



## From the Director's Desk

Happy summer! I hope you are enjoying the warm breezes and sunny skies that make summer in Maine so special. There are lots of ways to get out and enjoy the great weather and explore our beautiful state—check out a local festival, walk the beach at sunset or just sit outside on the porch and visit with your neighbors and family.



I am delighted to report that SMAA has recently gained national attention for our Simply Delivered Meal program (SDM). A few years ago SMAA partnered with Maine Medical Center (MMC) to offer SDM on a voluntary basis to high-risk Medicare patients already enrolled in the Community-based Care Transition Program (CCTP) at MMC. During the two year pilot, SMAA and MMC were able to track the readmission rates of 622 patients who opted to receive the meals when they were discharged from the hospital. We found that the 30 day hospital readmission rate was significantly reduced for that group of patients and the return on investment for the healthcare system was nearly 387%. Working in conjunction with Dr. Sarah Martin from Husson University, SMAA's Business Development Manager, Nancy Connelly and Katlyn Blackstone, SMAA's Chief Program Officer, wrote a white paper detailing the positive results of the SDM study that was recently published in the American Journal of Managed Care. As we look for opportunities to partner with healthcare systems, it is very exciting to see our efforts published and accepted by leading experts on the national level.

I am also happy to note that SMAA and the other AAA's across the state were the recipients of an unexpected increase in Older American's Act funding approved by Congress late this spring. As a

continued on page 13

## SMAA Hits the National Stage with Impressive Health Outcomes

SMAA is excited to announce the publication of an article about our work with Maine Medical Center (MMC) in providing home delivered meals to patients post discharge from the hospital. The meal program is called "Simply Delivered ME". The lead author on the article is Sarah Martin PhD., an epidemiologist who has been affiliated with Husson University. The article titled "Simply Delivered Meals: A Tale of Collaboration" appeared in the *American Journal of Managed Care* on June 15, 2018. This is a national publication read by many in the healthcare arena. Two of our own SMAA Employees were also collaborators in the writing of the paper, Katlyn Blackstone MS, LSW, Chief Programming Officer, and Nancy Connelly, MBA, Business Development Manager and a third employee, Dan Knox, Director of Technology supported data analysis.

The results discussed in the paper were about the reduction in the 30-day hospital readmission rate for 622 patients at risk for readmission after being discharged. The risk for readmission was linked to certain health conditions. The work was conducted with MMC over a two-year period. Post-discharge meals combined with continued care transitions once the patient returned home resulted in a two point reduction in the 30-day readmission rate. Not only were the rates of 30-day readmission lower, but the money saved by the healthcare system compared with the cost of the meals resulted in a very favorable financial outcome.

Larry Gross, CEO of SMAA said "We are very excited about the opportunity to showcase this beneficial work on a national level.



Results like these demonstrate how important social factors are in helping patients successfully recover from a hospital stay and in managing health outcomes in general" The

continued on page 15

## Woodin Challenge for the Best Friend Fund Goal: \$8,000

Eddie Woodin's philanthropic drive is rooted in a deep, abiding faith. For decades, he and his wife, Nancy Robinson, have supported charities all over the world. However, Eddie felt called to focus his philanthropy locally.

"I felt that global programs were important but I also felt a divine calling to concentrate on needs

right here in my community." Woodin stated. "Our hearts are with those in the shadow of life like low income older Mainers who need support." Eddie continued.

In 2010, Eddie Woodin and his wife Nancy Robinson combined their love of animals with the needs of lower income seniors with pets to establish the Best Friend Fund at the Southern Maine Agency on Aging. This fund is designed to help them manage emergency needs for their pets. They know the joy that comes from the bond they have with their dogs. They realized that this bond is even more important to older people, especially homebound elders on a fixed income. Sudden pet illnesses or injuries can be financially devastating for them.

The Best Friend Fund has funded many special pet needs. Recently, Maggie's\* three-year-old mixed breed dog, Boomer, was suffering from frequent infections. The multiple trips to the vet and medications were costly. On her low income, Maggie was struggling to care for him. A careful examination revealed that the infections were being caused by a dental issue. While the dental issue would resolve the infections, the treatment was expensive and Maggie didn't have the money. Maggie's neighbor had read about the Best Friend

Fund in Senior News and called us for help. The Best Friend Fund enabled Boomer to get the necessary dental treatment and the infections stopped. Thanks to the generosity of all of the Best Friend Fund donors,

continued on page 8



Eddie Woodin, Nancy Robinson, Larry Gross, with Millie and Moxie.

Have questions about Senior News?  
Call 396-6594 or email [seniornews@smaa.org](mailto:seniornews@smaa.org)

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# Hidden Treasures 2018

Thank you to Verrill Dana, HM Payson and the Thos. Moser Gallery for partnering with SMAA to host our 2nd Hidden Treasures of Portland fundraising event on Wednesday, May 30. Verrill Dana and HM Payson opened their offices exclusively for our patrons who viewed their art collections which included art by Eric Hopkins, Anne Ireland, Neil

Welliver, Alfred Chadbourne, Thomas Crotty, Stephen Etnier and many more. Thos. Moser, Handmade American Furniture provided significant marketing support for the event.

Thos. Moser Gallery, 149 Main Street in Freeport, will donate 10% of any furniture purchases through the end of July if the buyer mentions SMAA or Hidden Treasures

when making their purchase. Bread and Butter Catering and Al's of Scarborough donated appetizers for the evening.

"We are grateful to our partner companies for hosting this fundraiser", said Kate Putnam, Chief Advancement Officer for SMAA. "It was a wonderful evening filled with beautiful art and lively conversation—all while we raised much needed support for our programs."

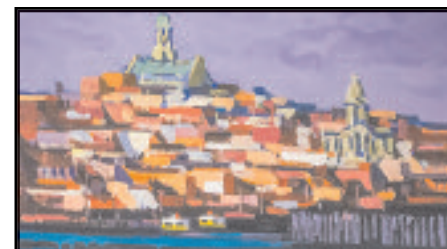
If you missed this event, we'll be having another Hidden Treasures evening in 2019.



L to R: Terry Bagley, SMAA Board Member, Roberta Wright and Richard Wright



L to R: Gregg Fergin, Judith Fergin and Chris Smith, Verrill Dana



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**MEDICARE**

**Medicare Nugget #621**

from Stan Cohen

In April, Seema Verma, head of the Centers for Medicare and Medicaid Services, announced that Medicare will require hospitals to post their standard prices online. She said the new requirement for online prices reflects the Trump administration's ongoing efforts to encourage patients to become better-educated decision makers in their own care.

Hospitals are now required to disclose prices publicly, but the latest change would put that information online (at least in theory) in a format that can be easily processed by computers. It may still prove to be confusing to consumers, since standard rates are like list prices and don't reflect what insurers and government programs pay. Patients concerned about their potential out-of-pocket costs from a hospitalization would still be advised to consult with their insurer.

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www.smaa.org**

**New Medicare Cards are in the Mail**

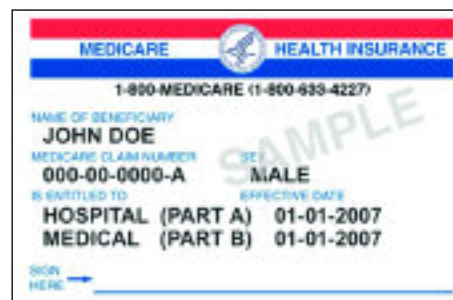
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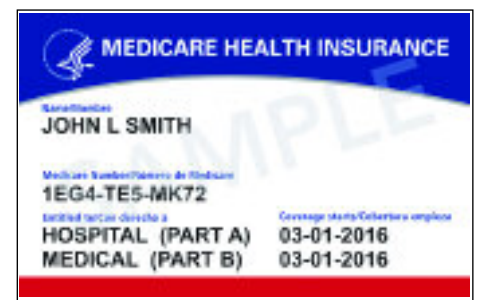
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Please call Southern Maine Agency on Aging at 207-396-6500 starting in September, as appointments fill up, to make an appointment to review your coverage options. Please leave a good time you can be reached. It's a good idea to review your options every year as insurance plans can change their coverage.



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## Senior News

is a publication of



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**Design:** Becky Delaney

**Printing:** Sun Press, Lewiston

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

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

For details on advertising in "Senior News," log on to [www.smaaa.org](http://www.smaaa.org) and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach "Senior News" representative Janet Bowne at 396-6533.

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The Southern Maine Agency on Aging's mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them.

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**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](http://www.smaaa.org) or by calling 207-396-6500 or 1-800-427-7411.**

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# SAVE THE DATE: September 28, 12-2

## Charting the Future: Innovation in Dementia Research, Treatment and Care

Join us on Friday, September 28, for an educational luncheon to understand the latest in the drive for a cure for dementia as well as care options. We've assembled a panel of policy-makers and researchers to discuss developments. At press time, the panel includes: Gareth Howell, Ph.D., a leading Alzheimer's researcher with Jackson Labs; Dr.

Dorene Rentz, PsyD., Co-director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital, a leading researcher from Biogen and, our moderator, Jud Knox, CEO and President of York Hospital.

For more information, please visit our website: [www.smaaa.org/chartingthefuture](http://www.smaaa.org/chartingthefuture) or call us at 207-396-6533.

# CHARTING THE FUTURE



*Innovation in Dementia Research, Treatment and Care*

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Charting the Future: Innovation in Dementia Research, Treatment, and Care is an educational luncheon that brings together a panel of policy makers, researchers, and care providers to share developments in dementia research, treatment, and care.

Scheduled to speak:

**Gareth Howell, Ph.D.**

*Dr. Howell is a leading Alzheimer's researcher with The Jackson Laboratory.*

**Dorene Rentz, PsyD**

*Dr. Rentz is the Co-Director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital in Boston.*

**Jud Knox**

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## SMAA Hosts Positive Approach to Care Workshop

Over 40 SMAA employees and volunteers including nurses, social workers, occupational therapists, program managers and direct service professionals recently gathered for a daylong workshop conducted by Debi Tyler, OTR/L, Client Relationship Director representing nationally known Teepa Snow's Positive Approach to

Brain Change and Positive Approach to Care (PAC) program. Teepa and her team are leading educators on dementia and the care strategies needed to support a person with dementia. The workshop guided the attendees in the use of PAC strategies when helping people living with dementia during social interactions, personal care routines, and daily engagement. Ms. Tyler also educated the assembled on the Teepa's GEM States Model which is a patented program illustrating the various stages of dementia. This model uses the imagery of precious gems to help care partners understand what skills are retained rather than focusing on what the person living with dementia has lost.

"This program helped our team discover new ways to help reduce anxiety and resistance to care which results in an improved quality of life for all concerned", stated Kathy Baxter, SMAA Director of Commu-

nity Services. Kathy continued, "Our team learned the value of matching helping behaviors to the person's needs and retained abilities to promote a sense of control and self-direction." Baxter continued. "We want our staff to use the latest techniques in supporting our Adult Day Center members as well as the caregivers who take classes and attend support groups."

This program was made possible by funding from the U.S. Administration for Community Living (ACL) MaineHealth Alzheimer's Disease Partnership which is a collaboration to build the dementia capable systems delivery in Maine.



**L to R: Kirsten Dorsey, Stewart Center Program Manager, Marilyn Durgin, Sam L. Cohen Center Program Manager, Debi Tyler, and Kathy Baxter, Director of Community Services.**

## Money Minders: A Passion for Working with Numbers

After retiring from a career in finance, Annie has found the Money Minders Program to be a benefit to her clients and to herself. "If a person has spent their career working with budgets and numbers, being a Money Minders volunteer is an excellent way to continue to use those skills."

Annie started volunteering with Money Minders, a free program that matches clients with trained volunteers who help with check writing and checkbook balancing, in 2015 and now has two clients who she visits monthly. By spending just an hour or two a month with each client, she is able to put everything in order, correct any mistakes and have time to chat and share family stories. "It makes me feel useful and productive; they know they don't have to worry about their checkbooks because I will fix them."

One of the more challenging things to happen since Annie has been a Money Minders volunteer is that one of her clients had health issues and had to move into an assisted living facility temporarily. When Annie visited, her client would tell her how unhappy she was. "Thankfully," Annie says, "her daughters were working on getting her back into an apartment. It was hard to see her upset."

When she started volunteering, Annie wasn't aware of the many different services offered by the Southern Maine Agency on Aging (SMAA). "I continue to learn about the wide variety of resources and assistance that is available to seniors."

Annie's advice to seniors is to make a budget so that all their critical expenses are planned for and can be saved for. Then, during months when they have extra cash, they can use it for "less critical and unbudgeted expenditures." And she urges seniors to reach out to SMAA for assistance when they need it. "Sometimes, all expenses are critical expenses."

If she should need assistance keeping her own finances in order later in her life, Annie would "definitely" enlist the help of a Money Minders volunteer. "I can see that it would be one less worry," for seniors to have a volunteer who loves numbers!

For more information about the Money Minders Program, and to find a volunteer like Annie to help you keep your finances in order, please call the Southern Maine Agency on Aging at 1-800-427-7411 or 207-396-6500 and ask to speak to a Resource Specialist. For Money Minders like Annie, employing that passion for numbers can result in fewer worries for you.

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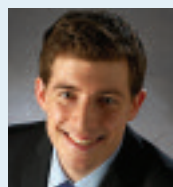
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## Are you Caring for Someone with Memory Loss?

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Our Family Caregiver Team helps with classes, support groups and 1-1 counseling to help people who are helping someone with dementia or cognitive loss. We also run two adult day centers: The Cohen Center in Biddeford and the Stewart Center in Falmouth. The Centers offer "State of the Heart"

day programming in a safe and structured environment. And while there is no cure, our Centers offer the opportunity to rekindle an interest or discover new passions.

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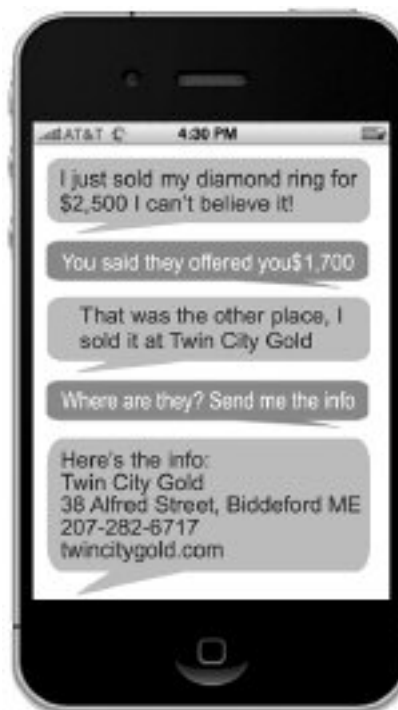
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MEDICARE & MOST INSURANCE ACCEPTED

## Best Friend Goal continued from page 1

Maggie and Boomer remain constant companions.

### The Woodin Challenge: Help us reach \$8,000!!

Eddie and Nancy have stepped up once again and are offering a generous matching gift of \$2,000 if SMAA can raise \$6,000. The Woodin Challenge for the Best Friend Fund kicks off on July 1 and runs through September 30.

"We appreciate Eddie and Nancy's generosity and know that this challenge will help local low income

elders to get help for their unexpected pet expenses." said Laurence Gross, SMAA's CEO. "They have long been a friend of the Agency so it's only fitting that their gift help leverage more funds so that we can continue to keep beloved pets healthy."

If you're interested in supporting the Best Friend Fund, please send a contribution to SMAA, 136 US Route 1, Scarborough, ME 04074. You can also donate on line: [www.smaaa.org/giving](http://www.smaaa.org/giving). If you have questions or prefer to make a gift over the phone, please contact, Kate Putnam, Chief Advancement Officer, 207-396-6590.

## SENIOR COMPANIONS: Helping Each Other to Age Successfully

In 2013, Sherry Jorgensen moved from a large city on the West Coast to Southern Maine to be closer to family. She couldn't imagine living in rural Maine, and she certainly didn't picture it filled with smiles and joy. But when she set out to find something to keep her busy, smiles and joy is just what she got.

Sherry volunteers with the Opportunity Alliance's Senior Companion Program. Senior Companions are adults 55 and older that visit isolated individuals, providing friendship and support that helps these clients maintain their independence.

In addition to helping with essential errands such as grocery shopping and rides to appointments, Sherry loves to play games with her clients. One client, "my checkers buddy" as Sherry affectionately calls him, lights up whenever Sherry visits. One day as Sherry was leaving, the client's nurse said to her, "I don't think you truly know what you do for him." This client's health continues to im-

prove beyond expectations, and his family attributes this improvement largely to Sherry's visits. But Sherry feels she gets just as much back from her clients; "you wouldn't believe the joy I feel; my heart feels so full from giving my time to those who need it."

In addition to home visiting, Senior Companions like Sherry can also serve at Adult Day Care Centers, working alongside staff to make sure clients are engaged, safe, comfortable, and having fun! Staff at these centers share, "It takes many hands to ensure programming runs smoothly, and that extra set of hands provided by Senior Companions is essential to clients having the best experience possible."

Volunteers meeting generous income limits that serve 15 hours per week receive a non-taxable stipend for their volunteer time, as well as meals, travel assistance, training, and recognition. To learn more about the program, please call 207-773-0202.

*"You wouldn't believe the joy I feel; my heart feels so full from giving my time to those who need it."*



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On AGING  
*Creating Better Days*

Yes, I would like to donate to the Best Friend Fund and help SMAA raise \$8,000 for pets in need!

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Phone: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

My check payable to Southern Maine Agency on Aging is enclosed

Credit Card No.: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_\_ Gift Amount: \$ \_\_\_\_\_

Please mail your donation to:

Southern Maine Agency on Aging / Attn: Best Friend Fund  
136 US Route One, Scarborough, ME 04074

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## How Professional Senior Move Management May Reduce Stress

By Mary Holmes

Professional Senior Move Management is a relatively new industry that came to being in the early 2000's, when it was realized that seniors who were considering leaving their long-term home for a condo or retirement community often needed assistance. This type of transition can cause many emotions and can require physical demands that may leave a senior feeling overwhelmed. A Professional Senior Move Manager may be able to help reduce stress and uncertainty during your transition.

### How Can a Move Manager Help If You Are Moving:

- Help you determine what furnishings will fit in your new home and complete a to-scale floorplan;
- Assist with "downsizing" the items you can't take with you—whether that means gifting, selling or donating them;
- Manage the mover interview process;
- Take care of recycling and trash;
- Pack up for the mover;
- Unpack at your new home;
- Communication with realtors, retirement communities, utility companies, etc.

### What Should I Expect at the Initial Consultation Meeting:

Most Move Managers will offer a consultation as a complimentary service.

- Ask you questions about your goals, timelines, priorities, etc;
- Tour your home and take some pictures;
- After the meeting, the move manager will prepare an estimate of cost based on the information provided.

### What Other Services do Move Managers Provide:

- Help prepare a home to be put on the market by decluttering and rearranging furniture to create a welcoming space;
- Assist with a plan to Age in Place, including decluttering for safety, re-organize closet, cabinets, etc. to ensure items are accessible, move furniture for single floor living, manage contractors to install safety items, such as hand rails, lift, ramps, etc.
- Conduct a home clean-out either in preparation for a home sale or for a home closing. This consists of sorting through items to determine what will remain with family, what will be sold, donated, recycled or trashed; managing the sales process; shipping items to family members; and transporting items to donation sites and transfer facilities.

### What Should I Look for in a Move Manager:

It is important that you hire a Move Manager you feel comfortable with when you meet them. They should be experienced, professional, ethical, and have insurance/bonding. A good way to find a qualified professional in your area is to utilize the website of the National Association of Senior Move Managers—you can search by your zip code.

Mary Holmes can be reached at Integrated Move Management, 207-865-4493

## Alzheimer's Care & Support Services Available 24/7

The Alzheimer's Association provides care and support for all those affected by Alzheimer's or another dementia. Their services include a toll-free 24/7 Helpline 800-272-3900, care consultations to help families make decisions and navigate resources, family and caregiver support groups and education programs. They also offer online message boards and a comprehensive nationwide database of programs and services.

John Pulver of Waterford contacted the Alzheimer's Association when his wife was first diagnosed with memory problems. "I don't know where we'd have been without the help because we had no idea how to handle the situation at first," Pulver said. "They steered us in the right direction and were very helpful in connecting us with the support groups, the programs and giving us guidance on making decisions," explains Pulver.

As the largest nonprofit funder of Alzheimer's research, the Association is committed to accelerating the global progress of new treatments, preventions and ultimately, a cure. The annual Walk to End Alzheimer's is held in seven locations in Maine during the months of September and October and is the world's largest event to raise awareness and funds for Alzheimer's disease care, support and research.

John is participating in the Walk to End Alzheimer's. He noted, "This will be my third year walking – it is great because my family and friends participate and help keep these programs going."

For more information on the Alzheimer's Association, Maine Chapter's programs and services visit [alz.org/maine](http://alz.org/maine) or call the toll-free 24/7 Helpline 800.272.3900



## Window Dressers Help with Home Energy Costs

Looking for a way to lower your home energy heating costs? Or make a difference to the earth by reducing the amount of CO2 you generate and energy you use and the amount of CO2 you generate? One way is to add interior storm windows to your existing windows. Window Dressers is a Maine-based non-profit organization that builds low-cost, custom fitted window inserts that function as interior storm windows. Window inserts reduce condensation and drafts and thus lower heating costs. Window inserts are easily installed in the fall and removed in the spring/summer. Research has shown that 10 window inserts can reduce heating costs in a typical house by up to 105 gallons of fuel per year, saving an estimated \$270 per year.

Ordering window inserts can be done at any time, however we generally need your request about six

weeks prior to the scheduled workshop date. Once you have placed your order, volunteers will come to your house and measure your windows and provide you with a quote. Window inserts cost an average of \$25 per window but generally pay for themselves in less than two years. Window inserts are then built to order and completed at a community workshop near you where you can pick them up when they are finished. Individuals are asked to participate in the community workshop process based on their abilities. Low income households can qualify for up to 10 inserts per year at no charge.

Window dresser workshops are scheduled in the fall and early winter (September-January) in over 30 cities and towns across Maine including Portland, South Portland, Falmouth, Gorham, Buxton, Bridgton, Wells, Parsonsfield, Berwick, and Peaks Island. If you would like get more information, find out where workshops are located and when they are scheduled, or volunteer, please visit the Window Dressers website at <https://windowdressers.org> or call 207-596-3073.

## Stay connected with SMAA

Receive updates about new classes and workshops being offered, when Senior News is available on newsstands and online, along with the latest information about SMAA happenings via email.

Visit [www.smaa.org/email.html](http://www.smaa.org/email.html) to sign-up today.



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## Agewell Schedule

Pre-registration is required for all Agewell Workshops. Please call: 207-396-6578

### Tai Chi for Health and Balance – Introduction

September 17 – December 5  
Monday & Wednesday, 2-3PM  
Larrabee Village, Westbrook

September 17 – December 5  
Monday & Wednesday, 10-11AM  
First Congregational Church,  
Kennebunkport

September 18 – December 6  
Tuesday & Thursday, 9-10AM  
SMAA, Scarborough

September 18 – December 6  
Tuesday & Thursday, 1-2PM  
Plummer Senior Living, Falmouth

September 18 – December 6  
Tuesday & Thursday, 9-10AM  
Woodfords Church, Portland

### Tai Chi for Health and Balance – Deepening

September 17 – December 5  
Monday & Wednesday, 3-4PM  
Martin’s Point, Scarborough

September 18 – December 6  
Tuesday & Thursday, 10:15-11:15AM  
Woodfords Church, Portland

### Living Well for Better Health

October 9 – November 13  
Tuesday 1-3PM  
Lecky Brown Center, Gorham

### A Matter of Balance

September 13 – November 1  
Thursday, 1-3PM  
Yarmouth Town Hall (Yarmouth residents priority)

### Living Well with Chronic Pain

October 10 – November 14  
Wednesday 11AM-1:30PM  
Yarmouth Library (Yarmouth residents priority)

### Balance Screening Events

Balance Screening events require pre-registration—please call to reserve your space. (SMAA will handle registration)

September 7, 1-3 PM  
Yarmouth Town Hall, Yarmouth  
\*Yarmouth Residents only

September 28, 9AM-12NOON  
Maine Strong Balance Center  
Scarborough

### Training Events/Call for Volunteers

Looking for a way to get involved in your community? Are you passionate about health? Consider training in one of our Evidence-Based programs. Whether you’d like to teach tai chi, teach older adults how to prevent falls with A Matter of Balance, or skills for managing long-term health skills like chronic pain or diabetes with Living Well for Better Health, we need your help! It is through our wonderful and dedicated volunteers that we can reach the communities outside the Greater Portland area!

### Tai Chi Instructor Training

August 17-18, 8AM-5PM  
Scarborough

A Matter of Balance and Living Well coach trainings are being scheduled—please call for more information: 207-396-6529



## SMAA and MMC Team up to Prevent Falls

**D**id you know that falls are the number one reason older adults visit the emergency department in Maine and across the country? That’s a real concern for Julie Ontengco, DNP, Nurse Practitioner and Director of Maine Medical Center’s (MMC) Trauma Program. “While falls can happen to anyone, we certainly see a lot among our aging population. The injuries associated with falls can be quite severe, and even more so as you age. As Maine’s only American College of Surgeons (ACS) verified Level 1 Trauma Center we focus a significant amount of effort and resource on injury prevention.” said Ontengco.

As a result, MMC is teaming up with the Southern Maine Agency on Aging (SMAA) to sponsor regular falls prevention workshops in communities throughout the region. A Matter of Balance (AMOB) is an eight-week workshop that helps older adults stay active and independent by teaching tools and strategies to prevent falls, like home safety and a physical activity program. But most importantly, AMOB counters the idea that falls are a natural part of growing old. The workshop empowers participants to see that they have control over risk factors, and can make changes in their lives to prevent falls. “The stories that come out of these classes are so inspiring,” says Anna Guest, Falls Prevention Project Director at SMAA, “by starting the conversation people have a chance to talk with others who are dealing with the same problem. The social support and problem solving with a group of peers can be truly transformational.”

With falls being the most common injury demographic seen within the trauma program, Dr. Ontengco knows first-hand the impact that a fall can have on someone’s life. She also knows how important and

empowering workshops like A Matter of Balance can be, “the exercises that are taught in the class can help to improve balance and physical strength, which can prevent a fall or make it easier to get up if you do fall. The class also provides a sense of personal empowerment and fosters a sense of control in regards to preventing falls and fall related injuries.” Ontengco and her staff from MMC’s Trauma Program will be making sure that patients who find themselves in the hospital because of a fall are connected with information about upcoming A Matter of Balance workshops. MMC Nurses and Nurse Practitioners will also be providing Guest Healthcare Professional Visits to many of the AMOB workshops offered throughout the year. This important piece of the program teaches participants how to get up from the floor if they’ve had a fall and provides a link back to the medical community—both of which are highly empowering tools for those who want to maintain their independence.

SMAA and MMC’s Trauma Program are very excited about this collaboration, and realize the importance of linking community-based resources with healthcare treatment. For more information on upcoming AMOB workshops, please see the Agewell Calendar.

## Fran Gleason Recognized In Annual Award

**C**ongratulations to Fran Gleason for winning this year’s “Virginia Billings Award”. The “Virginia Billings Award” was created in 2012 and named after long-time Meals on Wheels site coordinator, Virginia Billings. The award is given to the Nutrition staffer who has repeatedly gone above and beyond in serving our Meals on Wheels and Nutrition clients. Fran is an integral part of the Nutrition Department and much of her hard work goes on “behind the scenes”. Fran has been with SMAA for almost four years and currently serves as the Assistant Nutrition Program Manager.



Fran Gleason (left) and Renee Longarini, SMAA Nutrition Program Manager.

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- Counseling & Emotional Support
- Private Duty Home Care

## Advisory Council Members Needed

The Southern Maine Agency on Aging is looking for members of the community interested in joining the Agency's Advisory Council for one, two or three year terms. Below please find a brief description of the role of the Advisory Council and the "qualifications" of a potential member of the Advisory Council.

The major purpose of the Advisory Council is to be a link between the community and SMAA, offering expertise and insight to SMAA staff and Board of Directors. The Advisory Council reviews SMAA's plans, activities, and programs in light of community needs.

Since the Advisory Council includes participants in programs and people who have specialized knowledge, its comments and opinions are valuable to the SMAA Board.

Major functions of the Advisory Council members include:

1. Review and comment on plans—The Agency's Area Plan is submitted to the Advisory Council for review and comment. Other program plans are also reviewed periodically.
2. Review and comment on program reports—The Advisory Council reviews and comment on program outcome reports. This process keeps the Council informed about the Area plan

development and progress in addressing community needs.

3. Convey Community needs and problems to the SMAA Board of Directors—The Advisory Council takes on an active advocacy role by identifying community needs and problems and by assessing SMAA programs' response that are shared with SMAA's Board of Directors.
4. Act as an Agency ambassador in the community—Advisory Council members can do a great deal to educate older adults and caregivers about the programs and services available to them through SMAA. The Advisory Council members often work with legislators and local public officials to help them understand the programs and goals of the Agency. Advisory Council members can be involved in developing needed resources such as fund raising. These activities should be closely coordinated with the Board and senior staff.

A potential member's qualifications should include:

1. A background in private or volunteering sector, leadership and advocacy skills.
2. Ability to devote the necessary time to meetings. The Council currently meets six times a

year, on the last Thursday of the following months: October (first meeting after being appointed), December, February, April, June and August from 10AM to 12 noon at the SMAA Headquarters in Scarborough. Meeting date and location may change periodically.

3. Meet guidelines for Advisory Council members outlined in the Older Americans Act and regulations which specify that Advisory Councils include:
  - a. More than 50 percent of Council is older people and includes:
    - (1) Older persons with greatest social and economic need
    - (2) Older minority individuals
    - (3) Participants in Agency on Aging funded services (e.g., SMAA programs)
  - b. Representatives of older persons (e.g., AARP, Senior Groups/Clubs, Retiree Groups, TRIAD, etc.)
  - c. Local elected officials (Town Councils, Legislators, County Commissioners)
  - d. Representatives of health care provider organizations, including providers of veteran health care (if appropriate) (Hospital, Home Health, Nursing Home, Mental Health, etc.)

e. Representatives of supportive services provider organizations (Transportation, Vision, Homemaker, Housing, Assisted Living, etc.)

f. The general public

If you are interested in learning more about becoming an SMAA Advisory Council member, please contact Kathy Heggeman at 396-6504 or kheggeman@smaa.org.

### Need Help Balancing Your Monthly Bank Statement?

The Southern Maine Agency on Aging offers MONEY MINDERS... a FREE program to assist people age 55 and older who need help balancing a checkbook and writing checks.



To learn more or to see if you are eligible, Call: 1-800-427-7411



## FIGHTING CANCER IS A TEAM EFFORT...

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Cheryl Lee Clark of Kennebunk, pancreatic cancer survivor. "My team at NECS used every tool to make sure I'm cancer-free."



  
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## Are you a family caregiver?

Join us at one of SMAA's upcoming caregiver classes sponsored by the Harvard Pilgrim Health Care Foundation.

### Setting Limits: Healthy Personal Boundaries for Caregivers

June 11, 11am-12pm - JR Martin Community Center, Biddeford  
 Ideas to make setting limits and establishing boundaries easier and more effective. Light snacks provided.

Join us for a Lobster Roll Luncheon with the SMAA Community Café immediately following. If you would like more information on joining us for lunch, please let us know when you register for this class.

Please call 207-283-2477 by 6/4/18 to register for this class only.

### Stress Management for Family Caregivers

June 13, 2:30-3:30pm - Bridgton Community Center  
 Recognize the sources of stress, understanding the impact of stress on your own health and wellbeing, and identifying some strategies to manage stress, so that you can take care of yourself and provide the best assistance possible. Light snacks provided.

### Beginning Planning

July 11, 4:30-5:30pm - SMAA Main Office, Scarborough  
 Where do you begin the process of helping an older family member plan for the future? What concerns need to be considered? How do you find out what resources are available when help is needed? All those issues will be discussed in this class – whether you are thinking ahead or find yourself needing to create a plan right away. Light snacks provided.

### Aging: Myths and Realities

August 8, 12-1pm - The Center, Kennebunk  
 Exploring physical and cognitive changes associated with growing older and explaining common medical conditions that may affect older adults. Suggestions offered for preventative care and possible treatment options. Lunch provided.

Preregistration for these classes is required.  
 Call 207-396-6541 or visit [www.smaaa.org](http://www.smaaa.org) for more information.

This series of Family Caregiver Classes is sponsored by:



## From Jo Dill's Notebook

The torch is lit and the 2018 Maine Senior Games is underway with five events happening in June.



### Celebration of Athlete's and Volunteers

Over 100 athletes, volunteers and guests were on hand for the annual Celebration dinner. Thanks to Martin's Point for sponsoring this event.

Congratulations to those inducted into the 2018 MSG Hall of Fame:



L-R Joe Carlozzi, Loring DeAgazio, Don Clayton, Karen Reardon and David MacMillan.

Other award winners:



L-R Male Athlete Bob Randall, Female Athlete Betty Moberg, Volunteers Gloria Perry & Beverly MacLean, and the Martin's Point Medallion Award Rocky Clark.

### Registration

Be sure register for your event:  
<https://maine.fusesport.com/registration/854/>  
 Some events have a cutoff date so don't be left out.  
**Register today!!** This is a qualifying year for the 2019 National Senior Games in Albuquerque, NM.



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**From the Director's Desk**  
continued from page 1

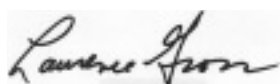
result of this small increase, SMAA has begun to move folks off the Meals on Wheels wait list. We hope to fully clear the list within the next few months. For the past couple of years, our senior managers and I have met quarterly with Senator Collins' and Senator King's staff to discuss senior issues and update them on the challenges and opportunities we face trying to deliver the best programs and services to older adults. I applaud both our senators for understanding the needs and advocating for this critically important funding.

I am hopeful that both Senators will be joining SMAA as panelists at our "Charting the Future: Innovations in Dementia Research, Treatment and Care" event on September 28. Other speakers include Dr. Dorene Rentz, Co-Director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital in Boston; Dr. Gareth Howell, a leading Alzheimer's researcher with the Jackson Laboratory in Bar Harbor; a leading researcher from Biogen and SMAA's past Board Chair, Jud Knox, Chief Executive Officer, President and Trustee of York Hospital. I'm looking forward to learning about cutting edge research and new therapies available for those suffering with Alzheimer's Disease and other dementias and to hear what initiatives are available and under consideration at the na-

tional level to address the needs of caregivers and families. Tickets to the event are available on the SMAA website, [www.smaaa.org](http://www.smaaa.org). I hope you will join us to learn about these promising advances in research and treatment options.

Lastly, I would like to thank SMAA's Director of Volunteer Services, Carol Rancourt, who retired last month. Carol has been with the Agency for 30 years and served in many roles during her tenure. She was instrumental in developing the Medicare counseling program and the formation of the Vet to Vet program. Her many contributions to SMAA over the years are too numerous to list, but I will especially miss her humor, her passion for volunteerism and her dedication to SMAA. Thank you Carol!

Enjoy the summer!



**Laurence W. Gross**  
Chief Executive Officer



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# RSVP VOLUNTEER SERVICES & RSVP

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## Carol Rancourt Honored After 30 Years of Service to SMAA

Volunteer Services & Training Manager/Retired Senior Volunteer Program (RSVP) Director Carol Rancourt was recently honored at two Southern Maine Agency on Aging (SMAA) events



upon her retirement after 30 years of service to the agency. Volunteers had a chance to bid Carol a fond farewell at SMAA's Annual Volunteer Appreciation Luncheon on June 20, which was followed by a retirement party for current and former colleagues, and friends on Tuesday, June 26, at Camp Ketcha.

Carol began her career soon after earning a Bachelor's in Social Work from the University of Southern Maine in 1972, serving as the Tri-County Western Older Citizens Council RSVP director. She joined SMAA in 1977 as the director of Information and Referral.

In 1981, Carol adopted her daughter Katherine, who was three

years old at the time. To spend more time with Katherine, Carol switched careers and taught social studies at Sanford High School, after earning her teaching credentials and a Master's in Adult Education from USM. She followed teaching with a stint as a paralegal for her brother, Craig J. Rancourt, Esq., in Biddeford.

At the invitation of SMAA CEO Larry Gross, Carol returned to the agency part time to help create the Human Resources Department. Later, she became a fulltime SMAA staff member, dividing her time as resident assistant at Washington



Larry Gross and Carol Rancourt

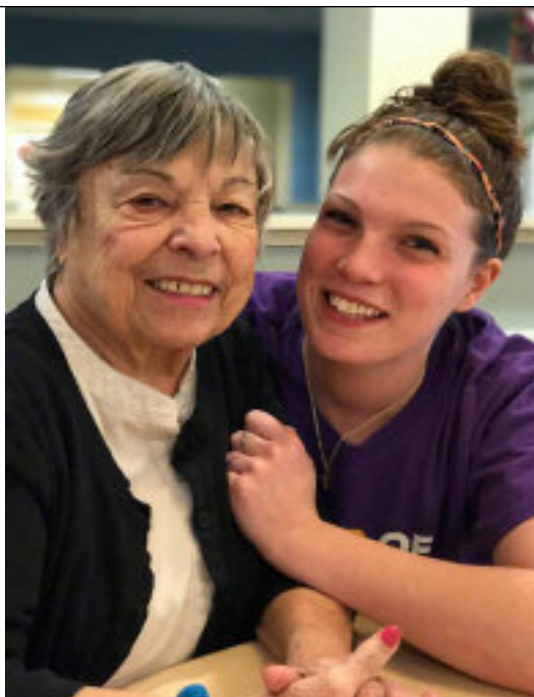
Gardens, a senior housing facility, and head of the Senior Medicare Patrol Program at SMAA.

"Carol has always been, at heart, an advocate for others. Her long career reflects a deep commitment to social justice, fairness, and personal independence," said Larry. "For the past 30 years, SMAA, our staff and volunteers and, most importantly, our clients have benefited enormously from her spirit and dedication."

The Senior Medicare Patrol Program (SMP) and State Health Insurance Program (SHIP) are among SMAA's most visible programs, serving some 4,000 seniors each year through seminars and one-on-one appointments. Funded through a federal grant, SMP/SHIP enlists volunteers who are trained to assist Medicare beneficiaries, their families and caregivers to prevent, detect and report health care fraud, errors, and abuse, and assist seniors as they learn about their Medicare options.

A SMAA program attributed to Carol's creative genius is the Vet to Vet Program, which won the National Association of Area Agencies on Aging 2016 Aging Achievement Award. Realizing that Maine's veterans needed friendly visitors who would understand their unique situations, Carol recruited Volunteer in Service to America (VISTA) volunteer Susan Gold in 2013 to develop the program. As far as Susan knows, this program, which matches volunteer vets with vets who need companions, is unique in the country. Susan served as coordinator of Vet to Vet since 2014, stepping down the week of June 18. "Carol has been a fabulous mentor and is one of the most creative people I have ever met," said Susan. "Her support and guidance have been key factors to the program's success."

Several years ago, upon the retirement of Ken Murray, Carol stepped into the position of Volunteer Services and Training Manager and RSVP Director, bringing her RSVP career full circle. Under her



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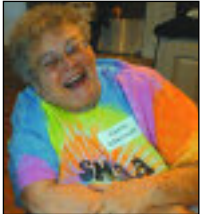
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direction SMAA Volunteer Services now has over 650 active volunteers serving their communities in Cumberland and York counties.

Carol's service to the community does not stop at the workplace. Over the years this lifelong resident of Scarborough was a Girl Scout leader; a Sunday school teacher at Black Point Congregational Church; a member of the Scarborough Board of Education (1994-2003), including two years as its chair; and a member of the Scarborough Town Council (2003-2012), serving as its chair in 2009.

"Retiring" to spend more time with her year-old grandson, Orion, Carol sees more reading, traveling, knitting, and gardening in her future. Not to mention her continuing work on Scarborough's Transportation and Senior Committees.



## SMAA Hits the National Stage with Impressive Health Outcomes

continued from page 1

reasoning behind post-discharge meal delivery is that very often patients become weak due to lost appetite and missed meals because of testing and medical procedures

while in the hospital. The patients and their caregivers come back home to empty cupboards and refrigerators with spoiled food because no one has been home shopping or cooking while they are in the hospital. Ensuring patients have nutritious and satisfying meals when they return home provides them the nourishment they need to regain their strength, while supporting the caregiver so the care-

givers don't have to rush to shop and cook. Caregivers can also be an important beneficiary of home delivered meals, as they are in midst of providing care and have little time to shop and cook. While this study didn't specifically look at the benefits to caregivers, the post-discharge meal program did offer meals to caregivers in addition to patients.

SMAA looks forward to sharing this publication with healthcare

providers and insurers in Maine. Simply Delivered Meals are available to the general public in York and Cumberland Counties and can be ordered via our website [www.simplydelivered.org](http://www.simplydelivered.org). You can read the study by going to the web article <https://bit.ly/2lmQJmX> and listen to a podcast of Katlyn Blackstone, MS, LSW, Chief Program Officer being interviewed about the article <https://bit.ly/2M8RZW5>

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**AUGUST 9**  
746 Daniel Webster Highway #3  
**Merrimack, NH**

**AUGUST 15**  
Hilton Garden Inn  
14 Great Falls Plaza  
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**AUGUST 22**  
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