



From Megan's Desk

I hope you are all staying safe and healthy. It has been a crazy spring as we have all adapted to living in this uncertain and stressful time. With summer finally here, it's been nice to spend time outside and feel a bit less isolated from friends and family.



I would like to share some important updates with you. Like many organizations and businesses, SMAA is facing unique challenges due to the COVID-19 crisis, and we are making some tough decisions now to position SMAA for the future and ensure the long-term financial sustainability of the organization.

SMAA is Focusing Our Mission

Moving forward, SMAA will focus its service delivery. The goal is ensuring ongoing services and support for older adults in our region who need it most. We are focusing on the delivery of those services under the Older Americans Act for the near future, which means that we are scaling back investments in programs and program teams that do not directly support the core of our mission. The Older Americans Act includes Meals on Wheels and other nutrition services, Information and Resources, Family Caregiver programs and services and Evidence-based programs.

One outcome of this focus is that we are discontinuing Maine Senior Games as a program of SMAA. We remain committed to working with those involved with Maine Senior Games to help it transition to another organization or become an independent organization. We look forward to working pro-

continued on page 10

JOIN US FOR CHARTING THE FUTURE: Aging in a COVID-19 World

Charting the Future: Aging in a Covid-19 World is a virtual event that will highlight the present challenges that seniors in Maine face due to the spread of the Coronavirus. Nursing homes, healthcare facilities, and caregivers have had to face the challenge of protecting those they care for. Maine, and many other states with older populations, have scrambled to introduce social distancing and other safety precautions to ensure that the curve is flattened and those most at risk are protected from this virus.

This year we are so pleased to have Nirav Shah, MD, JD who is the Director of the Maine Center for Disease Control and Judy Johanson, Clinical Research Ambassador at Massachusetts Alzheimer's Disease Research Center at Massachusetts General Hospital as speakers at this event.

In June 2019, Nirav Shah, MD, JD, was appointed as the Director of



Southern Maine Agency on Aging presents

CHARTING THE FUTURE

Aging in a COVID-19 World



THIS VIRTUAL EVENT WILL TAKE PLACE ON
THURSDAY, SEPTEMBER 10 FROM 1-2PM.

the Maine Center for Disease Control and Prevention (Maine CDC). He brings broad experience in public health to Maine serving most recently as the director of the Illinois Department of Public Health. While in Illinois, he implemented key initiatives to address the State's opioid crisis, reduce maternal and infant mortality, and reduce childhood lead poisoning. In addition to being a physician, Dr. Shah is also an attorney and public health economist.

He has advised professionals and governments around the nation and globe on improving the delivery of health care. Earlier in his career, he worked for the Ministry of Health Cambodia, where his work included investigating and managing disease outbreaks as an epidemiologist. Shah received both medical and law degrees from the University of Chicago. He also studied economics at Oxford University.

Judy Johanson is Mother to her two grown married children, Nana to four adored grandchildren, and wife/soulmate to her late husband Steve who carried the chains of younger onset Alzheimer's for nearly seven years. While each role is cherished, she considers having been the steward of her husband's care to be one of her most life defining at the moment. With love as their compass, they chose to defy the gravity of Steve's diagnosis and

continued on page 7

Thank You for Your Continuing Support

From all of us at SMAA, we cannot express enough appreciation for the continuing support we've received from the southern Maine community. Since the spring, many foundations and businesses contacted SMAA offering to support us during this challenging time. Knowing that this pandemic is hitting our elders especially hard, these generous organizations want-

ed to help support the greatest needs we are facing. Even as we move through the summer months, the need is still ever present, and many in the community have provided critical operating support so that SMAA can continued to serve.

Since May 1, we have received well over \$205,000 combined from the following organizations:

- Central Maine Power / United Way of York County
- General Dynamics / Employee Community Action Council - Saco
- Horizon Foundation
- Humana
- Libra Foundation
- Maine Community Foundation
- Meals on Wheels America
- MMG Insurance
- Nancy Payne Charitable Fund of Maine Community Foundation
- Narragansett Number One Foundation

- Nine Wicket Fund of the Maine Community Foundation
- People's United Community Foundation
- Sam L. Cohen Foundation
- Summit Natural Gas
- TD Charitable Foundation
- The Rotary Foundation of Rotary International
- The Stephen & Tabitha King Foundation
- United Parish Congregational Church
- United Way of York County

In addition, we have scores of individuals have made donations to support our programs. While the future reopening of our economy is uncertain, this financial support ensures that we can continue our work.

Thank you!

Have questions about Senior News?
Call 396-6594 or email seniornews@smaa.org

Southern Maine
Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074



**APARTMENT
AVAILABLE**

FALMOUTH HOUSE at • OceanView

Call to schedule your visit today!

207-781-4621

•
32 Blueberry Lane
Falmouth, Maine 04105

- Large, spacious apartments ideal for couples
- Beautiful end units with water views
- Walk-in closets, dining nooks
- 24-hour licensed nursing staff on site
- Three chef-prepared meals per day
- Weekly laundry, linen and housekeeping services
- Visiting board certified geriatrician
- On site physical, occupational and speech therapy
- Life Enrichment Program with intergenerational, wellness, social programs and outings

Beautifully renovated common areas include an enlarged Living Room, Dining Room, and Activity Room with a new Café Kitchen!



oceanviewrc.com/falmouthhouse



Legacy Memory Care at • OceanView

Call today to schedule your tour!

207-781-4621

•
4 Schoolhouse Drive
Falmouth, Maine 04105



With 24 private apartments, this state-of-the-art, secure memory care residence is designed to provide implicit cues to areas of activity through the special use of architecture and color. Amenities include a Garden with walking path, Living Room, Media Room, Library, Classroom, and Salon.

Committed to excellence, our team of compassionate caregivers is specially-trained to provide 24-hour assistance. Habilitation Therapy Programing enriches the quality of life of our residents.

With active reassurance, personal engagement, comfortable surroundings, and thoughtful care management, residents in all stages of cognitive impairment, and their families, experience security and peace of mind.



oceanviewrc.com/legacy



HELP WANTED

Meals on Wheels Site Staff Needed

Southern Maine Agency on Aging is currently looking for two staff members for our Meals on Wheels program:

Site Coordinator - South Portland Meal Site

Southern Maine Agency on Aging's Nutrition Program is seeking a Site Coordinator, 20 hours per week, for our S. Portland Meal Site in Scarborough. The Site Coordinator will be responsible for training volunteers, inventory management, supporting the home delivered meal preparation, and completing program eligibility assessments. Candidate must have reliable transportation and be computer literate and proficient in all traditional or current office equipment. Excellent interpersonal skills are required as the Site Coordinator must deal tactfully with staff, clients, volunteers and the general public.

Site Manager - Windham Meal Site

Southern Maine Agency on Aging's Healthy Aging Program is seeking a full time (40 hours per week) Nutrition Site Manager for our Windham Meal Site located at Unity Gardens. Under the guidance of the Nutrition Program Director, this position is responsible for:

- 1) the overall management and supervision of the Site and
- 2) expanding SMAA services in the greater Windham, Bridgeton, Naples area through collaboration/ coordination with other programs and agencies

Basic functions are managing the congregate and home delivered meal program, assessing eligibility of Meals on Wheels clients served by

the Site, coordinating with other SMAA programs, and developing collaborative activities with partner organizations. Responsibilities include community, vendor, partner agency and client relations, recruitment and supervision of volunteers, food inventory management, meal ordering, record keeping, scheduling other SMAA and partner agency activities and participation in Healthy Aging program initiatives.

Qualifications include: Bachelor of Arts or Science or equivalent work experience; ability to manage a community based program that includes direct services as well as collaborative activities with other agency programs and community partners; excellent interpersonal skills both written and verbal, to deal persuasively and tactfully with clients, staff, volunteers and the general public; excellent training and observation skills; strong ability to motivate and manage multiple priorities; experience in project management with attention to detail; willingness to be flexible and assist others to adapt to changes; strong technical skills that include working with computers and Office 2010 software with online capability, and access to reliable transportation. Experience with staff and volunteer supervision, working with older adults and working in nutrition programs is preferred.

How to Apply

Please e-mail cover letter and resume to jobposting@smaaa.org or mail to Job Posting, Southern Maine Agency on Aging, 136 U S Route One, Scarborough, ME 04074.

Applications accepted until position is filled. We are an equal opportunity employer.



Thank you to South Portland Meals on Wheels Site volunteer Jeff Ham for sharing photos from a recent delivery. His daughter Emily joined him on his delivery to take these photos and share them with us.

Tips for Picking Healthy Food as You Get Older



Here are six tips to help you find the best foods for your body and your budget.

1. Know what a healthy plate looks like – ditch the food pyramid, and focus on “MyPlate”. “MyPlate” more evenly balances vegetables, grains, fruits, proteins, and dairy as the building blocks of a healthy diet.
2. Eat a “Rainbow” – Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:
 - Lean protein (lean meats, seafood, eggs, beans)
 - Fruits and vegetables (think orange, red, green, and purple)
 - Whole grains (brown rice, whole wheat pasta)
 - Low-fat dairy (milk and its alternatives)

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.

3. 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.

4. Use recommended servings – To maintain your weight, you must eat the right amount of food for your age and body. Our dietary needs changes as we age.
5. 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.
6. 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 four million older Americans use SNAP to buy food, and the average senior receives \$113 each month. *Adapted from “Healthy Eating Tips for Seniors” from the NCOA.*

STAIRLIFTS

Features

- Fold-A-Way Seat
- Safe/Reliable
- Prevent Falls
- 1 Day Installation
- Very Affordable

“Finally I can enjoy my upstairs again.”
Anna, Portland



Tim St. Hilaire
CUSTOM PROPERTY SOLUTIONS

Aging-in-Place Specialist ~ Custom Remodeler

Call: 207-632-5228 www.timcustomsolutions.com

YOUR 1ST STOP FOR ANSWERS

1-800-427-7411 www.smaaa.org

BE A FRAUD FIGHTER!
IF YOU CAN SPOT A SCAM, YOU CAN STOP A SCAM.

Travel Scams to Watch for This Summer

Summer has arrived and people are starting to venture out. With lots of pent up energy and a need for a good deal, travel scams are booming. So remember, as you search for savings on lodging and flights, keep a sharp eye out for deceptive offers and outright scams that could cost you a bundle. Common scams include lookalike websites for airlines and popular travel companies, emails offering free flights but requiring credit card information or click to links that download malicious software.

To ensure a safe summer getaway, be wary of hotel or airline deals that are just too good to be true and be on the lookout for websites with odd spelling or grammatical errors, which indicate it may have been created by a scammer in a foreign country.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

Avoiding Health Care Scams

Fraudsters follow the headlines, taking advantage when an outbreak like coronavirus, Ebola or swine flu makes global news. Until there is a readily available treatment and vaccine for this outbreak, we can expect these scams to continue.

Be skeptical of claims made for untested or little-known health products and closely check email and web addresses in messages purporting to be from major health organizations like the CDC and WHO. Most importantly, never give out your Medicare or health insurance information to anyone other than your trusted health care providers.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a

1-800-427-7411
www.smaa.org

Senior News

is a publication of



136 U.S. Route One, Scarborough, ME 04074-9055

Telephone: 207-396-6500

Toll-free: 1-800-427-7411

e-mail: info@smaa.org

Web site: www.smaa.org

Editor: Kate Putnam
kputnam@smaa.org or 207-396-6590

Advertising & Article Submission: Jessica LeBlanc
jleblanc@smaa.org or 207-396-6520

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.smaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaa.org. You may also reach "Senior News" representative Janet Bowne at 396-6533.

Marketing options include, full color ads, advertorial columns and inserting pre-printed materials into the newspaper. Reach your potential customers with Maine's only newspaper specifically for people age 50 and older!

Disclaimer of Endorsement: We appreciate the loyal support of our advertisers who make the publication of "Senior News" possible. The appearance of these advertisers does not constitute or imply an endorsement, recommendation, or favoring by the Southern Maine Agency on Aging (SMAA). Advertisers are not permitted to use the name of SMAA, its employees or volunteers for marketing or product endorsement purposes.

Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6533

(800) 427-7411

seniornews@smaa.org



BOARD OF DIRECTORS 2019-2020

PRESIDENT

Mary Jane Krebs, APRN, BC
Westbrook

VICE PRESIDENT

David Smith, Falmouth

SECRETARY

Denise Doyon, Biddeford

TREASURER

Susan Keiler, Biddeford

BOARD MEMBERS

Jeffrey Aalberg, MD, Portland

Terry Bagley, Cape Elizabeth

Stephen Braverman, Wells

Katherine Dodge

Bob Dunfey, Cape Elizabeth

Marie Gerrity, Cumberland

Ann Hastings, Biddeford

John Holland, Gorham

Jeffrey Holmstrom, DO,

South Portland

David McDonald, Portland

Betsy Mead, Falmouth

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.smaa.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.

Westbrook Housing is pleased to introduce the:

Robert L. Harnois Apartments

~ A Senior Development for ages 62 +

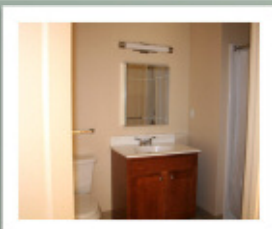
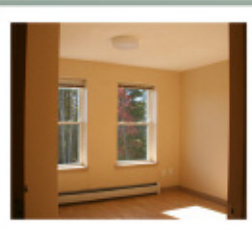
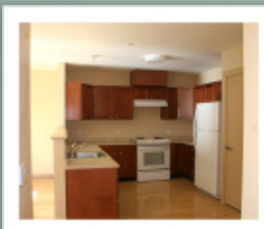
(subsidized rents—income limits apply)



Located on our campus at Liza Harmon Drive, Westbrook



The waiting list will open January 2, 2020 and leasing will begin in December 2020.



For more information, please visit our website at www.westbrookhousing.org or call (207) 854-9779.



MEDICARE

Medicare Coverage And Coronavirus

Original Medicare-covered services related to coronavirus include:

Coronavirus testing – Your doctor can bill Medicare for this test beginning April 1, 2020 for testing provided after February 4, 2020. You will owe nothing for the laboratory test and related provider visits (no deductible, coinsurance, or copayment). This applies to both Original Medicare and Medicare Advantage Plans.

Virtual check-ins – Virtual check-ins can be used to communicate with your doctor and assess whether you should go to the office for an in-person visit. If you have a Medicare Advantage Plan, contact your plan to learn about its costs and coverage.

Telehealth benefits – A telehealth service is a full visit with your doctor using video technology. During the public health emergency, Medicare covers hospital and doctors’ office visits, mental health counseling, preventive health screenings, and other visits via telehealth for all people with Medicare. You can access these benefits at home or in health care settings. You may owe

standard cost-sharing (like a coinsurance or copayment) for these services but contact your provider to learn more. If you have a Medicare Advantage Plan, contact your plan to learn about its costs and coverage.

Prescription refills – If you want to refill your prescriptions early so that you have extra medication on hand, contact your Part D drug plan. Your plan should remove restrictions that stop you from refilling most prescriptions too soon. During the emergency, all Medicare Advantage and Part D plans must cover up to a 90-day supply of a drug when you ask for it. However, plans cannot provide a 90-day supply of a drug if it has certain restrictions on the amount that can be safely provided. These restrictions are called safety edits, and they commonly apply to opioids.

Medicare also covers other medically necessary services, such as inpatient and outpatient hospital care or skilled nursing facility (SNF) care. If you think you are being discharged from

a hospital or SNF too soon, you can appeal that decision. Call your State Health Insurance Assistance Program (SHIP) for help. Contact information for your SHIP is on the next page. Medicare Advantage Plans must cover everything that Original Medicare does, but they can do so with different costs and restrictions.

This document was supported, in part, by grant number 90SATC0001 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. [April 2020]

**Medicare questions?
Need help?
Call 1 800 427-7411**

**Welcome to Medicare Seminars
Now Available Online and via Zoom**

Individuals new to Medicare, or those who could benefit from a refresher, can attend our online-only version of our Welcome to Medicare Seminar. This brief presentation covers all the basics and is now available in two formats: attendees can choose to register for our online seminar available on your schedule, or you may register for one of our guided Zoom seminars.

Upcoming Welcome to Medicare Seminars via Zoom:

- Tuesday, July 21, 1-3PM, Sponsored by York Hospital
 - Tuesday, August 11, 1- 3PM
 - Wednesday, August 26, 10AM-12PM, Sponsored by York Hospital
- Registration is required for our Zoom seminars. Please visit www.smaaa.org/events.html for more information.

**For our online seminar, visit
www.smaaa.org/resources/medicare.html
for more information and to register.**




A meal, and so much more.

“One of the largest volunteer networks in southern Maine delivers 800 meals to homebound seniors struggling with hunger. Along with those meals, they deliver dignity and compassion. Please join me in making a gift today for Meals on Wheels so that no senior goes hungry.”
–Senator George Mitchell

Donate or Volunteer—Either Way, YOU Deliver!

Contact the Southern Maine Agency on Aging
at www.smaaa.org or call 1-800-400-6325 or (207) 396-6583





Aging-in-Place is Within Reach



Drop Down Cabinets



Home Elevators



Stairlift



Modular Ramp



Grab Bars



Accessible Closet



Certified Aging in Place Specialist
by the National Home Builders Association

207-632-5228
timcustomsolutions.com



Join us for Virtual Wellness

Here in the Agewell Programs we sure are missing seeing all of our class members in person, but we've also so enjoyed connecting with you in new ways over the last few months.

We know these times continue to be challenging in many ways, and our team of staff and volunteers are committed to offering a variety of programs to support your health and wellbeing. If you haven't tried one of our new virtual wellness classes or events yet, we invite you to give it a try. We think you'll be pleasantly surprised by how engaging and community-oriented a Zoom session can be!

We're hearing great things from folks who have joined us:

"We all shared and laughed a lot which is good for the soul." (Coffee Hour Participant)

"I LOVE it! Such great energy!! Thank you for offering it" (Gentle Exercise Participant)

"I just want to thank you for these wonderful newsletters! I have found something new and helpful in each one!" (eNewsletter recipient)

Agewell Virtual Wellness Programs

All programs are offered via Zoom. Pre-registration is required for all programs.

- Mondays – Guided Relaxation – 2-2:45PM. Take a few minutes out of your day to relax with simple breathing and relaxation techniques. No experience needed!
- Wednesdays – Welcome to Zoom tutorial – 10-11AM. New to Zoom? Learn the basics of this virtual platform which can help you connect with loved ones, programming, and medical services.
- Thursdays – Gentle Exercise – 10-11AM. A blend of seated and standing exercises for strength, flexibility and balance. A great class for any fitness level.
- Fridays – Coffee Hour – 10:30-11:15AM. An informal and fun social gathering to meet new friends and build community.

Each session has a discussion topic.

Weekly e-Newsletter

If you aren't already, subscribe to Agewell Weekly, a great source for ideas to keep your mind, body, and spirit well. Also, includes regular updates on event and program offerings. Drop us a line at agewell@smaa.org to subscribe.

Connecting Virtually via Zoom

COVID-19 has changed the way we engage with each other, and many services, programs, social connections, and even healthcare are happening more and more frequently through virtual platforms. Here at SMAA, we're using Zoom to provide many of our traditionally in-person services and programs through virtual face-to-face meetings. We know a lot of folks have many questions, and even mistrust of technology like this. Here we'll answer some frequently asked questions and share some information about how you can use Zoom to get connected.

What is Zoom?

Zoom is a web-based video conferencing service that allows you to host or join a meeting or gathering through your computer, smartphone or tablet device. You can even join a Zoom meeting just with your phone, by dialing a phone number.

Why Should I Use It?

We all have reasons that we want or need to connect with other people: socialization with friends and family, participation in services, education, or programming, even healthcare appointments. Zoom offers a way to engage in these activities so that you can see people's faces via your screen rather than just hear voices over the phone. This option can be so helpful in allowing us to take good care of ourselves physically, mentally, and socially while still observing physical distancing. Zoom can also help overcome some barriers like transportation, as it allows you to access a variety of needs without leaving your home!

What About All the Security Stuff?

You may have heard reports in the media about security issues associated with Zoom. Here at SMAA we take your safety and security seriously, and take several steps to keep our Zoom-based meetings and programs safe.

Please visit our online calendar for the most up to date listing of workshops!
www.smaa.org/events.html



Living at The Park Danforth = More Options

- Fully-equipped Kitchens
- Flexible Meal Plans
- Varied Dining Venues: Both Formal & Bistro Style
- Responsibly Sourced Ingredients
- A Commitment to Local Produce
- Chef Prepared Meals



 **The Park Danforth**
THE RIGHT PLACE. THE RIGHT CHOICE.

777 Stevens Avenue
Portland, ME
207.797.7710

- We don't publish meeting access details publicly. All access information is sent directly to participants who have "signed up" to attend in some way. This information is regularly monitored by staff.
- We use built in security features within Zoom that help us manage safety on each call. These include things like a "Waiting Room" feature that allows us to review who will be let in to the meeting, requiring meeting passwords, and the ability to remove someone from the meeting who isn't meant to be there.

SMAA programming available via Zoom:

- Welcome to Medicare seminars
- Family Caregiver Support Group & Educational Sessions
- Wellness classes: Guided Relaxation, Gentle Exercise, and social Coffee Hours

Join Us For Charting The Future

continued from page 1

fly in the face of hopefulness while acknowledging the reality of the parameters that accompany this disease. With guidance from the Alzheimer's Association and Steve's remarkable neurologist, they became advocates and used their voices to bring awareness to the challenges surrounding a dementia diagnosis. They invested their energy in research in hopes of leading towards a future without Alzheimer's and other dementias. Steve's final gift to science was his brain. Judy now works for the Massachusetts Alzheimer's Disease Research Center. This has become a personal and professional passion of hers. She shares their experiences with the hope of helping others.

For more information and to register, please visit our website: www.smaaa.org/chartingthefuture

How to Get Connected

Taking the leap to try a new technology service can be scary! And it's important to us to provide some support to our clients and communities to access the many options now available via Zoom, here at SMAA and beyond.

We've developed a Welcome to Zoom tutorial which will provide you with the training and practice to utilize this platform more confidently to connect in whatever ways are meaningful and important to you. This is a one-hour program held every Wednesday morning at 10AM.

Find all of our upcoming listings on our calendar by visiting www.smaaa.org/events.html. We hope you'll join us and see how many doors Zoom can open for you!



We empower our members to live the life they want to live.


PERSONAL TRAINING SPECIAL:
Eight sessions for only \$99. **Save \$150!**

Tour Basics Today!
Stop in or Call
207-774-3536

basics fitness
LIVE HEALTHY

380 Western Ave., across from Staples • S. Portland • (207) 774-3536 • www.basicsfitness.com

Southern Maine Agency on Aging presents
CHARTING THE FUTURE
Aging in a COVID-19 World



Thursday, September 10, 1-2pm
- Virtual Event -

Aging in a Covid-19 World is a virtual event that will highlight the present challenges that seniors in Maine face due to the spread of the Coronavirus. Nursing homes, healthcare facilities, and caregivers have had to face the challenge of protecting those they care for. Maine, and many other states with older populations, have scrambled to introduce social distancing and other safety precautions to ensure that the curve is flattened and those most at risk are protected from this virus.

Speakers

Nirav Shah, MD, JD

Director of the Maine Center for Disease Control and Prevention (Maine CDC)

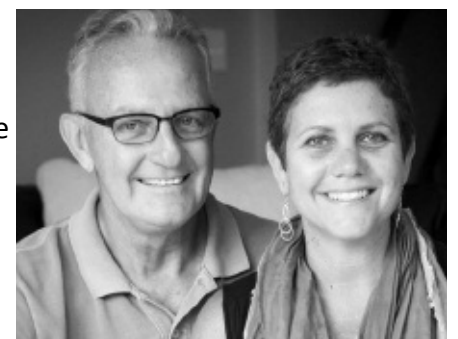


He brings broad experience in public health to Maine serving most recently as the director of the Illinois Department of Public Health. While in Illinois, he implemented key initiatives to address the State's opioid crisis, reduce maternal and infant mortality, and reduce childhood lead poisoning.

Judy Johanson

Clinical Research Ambassador, Massachusetts Alzheimer's Disease Research Center

Mother to her two grown married children, Nana to four adored grandchildren, and wife/soulmate to her late husband Steve who carried the chains of younger onset Alzheimer's for nearly seven years. While each roles is cherished, she considers having been the steward of her husband's care to be one of her most life defining at the moment.



Registration is required. Information on how to join this virtual event will be provided prior to the start of the event for all registrants.

To register, or for more information:

www.smaaa.org/chartingthefuture • 207-396-6547



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.

The Family Caregiver Support Program is Here for You

We understand that this is a trying time for everyone, but being a family caregiver of an older adult or a person of any age with dementia can add an extra layer of stress. We want you to know that although our Scarborough office is closed to visitors, the Family Caregiver Support Program Resource Specialists are working remotely and are able to offer caregiver support and resource information over the phone or via email. Please call the Family Caregiver Support Line at 207-396-6541 if we can be of help!

Trualta: Providing Education and Support at a Distance

Trualta is an exciting new interactive eLearning platform designed especially for family caregivers and tailored to their particular caregiving journey. Caregivers select topics of interest to them, but have access to hundreds of learning modules—with more added each month. Topics include: cognitive decline and dementia, personal care, challenging behaviors, safety, and caregiver wellness—just to name a few! SMAA is making Trualta available at no

charge to interested family caregivers thanks to a grant from Harvard Pilgrim Healthcare Foundation. Call 207-396-6541 to learn more!

Support Group Updates

The Family Caregiver Support Group (Biddeford) is continuing on the second Monday of the month 3-4:30PM via phone. Barbara Alberda asks caregivers to call her at 713-3723 ahead of time to get the call-in information.

The Family Caregiver Support Group (Scarborough) will be held via Zoom on July 16 and August 20

from 4-5PM. Anyone interested in joining should call Lori Campbell at 396-6540 or email lcampbell@smaa.org for more information and to receive the Zoom log-in information.

Helpful Resource

The Family Caregiver Alliance has helpful information for all caregivers and older adults at <https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

**YOUR
1ST STOP
FOR ANSWERS
1-800-427-7411
www.smaa.org**

A reverse mortgage could help you live more comfortably.

- Supplement your retirement
- Receive a monthly payment
- Pay off a mortgage
- Set up a line of credit
- Buy a home



Call Steve, right here in Maine, for your free booklet on the government-insured HECM (reverse mortgage).



Steve Eastman
(207) 657-2459
Reverse Mortgage Advisor
NMLS #485909
SEastman@mutualmortgage.com



MORTGAGE

Equal Housing Lender

MOOMR.0120.43 Synergy One Lending, Inc. dba Mutual of Omaha Mortgage NMLS 1025894. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency. Maine Supervised Lender License 1025894. Subject to Credit Approval. www.nmlsconsumeraccess.org

SCARBOROUGH TERRACE PREMIER ASSISTED LIVING & MEMORY CARE Now More Than Ever

When selecting senior care, it is important to choose a community with a proven track record. Scarborough Terrace, an award-winning community, enjoys longstanding loyalty among its staff, who bring years of experience and an abiding respect for seniors. And now UNE's MatureCare doctors and nurse practitioners are available in-house and on call 24/7.

The transition to assisted living at Scarborough Terrace is a meaningful experience for seniors and an engaging alternative to living on one's own. Residents enjoy private apartments in a beautiful setting with superb services and amenities that include: healthy, chef-prepared meals; entertainment; gardens; and dedicated caregivers available 24/7.

Now, more than ever, Scarborough Terrace is the trusted choice for assisted living and memory care.

Call us today.
(207) 885-5568



- Award-winning
- Family-owned
- University of New England MatureCare MD's & NP's available
- Studios and apartments
- Superb life enrichment programs
- Chef-prepared dining
- Transportation
- 24-Hour Care/Assistance
- Medication Management
- Memory Care & Respite Care
- Long-tenured management



600 Commerce Dr | Scarborough, ME 04074
ScarboroughTerrace.com



Combination of Healthy Lifestyle Traits May Substantially Reduce Alzheimer's

Combining healthier lifestyle behaviors was associated with substantially lower risk for Alzheimer's disease in a study that included data from nearly 3,000 research participants. Those who adhered to four or all of the five specified healthy behaviors were found to have a 60% lower risk of Alzheimer's. Funded by the National Institute on Aging (NIA), part of the National Institutes of Health, this research was published in the June 17, 2020, online issue of *Neurology*, the medical journal of the American Academy of Neurology.

The researchers scored each participant based on five healthy lifestyle factors, all of which have important health benefits:

- At least 150 minutes per week of moderate to vigorous physical activity – Physical activity is an important part of healthy aging.
- Not smoking – Even in people 60 or older who have been smoking for decades, quitting will improve health.
- Light-to-moderate alcohol consumption – Limiting use of alcohol may help cognitive health.
- A high-quality, Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet, which combines the Mediterranean diet and Dietary Approaches to Stop Hypertension (DASH) diet – The MIND diet focuses on plant-based foods linked to dementia prevention.
- Engagement in cognitive activities – Being intellectually engaged may benefit the brain.

"This population-based study helps paint the picture of how multiple factors are likely playing parts in Alzheimer's disease risk," said Dallas Anderson, Ph.D., program director in the Division of Neuroscience at NIA. "It's not a clear

cause and effect result, but a strong finding because of the dual data sets and combination of modifiable lifestyle factors that appear to lead to risk reduction."

Adapted from "Combination of healthy lifestyle traits may substantially reduce Alzheimer's" at <https://www.nih.gov/news-events/news-releases/combination-healthy-lifestyle-traits-may-substantially-reduce-alzheimers>



Bob Magazu
 Broker/Realtor, ABR, SRES, RSPS
 BobSellsMaine@hotmail.com
 www.BobSellsMaine.com
207-317-0221
 I can sell your home




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

Advantage Home Care is the perfect solution for aging adults who aren't ready to leave their homes.



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

- Caring Companionship
- Meal Planning & Preparation
- Incidental Transportation
- Light Housekeeping & Laundry
- Medication Reminders
- Alzheimer's and Dementia Care
- Assistance with Bathing, Dressing & Incontinence Care



Advantage Home Care
 550 Forest Avenue, Suite 206
 Portland, ME 04101
 (207) 699-2570
 www.advantagehomecaremaine.com

Call us today for a free assessment! 207-699-2570



CATHOLIC FOUNDATION OF MAINE
A Legacy of Sharing

Endowment Gifts

Legacies of Love

Learn how you can leave gifts that will forever provide for the causes you care about!

(207) 321-7820

www.catholicfoundationmaine.org


VISIT OUR WEBSITE
www.smaaa.org

Lisa J. Friedlander
 Attorney at Law

Estate Planning, Wills, Trusts, Powers of Attorney, Probate, Special Needs Trusts, MaineCare Planning, & More


- ~ Free Initial Consultation
- ~ Home Appointments Available
- ~ Flexible Hours

207-655-9007
 lisafriedlander@rocketmail.com
 www.lisafriedlander.com
 Portland, Maine



MAINE CENTER for ELDER LAW LLC

WE HELP SENIORS AND THEIR FAMILIES PREVENT THE DEVASTATING FINANCIAL EFFECTS OF LONG TERM CARE



Martin C. Womer, Esq.
Barbara S. Schlichtman, Esq.

MaineCare Pre-Planning and Crisis MaineCare Planning

Probate Administration and Trust Settlement

Special Needs Planning

Estate Planning

Planning for Eligibility for VA Aid and Attendance Benefits

MAIN OFFICE:
 3 Webhannet Place, Suite 1, Kennebunk, Maine 04043
 — branch office located in Portland —

(207) 467-3301

WWW.MAINECENTERFORELDERLAW.COM ATTORNEYS@MAINECENTERFORELDERLAW.COM

From Megan's Desk continued from page 1

ductively together, and supporting the Games in the future. We have also reduced the overall administrative and management of the organization and scaled back our staffing in the Sam L. Cohen Adult Day Center. These decisions were incredibly difficult, because they impacted people and programs. However, the decisions were made to ensure ongoing services and support for our clients in York and Cumberland Counties.

SMAA has Reconsidered its Commercial Real Estate Portfolio

After much consideration and study, the SMAA Board of Directors and I have approved a plan to put the SMAA building in Scarborough on the market. Prior to the "for Sale" sign going up, SMAA convened a task force to determine whether the organization's commercial real estate holdings optimize SMAA's service delivery and can sustainably support its fast-growing client base. SMAA has not yet chosen a new location for its office staff, but working out of the Scarborough office as a tenant, working at a new leased space, continuing to work remotely, and/or having some employees working from the agency's Biddeford location are four potential

options. SMAA will also continue to utilize non-owned physical locations throughout Cumberland and York Counties, as we always have, to offer all older adults in Southern Maine convenient access to in-person educational programs, fitness classes, Medicare seminars, meal delivery, and more.

The COVID-19 crisis served as an accelerator for making the decision to put the property on the market. As the SMAA Board, Staff and I re-imagine the Agency of the future, we know that technology will play a big role in how we reach our clients, how programs might be delivered and how services can be made more available to those we serve. One of the biggest lessons we have learned through this pandemic is to be innovative and creative in ways to serve our clients. We want to continue to find ways to improve how SMAA works with all our constituents—volunteers, clients and partners. Putting our Scarborough building on the market will allow us to continue to be nimble and remain flexible in the future, and to position ourselves to work more closely with partners and clients in the community. Additionally, the Sam L. Cohen Center in Biddeford will continue to serve SMAA as a focal point of our services and our mission.

For now, our operations will remain at the Scarborough location, although many SMAA staff continue to work remotely from their

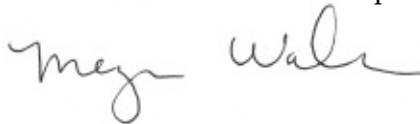
homes through the summer. *SMAA is still in business—and will continue to be in business!*

We will Continue to Rebuild SMAA for The New Reality

Our region looks different now than it did at the beginning of the year, and the situation will continue to evolve in six months, a year, or 2-3 years from now. All of these changes will greatly enhance SMAA's ability to evolve and pivot toward a more innovative, client-focused service delivery model that will include a range of virtual, mobile, and on-site programming options.

Please don't hesitate to reach out to me with any questions or concerns. I'd love to hear from you.

Please take good care of yourselves. Get outside, take a walk in your neighborhood or at one of Maine's beautiful beaches or parks!



Megan Walton
Chief Executive Officer

Meals to Go in Scarborough

Scarborough Community Services and Southern Maine Agency are working together to offer a Meals to Go Program. If you are 60 or older, you can get three pre-cooked freezer meals to enjoy when you need them for a suggested donation of only \$10! If you are under 60, and would like the meals, the cost for the three meals is \$15.

Drive-thru pick up for meals will be at the Scarborough High School Lower Parking Lot from 10AM to 11AM on August 4 and 25. Registration is required. You can register for one or more days by calling 207-730-4173. Please leave a message, and someone will get back to you. Note: If you are not registered with SMAA, we will need you to fill out a form over the phone.

Deadline to sign up for August 4 meals is July 27, by 4PM.

Deadline to sign up for August 25 meals is August 17, by 4PM.

For questions or more information, please call 207-730-4173.

YOUR 1ST STOP FOR ANSWERS
1-800-427-7411 www.smaa.org



**WE HELP SENIORS
TRANSITION TO
INDEPENDENT LIVING,
ASSISTED LIVING &
MEMORY CARE.**

- We Offer Free, Unbiased Guidance for the Best Living Options in the State of Maine
- We Know Maine Senior Communities, Their Rates, Amenities and Availability
- Let Us Bring Our Experience and Knowledge to You
- We Are a Maine Owned and Operated Company Who Will Respect and Protect Your Privacy and Information
- Not Affiliated with Any National Chain
- One Call Can Take the Stress and Confusion Out of Making the Right Choice for You or Your Loved One

207-222-3035 • coastaltransitionsofmaine.com

Feeling Good and Staying Connected

We know things may feel unsettling and even scary right now. Just because we're practicing physical distancing doesn't mean you can't stay healthy and connect with others. Below are tips on finding peace in the little moments.

Experiences and Learning

Creating special experiences for yourself and learning new things are great ways to keep your spirit up and your mind sharp.

- Take a class – Interested in history or a foreign language? Most learning can be done from your home.
- Connect to your roots – Whatever your background or history, your story is unique and interesting, and this is a great time to share it with others.
- Check off your (virtual) travel bucket list – Feeling adventurous? Go on a virtual travel adventure! Explore a new country and check out a tourist attraction.
- Pick up a childhood hobby and get hands on – Choose an activity you think you will enjoy and get started!
- Enjoy the moment – Take some time for yourself to enjoy the moment each day.

- Escape through literature – Escape into a different time and place – there's nothing like the thrill of getting absorbed into a good book.

Family and Friends

You don't have to be in the same room or even the same time zone to share a few laughs. Here are some ideas to add some fun into your routine.

- Organize a recipe exchange - Exchange your favorite recipes and shares some stores or memories along the way.
- Unver a blast from the past – Share past photos. See who can guess the year the photo was taken.
- Do a virtual coffee chat or meal – Talk to family and friends over a coffee or meal.
- Host a remote game night – Challenge family and friends to a night of games. Find your favorite game online, be creative in how you can do something remotely, or make up a completely new game!

Health and Wellness

Eating well, sleeping well, and staying active are important. Below are some creative ways to feel healthy and strong.

- Keep the blood flowing – Select a few stretches you can do daily. As for friends to join you virtually and look for other ways to challenge each other.
- Make a favorite childhood meal – Choose a recipe that is tasty and nutritious.
- A new way to county sheep – Create an ideal environment to help relax and sleep well

Purpose and Community

This one is very personal, so think through what makes you smile.

- Volunteer from your home – Help those around you from your home.
- Share your skills – Create live or recorded experiences for your family, friends, or community.
- Practice gratitude and positivity – Start your day with a cup of coffee and a side of gratitude. Think about something you're grateful for each day.
- Manage news and social media – Find balance with uplifting and productive stories.

Adapted from the CHHS Department of Aging Activity Guide at <https://aging.ca.gov/>

VISIT OUR WEBSITE
www.smaa.org

Support the Southern Maine Agency on Aging

The Southern Maine Agency on Aging is working on the front lines to deliver critical services to southern Maine's most vulnerable citizens. We need your help now more than ever during this very challenging time.

The life-saving nature of SMAA's services is now more evident than ever as we battle the COVID-19 pandemic. Sadly, in light of a significant loss of revenue in our adult day programming and other fee-for-service contracts, SMAA has been forced to reduce staff and re-evaluate programming. We want you to know that these challenging times only strengthen our resolve to put the needs of older Mainers first.

With your support, we can continue delivering critical services in our community, during a time when they are needed most.

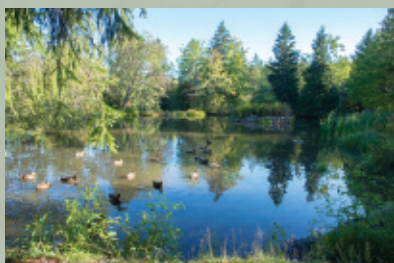
Please consider making a donation to Southern Maine Agency on Aging today. Your gift will allow us to serve the growing needs of vulnerable older adults during this time of unprecedented need. Visit www.smaa.org/giving to make a difference today.

Evergreen Cemetery

A National Historic Landmark & Active Cemetery

Come Celebrate a Life

Established in 1854, Evergreen Features:



Wildlife & Birdwatching—cemetery is considered a premier birdwatching sanctuary with a variety of wildlife.



Wilde Memorial Chapel—built in 1902, available for weddings and funerals.



A New interactive mapping application—allowing users to search by name, age, or other parameters.



A New Columbarium—offering an above ground alternative to in-ground burial of cremated remains.



RSVP
Lead with Experience

VOLUNTEER SERVICES & RSVP

"An Invitation to Make a Difference"

Volunteer Corner

In each issue of the 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 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.

Bob Dunfey

Bob Dunfey is one of these amazing volunteers. Mr. Dunfey holds the unique distinction of being both a delivery volunteer and a member of the SMAA Board of Directors. He joined the board in 2019. He became passionate about older adults needs a decade ago when he served as the Executive Director of ITNPortland for three years. He recognized the significance and impact of SMAA's mission and found a purpose in helping older adults live fuller lives.

When COVID-19 began to impact SMAA's work in Southern Maine, Mr. Dunfey immediately volunteered to deliver meals. He has found the experience to be significantly more rewarding than expected, and shares his involvement on social media in an effort to inspire more people

to volunteer. He likens his work to being like "Santa Claus... delivering meals and bringing smiles to their faces". Mr. Dunfey takes every precaution possible (hand-washing, masks, etc.) but despite minimum contact, has managed to develop strong friendly relationships with the people he delivers to.

As a board member who is actively volunteering, Mr. Dunfey is constantly evaluating how SMAA can better help their clients, and he now has a first person perspective on how to do so. His goal is always to ensure that SMAA is servicing both counties as well as possible, and he is grateful to now be a member of the Meals on Wheels team that is recognized on a national level.

Ultimately, Mr. Dunfey wants fellow volunteers and SMAA supporters to know that delivering



meals is a "win-win" opportunity. It is a simple, yet rewarding way to give back and feel positive about making an impact in the community. He will continue to show his commitment to service by delivering meals as a volunteer while also working with Megan and fellow board members to move SMAA forward during this difficult time.

Volunteer Engagement Recap

On May 28, over 40 volunteers and staff met online (via Zoom) for the first Volunteer Engagement Meeting. SMAA staff members were able to provide volunteers with important information on how programs have adjusted since COVID-19, in addition to discussing potential plans for the future. This was a great opportunity for volunteers to ask questions, engage with fellow volunteers, and hear first-hand how SMAA programs have changed during the Pandemic. These engagement meetings will continue to take and provide updates on SMAA's volunteer programs moving forward.

Volunteers Needed!

Volunteer Services would like to extend a huge thank you to the many volunteers who have continued to donate their time, despite the current circumstances. As SMAA continues to run programs (in-person and remotely), we hope to continue to add volunteers to this amazing team. Most of these programs are offering online trainings and safe ways to be involved. Opportunities include Phone Pals, Meals on Wheels, Zoom Instructors, and Vet to Vet Maine (training in July). If you are interested in getting involved, please email us at volunteer@smaa.org or call 207-396-6525.

Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6588

(800) 427-7411

seniornews@smaa.org



Face Masks Available

SMAA is pleased to announce that cloth masks are available for individuals who need them. A "mask distribution" team of volunteers has been trained to process, package, and send out the masks. Mask options include elastic or tied. Please contact referral@smaa.org if you or someone you know could benefit from a cloth mask.

We're here to help you live life to the fullest.



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.

We offer outpatient programs in the following specialties:

Memory Issues ■ Geriatric Assessments ■ Fall/Balance Concerns

Call (207)662-2847 for an appointment or visit us at www.mmc.org/geriatriccare for more information.

MMC Geriatric Center ■ 66 Bramhall St., Lower Level, G-1 ■ Portland, ME 04102



centered around you