



## From the Director's Desk

### Who's Gonna Fill Those Shoes?

On this beautiful late spring day, I am preparing what will be my last letter for the Senior News. In a few short weeks, I will be retiring after a fulfilling forty-one year career at Southern Maine Agency on Aging. Starting August 5, Megan Walton will take over as SMAA's new Chief Executive Officer. I will stick around a little while to offer Megan guidance as she transitions into her new role and then I will step away.



As my SMAA colleagues, volunteers, and I reminisce over the many wonderful opportunities, occasional challenges and numerous rewarding moments and accomplishments we have experienced during my tenure, some people worry about SMAA institutional knowledge that will leave with me. In the words of the great elder bluesman, Buddy Guy: "Who's gonna fill those shoes?" I respond much like Mr. Guy did when he invited the 10-year-old electric guitar phenome, Quinn Sullivan, to play on Buddy's Grammy-nominated album, Skin Deep in 2008. I point to the extremely talented and dedicated team of longstanding and rising stars in the SMAA staff and volunteer corps who step up and shine every day in their work. We have all "played together" (to stretch the musical metaphor) for many decades. They deeply channel the spirit of SMAA. They are the managers and front line workers ultimately responsible for the exemplary reputation and many awards that have accrued to SMAA over the years. Their caring, advocacy, and fierce commitment to older adults and their family caregivers will transcend and grow under Megan's leadership. I am not worried; I am confident and proud knowing what a solid team is in place to carry on

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## Maine Senior Games Hosts Annual Celebration of Athletes



On Friday, May 31, the Maine Senior Games hosted their annual opening ceremonies and Celebration of Athletes.

This year we had numerous athletes and volunteers carrying the torch and sport signs to the lighting of the cauldron. Thank you to the Little Dream Band for providing the music for the ceremonies.



Betty Perry, 2018 Female Athlete of the Year and Jo Dill

This year's Celebration of Athletes brought together over 140 athletes, volunteers, and guests to celebrate the achievements of their peers as well as to celebrate those participating in this year's National Senior Games in Albuquerque, New Mexico.

### CONGRATULATIONS TO THIS YEAR'S AWARD WINNERS:

2018 Volunteer of the Year  
Pete Gleason

2018 Female Athlete of the Year  
Betty Perry

2018 Male Athlete of the Year  
Dan Bence

2019 Hall of Fame Inductee  
Mary Brandes



Jo Dill and Pete Gleason, 2018 Volunteer of the Year



Mary Brandes and Deb Smith, MSG Advisory Board Member

A very special thanks to our lead sponsor, MARTIN'S POINT, whose continued generosity made this event possible.

## SAVE THE DATE: September 13, 2019, 11AM-2PM Charting the Future: Innovation in Dementia Research, Treatment and Care

Join us on Friday, September 13, for our second annual educational luncheon to understand the latest in the drive for advancements in dementia research, treatment and care, at the Doubletree in South Portland. Last year, 220 guests heard from leading speakers in the field including both our state senators. This year looks to be a promising event as well with several high profile speakers and pan-

elists already committed to join us. Our speakers will include Jackson Lab's Catherine Cook Kaczorowski, PhD, Associate Professor, Evnin

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### Let's Do Lunch!

On Wednesday July 10, restaurants around Southern Maine will be participating in Let's Do Lunch!

Participating restaurants have agreed to give a minimum of 10% of their lunch, dinner, or full day proceeds to Meals on Wheels of Southern Maine.

Restaurants will be advertising to their customers that they are joining us in this effort leading up to and on July 10. A full listing of participating restaurants is available on page ## and online at [www.smaaa.org/letsdolunch](http://www.smaaa.org/letsdolunch)

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

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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.

## Understanding Cognitive Loss: Basics for Family Caregivers – August 21

Join us on August 21 from 4:30-6:30PM at SMAA's Main Office in Scarborough for Understanding Cognitive Loss: Basics for Family Caregivers. This two-hour class will include basic information about cognitive changes and demen-

tia, and we will discuss some helpful strategies to communicate with someone with cognitive loss. There is no cost for this program, but we ask family caregivers to pre-register by calling 396-6541 or going to [www.smaa.org](http://www.smaa.org) by 8/20/19.

VISIT OUR WEBSITE [www.smaa.org](http://www.smaa.org)

## Savvy Caregiver Starts September 5

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

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

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

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

The classes will take place on Thursday afternoons from 1-3PM from September 5 – October 10 at our office in Scarborough.

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

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

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



## SMAA and Yarmouth Renew Partnership for Community Resource Specialist

The town of Yarmouth has renewed their contract with the Southern Maine Agency on Aging (SMAA) for another year to provide an on-site Community Resource Specialist. SMAA has been supporting Yarmouth in this role since January, 2018. For twelve hours a week SMAA's very own Maureen Brosnan, Community Resource Specialist, spends time at the Merrill Memorial Library on Main Street in Yarmouth, providing assistance to Yarmouth's Seniors and those with disabilities. When residents can't make it into the library, Maureen meets with them in their homes. In fact, Maureen averages close to one thousand contacts a year with various residents for a variety of needs. Some of the services she assists residents with include housing, health insurance, transportation, application assistance, Meals on Wheels and connections to local community resources associated with Yarmouth's Aging in Place Initiative (AIP). When asked about her time in Yarmouth, Maureen says, "I feel a great sense of satisfaction in getting to know these community members and working closely with them to navigate some of the challenges they face, most especially when living alone. Many

residents return when new situations pop up. I am happy they trust me enough to come back for assistance."

As Maureen has become a familiar face in the library, she has become increasingly busy. She works with community residents by appointment or walk-in which ensures people get timely access to the information and assistance they need. This year, Maureen's role will expand a bit as she will spend an additional four hours a week in the town. She will be working closely with Yarmouth's AIP Initiative to develop a few new volunteer programs to include Friendly Visitor, Phone Pals and Handyman Services. The first two programs are designed to combat social isolation, and the purpose of the Handyman Program is exactly as it sounds, someone who can assist with small chores. Yarmouth's AIP Initiative, which is part of the broader organization Yarmouth Cares About Neighbors, already has many successful volunteer programs including rides, lending closet, snow shoveling, food pantry and more.

Yarmouth has been pleased with the results of the on-site SMAA Community Resource Specialist, as their community mem-

bers are realizing a serious benefit by having SMAA and Maureen on-site within the town providing individual attention to the people who need it. According to Leigh Kirchner, Yarmouth's AIP Coordinator, the community support specialist is reaching a different set of residents. "Almost any time I'm at the library on a day that Maureen is there, I see people waiting for her or in the office with her. I've noticed that most of these folks are not people I know from the programs AIP has already rolled out. What that tells me is that Maureen is reaching some people who may be 'hidden' in our town, meaning their needs were not known to us. Maureen has the ability and knowledge of resources to support these folks. And I am so grateful."

SMAA is happy to continue to serve the town of Yarmouth in this important partnership. As Katlyn Blackstone, SMAA's Chief Program Officer, states, "Yarmouth's Aging in Place Program is leading the way in responding to the needs of some of their most vulnerable community members. This type of resource not only supports individual residents, but is good for the whole community because first responders, neighbors, and families know they have a place to refer residents who are facing challenges. The community can feel confident that SMAA and Maureen will provide the necessary individual attention to bridge these residents to the appropriate resources. We look forward to continuing our work in Yarmouth and to assisting in the building of new AIP volunteer programs."

### 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.

**"A CLINICAL TRIAL AT NEW ENGLAND CANCER SPECIALISTS HAS GIVEN ME FIVE EXTRA YEARS... AND COUNTING."**

—ROY JENKINS OF WISCASSET, LUNG CANCER PATIENT



When Roy Jenkins was diagnosed with cancer, he was given less than two years to live. So when Dr. David Benton told Roy about a clinical trial he could participate in at our Topsham office, Roy figured, "What do I have to lose?"

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Immunotherapy is just one of the innovative new treatments we're testing—often with remarkable success—right here at our three offices in Maine.

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# CHARTING THE FUTURE

*Innovation in Dementia Research, Treatment and Care*

**Friday, September 13, 2019, 11am-2pm**  
 DoubleTree by Hilton Hotel, South Portland ME

Join us for our 2<sup>nd</sup> annual **Charting the Future: Innovation in Dementia Research, Treatment, and Care** to learn about and understand the latest in the drive for advancements in dementia research, treatment and care.

This year's topics will include the most current updates in terms of early diagnosis, prevention, and treatment, while also focusing on BOLD (Building Our Largest Dementia Infrastructure for Alzheimer's Act 2/18), a federal legislative act sponsored by Maine's senators: Susan Collins and Angus King. BOLD aims to create a national public health network to increase early detection and diagnosis as well as preventing avoidable hospitalizations.

Scheduled to speak:

**Catherine Cook Kaczorowski, Ph.D.**  
*The Jackson Laboratory (Associate Professor, Evin Family Chair in Alzheimer's Research)*

**Reina Benabou, MD, PhD**  
*SVP & Chief Medical Officer at Cognivue, Inc.*

**Laurie Bowie**  
*Exec Director of the Maine Chapter of the Alzheimer's Association*

**Cliff Singer, MD**  
*Chief Geriatric Mental Health, Northern Light Acadia Hospital*

**Susan Wehry, MD**  
*Chief of Geriatrics, The University of New England College of Osteopathic Medicine*

**Jud Knox**  
*Mr. Knox, the Chief Executive Officer, President and Trustee of York Hospital will moderate the panel discussion.*

**Tickets to this event are \$40 per person.**  
*Ticket includes the two-hour session and lunch.*

To register, or for more information:

[www.smaaa.org/chartingthefuture](http://www.smaaa.org/chartingthefuture) • 207-396-6547

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### Senior News

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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](mailto:seniornews@smaaa.org). You may also reach "Senior News" representative Janet Bowne at 396-6533.

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### Mission Statement

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

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

The Southern Maine Agency on Aging is committed to providing a safe and welcoming space for everyone regardless of his/her race, ethnic identity, gender, sexual orientation, ability, age, economic status, faith tradition, veteran status or life situation.

SMAA's legacy of service. "Creating Better Days" for older adults is in their DNA.

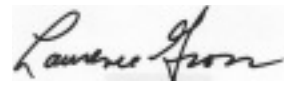
Countless people played significant roles in my career at SMAA. Time and discretion prevents me from naming them all. Nevertheless, my wife, Barbara and our two daughters, Elizabeth and Amanda, certainly deserve foremost recognition for their patience and understanding as late night meetings, telephone calls and numerous weekend and evening events inevitably interrupted family plans and dinners. Their uncritical support made those disruptions tolerable.

I must recognize also the hundreds of extraordinary volunteers who I have had the pleasure to meet and work with on the SMAA Board of Directors, and various agency Advisory Councils during my career. Over the years they taught me to "Think Globally but Act Locally", to capture the big picture and translate it into strategic action at our Agency and in our communities. Their wisdom has been an inspirational source of insight and perspective that made me a better leader. SMAA has been so fortunate to capture their interest and commitment to our organization.

*I am confident and proud knowing what a solid team is in place to carry on SMAA's legacy of service.*

Similarly, SMAA staff, up and down the organizational chart, from managers to personal care attendants, year after year, deserve a special place of honor. Their devotion to older adults, especially those who are frail, vulnerable and adversely affected by the vicissitudes of human affairs is matchless. Their depth of caring is reflected well in a quote from Mother Teresa that was anonymously posted and remained for many months on our office's kitchen bulletin board: "The miracle is not that we do this work, but that we are happy to do it."

A simple sentence that speaks volumes for me and for all of us at SMAA. I thank you all for the privilege of serving alongside you these past four decades. Happy trails!



**Laurence W. Gross**  
Chief Executive Officer



## A meal, and so much more.

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—Senator George Mitchell

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**BEWARE: This is a SCAM!  
Don't be a victim of Medicare fraud.**

- **Never give out your Social Security, Medicare number, or banking information to someone you don't know.**
- **Do not consent to any lab tests without your doctor's order.**
- **Keep in mind, it is illegal to accept anything of value in exchange for medical services.**

For questions about Medicare call 1-800-MEDICARE (1-800-633-4227)

**A Medicare Nugget #633, June 2019**

By Stan Cohen

**I**n March of this year, Federal officials dismantled a \$1.2 billion Medicare fraud scheme. It was one of the largest health care frauds in United States history. Twenty-four people were charged, including doctors who prescribed back, shoulder, wrist and knee braces that were not needed. "They pushed millions of dollars' worth of unnecessary devices, which Medicare paid for, and then set up an elaborate system for laundering their ill-gotten proceeds." The individuals charged included the chief executives or employees of five telemedicine companies, the owners of dozens of durable medical equipment companies and three licensed medical professionals in California, Florida, New Jersey, Pennsylvania, South Carolina and Texas.

Among others who have been indicted is Willie McNeal IV of Florida, the owner and chief executive of two telemedicine companies. "Mr. McNeal, 42, facilitated the submission of fraudulent Medicare claims worth nearly \$250 million," the government said. In South Carolina, "more than a dozen companies owned by Andrew Chmiel, 43, billed Medicare for more than \$200 million as part of a scheme to sell medically unnecessary equipment," according to another indictment.

The unscrupulous preying on vulnerable seniors will no doubt continue because so much money is involved. It is good to know, however, that our government is cracking down on these criminals. Medicare money is our money.

Need help? Get some unbiased advice by calling 1 800 427-7411

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**Meals on Wheels— Help us Help Vulnerable seniors**

**O**ver the year, our Meals on Wheels program has seen a huge increase in demand. For only the second time in our history, we have a wait list for Meals on Wheels. Home bound seniors over 60 who cannot prepare their meals are eligible to receive Meals on Wheels. Unfortunately, the positive economic climate doesn't reach to these vulnerable seniors.

Our team was able to help Violette (name changed to protect privacy) get through a tough time. Violette, 62 years old, was recently diagnosed with early stage cancer. While going through chemotherapy, Violette's daughter moved into Violette's modest home in York County. Unfortunately, Violette's daughter was transferred to Vermont for her job, leaving Violette alone and unable to prepare her meals due to the exhaustion she was experiencing from the cancer treatments. Her medical team stressed the importance of good nutritional offerings during her treatment.

Because of private donations, we were able to get Violette off the wait list and get her started with nourishing and easy to heat meals. Her daughter was glad to have the twice weekly delivery team visits for her mom. The volunteers always had time to spend a few moments with her mom, brightening a sometimes dreary day. Violette also liked the weekly quart of milk and loaf of bread. Another benefit was connecting with SMAA's other services through the MOW assessment team. She finished her chemo treatments in June. She's feeling so strong that she let us know that she's stopping her deliveries.

Please consider a gift to help us help more people like Violette. You can donate online at: <https://www.smaa.org/giving/index.html>, or by sending a check to SMAA, 136 US Route 1, Scarborough, ME 04074. Please direct the donation to Meals on Wheels by noting in the memo section of your check.

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### Upcoming Agewell Programs

We will continue to add classes throughout the summer; check our calendar and website for the most up to date listings of upcoming classes near you!

#### A Matter of Balance

We're currently confirming dates for programs in locations in the following communities: Wells, Old Orchard Beach, Scarborough, Gorham, and Gray. Please call us or check our website for the most current list of offerings!

#### Tai Chi Intro classes

SMAA, Scarborough, September 10 – November 28, Tuesdays and Thursdays, 9:30-10:30AM

Kennebunkport Recreation Center, Kennebunkport, September 16 – December 4, Mondays and Wednesdays, 10-11AM

Woodfords Church, Portland, September 24 – December 12, Tuesdays and Thursdays, 9-10AM

St. Ann's Church, Windham, September 24 – December 12, Tuesdays and Thursdays, 1:30-2:30PM

United Methodist Church of York Ogunquit, York, September 24 – December 13, Tuesdays and Fridays, 10-11AM

Plummer Senior Living, Falmouth, October 1 – December 19, Tuesdays and Thursdays, 1-5PM

Martin's Point, Scarborough, September 30 – December 18, Mondays and Wednesdays, 3-4PM

#### Healthy Steps for Older Adults

JR Martin Community Center, Biddeford, September 5, 9AM-2PM, *Sponsored by Harvard Pilgrim Foundation*

Freeport Community Services, September 27, 9AM-2PM. *Sponsored by Harvard Pilgrim Foundation*

York Housing, September 18, 9AM-2PM. *Sponsored by York Hospital*

Plummer Senior Living, Falmouth, October 30, 9AM-2PM. To register please contact Falmouth Community Programs 699-5302. *Sponsored by Plummer Senior Living*

### Stay Cool.

Heat-related illnesses and dehydration are leading causes of summer falls, and seniors are at an increased risk. These conditions lead to dizziness and disorientation, which can lead to falls. Prevent overheating by drinking plenty of water even if you are not thirsty, and plan outdoor activities during the morning or evening hours when it tends to be cooler.

### "Doing Good Does You Good" Volunteer Info Session

Looking for a new way to engage with people in your community and improve your lifestyle? Evidence suggests that all you need to do is volunteer! At the Southern Maine Agency on Aging, we believe that "Doing Good Does You Good". Join us on Thursday, August 8 from 1:30-2:30 at the Kittery Community Center, as we show you how volunteering/community engagement can lead to a healthier, more fulfilling lifestyle.

Agewell always welcomes new volunteers to join our team to lead our Tai Chi, A Matter of Balance and Healthy Steps for Older Adults workshops! Contact us today to learn more about what's involved in being a workshop leader and to visit a class near you – Anna Guest, aguest@smaaa.org or 207-396-6529 or attend our upcoming session in Kittery.

### Upcoming Trainings

#### Tai Chi

September 6 & 7 – Scarborough

#### A Matter of Balance

September 12 & 13 - Biddeford

### Maine Medical Center Trauma Program Tip of the Month

When thinking about falls, most of us think of winter hazards like ice or snow; well there is more to that story! Last year the Maine Medical Center Trauma Service treated more than 400 patients who fell at home during the months of May through September. Many of these falls occurred while doing seemingly minor activities such as walking on level ground.

The following are a few simple tips to remain safe and uninjured

while experiencing all that summer in Maine has to offer.

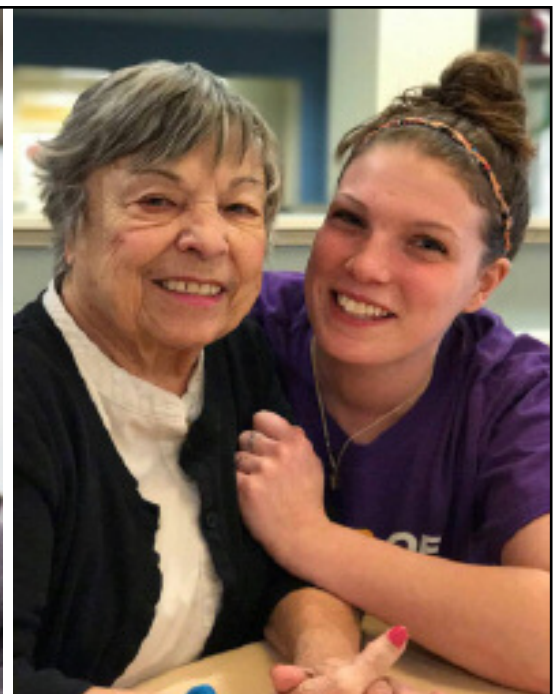
### It's Not Always Sunny During a Maine Summer

Spring and summer bring a lot of mud, rain, and dew which can lead to slippery surfaces. Pay close attention to where you're stepping in the summer, in case water has been tracked indoors. Tile floors at home, restaurants and the grocery store can become a fall hazard when water is tracked inside.

Summer brings its own fall hazards, and it pays to be aware of them. Being proactive can save you a lot of pain and suffering. Fall prevention efforts and other summer safety measures are critical for staying safe and healthy while the weather is warm.

Enjoy your summer!

Check our calendar and website for the most up to date listings of upcoming classes near you! <https://www.smaaa.org/wellness/agewell-calendar.html>



## Maine's Choice for Memory Care Services

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Wednesday, July 10



On **Wednesday July 10, 2019**, restaurants around southern Maine will be participating in **Let's Do Lunch!**

Participating restaurants have agreed to give a minimum of 10% of their lunch, dinner, or full day proceeds to Meals on Wheels of Southern Maine.

Learn more at [www.smaaa.org/letsdolunch](http://www.smaaa.org/letsdolunch)



#MaineLetsDoLunch

## Understanding Social Security Benefits

**S**ocial Security touches the lives of nearly every American, whether at the birth of a child, the loss of a loved one, the onset of a disability, or the transition from work to retirement. For more than 80 years, our programs have contributed to the financial security of the elderly and the disabled. Social Security replaces a percentage of a worker's pre-retirement income based on their lifetime earnings. The amount of your average wages that Social Security retirement benefits replaces varies depending on your earnings and when you choose to start benefits. If you start benefits after full retirement age, these percentages are higher. If you start benefits earlier, these percentages are lower. Most financial advisers say you will need about 70 percent of pre-retirement income to live comfortably in retirement, including your Social Security benefits, investments, and personal savings.

You can learn more about retirement benefits at [www.socialsecurity.gov/benefits/retirement](http://www.socialsecurity.gov/benefits/retirement). Our resources and publications are easy to share with people you think might need the information.

Many people think of Social Security as just a retirement program. And it's true that most of the people receiving benefits are retired, but others receive benefits because they're:

- Individuals with disabilities;
- A spouse or child of someone who receives benefits;
- A divorced spouse of someone getting or eligible for Social Security;
- The spouse or child of a worker who died;
- A divorced spouse of a worker who died; or
- The dependent parent of a worker who died.

If you can't work because of a physical or mental condition that's expected to last at least one year or result in death, you may be eligible for Social Security disability benefits.

Our disability rules are different from private or other government agency programs. Qualifying for disability from another agency or program doesn't mean you will be eligible for disability benefits from us. Having a statement from your doctor saying you're disabled doesn't mean you'll automatically be eligible for Social Security disability benefits.

We've made learning about our disability programs very easy at [www.socialsecurity.gov/benefits/disability](http://www.socialsecurity.gov/benefits/disability).

Please share these resources with friends and family who might need them.

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## The Dangers of Isolation for Seniors

**A**s human beings, we are created to be social. We benefit and thrive when we are interacting with others through various social relationships and networks. These social networks are our families, friends, colleagues, co-workers, etc. Most of us grow to rely on these relationships and networks. They become a large part of our identity and how we enjoy our lives.

As we age, our social networks naturally become smaller due to a variety of reasons. This decrease causes isolation and a resulting feeling of loneliness. This can produce numerous negative effects on an elderly person's health.

**Here are just a few findings by researchers on some of the negative effects caused by isolation:**

- A study conducted by AARP found that one out of every three adults living in the US indicated that they are lonely.<sup>1</sup>
- Research has also shown that isolation can have the same negative effects as smoking 15 cigarettes a day.<sup>2</sup>
- Social isolation in the elderly increases the likelihood of more frequent visits to an emergency room as well as longer hospital stays.<sup>3</sup>
- Some of the numerous health implications associated with isolation are cognitive decline and mental health conditions such as depression and dementia.<sup>4</sup>

Fortunately, today's independent and assisted living communities offer wonderful options that can offset and remedy the declining social atmosphere of aging individuals. Maine hosts numerous communities that provide this along with many other benefits for seniors.

While aging at home can be the best option for many people, some do choose to move to an independent or an assisted living community, in part for the social benefits they provide.

If you're not sure if moving into a community will work for you or a family member, there is help. You can consult experts who work independently to find the best fit, usually at no cost to families. Local firms can work with you in person rather than calling an out of state, toll free number for a resource list. The transformation can be stunning when individuals who were once living alone and depressed become stimulated, outgoing and thriving again in their new social environment. Living in a community of one's peers can help promote a healthy, happy and fulfilled life for you or your loved one.

**Jenna Elerick and Jennifer Given – Directors, Coastal Transitions of Maine, [www.coastaltransitionsofmaine.com](http://www.coastaltransitionsofmaine.com). 207.222.3035 or by email: [info@coastaltransitionsofmaine.com](mailto:info@coastaltransitionsofmaine.com)**

<sup>1</sup>AARP <https://www.aarp.org/home-family/friends-family/info-2018/loneliness-survey.html>

<sup>2</sup>Holt, Lunstad, 2015

<sup>3</sup>Geller et al, 1999

<sup>4</sup>Holwerda, et al, 2012

## Save the Date continued from page 1

Family Chair in Alzheimer's Research, Reina Benabou, MD, PhD of Cognivue Inc., Laurie Bowie, Exec. Dir. of the Maine Chapter of the Alzheimer's Association, Cliff Singer, MD, Chief Geriatric Mental Health, Northern Light Acadia Hospital, Susan Wehry, MD, Chief of Geriatrics, The University of New England College of Osteopathic Medicine, and Jud Knox, CEO of York Hospital.

This year's topics will include the most current updates in terms of early diagnosis, prevention, and treatment, while also focusing on BOLD (Building Our Largest

Dementia Infrastructure for Alzheimer's Act 2/18), a federal legislative act sponsored by Maine's senators, Susan Collins and Angus King, Jr. BOLD aims to create a national public health network to increase early detection and diagnosis as well as prevent avoidable hospitalizations.

Some of our key sponsors will host exhibit tables offering demonstrations and information. Proceeds from the event will go to the Member Access Fund for the Sam L. Cohen Adult Day Center in Biddeford, SMAA's very own "State-of-the-Heart" Adult Day Center.

For more information and tickets, visit our website: [www.smaa.org/chartingthefuture](http://www.smaa.org/chartingthefuture) or call 207-396-6547.

**Reserve your advertising space for the September/October and November/December issues. Reach more active seniors during Medicare Open Enrollment (October 15 - December 7).**

**Call 207.396.6533 Today!**



## HELPING SENIORS FIND THEIR BEST LIVING OPTION!

**Coastal Transitions of Maine offers free, honest, local, and unbiased recommendations for the best senior living options in the state of Maine.**

**One call can take the confusion and stress out of making the right choice.**

**(207) 222-3035**

We realize that finding the best independent or assisted living option for you or your loved one can be a challenging and stressful decision... but we're here to help at **NO COST to you!**

Since we are local, we regularly visit all communities and stay informed on their availability and rates. We know how busy life can get, therefore we can assist and accompany you or your loved one on tours. With our expertise and knowledge of the senior living options in Maine, we will only present you with communities that best fit your needs.

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**W**hen Larry Gross joined the Southern Maine Agency on Aging (then called the Cumberland-York Task Force on Aging) in 1978, gasoline was a whopping \$.63 a gallon and Richie Cunningham and the Fonz were keeping us entertained once a week on television.

Larry began his career at SMAA as the Elder Services Planner but when Don Sharland, the Agency's first Executive Director retired, Larry was soon promoted Interim Director in 1983 and finally to Executive Director in 1984. For the past 38 years, Larry's passion, advocacy and devotion to older adults and their families has led SMAA to become a nationally recognized organization on the forefront of providing innovative programs and services in southern Maine.

**THANK YOU** for 41 years of forward thinking, creative problem-solving and dedication to older adults and their families in southern Maine. You truly have Created Better Days for countless numbers of Mainers. Enjoy your well-deserved retirement!



## LARRY BY THE NUMBERS:

- # of SMAA board meetings ..... **400**
- # of Rotary meetings ..... **236**
- # of trips to Augusta ..... **902**
- # of Governors Larry has worked with ..... **7**  
James Longley, Joseph Brennan, John McKernan, Angus King, John Baldacci, Paul LePage, Janet Mills

- # of Agency name changes during Larry's tenure ..... **4**  
[Cumberland – York Task Force on Aging, Southern Maine Senior Citizens, Inc., The Area Agency on Aging, Southern Maine Area Agency on Aging, and finally – Southern Maine Agency on Aging (SMAA).]

- # of people in the SMAA database who are coded as "Friends of Larry's" .. **328**
- # of office locations Larry has worked in .. **4**
- # of Letters from the Director penned for Senior News ..... **72**
- # of time Larry performed karaoke at SMAA holiday parties ..... **3**



**Photo Captions:** 1. Larry with Ellen Dutton and Howard Chick at the Kimball Health Center; 2. Jeannine L'Hereux, SMAA Nutrition Manager and Larry at the SMAA Nutrition Summer BBQ, Thornton Academy, Saco; 3. Larry speaking at an event; 4. Bob Usinger, Larry, and Ken Murray at the Deering Oaks Family Festival; 5. Larry with John Walker, First Executive Director of Maine Association of Non-Profits; 6. Larry, Mrs. Mark Lawrence, Sen. Mark Lawrence, Nancy Kelleher, Bonita Pothier, and Rep. Alan Cassavant; 7. Elder's Day Fashion Show; 8. Larry's 50th Birthday; 9. Tom Endres, Director, National Corp, Rhoda Note, RSVP Director, Lib Gibson, Former RSVP Director, and Larry

## SMAA's Financial Data Comparison:

	1978	2018
Budget	\$1,373,891	\$6,481,887
Employee salaries and benefits	\$441,400	\$3,544,534
Grants, Contracts and Donations	\$1,082,874	\$4,624,688



## What things cost\* in

	1978	2019
Cost of a new home	\$62,500	\$383,500
Cost of a first-class stamp	\$0.13**	\$0.55
Cost of a gallon of regular gas	\$0.63	\$2.99
Cost of a dozen eggs	\$0.82	\$1.99
Cost of a gallon of Milk	\$1.71	\$3.27

\*national average \*\*\$0.15 as of 5/29/78



**Photo Captions:** 1. Rick and Cindy Swift, Larry, and Lori Parham; 2. The Sam L. Cohen Adult Day Center building dedication ceremony in May 2016; 3. Larry and Cheryl Leeman, Former Mayor of Portland at the Elders' Days Celebration at the Maine Mall; 4. Thomas Moser and Larry at a donor appreciation event in December 2018; 5. Larry with the former and current RSVP directors at SMAA's Annual Volunteer Appreciation Celebration in 2019; 6. Larry and Debbie DiDominicus Carr receiving the WCSH 6, 6 Who Care Award on behalf of SMAA in 2013; 7. Larry receiving the first John A. Hartford Foundation Business Innovator Award at the 2016 n4a annual conference; 8. Senator Angus King, Jr. and Larry at the Truslow Adult Day Center



## Maine Senior Games Brings Home the Gold, Silver, and Bronze!

Over 130 Maine athletes recently participated in this year's National Senior Games in Albuquerque, New Mexico. Below are just a few of the athletes

who received medals in their sport. Receive more updates on winners and the Maine Senior Games by

visiting [www.facebook.com/MaineSeniorGames](http://www.facebook.com/MaineSeniorGames) and in the next issue of Senior News.



Silver in Women's Basketball (Gold Division): Maine Pioneers



Gold in Women's Basketball (Silver Division): Phoenix

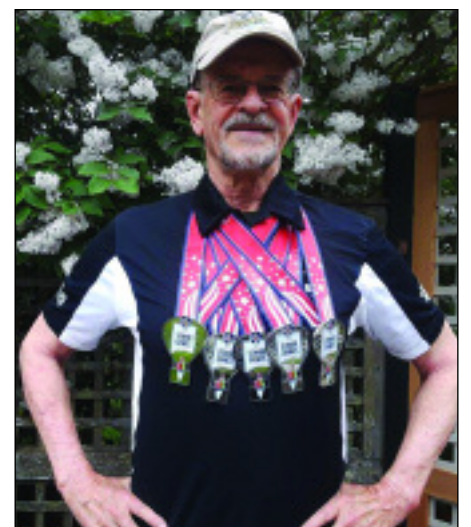


Gold in Bowling (Men's Doubles): Don Clayton and Loring DeAgazio

*Congratulations to all the athletes!*



Archery: Dana Cyr (Gold), Jackie Belanger (Silver), and Chris Minzer (Silver)



Silver (x5) in Swimming: David Vail

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For a free email subscription to our Eye Health Updates, visit us at [www.eyecaremed.com](http://www.eyecaremed.com).

From Jo Dill's Notebook

**Buoy Toss**

Come check out our newest event, the Buoy Toss! We'll be hosting an "Explore Buoy Toss" event on Saturday, July 13 from 9-11am at the Eastern Promenade in Portland (Corner of Montreal and Eastern Prom). "Explore Buoy Toss" is a free event and equipment will be provided.

Buoy Toss was invented local Portlander, Mike Dunnigan. Mike will be on-site to help us out during this event. Thank you to the Friends of Eastern Promenade who are partnering with us to make this event possible.

The official MSG Buoy Toss event will take place on August 10, 2019, from 9-11am at the same location. Registration is required for the August event like all other MSG events.

If you have any questions, or plan to attend, please email Jo at [jdill@smaa.org](mailto:jdill@smaa.org).

**Registration**

Be sure to register early so you can receive an athlete's bag and t-shirt. Visit <https://maine.fusesport.com/registration/1052> to register today!



**Pickleball**

Pickleball was our first event of 2019. Over 140 athletes participated at the A-Copi Sports Center in August over the weekend of June 8-9. The two-day event featured singles, men's, women's, and mixed doubles competition. This event brought many new athletes to the games and we hope to see them again next year! Results from this event are available online at [www.mainesrgames.org](http://www.mainesrgames.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

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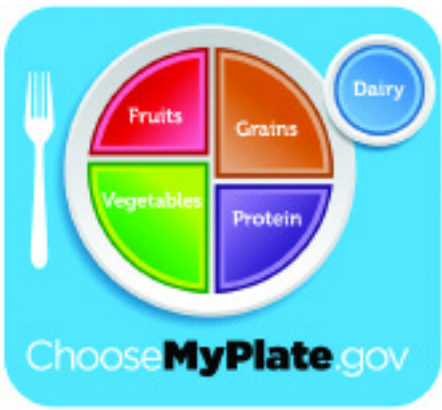
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## Tips for Picking Healthy Foods as You Get Older

**H**ealthy eating begins with you! Eating more nutritious foods can help you maintain a healthy weight, stay active and independent, and spend less time and money at the doctor. As you age, your metabolism slows down (so you'll need to eat fewer calories), but your body needs more of certain nutrients.

Here's some helpful tips to find the best foods for your body and your budget:

### Know what a Healthy Plate Looks Like

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

### Look for Important Nutrients

A healthy meal should include lean protein such as lean meats, seafood, eggs, or beans, fruits and vegetables, whole grains such as brown rice and whole wheat pasta, and low-fat dairy. Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

### Read the Nutrition Facts Label

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium

### Use Recommended Services

Learn the recommended daily services for adults aged 60+ at [www.heart.org](http://www.heart.org).

### Stay Hydrated

Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and

salt at a minimum, unless your doctor has suggested otherwise.

### Stretch your Food Budget

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit [BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP), or call the Southern Maine Agency on Aging at 1-800-427-7411 to see if the program can help you.

*Adapted from [www.ncoa.org](http://www.ncoa.org)*



## The Golden Rooster Joins "As You Like It"

**W**e're pleased to announce that The Golden Rooster has joined the "As You Like It" program. The Golden Rooster has been a fixture on Main Street in Saco for over 50 years. This homey, family style restaurant serves up delicious breakfasts and lunches with plenty of smiles. Stop by and see why the staff says The Golden Rooster is "something worth crowing about".

The Golden Rooster  
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Open Daily from 6a-2p, Serving Breakfast and Lunch

"As You Like It" provides individuals 60 and older with the ability to enjoy a nutritious and delicious meal\* at several comfortable dining sites on your schedule. Learn more about the program by visiting [www.smaaa.org](http://www.smaaa.org) or by calling 207-396-6500 or 1-800-427-7411.



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Whether it is you or a loved one, growing older is an experience we all share - and it doesn't mean giving up a healthy, active lifestyle. At Maine Medical Center's Geriatric Center we understand the importance of maintaining your well-being as you grow older and are dedicated to providing family-centered treatments that improve the quality of life for you and your loved ones.

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## Staying Cool In Warmer Weather: Risk of heat-related health problems increase with age

**W**ith summer here and the temperatures rising, it is important to be aware of the health risks that heat can bring as well as know the signs of heat-related illnesses. Older adults and people with chronic medical conditions are more susceptible to heat-related illnesses.

Heat-related illnesses can cause dizziness, heat cramps, heat exhaustion, and heat stroke. Heat stroke is a life-threatening illness. Symptoms include a significant increase in body temperature, changes in mental status (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, feeling faint, staggering or coma. Emergency medical attention is critical for a person with heat stroke symptoms, especially an older adult. **If you suspect someone is suffering from heat stroke, call 911.**

### Know Your Risks

There are many factors that can increase risk of a heat-related illness, including:

- Dehydration
- Alcohol use
- Reduced sweating caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs
- High blood pressure or other health conditions that require changes in diet. People on salt-restricted diets may be at increased risk; however, salt pills should not be used without first consulting a doctor.
- Use of multiple medications. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.

- Age-related changes to the skin such as poor blood circulation and inefficient sweat production
- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever
- Being substantially overweight or underweight

### Keeping Cool

On hot and humid days, especially when an air pollution alert is in effect, older adults, particularly those with chronic medical conditions, should stay indoors in cooler places. If possible, people without air conditioners or fans should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries.

If you cannot easily access a cooler space, you can keep cool at home by:

- Avoiding direct sunlight
- Keep up on fluids (water, fruit and vegetable juices). Avoid alcohol and caffeine!
- Apply a cold, wet cloth to your wrists, neck, armpits, and groin. These places help regulate your body's temperature.
- If possible, shower, bathe or sponge off with cool water.

### Check on Your Neighbors

When warm weather hits, take a few moments to check on your older neighbors. Stop by with some cool lemonade or ice cream, or offer to help your older neighbor setup their air conditioner or a fan. A quick wellness check-in could help save someone who is suffering from a heat-related illness.

*Adapted from www.nih.gov.*

## Southern Maine Agency on Aging Partners with Trualta for Caregiver Support

**T**he Southern Maine Agency on Aging (SMAA) has announced a partnership with Trualta, a company providing high quality online healthcare education for the family caregiver. Family caregivers, those who provide unpaid care support to family members with dementia and related conditions, will have access to online content to help them manage the burden of caring.

Trualta's educational materials include licensed content from Teepa Snow, an internationally recognized dementia expert. Trualta's learning system allows family caregivers to learn about the topics most relevant to them, on-demand, and at their own pace. The Harvard Pilgrim Foundation and Elder Services of Merrimack Valley have been instrumental in supporting the funding for this innovative offering.

"We are pleased to offer this type of support to caregivers who have completed our Savvy Caregiver class or are caring for someone attending the Sam L. Cohen Adult Day Center or those with constraints on participation in caregiver classes," stated Katlyn Blackstone, Chief Program Officer for SMAA.

Blackstone added, "Caregivers set up their account with an email and have the option to get training on personal care, safety and injury prevention and personal care as well as Teepa Snow's branded Positive Approach to Care skill development on their schedule. SMAA is also happy to bring this resource to local employers combined with caregiver classes to support employees who happen to be family caregivers."

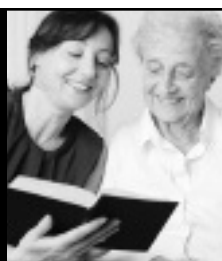
"We started our company because we found training programs existed for staff caring for people with dementia, but very little was available to families managing most of the care at home," explained Jonathan Davis, Trualta's founder. "We are looking forward to working with SMAA as its caregiver programs and adult day services are already offering excellent support for families. Trualta's programs fit perfectly with their vision", Davis continued.

SMAA has begun enrolling caregiver families for this program. Anyone interested in learning more about SMAA's caregiver resources and Trualta should contact SMAA's Family Caregiver Support Program at 207.396.6541.

[www.facebook.com/SouthernMaineAgencyonAging](http://www.facebook.com/SouthernMaineAgencyonAging)

### Are You Concerned About Your Parents or Loved One Living Alone?

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*Highly qualified and trained caregivers can help you and your loved ones with a variety of daily activities such as:*

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## Honoring a Friendship with a Donation to SMAA

SMAA recently received a very generous gift that at first glance appeared to be a bequest but after speaking with the parties involved, it was a friend honoring a long deceased friend who benefited from SMAA programs.

For years, Rhonda (names are changed to preserve the anonymity of the donors) ran a small business. One of her regulars, Barbara, was retired and would often linger when she visited the business chatting with Rhonda and her employees. Sensing Barbara was lonely and that she could also use some

extra money, Rhonda offered her a part time job. Barbara happily accepted and became a very popular employee.

As the years passed, Barbara slowed down and could no longer work. Rhonda, her family and the other employees would visit Barbara. At that time, Barbara was receiving Meals on Wheels from SMAA. In addition, Rhonda reached out to SMAA's Information and Referral team for advice on how to help Barbara with other needs. When they spent time together, Barbara would rave about the Meals on

Wheels delivery team and say how much she loved delivery days.

When Barbara passed away several years ago, Rhonda served as Barbara's personal representative and settled the very small estate quickly. However, recently, Rhonda received a notice about unclaimed property in Barbara's name from another state. The check was sent to Rhonda. She wondered what to do with the money as she didn't need or want the money. She recalled how supportive SMAA had been to Barbara, so she donated the money to the Meals on Wheels program in Barbara's honor.

"We are grateful to Rhonda for honoring Barbara with this gift, and dedicating the money to our Meals on Wheels program", said Kate Putnam, Chief Advancement Officer. Putnam continued, "Our agency serves hundreds of older Mainers like Barbara. It's lovely to know that she liked the meals and the visits. This is a wonderful way to honor Barbara and help others like her."

If you'd like to honor a friend or family member or you'd like information on how to provide for a favorite SMAA program in your will, please contact Kate Putnam, Chief Advancement Officer, 207.396.6590 or kputnam@smaaa.org.

## Best Types of Exercise for Older Adults

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Be sure to consult your medical provider if you've not been active.

\*source: silversneakers.com

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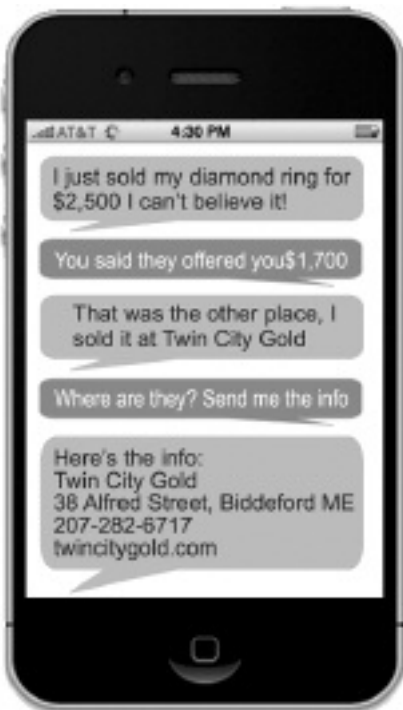
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## A Memory Loss Diagnosis? Consider the Cohen Center!

The Sam L. Cohen Center, located at 30 Barra Road in Biddeford is an adult day center welcoming individuals who have memory loss. Whether the memory issues result from dementia or another cause, the Cohen Center offers many advantages for the person with memory loss and for those who are the caregivers. The Cohen Center offered structured, interesting and fun programming tailored to people who have cognitive impairment.

- **Socialization:** Staying engaged and active is important to overall happiness for everyone but especially for someone with a memory issue. In addition, the Cohen Center offers fitness activities and outdoor time. Many member families report that their loved one is happier, less moody, and is sleeping better.
- **Economics:** Time at an adult day center like the Cohen Center is reasonably priced which allows families to manage costs prior to

more expensive housing like assisted living/memory care which may be needed in the future.

- **Caregiver Stress:** Caring for someone with dementia is very challenging emotionally and physically. When the person with memory loss has a place to go for socialization, the caregivers get a break to recharge their batteries.
- **Caregiver Support:** Families enrolled at the Cohen Center benefit from the staff's expertise on issues associated with memory loss. New to the Cohen Center is a partnership with Trualta, a web

based program offering online training that builds the skills required to provide care at home.

We offer a convenient shuttle from the greater Portland area to the Cohen Center. If you have a friend or family member with memory loss, consider the Cohen Center. Call today for more information: 207.283.0166 or visit: <https://www.smaaa.org/adultdaycenters/index.html>





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# RSVP

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## VOLUNTEER SERVICES & RSVP

*"An Invitation to Make a Difference"*

### A Day in the Life of an SMAA Volunteer

**John Testa**

By Judie Alessi O'Malley

The Southern Maine Agency on Aging Agewell Program offers classes that teach older adults how to avoid falls that can cause injury and having lasting impact on quality of life. These classes are *Matter of Balance*, a workshop comprised of a series of eight classes, and *Healthy Steps for Older Adults*, a shorter program. Both help participants understand personal fall risk factors, and what lifestyle changes are needed to prevent falls and become more active. To learn more about SMAA's Agewell classes, please call Susan Adams at 207-396-6578.

John Testa began volunteering as a Matter of Balance coach at SMAA after reading about the program in the Senior News. He was retired, getting bored, and thought the program would align with his college degree in physical education, and his background as an Air National Guard medical services specialist. His career at Grainger Industrial Supply spanned 41 years, and included ensuring employees completed required safety training on falls and lifting techniques.

Falls Prevention Program Director Anna Guest says he, "... has become an awesome addition to our team of Agewell volunteers.

John has a unique way of making the topics relatable, and using his personal experiences to tell a story that brings the information to life."

While drawing on his work experience when coaching classes, John also tells his students stories about helping his 95-year-old father on fishing trips and encouraging him to keep his Silver Sneakers membership active. Family visits to New York enable John to draw comparisons between his father and his students, helping him understand what workshop participants are going through. Anna says, "It shows that when you open up a little bit about yourself, others are more likely to share something about themselves as well—and that's the magic of what these classes are all about."

Originally from Syracuse, N.Y., he moved to Westbrook when Grainger transferred him to Maine in 1978. Happily, after he began volunteering at SMAA, his wife, Donna, became a Bill Payer in the Mon-



SMAA/RSVP volunteers John and Donna Testa on a 2017 hiking trip in Utah.

ey Minders Program, as well as a volunteer in the AARP Tax Aide Program.

Summing things up, John says he "appreciates Anna's guidance and her way of coaching volunteers." He also, "... enjoys meeting various people, understanding their background and knowing I can help them." He believes that being physically active and finding ways to motivate yourself is the key to maintaining good health.

### Volunteers Needed

#### Senior Games assistance needed!

Maine Senior Games is looking for an amazing volunteer to take on an invaluable leadership role within the program. This volunteer would help Jo Dill recruit & train volunteers, collect & submit volunteer hours, help load the van and more. The time commitment for this role would be 8-10 hours a week until October. We hope you will join the Senior Games team! If interested, please contact Volunteer Services at [volunteer@smaa.org](mailto:volunteer@smaa.org) or 207-396-6595.

#### Support SMAA Facilities!

Do you have experience with maintenance work, a willingness to get dirty and a positive attitude? Then this is the volunteer opportunity for you! Assist our facilities manager Paul with a variety of tasks and repairs around the building, including painting, weeding, raking, mowing the lawn and more. The volunteer will work 2-3 days a

week for 4-6 hours per day. If interested, please contact Volunteer Services at [volunteer@smaa.org](mailto:volunteer@smaa.org) or 207-396-6595.

#### Meals on Wheels Driver Needed (Windham)

Meals on Wheels is looking for a dependable and flexible driver who can make deliveries to senior clients in the Windham/Standish/New Gloucester area. Deliveries take place on Tuesday & Thursday mornings from Unity Gardens on Tandberg Trail in Windham. Ideally this volunteer would also be available to help with serving & set up once a month for a congregate meal. If interested, please contact Volunteer Services at [volunteer@smaa.org](mailto:volunteer@smaa.org) or 207-396-6595.

### New Volunteers

We had 14 new volunteers begin their assignments from April 1 through March 31, 2019. Among them are:

**Helene Batchelder** – Meals on Wheels Driver, Kennebunk

**Donald Davidson** – Meals on Wheels Driver, Yarmouth

**Edward Francis** – Health Insurance Counselor

**Kathleen Hofer** – Health Insurance Counselor

**Debra Laplante** – Program Aide, Maine Senior Games

**Francis Quinn** – Health Insurance Counselor

**Sarah Ramsdell** – Program Aide, Maine Senior Games

**Jennifer Riccardi** – Health Insurance Counselor

**Amy Stevens** – Health Insurance Counselor

**George Stevens** – Food Pantry Driver, Larrabee Village

**Andrew Swanson** – Meals on Wheels Driver, Portland

**Ronald VanSchenkorf** – Health Insurance Counselor

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## Volunteer Corner

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

### Arundel Resident Paul Doherty Named RSVP Advisory Council Chair

Paul Doherty recently stepped up to become chair of the RSVP Advisory Council, replacing Ron Morton. This is an appropriate step for Paul, who found SMAA through the RSVP website when researching volunteer opportunities 10 years ago. He sees this new role as "... an opportunity to help address whatever the needs of Volunteer Services might be, to improve what we do and to help SMAA keep growing." Paul also sits on the Southern Maine Agency on Aging Advisory Council.

Paul has had three careers: A graduate of Boston's New England Conservatory of Music, he was an elementary music teacher in the greater Boston area for 12 years. After arts funding in public schools was severely cut, he enrolled in the Northeast Broadcasting School and became a radio deejay. Attendees at our last two annual Volunteer Recognition Luncheons won't be surprised to learn this after experiencing his rich vocal intonations as he served as emcee of the events. He returned to school one last time to

receive a Master of Divinity from the Pope St. John National Seminary in Weston, Mass., then served as a priest in the Worcester area for 11 years.

When he first retired to Maine he volunteered for Maine Airs at the Iris Network reading the Portland Press Herald on air for blind and visually impaired listeners, a program that is no longer in operation. Looking for more volunteer opportunities, Paul found the RSVP website (<https://www.nationalservice.gov/programs/senior-corps/senior-corps-programs/rsvp>), which is a national clearing house of volunteer opportunities for people 55 and older. After reaching out to SMAA through RSVP he was soon contacted by then Volunteer Services Director Ken Murray. Ken introduced him to then Money Minder Coordinator Mary Anne McGreehan who started him out sorting the mail of blind Money Minders clients. Paul soon joined the Medicare Program



where he helps out during open enrollment periods, does presentations about Medicare fraud, and coordinates the Medicare Minute – regular monthly presentations on Medicare topics sent from the Medicare Rights Center and presented at various places throughout York and Cumberland counties by SMAA volunteers.

Other activities of this very active volunteer include teaching classes about music and spirituality at the Osher Lifelong Learning Institute at the University of Southern Maine and serving on the advisory board of their SAGE lecture series. And, he represents SMAA on York County Elder Abuse Task Force where he shares information between the Task Force and SMAA's Medicare program.

Paul has found a home both in Maine and at SMAA, and we in Volunteer Services are glad he did.

## Have a Smooth(ie) Summer!

The internet has a lot of information for people wanting a healthier lifestyle. Finding a smoothie recipe that's not overloaded with sugar but also tastes good is a real challenge. This recipe adapted from MyFitnessPal.com is delicious and packs a protein punch. You can add a handful of kale or spinach for added nutrition.

### Blueberry Smoothie

#### Ingredients:

- 2 cups fresh or frozen blueberries
- 1 container (5.3 ounces) nonfat Greek yogurt
- 1/2 banana
- 3 tablespoons cold water
- 1 tablespoon honey

#### Optional Toppings:

- 2 tablespoons chia seeds
- 2 tablespoons sliced almonds
- 2 tablespoons flaked coconut, toasted

#### Directions:

Puree all ingredients in a blender until smooth. Pour into two glasses evenly. If desired, add optional toppings to create a smoothie bowl. Recipe makes two servings.

*Nutrition (per serving without toppings):*  
 Calories: 230; Total Fat: 5g; Saturated Fat: 2.5g; Monounsaturated Fat: g; Cholesterol: 10mg; Sodium: 35mg; Carbohydrate: 44g; Dietary Fiber: 5g; Sugar: 34g; Protein: 7g  
*Nutrition Bonus: Potassium: 289mg; Iron: 4%; Vitamin A: 3%; Vitamin C: 30%; Calcium: 11%*

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Enjoy an afternoon of entertainment and refreshments while learning about the therapeutic benefits of the arts for adults living with memory loss.

**Please RSVP by August 13**  
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**AUGUST 9**  
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22 Bass Park Boulevard  
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**AUGUST 14**  
452 High Street  
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**AUGUST 21**  
68 Marginal Way  
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All classes are 9 a.m.–1 p.m.

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