falls. Others aren't sure what they can do to prevent falls. There are many resources to get more information about falls prevention, including Southern Maine Agency on Aging who offer a

falls prevention workshop called "A Matter of Balance".

For more information, explore the following links:

Southern Maine agency on Aging: www.smaaa.org/mob.php

MaineHealth: www.mainehealth.org/mh_body.cfm?id=432

Centers for Disease Control: www.cdc.gov/HomeandRecreationalSafety/Falls/Index.html

What can you do to avoid a fall?

1. Get Active!
2. Ask for Help
3. Talk with your Docs

- ➔ Get your vision and hearing checked
- ➔ Manage medications

- ➔ Ask about a balance screening or falls risk assessment

4. Watch for Hazards in/around the home

5. Take a class

- ➔ Call Southern Maine Agency on Aging today to learn more about "A Matter of Balance" and to find out when and where classes are being offered in your community.



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L to R: Alicia Johnson, Meals on Wheels Delivery Driver, Kate Foster, Westbrook Site Coordinator, Alice Alexander, Westbrook Assistant Site Coordinator, Ted Trainer, Director of Healthy Aging, Annette Park, Portland Site Coordinator, Geordie Gilman, Portland Assistant Site Coordinator

Black Bear Medical Raises Money for Meals on Wheels

This past June, our Meals on Wheels program was the beneficiary of “Casual for a Cause” by Black Bear Medical. Black Bear Medical Staff members who participate wear jeans to work and donate a dollar to the cause. Customers and visitors to their office are also welcome to participate. All money raised is matched by Black Bear Medical.

Travis Beaulieu, Marketing Manager at Black Bear Medical, and their mascot Scooter game to visit our Portland and Westbrook Meals on Wheels delivery sites. They learned more about our program, got to meet the staff, and presented us with the gift.

Thank you to all of the staff members at Black Bear Medical who participated. Your gift matters!

From Jo Dill's Notebook

2014 Schedule

Track & Field: July 19, Scarborough HS, 10AM, Saturday, (Rain date: July 20)

10K Road Race: July 27, Scarborough HS, 9AM, Sunday

Horseshoes: August 16, Deering Oaks, Portland, 9AM, Saturday

Triathlon: August 17, Tri for Preservation, Cape Elizabeth, 7:30AM, Sunday

Golf: August 18, Nonesuch River, Scarborough, 8:30AM, Monday

Archery: August 24, Lakeside Archery, North Yarmouth, 9AM, Sunday

Tennis: September 4, Women's Singles/Men's Doubles 9AM, Mixed Doubles 1PM, Racket/Fitness, Portland, Thursday

Tennis: September 5, Women's Doubles, Men's Singles, 9AM, Racket/Fitness, Portland, Friday

Cycling: September 7, Kennebunkport Bicycle Co, 9AM, Sunday

Basketball (Women's): September 13, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Saturday

Hot Shot/Foul Shoot: September 13, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday

Basketball (Men's): September 14, Cape Elizabeth HS, Cape Elizabeth, 9AM, Sunday

Swimming: September 14, Cape Elizabeth HS, Cape Elizabeth, 9:30AM, Sunday

Bowling Candlepin: Singles/Doubles: September 18, Big 20, Scarborough, Thursday

Table Tennis: September 19, Pineland YMCA, 5PM, Friday

Racquetball: September 20, Racket/Fitness, Portland, 9AM, Saturday

Pickleball: September 27, Men's/Women's Doubles South Portland Community Center, Saturday 9AM

Pickleball: September 28, Mixed/Singles, South Portland Community Center, Sunday, 11AM

Bowling 10 Pin: October 5, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday



Registration

There is still plenty of time to register for the Maine Senior Games. Athletes are encouraged to register online as it is much cheaper and saves me tons of time. You can still pay by check if you don't want to use your credit card. If you are having trouble registering or can't remember your passwords call Jo at 396-6519 for help. www.mainesrgames.org

Celebration of Athletes

Congratulations to Jerry LeVasseur who received the National Senior Games Personal Best Award at the Celebration of Athletes luncheon on May 31. CEO Marc Riker presented the award. National Senior Games Personal Best tour goes to each state to award an athlete who has overcome obstacles, survived challenges and has stayed motivated throughout their life. That is Maine's own Jerry LeVasseur. Our patriot, our survivor, our hero.



5K Road Race/Opening Ceremonies



Congratulations to the 45 folks who participated in the Second Wind 5K Road Race. It was a beautiful day with tons of sunshine. The race was followed by Opening Ceremonies.

Results of the event will be posted on our website:

www.mainesrgames.org

Pictures of all events will be on this Flickr link: <http://www.flickr.com/photos/maineseniorgames/>

Thanks To Dennis Sheehy for taking the photos for us!



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Participants Needed for Falls Prevention Study

U-ExCEL Balancing Act: A Home-Based Falls Prevention Study is looking for participants with low vision for their study.

Who can participate?

- Adults, 62 years or older with low vision (best corrected vision is 20/70 or worse).
- Reside in your own home or apartment.
- Live in Cumberland, Sagadahoc, York, or Kennebec County.
- Can walk at least 200 feet (use of an assistive device is ok).

What will I be asked to do?

- Complete an initial assessment at your home. Most questions to not require any physical activity.
- Participate in 3 follow up visits and 15 phone calls over 6 months.
- Commit to about 15 minutes per day for 3 days a week. You do not have to travel anywhere to be in this study.

Why participate?

- Learn more about your own balance ability and falls prevention strategies.
- Receive tools to improve your balance and make daily activities safer.
- Help us learn more about how to improve balance for older adults with visual impairment.

Who is doing this research study?

The University of New England and the University of Maine, in partnership with the Iris Network. Principal Investigators: Lenard W. Kaye, DSW, PhD, Director, University of Maine Center on Aging; Marilyn R. Gugliucci, PhD, AGHEF, GSAF, AGSF, Director of Geriatrics Education and Research, University of New England College of Osteopathic Medicine.

This study is funded by the National Institutes of Health Grant # 1R21AG045661-01.

Will I be compensated?

You will receive a \$20 gift card after each in-home assessment period totaling \$80 for the study.

How do I get involved?

Participation is voluntary and confidential. To get involved, call the Iris Network at: 774-6273 or 1-800-715-0097

Grandparent's Day 5K, One Mile Walk & Kid's Fun Run

The Grandparent's Day 5k, benefiting *Partners for a Hunger-Free York County's Farm Fresh Foods for Seniors* project, will be held on September 7 at the Sanford-Springvale YMCA. The event will include a 5K run, one mile walk, free kids fun run and other activities for people of all ages and abilities.

The proceeds will go toward senior farm shares and support the promotion and implementation of healthy eating and active living for York County's aging population.

Start/Finish line: Sanford Springvale YMCA, 1 Emile Levasseur Drive, Springvale. Events start at 8am. Prizes to 1st place finishers.

FMI or to register www.partnersforahungerfreeyorkcounty.org



By Vivien Eisenhart

RAILWAY MAN

Director: Jonathan Teplitzky

Story by: Eric Lomax

Starring: Colin Firth, Nicole Kidman, Jeremy Irvine

Railway Man is based off a true story of Eric Lomax, a former British Army Officer who was captured, imprisoned and tortured in a Japanese labor camp during World War II.

Lomax was one of thousands of prisoners of war forced to work on a railway (Thaïx/Burma) during World War II. Lomax managed to build a secret radio bringing news to his colleagues and giving them hope during a terrible time. The radio

was discovered by the enemy and Lomax was tortured, leaving him traumatized. Many years later, after the war, Lomax meets his future wife Patti while traveling by train in his homeland England. Patti tried to help him rid himself of the trauma he had suffered during the war. It was discovered that the Japanese officer who tortured Lomax was still alive so he decided to travel to Japan and confront him.

This is a very moving story which at times is very graphic. The cast does an incredible job, especially the actor Jeremy Irvine who plays the young Eric Lomax. Well worth seeing with an amazing twist.

I give *Railway Man* 4 pumpkin breads.

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Family Caregiver Support Program



Are you helping an older adult manage bills, prepare meals, manage medical services? Do you help with bathing or dressing, household chores, transportation to appointments, or companionship? Are you a senior who is raising someone else's child? **Then you are a Caregiver.**

Is caring for a family member or friend leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

How to Engage a Helper

Kate Cole Fallon, MS, LCPC, NCC

Caregivers are often encouraged to ask for help. We highlight the importance of self-care for family caregivers, and point to statistics that indicate there are risks to health and well-being in providing care for someone, especially if that person has any kind of dementia related illness. Many caregivers prefer to start with family and friends when first getting help. This may feel more comfortable to both the caregiver and the person who needs assistance. The next question is: how do you ask?

It can feel very uncomfortable to ask someone else for help. You may worry that it implies that you somehow aren't capable enough if you need help. You may feel it's unfair to your person if you take a break and go do something enjoyable. You may

think everyone else is busy and it would be burdensome to ask. Let's consider these concerns.

Providing care for someone is a generous thing to do, but at some point it may be an unreasonable amount of work for one person. When dementia enters a moderate stage, a person needs 24/7 care, even if it isn't hands on. Keeping track of someone else's safety and well-being is demanding. Few jobs expect anyone to be on call at this level.

It is understandable to feel awkward about leaving the person you care for, especially if they are a partner. You always did things together, and now your partner cannot participate. It is still important for you to have a life that inspires you, where you can feel joy, connection and meaning. When you do this, you return to caregiving refreshed and re-energized, which is good for both of you.

We frequently hear caregivers talk about how busy other family members are, and that asking them for help would be an imposition. Everyone has the right to decline the request to help. Presuming that people are unable to help, and therefore not asking them in the first place, actually denies them the opportunity altogether.

Asking for help can seem daunting initially, so keep it simple. Ask without expectation. Allow others to decline without taking it as a personal rejection; sometimes people really are not available. Be clear and specific in your request. For example, "Would you stay with Dad sometime so I can get out?" leaves too much ambiguity. People need to understand what they are being asked to do. "Could you come over and have lunch with Dad from 12-2 while I see some friends on Saturday?" is clearer. There is a beginning, an end, and a purpose.

Have others asked you to help in the past? Think about how you have been asked, and what made it more palatable for you to agree, and then use a similar strategy. Have a list of things that you would most like help with. When someone says to let them know if you ever need anything, have this list ready and take them up on it right away. Ask people to help in ways that they already enjoy. Who likes to cook? Garden? Take drives? Play cards or read? Design ways of helping that take these into account. Invite people to use their strengths. And then, offer them something good to eat and be sure to express gratitude. All this will ensure that they will be delighted to help again in the future, and your person will enjoy a break from their usual routine as well.



5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

- 1 Do I really need this test or procedure?** Medical tests help you and your doctor or other health care provider decide how to treat a problem. And medical procedures help to actually treat it.
- 2 What are the risks?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?
- 3 Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.
- 4 What happens if I don't do anything?** Ask if your condition might get worse — or better — if you don't have the test or procedure right away.
- 5 How much does it cost?** Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

Use the 5 questions to talk to your doctor about which tests, treatments, and procedures you need — and which you don't need.

Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm.

Talk to your doctor to make sure you end up with the right amount of care — not too much and not too little.



<http://consumerhealthchoices.org/campaign/choosing-wisely/>

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Spotlight on the York Caregiver Support Group

Caregivers of people with any type of chronic medical condition meet monthly at York Hospital's Living Well Center. This group was started in January 2006 by Susan Kelly-Westman. Susan, at the time a social worker with the Heart Health Institute, applied for and received a SMAA Family Caregiver Support Program collaborative mini-grant as seed money to develop the group. Although her work has changed and she now works with York Hospital Oncology in York, Kittery and Wells as well as with cardiac patients at the Living Well Center, she continues to facilitate the monthly group meeting for caregivers in need of extra support.

Susan continues to be passionate about the needs of family caregivers having had personal experiences being a caregiver. Susan is grateful to be able to provide a space for caregivers to discuss the challenges and rewards openly and honestly as well as provide resources that may be helpful to them in the role of caregiver.

The caregiver support group meets on the 3rd Tuesday of each month from 1-2PM at the Living Well Center on 127 Long Sands Road in York. If you would like more information, please contact Susan at 475-1167. For information about other support groups and resources for family caregivers, please contact the Family Caregiver Support Program at SMAA, 1-800-427-7411.

Help For People Helping Aging Family Members

Caregiver Class Schedule 2014

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

July 15, 22, 29, August 5, 12, & 19, 2-4PM: **Savvy Caregiver**. Southern Maine Agency on Aging, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

Please use the numbers listed to register. Feel free to call the Family Caregiver Support Program at SMAA (1-800-427-7411) with questions.

VISIT OUR WEBSITE
www.smaa.org

Older Adult (OAR) Toolkit Updated

Ann O'Sullivan,
OTR/L, LSW, FAOTA

Good news! The popular Older Adult Resource (OAR) Toolkit has been updated! The Older Adult Resource Toolkit is a compilation of information designed to assist professionals, older adults, and family caregivers to identify and connect with helpful resources that maximize health and independence. Each of the 15 newly revised sections has information on local and national resources, both in the community and on the web. It was originally produced in 2006 as a collaborative effort between the University of New England Maine Geriatric Education Center and the Southern Maine Agency on Aging Family Caregiver Support Program.

The original Toolkit was developed based on feedback received

through a survey of physician practices, who were asked to identify questions patients ask that they felt under-equipped to answer. After its development, 250 Toolkit binders were distributed to physician practices in York and Cumberland Counties who were likely to encounter older adults. Additional funding then became available, and another 500 Toolkits were printed and distributed to hospital and university libraries, senior centers, home care providers, rehabilitation centers, senior housing, and other locations where professionals, older adults, and family caregivers might be looking for resource information.

After a 2009 revision, the second edition was made available for download on the UNE website. That revision was the capstone project for SMAA's then USM social work intern, Erin Foley Bolduc.

We were very fortunate this year to have another USM social work intern, Claire Bee, take on revising and updating the Toolkit as her capstone project. Claire added many useful listings and updated the information that was there. We are grateful to both of these social workers for their tireless efforts to keep the OAR Toolkit a useful and current resource. In addition, UNE-GEC enriched the list of resources in the Alzheimer's Disease and Related Dementias section.

We are confident this soon-to-be-released Third Edition will offer even more helpful information about resources and services.

The Toolkit will be available online only at www.smaa.org and at www.une.edu/mainegec/.





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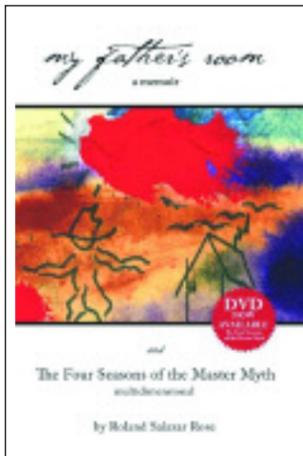
My Father's Room And The Four Seasons of the Master Myth

In *My Father's Room*, artist and author Roland Salazar Rose, goes past the simple statements we wished we could have made and looks at the deeper and rippling of effect those missing conversations have on our lives.

In his memoir, Salazar contemplates the missing conversations with his father that span a lifetime of change and challenges—growing up in New York, living in Maine and

Mexico, two divorces, the journey to becoming an artist, and facing the challenge of aging. Salazar's narrative begins where his father ends—in his room in Mexico.

Salazar's experiences are unique but the regrets, frustrations, and challenges of simply trying to live our lives are relatable by all. Straightforward and elegant, *My Father's Room* is a worthwhile read for anyone facing uncertainty as they age.



From *My Father's Room*

When you get old, you come to understand why you must reawaken, for you have little time left for lost causes and wallowing in past failures. The only open path for you, unless you prefer to act as a misanthrope, is to continue to move forward with your life. My journey growing old offers me an opportunity to fulfill unspoken dreams, to help someone else, or possibly my community, or even humankind. I believe you have this moment—perhaps the only moment available to you free of past encroachments—to truly reinvent yourself.

The Four Seasons of the Master Myth is a 25 minute excursion into the artist's studio. Each of the video's four sections reflects a "season" of his life. Included are a 1000 image slide show of all "Four Season" Images, full musical score, and interview with Salazar.

My Father's Room (ISBN 978-0-9818627-9-8) and *The Four Seasons of the Master Myth* are distributed by Ramblin/Rose Publications. Both are available directly through salazargallery.com, or amazon.com.

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Upcoming AARP Smart Driver Classes

For registration or more information, please call the number listed with the class.

July 15, 4-8PM, Standish Gorham-Westbrook Triad, 175 Northeast Rd, 650-0571

July 18, 9AM-1:30PM, Portland AARP Office, 1685 Congress St, 655-4943

July 25, 9AM-1PM, Portland Woods at Canco, 257 Canco Rd, 829-4664

August 15, 9AM-1:30PM, Portland AARP Office, 1685 Congress St, 655-4943

August 27, 9AM-1:30PM, Windham Windham Public Library, 217 Windham Ctr Rd, 655-4943

September 6, 9AM-1:30PM, Bridgton, Bridgton Community Center, 15 Depot Street, 647-3116

September 11, 9AM-2:30PM, York York Senior Center, 36 Main St, 363-1036

September 19, 9AM-1:30PM, Portland, AARP Office, 1685 Congress St, 655-4943

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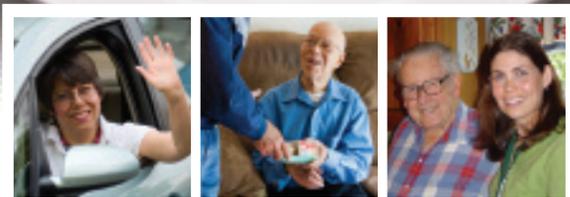
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SENIOR MOMENTS

by Hunter Howe

Which Way to the Beach?

Squash the serious stuff. It's summer. The beach beckons.



Or, does it?

Henry Grunwald, former editor-in-chief of *Time*, said, "A beach is not only a sweep of sand, but the shells of sea creatures, the sea glass, the seaweed, the incongruous objects washed up by the ocean."

Note the word "incongruous" which means "incompatible, conflicting, odd, out of place, unsuited."

You see, many of our beaches burst with debris discarded by humans and washed up by the ocean. They're outdoor garbage disposals.

To point, a recent headline in the South Florida newspaper, the *Sun-Sentinel*, proclaimed, "Beaches yield tons of trash." As reported, a total of 17,413 pounds of trash were collected in Palm Beach County dur-

ing the International Coastal Cleanup. Hey, whatever happened to the venerable trash can?

The most common items plucked from the shifting sands: cigarette butts, bottle caps, food wrappers, straws, bottles, and plastic bags. In addition, volunteers found condoms, syringes, tampons, a car door, mailbox, blonde wig, scissors, plastic knives and forks, a refrigerator, Bible, urn, voodoo doll, set of plastic vampire teeth. Now that's some weird picnic.

They also discovered diapers. Whew! And folks thought the foul smelling odor wafted from the mud flats.

Imagine, all those fun and sun worshippers lugging their beach chairs and coolers down the wooden walkway, kids in hand, greeted by welcoming warning signs like "Beware the Sharks and Debris." Then, a brusque vendor in a booth shouted out, "Get your hard-soled hiking boots, antibiotics, and safety kits right here."

Hearing that, they'd exchange

their soothing sunscreen for icky cesspool ointment.

Remember the good old days when eager metal detector enthusiasts combed the sands for rare coins, hoping to pay for little Louie's college education at Yale. Nowadays, they'd probably uncover the elusive Jimmy Hoffa in the trunk of a pink Cadillac.

But wait, there's an upside. I read about industrious ladies from California and Oregon who turn trash into decorative art. One woman called her creations, "trashion."

Think about that. For a steal, you could wear a set of stained purple and black vampire teeth around your neck for the bargain price of

\$19.99. "Oh, don't you look nice dear."

As a perplexed ancient philosopher once pondered, "I have seen the truth and it makes no sense."

This summer, when a friend invites me to the annual sand castle competition, I'll politely decline, sit on the porch, shake my jar of sea glass, sprinkle some sand on my feet, and sip my Sauvignon Blanc.

Better yet, snowshoeing anyone?

Hunter says, "In order to maintain our sanity in the face of reality, we surely need a dash of silliness and a dab of nonsense in our daily porridge."



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Maine Roots "Car Guys"

By Elaine Parker
 auntiee6@maine.rr.com

Marrying into a family of car guys was like being in a strange country—where a foreign language was spoken. Solenoids, carburetors, piston rings, V8's, V6's, and crankshafts were some of the vocabulary that I had to learn. My husband and his five brothers were backyard mechanics and automobile lovers. A familiar scene was three or four of the brothers wearing rolled up dungarees and white t-shirts bent over under the hood of a car arguing about what the problem was. They always had surplus cars for when they needed spare parts. The challenge of making an engine purr was met with the enthusiasm of a NASCAR driver on race day. Automobiles were like manna to them because they represented freedom and mobility, reminiscing about a vehicle that they owned in the past. They speak of them as if they were close buddies.

When driving around they know the make, model and year of every auto they see, and they identify people by the car they drive, as in, "You know the guy that drives the blue Chevy Blazer, or the lady with the green and white two toned Ford." and then recognition sets in.

On our first date my husband-to-be picked me up in a 1955 green Nash Rambler. It was waxed to an eye glaring shine and in show room condition. This nice Catholic girl was somewhat nervous because it had reclining seats. This could be as risky as being late for curfew at the dorm, and they had been dubbed naughty Nashes. But he was a perfect gentleman and even said Grace before the meal at the restaurant.



After we were married and I spent more time with his family, I absorbed car facts and learned to recognize different makes and models. But the mechanics of an engine were as complex to me as the federal budget. My husband's next pride and joy was a black Ford Fairlane with dual exhausts. It was a vehicle fit for a redneck moonshiner trying to outrun the sheriff on a dark night. His brother nicknamed him "Clutch" because of his habit of revving up the engine.

Later on, maturing somewhat, my husband drove stodgier models—a conservative maroon Cadillac as long as a semi-tractor trailer truck, followed by a flashy 1961 white Cadillac with fish tail fins.

But being a typical male he craved a pickup truck and brought a brand new Chevy Silverado. This made him very desirable to people

who were moving from one place to another. My first car that, was all my own, was a white two-door Dodge Dart with a slant six engine that my husband pronounced was one of the best-designed engines ever. This turned out to be true, as that snappy little coupe was as reliable as the tide going in and out.

My association with the avid motor heads paid off for me when we brought a brand new Honda Civic and it stalled out at a red light on the way home from the dealership, I turned around and took it right back. They checked it and said nothing was wrong with it. I told them it was the carburetor, but they said no. It continued to have the same problem of stalling out. Frustrated, my husband took it back to the service center, he told them just because I was a woman it didn't mean I did not know about cars. Finally they fixed the car and when I questioned what was wrong with it the service manager sheepishly said it was a stricture in the carburetor. I was now officially a "Car Lady".

I can chronicle the years of our marriage by the cars we owned. After we retired, we took a road trip across the USA in a green Subaru Outback. It was a wonderful trip and we did not break down once. But if we had, there was a mechanic on board.

"Even small accomplishments can lead to big changes."

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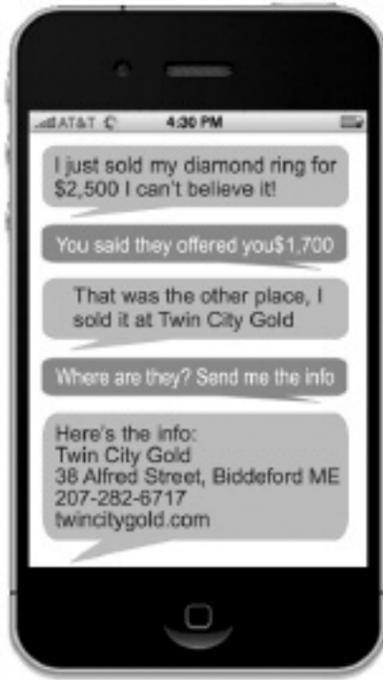
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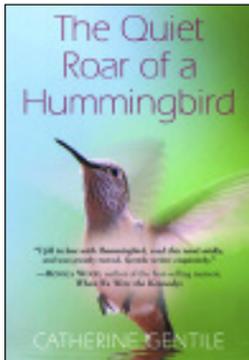


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Meet Author Catherine Gentile

The Quiet Roar of a Hummingbird

Catherine Gentile, author of *The Quiet Roar of a Hummingbird*, spent 30 years working with people coping with learning disabilities, behavioral challenges and developmental delays. Her decision to retire early enabled her to pursue her interest in writing. While helping her mother chart a new path after her diagnosis of Alzheimer's disease, she found the energy to develop the plot for this novel. Not a memoir, but a layered story of a teenage girl who is dealing with the collateral damage of high school bullying and the effects of her grandmother's dementia. Catherine grew up in Connecticut. Her husband's career in the US Coast Guard brought her to Maine. When she's not writing, Catherine perfects her talents as an amateur photographer and master gardener. Read more about Catherine and her writing and where to find her book at www.catherinegentile.com.



When did you realize that you wanted to make a career of writing?

I've always been a reader, a storyteller and a journalist. As a professional in special ed/mental health, I wrote training courses, curricula, and white papers. Observing readers' reaction to my "voice" introduced me to the power of point-of-view. At a pivotal point in my career, my love of writing, and the imagination and discipline it required moved me to take an early retirement. The very first day of my retirement, I was in my home office, writing! In 14 years, I've amassed a solid portfolio of both fiction and non-fiction and have been published in many venues including *Maine Magazine* and *Downeast*.

How did you research this novel?

I'd researched dementia as the phases of my Mom's experience progressed over 12 years, so I didn't need to do much on that subject. As other themes threaded their way through the novel, I focused my research on those topics: the juvenile justice system; body image in female adolescent development; bullying and gang mentality; father-daughter relationships; and rehabilitation for double amputees.

Monica Wood, author of *When We Were the Kennedy's*, is quoted on your book jacket. How do you know Ms. Wood?

Early in 2000, I studied with Monica at the University of Southern Maine. Her incisive analysis of my writing challenged and inspired me. Later, I sought her advice on a few projects. We struck up a delightful friendship, which continues to this day. One of the benefits of being a writer is getting to know talented writers such as Monica.

How did this novel evolve?

Throughout the 12 years my mother danced with Alzheimer's, I kept detailed notes on her progress and challenges and those confronting our family. As an author, it was easy to imagine situations that could develop. Over the years, my imagination transformed our family's experiences into a story line filled with complex relationships and conflicts that involved bullying. After a few false starts, Hummingbird's story poured into my computer.

What are your hopes for your debut novel?

I'd like all venues of elder care to embrace more humane treatment models. I hope Hummingbird will inspire readers to spend time with those they love, young and old. If readers were to adopt Hummingbird's philosophy that cruelty is never necessary, I'd be delighted. "Zero tolerance for bullying" would delight Hummingbird, too.

What are you working on now?

I edit a free monthly online publication called Together With Alzheimer's that provides family-friendly information about Alzheimer's along with tips for caregivers and advocates.

I'm working on a book entitled, *Practical Alzheimer's, A Guide for Families*, which will be published as an ebook later this year. My next novel, *Sunday's Orphan*, is set in Georgia in the 1930's and deals with a family's attempts to protect their racially-mixed daughter. The publication date will be announced soon.

Maine Athletes Awarded continued from page 1

has served at the state level, and most recently has served as the Maine Senior Games Manager.

We at SMAA are honored to have Jo as part of our team and appreciate all that she does to encourage older adults to stay active and have fun.

We would also like to thank Martin's Point Health Care for not only their continued lead sponsorship of the Maine Senior Games but their sponsorship for the Celebration of Athletes luncheon this year.

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Volunteer Spotlight: Vicki Buttrick Helps Immigrants Feel at Home

Vicki Buttrick has been working at Biddeford’s Adult Education program since September 2013 to help immigrants learn English. SMAA’s Volunteer Services department enrolled her in the RSVP program for volunteers 55 and older and found her the placement. It has been a good fit for Buttrick, who signed up to volunteer after losing her job and having time to fill.

She says the people she meets are her inspiration. “My favorite parts of volunteering at Biddeford Adult Ed are the smiles and thank yous from students when they know they have done good work.”

Betsy Gonzalez, originally from Colombia, had tears of gratitude in her eyes as she described the impact Buttrick and the Biddeford Adult Education program has had on her life. The volunteers, staff, and other students are her “family,” she said. They have helped her feel more at home in her adopted country. She said her sister, who lives in Massachusetts, has no such support net-



Betsy Gonzalez, center, and Ferbousi Shahinur, right, enjoy a light moment with tutor volunteer Vicki Buttrick during a Biddeford Adult Education class.

work and has a very hard life.

The teaching skill and compassion of their tutor and the BAE community have helped Gonzalez and her fellow student Ferbousi Shahinur, a native of Bangladesh, cope with the difficulties encountered when emigrating to a new land where residents speak a different language. The Biddeford Adult Education program also helps students complete their high school education, master computer skills, and gain knowledge through vocational, business, health-related, enrichment, and other classes.

Vet to Vet: Talk, Coffee, and Friendly Visits

The first team of veteran volunteers graduated from the Vet to Vet training course in May and began visits to homebound vets in York and Cumberland counties. Fourteen volunteers finished the three-day, nine-hour course, and 13 committed to a year’s service as a Vet to Vet friendly visitor. The 14th member of the class, the Rev. William Doughty, head of the VFW chaplains in Maine, plans to use the Vet to Vet training in assisting the chaplains in his organization in their work with older veterans.

Several of the new volunteers reported that they and the veterans they visited had enjoyed meeting and getting to know one another. “We had a great conversation,” said one volunteer of his first visit. Another said his initial meeting “went very well,” while a third volunteer was amazed at the connections and experiences he and the veteran he visited had in common.

The volunteers and their assigned veterans will be sharing conversation, going out for coffee or

lunch, visiting places of interest, and enjoying each other’s company. One pair had a visit to a military museum planned; another was headed for lunch at a local cafe. One thing all the visits shared was conversation. A 90-year-old veteran greeted her visitor warmly and talked nonstop for the entire visit.

During their visits, the volunteers are also trained to assess whether the older veterans need additional services. Already, a volunteer has been instrumental in linking a veteran to SMAA’s respite program for caregivers. The volunteer hoped his veteran will now be able to hire someone to stay with his wheelchair-bound wife while the two men go out for lunch.

A second team of volunteers will attend the training course on September 16, 18, and 23 at Biddeford Savings Bank’s community room on Main Street in Biddeford. To sign up to become a Vet to Vet volunteer or to receive visits, contact SMAA’s Volunteer Services Department at 396-6525 / 1-800-427-7411 ext 525;



Veteran volunteers in the first Vet to Vet team celebrate their graduation from the program’s training course. From left, seated: Owen O’Donnell, Robert Ferrante, Peter Hassapelis, Henry “Chuck” Whynot, James Barbour, Ernest Merritt III; standing, Susan Gold, coordinator of Vet to Vet, Jim Yankura, William Doughty, Walter “Dell” Osman, Eric Mihan, Randy Steward, Mary “Dottie” McGuirk, Dick Sproul, and Ed Zink.

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- Chat and swap stories
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- Provide much-needed companionship

Sign up now!

Training Sept. 16, 18, and 23

Call SMAA Volunteer Services
207-396-6525 or email volunteer@smaa.org
smaa.org or sgold@smaa.org




volunteer@smaaa.org; or visit us online at www.smaaa.org. The program is open to anyone who has served in the military, combat and noncombat, men and women.

Thanks for the Good Eats!

Our thanks to the following for providing meals for our veteran volunteers at the Vet to Vet training: Mainly Wraps, Scarborough; Pat's Pizza, Scarborough; Olive Garden, South Portland; Vincenza's, Saco; Hannaford's, Saco; Jimmy the Greek's, South Portland; and Lois' Natural Foods, Scarborough. Also thank you to Starbuck's in Saco for gifts for our speakers.



Over Memorial Day weekend SMAA's Vet to Vet program hit the big time with its name in lights atop Portland's Time and Temperature building, courtesy of the Law Offices of Joe Bornstein. Thanks Joe!

CATCH: Healthy Habits Updates

CATCH Catches on with the Kids

When our students advocate for healthy snacks we know we've done our job. Most recently students were treated to Stellar Sundaes: fruit flavored yogurt, sliced bananas, and crumbled graham crackers. Several of the students enjoyed the delicious and healthy snack and chatted about it with their friends. One of the students even asked the host-site leader to have the snack again – with several more students chiming in for support.

Volunteers Recognized for Successful Winter/Spring

Volunteer teams from the Westbrook Community Center, the South Portland Boys and Girls Club, and our newest partner, Learning Works at East End Community School, were celebrated with a luncheon at Oliver Garden this June. The teams were joined by Marlise Montgomery, our local representative from our funders, The Anthem Blue Cross and Blue Shield Foundation.

Boys and Girls Club – South Portland

Over 20 students in K-2 grade graduated after an eight week program at the Boys and Girls Club in South Portland. The students in South Portland are resourceful and creative and brought new life to a broken hula hoop. A hula hoop became worn and kinked and was tossed in the trash. The following week we were surprised when two girls had rescued the broken hula

hoop and repurposed them as mastodon tusks!

Welcome Learning Works at East End Community School

The Learning Works program at East End Community School in Portland is the newest host for CATCH Healthy Habits. 25 students, many from foreign countries, participated in CATCH. Because we were nearing the end of the year we visited with students twice a week to ensure they participated in all eight sessions. Thank you leaders Peggy York, Laurie Lin, Pat McDonald, and Mimi Davis.

U.S. Fattest Country in the World

According to a report released in late May by the journal LANCET, the U.S. population makes up about 13% of the world's overweight or obese population. We are the heaviest country in the world. During the three decades between 1980 and 2013, the worldwide rate for overweight and obesity rose 27.5% for adults and 47.1% for children worldwide. No country has seen a decrease in the rate. Read the full article at <http://online.wsj.com/article/BT-CO-20140529-705050.html>

You can have an impact on what happens during the next decade. Volunteers with CATCH Healthy Habits receive training in teaching healthier eating and active lifestyles to guide children grades K-5 during afterschool programs for. For more information on volunteering, please contact Sharon Schulberger at 396-6523 or e-mail sschulberger@SMAAA.org.

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation. CATCH Healthy Habits received the 2012 Maine Fitness Award in the Adult Category from the Governor's Council on Physical Fitness. Volunteers received the Anthem Community Angels Award in 2013 and 2014.

Featured Volunteer Opportunities

Do you love to read? We have a great volunteer opportunity for you! We are looking for a volunteer to read books by local authors and then write reviews on them for the Senior News. We would even provide you with the book!

Living Well for Better Health volunteers lead six week workshops that help people learn skills to lead healthy lives while managing ongoing health conditions. FREE Volunteer training will be held this October at our Scarborough office.

Volunteer advocates are needed in the Sanford/Springvale area to work with long term care residents and help make sure they have the highest possible quality of life. Volunteers would serve as an ombudsman, recording visit observations, and helping to communicate needs and concerns for the resident. If you have great communication skills and empathy for residents in long term care facilities, we want to talk to you!

Meals on Wheels volunteers help create better days for seniors in York and Cumberland counties every day. Volunteers bring nutritious meals, peace of mind, and a friendly "hello" to home-bound seniors through their deliveries.

To make a difference by volunteering, contact us: (207) 396-6525 or volunteer@smaaa.org.

VISIT OUR WEBSITE
www.smaaa.org

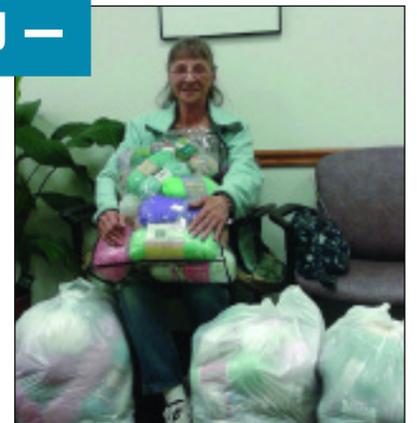
Welcome New Volunteers!

In April and May, we welcomed 41 new volunteers to SMAA and RSVP. Some of their names are listed below:

- James Barbour
- Sherry Biegel
- Timothy Bates
- Catherine Brockington
- Beverly Carroll
- Allen Casad
- Theodora Ciampa
- Laren Connolly
- Alison Eckert
- Robert Ferrante
- James Foley
- Gary Hamelin
- Peter Hassapelis
- Valerie Kennedy
- Nancy Knights
- Greg Locke
- Jim Macleod
- Mary McGuirk
- Ernest Merritt III
- Eric Mihan
- Owen O'Donnell
- Walter Dell Osman
- Dick Sproul
- Randy Stewart
- Henry Whynot
- Jim Yankura

— A WARM THANK YOU —

Pauline Clements, of Lyman, traveled to the SMAA office on a rainy afternoon with bags containing 180 skeins of yarn to donate to the SMAA Knitters Club. Over the last few months Pauline has donated over 500 skeins of yarn to senior centers in her community. Thanks to Pauline's generosity, colorful yarn will be available for volunteers to knit lap robes, hats, and mittens to keep children and seniors warm this winter.



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schedule and info: www.MaineSeniorGuide.com
expos@MaineSeniorGuide.com



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Southern Maine Agency on Aging

The Adult Day Health Centers are state-licensed, Adult Day Health providers for VA, MaineCare and the Office of Elder Services.