

## Maine Senior Games are Off and Running...



through September 23

Left: Karen Reardon, age 54, took Gold in Shot Put and Discus Throw. Right: Opening Ceremonies July 21 at Scarborough High School.

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

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### SEMINAR SEPTEMBER 10

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Financial Fraud" and  
"How to Spot Elder Abuse  
and What to Do"

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See page 19 for details.

September 22 is the  
first day of fall and  
**NATIONAL FALLS  
PREVENTION DAY.**

See page 3 for  
Advice from a Doctor  
on Older Adult Falls.

## From the Director's Desk

### Falls Awareness

Because we recognize that falling is often a life-changing event for many seniors, SMAA has been committed to helping older adults reduce their risk of falling since 2003. The course, A Matter of Balance, has been offered to thousands of older adults in Maine through SMAA or our community partners. September 22, the first day of fall, is National Falls Prevention Awareness Day.

We are fortunate to have the advice of Dr. Robert Anderson who has dedicated his practice to researching falls at Maine Medical Center. Dr. Anderson worked with us on a webinar to educate first responders about falls. The webinar may be accessed on our website. Dr. Anderson shares some wise advice on page 3 of this issue.



## New Development Director

I am delighted to announce that Kate Putnam of Cape Elizabeth joined SMAA as our new Director of Development and Marketing on September 4.

Kate has a strong background in all aspects of development work based here in southern Maine. For the last six years, Kate was the Director of Development for North Yarmouth Academy, where she was deeply involved in managing the Academy's annual fund, grant writing, communications, alumni relations and major gift programs, as well as planning and launching a capital campaign.

Prior to NYA, Kate was Director of Development for Breakwater School in Portland and the



Maine Chapter of the Multiple Sclerosis Society. She also served as a national major giving consultant to MS Society chapters across the country.

## Advisory Council Membership

I am seeking to invigorate our Advisory Council, which is the link between the southern Maine community and our governing board. The Council members' specialized knowledge, experience and ideas are important input for planning and advocating for services for older adults and their families. The Council meets six times per year for 90 minutes.

Guidelines for the Council require that more than half of the 10-20 members are old enough to participate in SMAA programs and at least five members reside or work in each county. Members may represent older people through their profes-

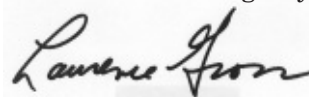
sional or volunteer work past or present. Ideally, supportive services for seniors such as healthcare, housing, transportation, veteran benefits, and in-home services are represented. In addition, the participation of elected officials, community residents and business or nonprofit leaders are encouraged. At this time I would like to recruit members from all areas and particularly from the lakes region and the Sanford area.

If you would like to apply to serve on the SMAA Advisory Council, please contact Kathy Heggeman at 207-396-6504.

## Medicare Open Enrollment

Welcome to fall and Open Enrollment for Medicare prescription drug plans. We encourage all Medicare beneficiaries to review their plans between October 15 and December 7. Call us if you'd like assistance from our trained staff and volunteer Medicare advocates. Specific places, dates and times are on page 16.

Thank you for your interest in Southern Maine Agency on Aging.

  
Laurence W. Gross  
Executive Director

## Standing Together to Prevent Falls

### What Can You Do To Prevent a Fall?



September 22 is the first day of fall and National Falls Prevention Awareness Day. SMAA joins the Maine Center for Disease Control, the Maine Office of Aging and Disability Services, MaineHealth and our sister Agencies on Aging statewide to help raise awareness and prevent falls in the older adult population.

Why is this important? Consider these facts about falls in Maine:

- Each year one out of every three adults age 65 or older falls. Half of those over 85 experience a fall and 60% will fall more than once.
- Falls are the leading cause of unintentional injury, hospitalization and death among older adults.
- On average, a Maine resident over the age of 65 is hospitalized every seven minutes from a fall-related injury.

The good news is that most falls can be prevented. By identifying your own personal risk factors and eliminating as many as possible, you can greatly improve your chances for keeping your balance. In addition to the ideas discussed by Dr. Robert Anderson (see sidebar), we suggest the following:

- **Check your beliefs and attitudes about falling:** Are you subscribing to common myths such as, “falling is just a normal

part of growing old?” In fact, falling isn’t a normal part of getting older. People fall for many reasons and usually it is a combination of risk factors that led to the fall. Do you think that staying home and limiting your activities will protect you? More than 50% of all falls take place at home. Limiting your activity will increase your risk of falling due to weakness.

- **Check your physical fitness:** Lack of exercise leads to weak muscles, decreased flexibility and low endurance. Get the go-ahead from your doctor and then start a fitness program. No special equipment or gym memberships are required. The exercises in the

*“I think of things every day that I learned: The exercises aren’t hard and can be done by anybody. Whether you are strong or frail, they’ll be helpful. Our house was built long before railings. I [now] have a bucket list of things that need to be done to make it safer and easier to live here. Every little bit fits and makes you a stronger person.”*

— Janice Tanguay, A Matter of Balance workshop participant



Matter of Balance workshop are a great place to begin. Also, check out the exercises at Go4Life. Visit <http://go4life.nia.nih.gov/>.

- **Check your vision:** Have your eyes checked every year to make sure that you are seeing clearly.
- **Check your “fall-ty” behaviors:** Do you rush to answer the door, wear ill-fitting slippers, or stand on a chair to reach high shelves? Stay safe by taking your time, wearing sturdy footwear and asking someone to move items within your reach.
- **Check your home for hazards:** Quick and easy fixes include clearing pathways of clutter, removing or securing scatter rugs, and installing grab bars in the bathroom and anywhere else that you could use a little extra support. Call us at SMAA for a Home Safety Checklist or go to the interactive site: <http://mysafe-home.org/> to view potential dangers and get helpful tips.
- **Sign up for A Matter of Balance:** This nationally-recognized program reduces the fear of falling and increases activity levels. Classes are held once a week for eight weeks at various locations. See the upcoming schedule in this newspaper.

For additional information, contact Liz Weaver, 396-6578 or [lweaver@smaaa.org](mailto:lweaver@smaaa.org).

## Agewell Program Schedules

### A Matter of Balance

September 11 - October 23, 1-3PM  
Casco Bay YMCA, 14 Old South Freeport Road, Freeport

September 10 - October 29, 2-4PM  
Paul Hazelton House, 7 Smith Lane, Saco

September 11 - October 30, 1-3PM  
Southern Maine Agency on Aging, 136 US Route One, Scarborough


September 12 - October 31, 1-3PM  
MaineHealth LRC, 5 Bucknam Road, Falmouth

### Living Well for Better Health

September 13 - October 25, 1-3:30PM  
Pineland YMCA, 25 Campus Drive, New Gloucester

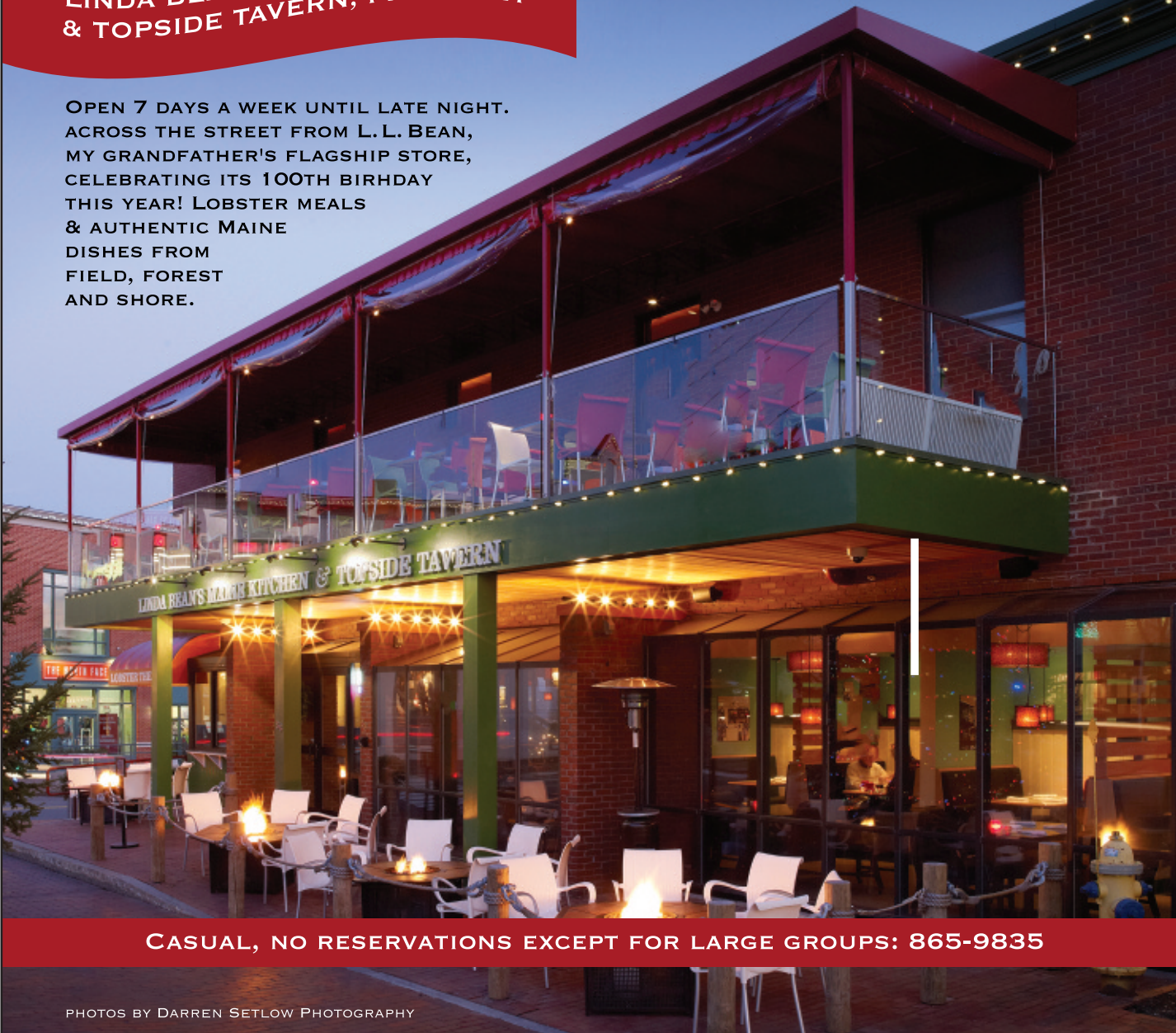
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October 5 - November 9, 9-11:30AM  
Martin's Point, 331 Veranda Street,  
Bldg 5. Historic Marine Hospital,  
Portland

October 30 - December 4, 9:30AM-  
noon, Frisbee School. 200 Rogers  
Road, Kittery

November 1 - December 13, 1:30-  
4pm, MMC Family Medicine, 272  
Congress Street, Portland

November 2 - December 7, 9-  
11:30AM, MaineHealth LRC, 100  
Campus Drive, Scarborough

November 6 - December 11, 1-  
3:30PM, Casco Bay YMCA, 14 Old  
South Freeport Road, Freeport

## Volunteer Training Opportunities

### A Matter of Balance Volunteer Coach Training

Southern Maine Agency on Aging seeks volunteer coaches for the nationally-recognized Matter of Balance program. If you're a strong communicator, dependable, and enthusiastic about working with older adults, please join our FREE Matter of Balance Coach Training.

Coaches receive training, easy-to-use materials, and ongoing sup-

port. Training takes place on December 13 and 14, 8:00 am - 12 noon (must attend both days) at Southern Maine Agency on Aging at 136 US Route One in Scarborough.

Pre-registration is required by calling Liz Weaver at 396-6578 or [lweaver@smaaa.org](mailto:lweaver@smaaa.org).

### Living Well for Better Health Volunteer Leader Training

Do you want to make a difference in your community while gaining valuable professional skills? Do you want a powerful incentive for reaching your own health goals?

The Southern Maine Agency on Aging will offer a free four-day training course for volunteer leaders of "Living Well for Better Health", a nationally-recognized self-management workshop for adults of all ages with chronic health challenges such as pain, arthritis, heart disease, depression and other conditions. Leaders receive thorough training, ongoing support, and great materials for teaching this fun, interactive workshop. You do not need to be a health professional to become a leader.

Training takes place October 11, 12, 18, 19, 8:30AM-4:30PM (must attend all four days) at the Southern Maine Agency on Aging, 136 US Route One, Scarborough. Breakfast and lunch provided each day.

Pre-registration is required by calling Liz Weaver at 396-6578 or [lweaver@smaaa.org](mailto:lweaver@smaaa.org).

## Falls: What a Doctor Wants You to Know

### Advice from a Specialist on Older Adult Falls

By Robert S. Anderson, Jr., MD



Falls are a common unintentional injury that we usually treat in the emergency department. For older adults a fall can be painful and life-changing.

### Here is how you can help yourself:

- A fall is a significant event. It may be due to age-related changes to your body, or related to medical conditions, or because of medications. Most commonly, a fall is due to a combination of all of these things. By taking a fall seriously and looking for answers, you may avoid a serious injury or loss of independence after another fall.
- If you have had one or more falls, call your doctor and schedule a visit just to talk about falls. Tell your doctor that you are concerned about why you fell and ask for his or her help.

- Take an active role in managing your medications. If you don't know what your medicines are for, ask your doctor. Taking lots of medications increases your risk for falls due to side effects or drug interactions. Every time you visit your doctor ask if any of your medications can be discontinued, including over the counter medications.
- To better prevent falls, make sure to take an active role in your health. It's crucial that you make your legs stronger with strengthening exercises. Check with your local agency on aging for information about strength training classes and programs in your area. Also, consider A Matter of Balance, a series of classes that are designed to reduce the fear of falling and increase activity levels.

*Dr. Anderson is an Assistant Professor of Emergency Medicine and of Internal Medicine at Tufts University School of Medicine and Attending Physician of Emergency Medicine and Geriatric Medicine at Maine Medical Center.*

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## Live in Southern or Western York County?

### ARA may be for you!

**A**RA stands for the Active Retirement Association, an outreach program of Continuing Education at the University of New Hampshire. ARA is in its 30th year of helping its members "Expand their World," through numerous activities.

Bob Hysten leads hikes and walks, "The ARA hikes harmonize with our goal to stay active—and at the same time, provide a great way to socialize. And did I mention, this is a great way to view our beautiful New England countryside?"

Other programs are presented for members in two, four-week sessions each fall and spring. These programs may vary from current events, history and science to the arts, social issues or travel. There are other active programs such as creative writing, theatre, painting, physical fitness and cooking. Visit [www.unh.edu/ara](http://www.unh.edu/ara) for more specifics.

Mary Roberge, a leader of the ARA discussion programs explains, "During the spring term our members examined the relationship of the U.S. to several important countries as well as the issues that affect many nations besides our own, such as global warming, the use of the world's oceans, and nuclear weapons control. In our fall term we

### ARA FALL SEASON KICK OFF

September 10 - 1:00 PM

Durham Evangelical Church  
Rte. 108, Durham, NH

Social time, round table  
discussions and information  
about upcoming programs.

Anyone age 55+ is welcome.

choose a book by a thoughtful and provocative writer who looks in depth at a timely national concern that often gets superficial or biased coverage in the daily media."

George Schmalz, along with his DVD collection, is bringing opera to ARA members.

Besides the regular programs held in convenient Seacoast locations, several cultural tours are planned each year. In the past we've had bus tours to see "Chicago" at the Palace Theatre; to Boston, to attend the BSO rehearsal, the Isabella Stewart Gardner Museum, the MFA, and the Aquarium. Other interesting trips were going on the Conway Scenic Railroad and to Isles of Shoals on a boat.

\*Membership is open to anyone over the age of 50 with an annual fee of \$50. The organization is run independently by its members to

manage general meetings, holiday luncheons, and committees. Currently there are about 280 paid members from a large geographical area of southern Maine, northern Massachusetts and New Hampshire, representing over 40 cities and towns. Please visit the website at [www.unh.edu/ara](http://www.unh.edu/ara) for all programs and membership information or call Membership Director Carol Caldwell at (603) 343-1004.

### Senior News

is a publication of



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Circulation: Mailed directly to 15,000 households and 7,500 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 23,000

For details on advertising in "Senior News," log on to [www.smaaa.org](http://www.smaaa.org) and see Senior News on home page and/or send an e-mail to [seniornews@smaaa.org](mailto:seniornews@smaaa.org). You may also reach "Senior News" representative Nancy Bloch at 396-6588.

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!

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### Mission Statement

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

### Commitment to Reasonable Accommodation:

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

The Southern Maine Agency on Aging (SMAA) is a non-profit, charitable organization. Services of SMAA are supported in part by state and federal funds from the Maine Office of Elder Services. Learn more at [www.smaaa.org](http://www.smaaa.org) or by calling 207-396-6500 or 1-800-427-7411.

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**B**efore you fly away, please let us know your winter mailing address. If the Post Office informs us of your change of address, it costs us more than \$3! If you want the "Senior News," we want you to receive it. To update your address or to be taken off the mailing list, contact Bonnie Craig at [bcraig@smaaa.org](mailto:bcraig@smaaa.org) or leave a message at 207/396-6526 or 1-800-427-7411 x526. Be sure to specify the date of your expected return to Maine. Happy reading!

## New Glass Museum in Naples

By Walt Bannon

When the fabulous glass museum in Sebago was operating, it was a world class attraction. I recently came across a magazine article from 1981 that featured the museum and the amazing life of the curator and her rise to national recognition. The story included pictures of artifacts that were located there.

Thirty-one years later, a new glass house has risen, literally, "from the ground." Displayed in an 1831 historic brick structure on Route 302 in beautiful Naples, Maine, is the new Maine Antique Bottle and Glass Museum. While only a flicker of a light compared to the massive Jones Museum, its charm and personality give it a place where lovers of the old glass can take in myriads of artifacts both recovered in Maine lakes from our dive team, and unearthed through many excavations.

The museum is unique to Maine as the only glass museum presently in existence. Using a hands-on approach for children's groups has been a great way to attract school aged youth to learn about the early New England glass houses from Keene, New Hampshire to Sandwich, Massachusetts. Our dive tower allows students to use a video terminal to search through artifact



laden rivers similar to our divers' experiences.

I've learned that people used to spend days on end digging up old bottles and so many have stories that relate to our museum. I love to listen as they relate their stories of collecting. A recent visitor told me with a smile, "I have a collection of over 1,000 bottles that I dug." To see this 90-year old lady beam with excitement at being in a glass museum was worth all of our efforts.

The Museum is open Fridays and Saturdays from 10:00 to 1:00. For more information or to make an appointment for a group, call Walt Bannon at 207-939-0205.

## Home Equity Advisor

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Home Equity Advisor is managed by National Council on Aging and made possible by a grant from the Financial Industry Regulatory Authority (FINRA) Investor Education Foundation.

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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.

## Help For People Helping Aging Family Members

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

### Fall 2012

September 13, 20, 27 and October 4, 11 and 18, 2-4PM: **Savvy Caregiver** at York Hospital. Contact Kate Fallon at 1-800-427-7411 x558 to register (required).

NOTE: These dates appeared incorrectly in the July Senior News. Savvy Caregiver is a 6-week series, and these are the correct class dates.

October 2, 9, 16 and 23, 5:15-7:15 PM: **Putting the Puzzle Together**. Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

October 4, 11, 18 and 25, 6-7:30 PM: **Ongoing Loss While Caring for Someone with Dementia** discussion series. Bonny Eagle Adult Education. Contact Kate Fallon at 1-800-427-7411 x558 to pre-register (required).

October 15, 22, 29 and November 5, 19 and 26, 9:30-11:30AM **Savvy Caregiver**. Southern Maine Agency on Aging, Scarborough. This class is full. More Savvy Caregiver series' will be scheduled.

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

## Caring For Aging Family Members

### Support/Discussion Groups

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

**Biddeford:** For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 713-3723.

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

**Scarborough:** 4th Thursday of the month, from noon to 1PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

**Scarborough:** 2nd Monday of the month, from noon to 1PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

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

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

### Kinship/Grandparent Support Group

**Sanford:** Wee Care, support and discussion for kinship parents and grandparents helping to raise children, 2nd Wednesday of the month, 6-7PM. Supper and child care available. Contact Thea Murphy at Trafton Senior Center at 457-0080.

### On-Line Discussion and Support Group

Online support group: <http://groups.yahoo.com/group/smaacaregiver> If you are caring for an aging family member or friend, and you have Internet access, please join us! FMI, contact Kate at SMAA, 1-800-427-7411 or kfallon@smaaa.org.

### Internet Resources

Check out the Family Caregiver Support link from our home page at [www.smaaa.org](http://www.smaaa.org). Also, 'Like' us on Facebook! [www.facebook.com/SMAAcaregivers](http://www.facebook.com/SMAAcaregivers)

## Are You Caring for Someone with Hoarding Issues?

**T**he Southern Maine Agency on Aging's Family Caregiver Support Program is collaborating with Shalom House to offer an eight-week educational discussion group for family members who are concerned about someone who is hoarding.

Compulsive hoarding causes significant distress and interferes with daily living. It also creates safety hazards. Families may try to intervene but find this leads to frustration and rejection. This group aims to help families understand the dynamics of hoarding and identify strategies to cope and help. If you are interested in participating please contact Kate Fallon at SMAA for more information at 1-800-427-7411 x558 by September 20.

## S.O.S. Phones Provide a Sense of Security

Donations of Used Phones Welcome

**S**outhern Maine Agency on Aging has teamed up with The 911 Cell Phone Bank to collect used cell phones for older adults AND adults aged 18+ with disabilities who need easy access to dial 911 in case of emergency. S.O.S. Phones are cell phones equipped with 911 dialing capabilities for use in emergencies providing a Sense Of Security (S.O.S.).

S.O.S. Phones can offer peace of mind for older adults, people with disabilities, and their caregivers with an additional level of security. Under the on-going agreement, SMAA will continue efforts to collect used cell phones throughout the community, which will then be sent

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If you have an old cell phone/s to donate, please drop them at the Southern Maine Agency on Aging, 136 U.S. Route 1, Scarborough, Maine.

## Partnering with Emergency Responders

By Ann O'Sullivan,  
OTR/L, LSW, FAOTA  
Family Caregiver Support  
Program Coordinator

Older adults and family caregivers may find ourselves in situations where emergency help is needed. Rescue calls are often made when a person falls, is unmanageably agitated, refuses needed medical care, is extremely confused, or is experiencing other sudden changes.

The Family Caregiver Support Program has been connecting with first responders (police and medical, in particular) to improve the guidance we're able to provide for family caregivers. Here are some things we've learned.

Police and other emergency departments find it helpful if they know ahead of time that a person has special needs that might affect their emergency needs. This can include children with autism, adults with dementia, people with physical disabilities, people with mental health issues, or others, where knowing the history could impact the speed and style of response.

Information about who to contact in an emergency, the location of a spare key to the home, or other medical concerns can support quick and effective action. Some departments have standard forms that can be filled out, so that particular con-

cerns can be flagged. For instance, a person with dementia wandering is a crisis situation and requires immediate search and rescue efforts. Some departments will accept a photo of a resident at risk for wandering, helping officers to recognize them on patrol. Police officers receive special training in strategies that work better when encountering a person with dementia. Having the needed information increases the likelihood of a positive outcome.

Emergency medical services encourage calling 9-1-1 for falls or other medical crises. When responders arrive, they can expertly evaluate the situation, make the person as safe as possible, and recommend whether transportation to a hospital is indicated. When a person has fallen, it's important they be checked for injury, and have someone who has training to help them get up. It is safer for the person and caregiver to wait for Rescue to arrive rather than to try to manage alone. The recommendation from EMS is, "When in doubt, call 9-1-1." Keep in mind that there are also non-emergency phone numbers for public safety departments. If you have a question, or need to ask for a "wellbeing check" for someone, you can use this number to connect with these professionals.

People who have mental capacity (or the legal representatives of those who don't) have the right to refuse ambulance transport. This means that EMS can't force a person to go to the hospital. If there is an immediate concern about harm for the person or other people, the police may assist in securing the situation. In some towns, police, EMS, and fire fighters respond together to calls.

An issue that comes up regularly for family caregivers of people with dementia is that person's driving. For the safety of the individual and everyone else, it's important to monitor driving ability, and to intervene when necessary. A physician can be helpful in making this determination and delivering the message. If a person's license has been revoked and they try to drive, it's appropriate to call the police. If a person has a valid license and is driving safely, there is no reason for police to pull them over. In some cases, fami-

ly caregivers have said they'd like the police to tell the person not to drive; this is generally outside their scope and may not be a working plan. The Family Caregiver Support Program can assist with problem-solving and identifying resources for helping a driver be as safe as possible (through driving evaluations) and limiting unsafe drivers.

Emergency responders, police, fire fighters and EMS, are important partners in helping us all stay safe. The more information they have about special circumstances, the better they can do their work. If you or someone you are concerned about may need special assistance, please contact your local emergency services to learn what they need to know to best help you.

*Special thanks to Deputy Chief Tony Attardo, of the Scarborough Fire Department, Officer Gayle Petty of the Portland Police Department, Officer Candice Simeoni of the Eliot Police Department, and Chief Kevin Schofield of the Bridgton Police Department for their input and review of this information.*

## When to Call 911

In an emergency, call 911 or your local emergency number immediately from any wired or wireless phone.

An emergency is any situation that requires immediate assistance from the police, fire department or ambulance. Examples include:

- A fire.
- A crime, especially if in progress.
- A car crash, especially if someone is injured.
- A medical emergency, such as someone who is unconscious,

gasping for air or not breathing, experiencing an allergic reaction, having chest pain, having uncontrollable bleeding, or any other symptoms that require immediate medical attention.

Important: If you're not sure whether the situation is a true emergency, officials recommend calling 911 and letting the call-taker determine whether you need emergency help.

When you call 911, be prepared to answer the call-taker's questions, which may include:

- The location of the emergency, including the street address.
- The phone number you are calling from.
- The nature of the emergency.
- Details about the emergency, such as a physical description of a person who may have committed a crime, a description of any fire that may be burning, or a description of injuries or symptoms being experienced by a person having a medical emergency.

Remember, the call-taker's questions are important to get the right kind of help to you quickly. Be prepared to follow any instructions the call-taker gives you. Many 911 centers can tell you exactly what to do to help in an emergency until help arrives, such as providing step-by-step instructions to aid someone who is choking or needs first aid or CPR. Finally, do not hang up until the call-taker tells you to.

If you dial 911 by mistake, or if a child in your home dials 911 when no emergency exists, do not hang up—that could make 911 officials think that an emergency exists, and possibly send responders to your location. Instead, simply explain to the call-taker what happened.

*Reprinted with permission from [www.911.gov](http://www.911.gov)*

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## A Call for Volunteers

Join us in reaching homebound seniors by volunteering to deliver meals and smiles. Even contributing just a few hours a week really helps our program improve the lives of many older adults in York and Cumberland coun-



ties. While we gladly accept volunteers in all areas, here are the locations in greatest need at this time:

**Biddeford** (283-2477) – Needs two back-up drivers to sub on an “as needed” basis when regular volunteers are unable to drive their route. Please call Lilly from 8AM-1PM.

**Kennebunk** (985-2588) – Needs two regular drivers

and three kitchen helpers. Please call Maureen from 8AM-1PM.

**Kezar Falls** (625-4057) – Needs two back-up drivers. Please call Connie from 8AM-1PM.

**Kittery** (475-7399) - Needs a driver to deliver meals on the 3rd Friday of each month. Also needs a few back-up drivers to sub on an “as needed” basis when regular volunteers are unable to drive their route.

**Portland/Westbrook** (878-3285) – Needs one kitchen helper on Mondays, Tuesdays and Thursdays.

Needs drivers on Mondays, Tuesdays, Thursdays and Fridays to help cover the North Deering area. Please call Kristin from 8AM-4:30PM.

**Sanford** (324-5181) – Needs two drivers on Mondays to help cover the North Berwick Area. Needs one back-up driver to help cover North Berwick and Sanford areas. Please call Deb from 8AM-4:30PM.

**Yarmouth** (846-6693) – Needs volunteer drivers on Tuesdays and Fridays. Call Debbie from 9AM-1PM.

For more information, please call the numbers above.

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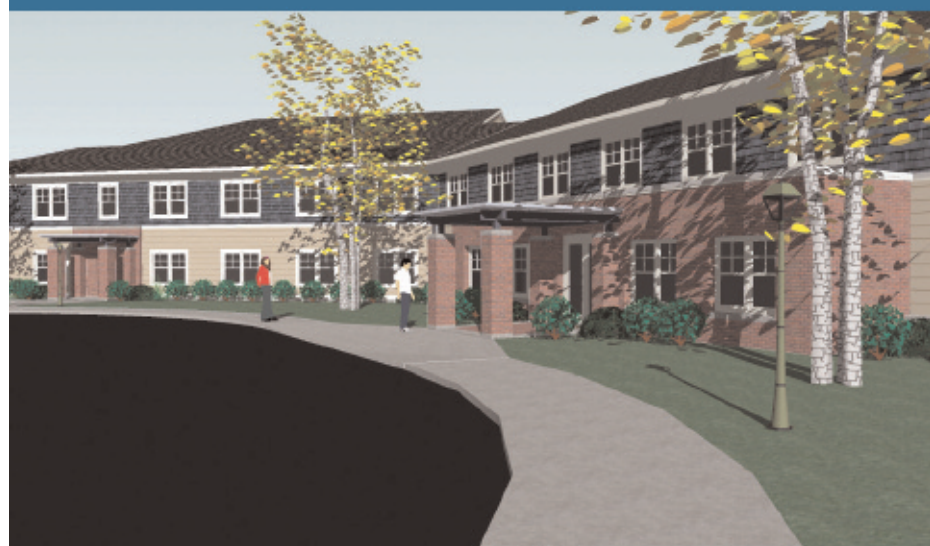
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**Update**

The Nasson Community Center has changed its hours for "As You Like It" voucher pick-ups. Vouchers are now available on Mon, Tues, Thurs, and Fri from 10am-12pm. Questions? Please call 324-5181.

**Student Experiences Meals on Wheels**

By Christopher Gredlics



I am a student at Southern Maine Community College. Last spring I had the pleasure of volunteering for Meals on Wheels. I have to admit I started volunteering for an Aging in Society class. I was required to volunteer in the community for 15 hours, but I easily went beyond the class requirement.

My time with the program consisted of volunteering on Mondays anywhere from one to two hours in the morning. I would also volunteer more than once a week when my schedule permitted. It was a joy to work in the South Portland kitchen with Liz, Deb and other volunteers too. My time usually consisted of putting the dinner roll and dessert or multiples of them in delivery bags. People usually get anywhere from two to five meals on delivery days excluding Wednesdays, holidays and weekends. It was interesting to learn that some people can't or prefer not to have the fat-free milk. They usually call in or let the delivery driver know this.

As far as the deliveries go, there are usually four or five daily drivers that serve South Portland and Scarborough. I got the chance to go out with a few of the drivers. I loved see-

ing all the people that use the service even though it was hard to see people unable to leave their home on their own.

Last, I went along with an Assessor, the staff person who visits participants. Andi was great at explaining to me the process of Meals on Wheels and how it works. For the most part what I learned I had already known from working on site, but there was stuff I wouldn't have known if I didn't have that valuable time with her.

The program fills the needs of elderly people who are confined to their home or can't go buy food or easily prepare meals for themselves. This is usually the result of medical condition(s) or an accident that limits their mobility. However, people often make the mistake of assuming the program only feeds the poor, which isn't true at all considering the number of people that need this service. Andi asked a list of questions relating to their preferences, medical concerns and nutritional needs. She used a laptop computer to record the information and to have people sign electronically. What I really enjoyed is how she asked her question. She made conversations casual like she was talking with a friend.

I was fortunate to have this experience that I will always remember.

**Westbrook Library Delivers**

Homebound residents of Westbrook can borrow books, DVDs, audio books, E-books, MP3's and more through Walker Memorial Library. With each delivery, you may request specific titles or let the library staff choose a few titles for you based on your reading or entertainment preferences. Contact Walker Memorial Library's Outreach Services for delivery at 207-854-0630 x256 or by email [walkerlibrary@westbrook.me.us](mailto:walkerlibrary@westbrook.me.us).

Note: Other Maine libraries may have delivery programs. Check with your local library!



**Kittery Meals on Wheels offers a "Traveling" Library**

By Renee Longarini  
Kittery Area Coordinator  
Southern Maine Agency on Aging

From the SMAA location in Kittery we deliver meals to folks in the towns of Kittery, Eliot, York, South Berwick and Berwick. Over the past year, it has become increasingly obvious to us that many of our seniors have a difficult time enjoying even the simplest pleasures such as reading, because a trip to the library has become a luxury due to the effort it takes to get out of the house.

So we thought, "How can we get a hold of some books?" We knew right away it was something we could do at a very minimal cost. First, we would scout out books at local yard sales and book sales. Then, we could deliver the books with the meals, so there would be no additional cost for delivery. We decided to start with 10-15 books and build up from there.

Soon, we noticed that the Eliot Methodist Church, where our site is currently located, had a room full of books they were sorting. When we inquired, we were told they had an upcoming book sale. We asked if we could look through the books prior to their sale and purchase a few that we thought would be a great start to our library. About a week later, we were approached by the church. They loved our idea and decided to donate the books to help us get our library started! The donation was made in loving memory of Bob Lincoln. The church generously donated more than 60 books and Bob's "Lending" Library was off to a great start. Just four weeks later, we had developed a lending library of 100 titles with something for everyone!

Our volunteer drivers now carry a book "catalog" with them that has the book title, author, and description so that our participants can choose what they would like. The driver hands us the senior's request at the end of their route and the next day we deliver the requested book with their meal.

Members of the Eliot Methodist Church even went as far as to make bookmarks to send out with the books. Our library on wheels has been a great success. It warms our hearts each time we have the opportunity to deliver a book to one of our Meals on Wheels recipients.



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## Senior Moments

by Hunter Howe

### Thanks, Bubba

Some stories touch our soul bringing back memories of long ago.



In early April, I sat riveted to the TV watching the Masters, one of professional golf's four major tour-

naments. Bubba Watson won this prestigious event on the second playoff hole, hitting a shot from an improbable lie off the "pine straw" to within 15 feet of the cup. He two putted earning the right to wear the champion's coveted Green Jacket.

Viewers witnessed top-notch play saturated with suspense and superb sportsmanship. Wielding a pink driver, this long hitting, likeable, firmly rooted young man dripped with emotion after sinking

the last putt. Battle over, he cried unabashedly while hugging his long term loyal caddy and mom.

Not a dry eye in Golf World.

Like many seniors, I'm a nostalgic sentimentalist. Bubba's victory triggered thoughts long forgotten in my attic of memories. Edgar A. Guest wrote, "When the hair about the temples starts to show the signs of gray...a gray-haired dreamer wanders down the lane of memory."

And yes, my trip backward in time embraced golf. From ages 14 to 20, insulated from life's struggles, I caddied at a private course. Every summer morning, I rose early, charged out of the house and cut through the golf course, racing down fairways and skirting sand traps. By 6:30AM, I'd arrive at the pro shop, fresh green grass clippings clinging to my Converse sneakers wet from the dew.

After signing in, I'd retreat back to the caddy shack, its walls littered with crass sayings. Although the members treated us well, the golf pro displayed a lousy disposition towards the riffraff. One morning, as a group of caddies clustered around the bubbler, the sourpuss shot out of the pro shop, scowled and jerked his thumb, a signal for us to slink back to our hovel. Although my ill-advised biting verbal retort earned me respect among my peers, it almost ended my caddy career. Boy, I sure gloated when Mr. Grump eventually got his arrogant rear end fired.

I remember the first time that I carried two bags or "doubles." By the sixth hole, exhausted and both shoulders of my shirt ripped out, I considered dropping the bags and bolting. Somehow, I stayed the course. Glad I did.

I remember many of the members. Each June, I caddied for a low shooting dentist in the club's annual four ball tournament. His partner, a guest, possessed a distinctive look, his face pushed in on the right side by an errant horse kick. I remember the V.P. of Breck Shampoo who asked for me on a regular basis.

And "Emile," a kindly older gentleman who wore immaculate white knickers and knee socks. I liked him and grinned when he'd say, "Not far caddy, but straight." Tiger Woods could use Emile's straight advice. And, I remember Boston Bruins great Eddie Shore; even in his seventies, he still oozed toughness and I avoided eye contact with him.

One member, a stickler for high standards, had responsibility for the caddies. We all dreaded carrying his bag. I finally got assigned to him. Nervous as heck, I managed to get to the tenth hole without mishap. Here, he hit his second shot right into the cup for an eagle (two under par); two weeks later, I caddied for him again and on the same hole, from the exact same spot, he knocked the ball into the cup for another eagle. After that, we got along famously—I was his lucky caddy.

A small refreshment shack stood next to the 13th tee, a welcome oasis on hot days. The best words in the world were, "Hey caddy, get what you want." Two hotdogs with mustard, chocolate milk. The next best words were, "Hey caddy, something else?" Hot dog with mustard, chocolate milk. I sure loved that hole.

One cold, windy and overcast Saturday in October, I'd finished a round. Someone yelled, "A man's down on the 18th." I rushed over to the green tucked into a canyon-like hill. The man lay face up, eyes closed, his three playing partners huddled around him in startled silence. His ball sat 10 feet from the hole. Eerie. First dead person I ever saw.

Another time, a pea soup like fog enveloped the course. I headed home, negotiating my way along the twelfth fairway. I thought I knew every blade of grass on the course until I found myself airborne. I toppled into a sand trap. Unhurt, with a mouthful of sand, I felt like an idiot.

One Tuesday, late in June 1963, another caddy, "Pete," joined me on the first tee. His broad smile stretched from ear-to-ear. You see, the day before he'd caddied for professional golfer Julius Boros who won the U.S. Open in a playoff over Arnold Palmer and Jackie Cupid at The Country Club in Brookline, Massachusetts. Boros earned \$20,000. He gave Pete \$2,000.

My biggest disappointment, however, came on the ninth hole of a public course, but not in summer. Our high school class had sponsored a winter event. I remember Linda. Everyone liked Linda. I liked Linda. After numerous attempts to get on a toboggan with her, I succeeded. Climbing aboard, I wrapped my arms around her. Off we went. I immediately fell off. I can still see her flying down that hill. Without me. I hated that hole.

I keep my most prized possession, my honor caddy pin, secure in my safe deposit box. Little pin, big memories. Oh what I'd give just to walk, one more time, through that private golf course early on a summer morning, wet sneaks and all.

Thanks, Bubba.



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Kim Williams runs with the torch and placed 1st in the 1500m Race Walk.

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

**Basketball (Women's):** September 15, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Saturday

**Hot Shot/Foul Shoot:** September 15, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday

**Basketball (Men's):** September 16, Cape Elizabeth HS, Cape Elizabeth, 9AM, Sunday

**10K Road Race:** September 16, Portland Trails, AM, Sunday

**Swimming:** September 16, Cape Elizabeth HS, Cape Elizabeth, 10AM, Sunday

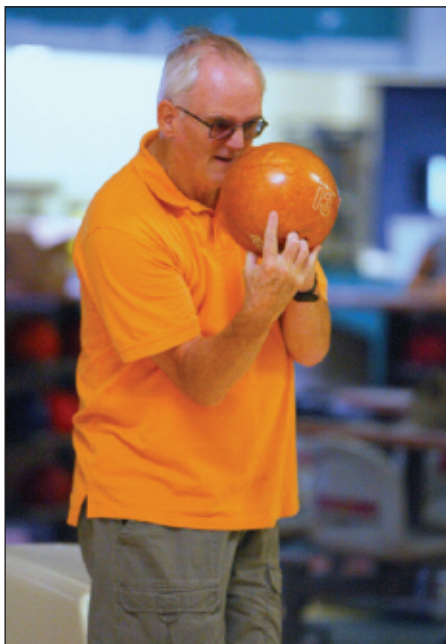
**Bowling Candlepin:** Singles/Doubles: September 20, Big 20, Scarborough, 10AM/1:00PM, Thursday

**Table Tennis:** September 21, Pineland YMCA, 9AM, Friday

**Pickleball:** September 22, Racket/Fitness, Portland, 10AM, Saturday


**Racquetball:** September 22, Racket/Fitness, Portland, 9AM, Saturday

**Bowling 10 Pin:** Singles/Doubles: September 23, Yankee Lanes, Portland, 10AM, Sunday





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## The Love is Something Fierce

by Hunter Howe

I knelt down and wrapped my arms around him. I told him it was ok, that his Daddy was here. Then, the brown liquid invaded his vein. My best friend Breeze, slumped to the floor and fell asleep, forever.

I stood, took one final look at the precious little fellow, thanked the compassionate staff at the veterinary clinic, clutched his red leash and collar and drove home. Alone.

I wonder how many of you have experienced the same gut wrenching, numbing grief?

Our pets connect people. We accept compliments on them with great pride. After all, our pets are family and an extension of ourselves. One lady told me she loved her dog "something fierce."

The problem is that our pets lead too short a life. Before you know it, a medical problem or old age brings a hard decision, when to say goodbye. Your pet doesn't get to share in your decision. But he depends on you to take care of him. Breeze wasn't ready to die; only three and a half, he had an illness particular to the breed. Sometimes the best thing we can do is let go. We all dread that last day—the last walk, last treat, last eye contact, last hug. Devastation.

When I told people about my loss, they responded in different

ways. A cousin reflected on his dog put to sleep 16 years ago and choked up. A woman I just met lost her dog 10 years ago; her eyes misted up and her lips pressed together in solemn sadness. A close friend thinking about her bunnies said, "I sometimes feel the panic and think to myself no, they can't be gone. Time helps, but not enough." Another friend said, "I know that the love they give us so freely and without reservation is written in our hearts." There were more sympathetic comments and they helped. Sorrow shared is sorrow lessened.

So, do you do it again? Do you put yourself through another last day? The reaction is, "I can't do that, it hurts too much and it lasts too long." Yes, it does. Waves of emotion sweep out of nowhere capsizing our hearts. However, I believe that the years of happiness somehow must outweigh what we all know is the finality of death and the severe ache it brings with it. I suppose part of life is dealing with those clashing emotions. But, I've decided I won't let one last awful day win over years of pure joy!



Breeze seized life for all it was worth. He embodied spirit and energy. Handsome, he ran like a thoroughbred horse. He was a breath of fresh air, a soothing wind, my own personal Breeze. He tried so hard. He defined pure joy.

My first dog Chauncey, a black and white male Springer spaniel, was all cowboy, full of vim and vigor. For many years, we found hidden hollows and abandoned trails in the forest where no one could "git" us. I imagined him walking into the Tough Dog Saloon, starring everyone in the eye and motioning to the barkeep for a whiskey. I remember his last day, my wife and I, tears flowing, embracing him as he died. I miss him.

Six weeks later, we purchased Willow, a liver and white female

Springer. Far different from Chauncey, she was a little girl, gentle, eager and loving. Yet, she had that indomitable independence of a Mainer that I cherish. I remember her last day, lying on the floor next to her, my eye one inch away from hers as she closed it for the final time. I miss her.

I'm writing this at the end of May, National Pet Month. For me, it's a time to reflect on my pets who have passed on. I sit her in my den surrounded by pictures of my dogs and rabbits.

Unabashedly, I regarded them as not only family but my best friends. They comforted me. I miss them.

But, our pets are not forgotten. To all our departed friends, thank you for sharing your lives with us, giving us the privilege to care for you and helping us to make life more pleasurable. Yes, we love our pets in life "something fierce" and we miss them when they're gone "something fierce."

After writing this, I need to dash outside and give my two healthy rescue dogs, Spirit and Schooner, a huge hug.

*Reprinted with permission from "Maine Seniors Magazine." The author Hunter Howe can be reached at grayowl@maine.rr.com.*

### 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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## Best Friend Fund Gets a Triple Boost

**E**ddie Woodin, founder and sustainer of the Southern Maine Agency on Aging's Best Friend Fund to benefit the pets of older adults, recently met Kim Williams who was inspired by Woodin's example to give her employee bonus to the Fund. Her employer, UNUM, then matched her generous gift.

Woodin's dogs and Dixie, bor-

rowed from the Agency's Deputy Director Debbie DiDominicus, celebrated with Kim and staff as Woodin matched William's gift with a \$1,000 contribution for the Best Friend Fund.

A committee of Agency Resource Specialists reviews requests to help older people with low incomes with unexpected pet expenses. To support the Fund, call Liz Thompson at 396-6591 or visit [www.smaaa.org](http://www.smaaa.org). To enquire about getting help for a pet in need, call SMAA 1-800-427-7411.

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To learn more about SolAmor Hospice, contact (207) 761-6967 or visit [www.solamorphospice.com](http://www.solamorphospice.com).

### Volunteer!

Training sessions:  
September 10, 17, 24,  
Mondays, 9 a.m. - 4 p.m.  
50 Plus Club, Biddeford  
[www.solamorphospice.com](http://www.solamorphospice.com)



## Care Transitions: Ask for a Coach

### Going Home and Staying Out of The Hospital Safely!

The Care Transitions Intervention (CTI) staff at the Southern Maine Agency on Aging (SMAA) help support adult patients after they return home from the hospital. Research on this intervention has proven to increase the length of time people stay healthy and do not need to return to a hospital setting. The CTI Resource Specialists at SMAA help patients understand their plan of care and work with patients on such things as health insurance counseling, caregiver assistance, assistance with applications, resources for financial aid, nutrition resources, housing and home care options, and much more. All of this support helps patients and their caregivers cope with chronic illness or health conditions and increases the likelihood that they will be more successful at staying well.

SMAA and Spectrum Generations, another area agency on aging in central Maine, are providing this intervention in partnership with Nurse Coaches at Maine Medical Center, Southern Maine Medical Center, Mid Coast Hospital, Miles Memorial Hospital and Pen Bay Medical Center. The Nurse Coach oversees the patient's health needs,



The Care Transitions Intervention staff includes from left, Katlyn Blackstone, Community Services Director at SMAA, Annmarie Rotolo, Coordinator of Care Transitions, and Erin Bolduc and Laurie McFarren Resource Specialists.

to prepare for the return home. SMAA's CTI Resource Specialist meets with patients to address non-medical concerns that interfere with staying healthy at home. Here is an example of how CTI services can help someone resolve "non-health" issues that affect their ability to maintain their health.

Ms. X is a 75-year-old woman with limited income who was hospitalized due to complications with her breathing (COPD). A Nurse Coach at the hospital offered the CTI program to Ms. X and made a referral to SMAA to help her find assistance paying for heating oil. The Resource Specialist collaborated with the social worker at the hos-

pital and was able to help Ms. X get a delivery of heating oil so she could return to her home.

Upon returning home Ms. X met with the SMAA Resource Specialist. She confessed that she could barely afford to pay her property taxes and was frequently out of money before the end of the month. She could no longer afford to heat her home due to the high cost of heating fuel. The stress of the situation was causing her to feel out of control. She'd been missing appointments with her primary care doctor and had not been eating healthy foods.

The Resource Specialist worked with Ms. X to complete applications for subsidized housing, connected Ms. X with food pantries, helped her

apply for fuel assistance and encouraged Ms. X to reach out to local friends and family for assistance. A few months later, Ms. X was accepted into affordable housing. She immediately felt relief and was able to better manage her money, and therefore her stress. She kept her scheduled appointments with her primary care doctor who reported that Ms. X seemed healthier than she had in a long time.

If you are hospitalized at Maine Medical Center, Southern Maine Medical Center or one of the hospitals listed above, ask for the Care Transitions Coach while you are in the hospital, especially if you think you could benefit from the Care Transition team's assistance when you return home.

If you or someone you know struggles in similar ways as our example, call SMAA—we assist all older adults and adults with disabilities without a recent hospitalization.

*"I was very happy to have the (Southern Maine Agency on Aging) Resource Specialist's experience and help she provided me. Thank you very much, she is an angel."*

—Recipient of Care Transitions support

*You're invited....*

Looking for information on senior communities, activities or services? Check out the

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## Fundraising for Meals on Wheels Very Close to Goal

The Southern Maine Agency on Aging is just \$8,000 shy of its 2012 private fundraising goal of \$175,000 for Meals on Wheels. To help us exceed this goal,

please consider making a gift by September 30, 2012.

Here, Development Coordinator Liz Thompson accepts a check for \$794 from Kennebunk Savings Bank for Meals on Wheels. This gift was through its Customer Ballot, which supports nonprofit organizations. You can send your gift for Meals on Wheels directly to Liz at 136 U.S. Route One, Scarborough, ME 04074, or make an online contribution at [www.smaaa.org](http://www.smaaa.org).



## Save 5% with Electricity Maine

Electricity Maine is a local company, dedicated to providing Mainers with a lower rate on their electricity supply. Because the State of Maine deregulated its energy market in 1999, the industry became open to competition. Electricity Maine competes with the Standard Offer by offering a lower rate on the power supply portion of your bill. Electricity Maine can save you money on your power bill by purchasing your electricity in advance and passing the lower rate on to you. Much like you would shop around for the best gas and oil prices, you now have the choice of who supplies your electricity.

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be a new lower rate listed under Electricity Maine, replacing the Standard Offer rate. Electricity Maine's current fixed price rate for 2012 is 7.07cents per kwh, compared to CMP's standard offer rate of 7.44 cents per kwh.

To enroll, visit [www.electricitymaine.com](http://www.electricitymaine.com) or call Customer Service at 1-866-573-2674.

## Ask the SMAA Resource Specialist

**Q:** I am 56 with no insurance and I cannot afford my medication. I don't know what to do!

**A:** There are programs available to help people with a low income and/or no insurance. Applying can take time but the drugs are usually free if you have no insurance. These websites can help you find programs or call SMAA, and we'll provide the phone numbers.

- [www.rxassist.org](http://www.rxassist.org)
- [www.pparx.org](http://www.pparx.org)
- [www.benefitscheckuprx.org](http://www.benefitscheckuprx.org)
- [www.needymeds.org](http://www.needymeds.org)
- [www.medicare.gov](http://www.medicare.gov)

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## Time to Choose your Medicare Prescription Drug Plan for 2013

Every year Medicare beneficiaries are encouraged to review their drug plans to select the best plan. The medications that a drug plan covers and monthly premiums may change as of January 1st. You may be able to save a significant amount of money by switching plans.

Open Enrollment begins October 15 and ends on December 7, 2012. The Southern Maine Agency on Aging provides unbiased help with making decisions about your Medicare options during one-on-one sessions. SMAA does not sell health insurance. Our service is free, but donations are always appreciated.

**Due to the high volume of people we'd like to help, an appointment is required, except at Bridgton Hospital. Call 1-800-427-7411 ext. 524 or (207) 396-6524 to schedule an appointment.**

Below is a list of the location, day and time for one-on-one sessions.

**Biddeford, McArthur Library** – Call Linda Sprague-Lambert at 207-776-4759; Monday 11:30AM - 2:30PM; Tuesday & Wednesday, 9:30AM - 12:30PM

**Bridgton Hospital** – Tuesday, October 16, 23, 30; November 6, 13, 20, 27, December 4, 8:30-11AM, NO APPOINTMENTS necessary

**Bridgton Community Center** – Thursday, October 18, 25; November 1, 8, 15, 29; December 6, 10AM - 1PM

**Falmouth Memorial Library** – Tuesday, October 18th; November 15th, 10AM - 1PM

**Freeport Community Library** – Thursday, October 18, 25; November 1, 8, 15, 29; December 6, 10AM - 1PM

**Gorham, St. Anne's Church** – Thursday, October 18, 25; November 1, 15, 29; December 6, 9AM - 2PM

**Kennebunk, St. Martha's Church** – Friday, November 9, 2012 9AM-4PM

**Naples Library** – Tuesday, October 16, 23, 30; November 6th, 13, 20, 27; December 4, 10AM - 1PM

**Portland, Woodfords Church** – Monday, October 15; November 19, 1-3PM

**Parsonsfield Town Office** – Wednesday, October 31; November 28, 9AM - NOON

**Saco Community Center** – Wednesday, October 17, 24, 31; November 7, 14, 21, 28; December 5 9AM - 1PM

**Scarborough, Southern Maine Agency on Aging (SMAA)** – Tuesday, October 16, 23, 30; November 6, 13, 20, 27; December 4, 9AM - 4PM;

Thursday, October 18, 25; November 1, 8, 15, 29; December 6, 9AM - 4PM

**Windham, Our Lady of Perpetual Help** – Tuesday, October 16, 23, 30; November 6, 13, 20, 27; December 4, 10AM - 4PM

**Westbrook Community Center** – Wednesday, October 17, 24, 31; November 7, 14, 21, 28; December 5, 9AM - 2PM

More locations and dates are being added to the schedule, but were not complete in time for this publication. Please call the Southern Maine Agency on Aging at 1-800-427-7411 or (207) 396-6500 for more information.

### Do you have an appointment through Southern Maine Agency on Aging to choose your Medicare D insurance plan?

Here are answers to some frequently asked questions to help you prepare for your appointment.

#### With whom will I meet?

- You will meet one-on-one with a trained State Health Insurance Program (SHIP) counselor who is either a SMAA staff member or a volunteer. All of our staff and volunteers receive the same training and support to assist Medicare beneficiaries in choosing their plan.

#### What will the setting be like?

- Because every person with Medicare should review their prescription drug plan, SMAA is a very busy place, especially during the six weeks of Open Enrollment. You may be working with a SHIP counselor at a workstation in an open concept environment with other busy workstations nearby.

#### What if I need to tell the SHIP counselor private information?

- We will make every attempt to preserve your privacy during your visit. Most appointments

are one hour long and the group setting allows us to help as many people as possible as efficiently as possible. If additional information is needed such as your Medicare or Social Security number, address, phone number or medications, you may write the information down instead of telling the counselor. You will take these notes with you when you leave.

#### What if we can't get everything figured out in one hour?

- We will make every attempt to serve you during your appointment. While one hour appointments are usually sufficient, sometimes it takes longer if the Medicare website is slow to respond or you have some medications that are not showing up on formularies, for example. We ask for your patience if there are issues out of our control causing delays and please know that we will do everything we can to assist you including scheduling an additional appointment.

#### What if I am interested in a Medicare Advantage plan?

- Medicare Advantage (MA) plans are available to Medicare beneficiaries in Maine and, depending on your healthcare and prescription needs, may be an option for you. Generally, if you are interested in knowing more about MA plans we will help you look at your options and print out the materials for you from the Medicare website. You may contact the plan directly for more information or enrollment assistance.

#### May I bring someone with me if I think I may need their help?

- Yes. Please feel free to bring a family member, friend or other helper.

Note: So that we can keep our offices non-allergenic, please don't use perfumes or products with fragrance before your appointment. Thank you.



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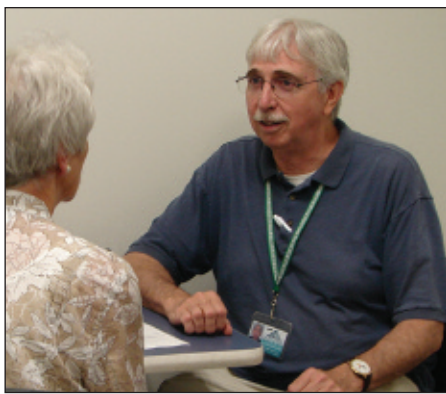
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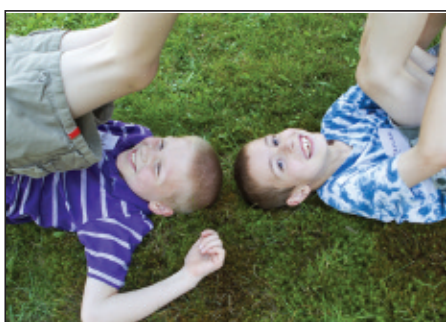


## SMAA Benefits Counseling Now in Gorham

**A** Southern Maine Agency on Aging Benefits Specialist is now available to meet individually with Gorham-area residents age 60 and older and people under 60 with disabilities. Every Thursday Owen O'Donnell has office hours from 9:00-1:00 at St. Anne's Catholic Church at 299 Main Street (Route 25).

Benefits counseling includes assistance with tax and rent rebates, Medicare Part D choices, food stamps, prescription benefits, veteran's benefits, fuel assistance and information on changes in Medicare. Owen also provides referrals and information to address other needs. To schedule an appointment in Gorham or another location in southern Maine, please call (207) 396-6500 or 1-800-427-7411. For deaf or hard of hearing, call 711.

A Community Development Block Grant from the Cumberland County Commissioners Office has made it possible to offer this new location in Gorham along with scheduled appointment times in Westbrook and Windham.



## CATCH Healthy Habits



CATCH Healthy Habits volunteers went to summer camp! We explained to our campers the difference between GO, SLOW and WHOA foods. Go foods are fresh or frozen fruits and vegetables, whole grains, lean meats and fish, seeds and nuts. These are whole foods that we should eat the most and those that we sampled after getting outdoors for some fun activities.

Now that summer is over we are seeking volunteers, age 50 and over, to work in afterschool programs in

the greater Portland area, with children in grades K-5. Programs will start in late September or early October and run for eight weeks. Volunteers work in teams of 3-5 people with about 15-25 students. Volunteer opportunities include food

shopping and preparation, teaching the nutrition lesson using our prepared script, and leading the active games.

A volunteer training program will be held for new CATCH Healthy Habits volunteers on Sep-

tember 12th and 13th.

FMI about volunteering or to add CATCH HH activities to your afterschool program, contact Sharon Schulberger at 396-6523, e-mail [sschulberger@smaaa.org](mailto:sschulberger@smaaa.org) or visit [www.smaaa.org/catch/php](http://www.smaaa.org/catch/php).

## Maine Senior Games Athletes Joined the 2012 Tri for Preservation in Cape Elizabeth



Ted McCarthy celebrates Gold for the 70-74 age in triathlon.



Tri-Medalists from left, Laurie Bjorn, Silver; Judy Martin, Bronze; and Ann Babbitt, Gold.

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## — what's — Happening?

### Osteoporosis Support Group

#### October 2

“Osteoporosis Update” with Ann Babbitt MD, OHN, Greater Portland Bone and Joint Specialists.

#### November 6

FIELD TRIP - Meeting to be held at BASICS, “Lifeline and Silver Sneakers” with Peter Allen at Basics Fitness Center, 380 Western Avenue, South Portland.

### Guided Nature Programs

The Nature Center at Ferry Beach State Park, 95 Bayview Road in Saco offers daily programs through October 3. Free with admission of \$4 for Maine residents ages 12-64, persons under 5 and Maine residents 65 and older are free. These one-hour programs may include walks, talks, and activities in a beautiful natural setting. No reservations needed except for groups. The Park is open every day 9AM to 7PM; however, the Nature Center is closed on Mondays and

Tuesdays. For more information, please call (207) 441-4750.

### Free Concerts

**CJ Music Ministry** performs at the following locations free and open to the public.

**Mac Arthur's**  
296 Elm St., Biddeford  
9/18 @ 6:30PM

**Rocky Hill**  
511 Bridge St., Westbrook  
9/30 @ 1:30PM

**Varney**  
47 Elm St., N. Berwick  
10/21 @ 2:00PM

**Maine Veterans Home**  
290 U S Route 1, Scarborough  
10/30 @ 6:30 PM

**The Wardwell**  
43 Middle St., Saco  
11/4 @ 1:30PM

**Inn at Atlantic Heights**  
100 Harbor Dr., Saco  
11/13 @ 6:30PM

**Falmouth by the Sea**  
191 Foreside Rd., Falmouth  
11/18 @ 1:30PM

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

### AARP DRIVER SAFETY CLASSES

<http://home.earthlink.net/~drivesafe-me/>

The AARP Driver Safety Program is designed to meet the safety needs of experienced, mature drivers. It helps older drivers learn how to adjust their driving to age-related changes in vision, hearing and reaction time. Also, insurance companies in Maine are now required by law to give discounts to drivers 55 years of age and older who complete the course. Course fee is \$14. Pre-registration required.

#### LEWISTON

Seniors Plus, at the Fairgrounds  
**September 13** 8:30AM - 1PM  
**November 8** 8:30AM - 1PM  
Instructor: Tom Harvey, 597-2331  
To register, call 795-4010

#### YORK

York Senior Center, 36 Main St.  
**September 19-20** 6:30 - 9PM  
**September 20** 8:30AM - 1PM  
Instructor: Tom Harvey, 597-2331  
Call Janis Marshall, 363-1036

#### KITTERY

Kittery Estates, 220 State Rd.  
**September 22** 9:30AM - 2:30PM  
Instructor: Cam Consalvo, 457-6066  
Call Kerri Furbush, 438-9111

#### WINDHAM

Library, 217 Windham Ctr. Rd.  
**September 22** 9AM - 1:30PM  
Call Instructor to register:  
John Hammon, 655-4943

#### GRAY

Gray High School  
**September 26** 9AM - 1:30PM  
Instructor: John Hammon, 655-4943  
Call GNG Adult Ed, 657-2620

#### PORTLAND

AARP Office, 1685 Congress St.  
**October 5** 9AM - 1:30PM  
**November 9** 9AM - 1:30PM  
Call Instructor to register:  
Phil Chin, 846-0858

Woods at Canco, 257 Canco Rd.

**November 13** 8:30AM - 1PM  
Instructor: Ralph McLean, 829-4664  
Call Angie Langley, 897-2531

#### BATH

American Legion Hall, 10 Congress  
**November 2** 8:30AM  
Instructor: Joe Hahn, 751-9364  
To register, call 751-9364

### Drug Take Back Day

Safely dispose of expired or unwanted medications on September 29 from 10:00 to 2:00 at most public safety buildings in Maine. For more information call your local police department or visit [www.dea.gov](http://www.dea.gov) and click on “Got Drugs” icon.

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#### Guest Speakers:

Bill Pike, Associate Broker with the Maine Real Estate Network &  
Robert Stocker, Senior Health Care Specialist

With the markets and economy changing all the time, you may feel less than confident about reaching your retirement goals. This seminar will address the following:

- Ways to generate dependable income that could last through your whole retirement.
- How to deal with Current Market Volatility and Anemic Interest Rates
- Discussion of Year End Fiscal Cliff
- Health Care and Medicare Basics
- Local Real Estate Strategies, including downsizing

Please plan to attend the following seminar where refreshments will be provided:

**THURSDAY, OCTOBER 4TH, 2012, 6:00 P.M.-7:30 P.M.**

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Space is limited. Please make a reservation by MONDAY, OCTOBER 1ST for you and your guests. Call (207) 846-3399 to RSVP, OR EMAIL [katherine.2.dolan@ampf.com](mailto:katherine.2.dolan@ampf.com). YOU CAN ALSO RSVP THROUGH OUR WEBSITE BY LOGGING ON TO [AMERIPRISEADVISORS.COM/ROBERT.L.DAGGETT](http://AMERIPRISEADVISORS.COM/ROBERT.L.DAGGETT)

This is an educational seminar. There is no cost or obligation.

Ameriprise Financial Services, Inc. Member FINRA and SIPC. Bill Pike, the Maine Real Estate Network, and Robert Stocker not affiliated with Ameriprise Financial, Inc.

### Spiced Pickled Beets

By Teri Stevens

A New England favorite, pickled or harvest beets are a wonderful addition to any meal and will preserve your garden's beets or locally grown beets to enjoy over the coming year.

Cook about 12 to 15 beets until tender or use seven cans of sliced beets. (Do not throw beet juice away.) You do not have to cook the canned beets. While the fresh beets are cooking, make the syrup.

#### Syrup

2 cups of beet juice, (or add enough water to make 2 cups)  
2 cups sugar or substitute  
2 cups cider vinegar  
1 Tbsp. cinnamon  
1 tsp. allspice  
1 tsp. cloves

Put syrup ingredients in a Dutch oven and bring to a boil. Then reduce the heat and simmer five minutes. Taste syrup to see if it needs more spices. After beets are cooked, peel and slice. Add sliced beets to the syrup mixture and simmer 15 minutes. Pack in hot, sterile jars and process in a boiling water bath for 30 minutes.

Makes about six pints or three quarts ready to eat in about six weeks.

**The Southern Maine Agency on Aging invites you to a free seminar:**

**"Outsmarting Financial Fraud" and "How to Spot Elder Abuse and What to Do"**

Financial fraud and elder abuse affect thousands of Mainers each year. The truth is, we're all at risk. You can help protect your family and friends by recognizing how investment fraudsters operate and by reporting suspicious sales pitches and actual scams.

**Monday,  
September 10, 2012  
2:30 - 4:30**

If you work or volunteer with older adults, advanced level training continues from 4:30-5:15.

Location: Council Chambers, Scarborough Town Hall, 259 U.S. Route One. Please park behind Town Hall in the school lot.

Handicapped parking, as designated. Refreshments will be available. Seating is limited to 75.

**RSVP by calling 396-6525.**

**Resources to Research and Report Suspected Fraud or Elder Abuse**

Common scams reported in Maine can be found at: [www.maine.gov/ag/consumer/scams.shtml](http://www.maine.gov/ag/consumer/scams.shtml)

To report fraud call your local police department or the Maine Attorney General's Office at 207-626-8800.

Visit [www.SaveAndInvest.org/fraudcenter](http://www.SaveAndInvest.org/fraudcenter) for tools and resources to make informed decisions about saving and investing. Safe investing information [www.finrafoundation.org](http://www.finrafoundation.org)

If you are aware of an elderly person who is being abused or exploited, please contact the Maine's Adult Protective Hot Line at 1-800-624-8404. You may remain anonymous.

**Elders Commitment**

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**Lawrence Welk TV Show  
Stars to Perform in  
Westbrook**

**Guy & Rauna to Honor Veterans  
on November 11**

**G**uy & Rauna, the popular singing couple from The Lawrence Welk Show, will perform Sunday, November 11 at 2PM at the Westbrook Performing Arts Center, 471 Stroudwater Street. Depending upon seating, tickets are \$55 (\$50 for seniors) and \$45 (\$41 for seniors). Purchase tickets by calling (207) 842-0800 or on-line at [www.Porttix.com](http://www.Porttix.com).

Proceeds from the concert will benefit the Frannie Peabody Center, Maine's largest HIV/AIDS service organization.

Guy & Rauna have been delighting audiences since they first appeared on The Lawrence Welk Show in 1969. Since then, they have appeared throughout the U.S. and Canada performing in showrooms from Atlantic City to Las Vegas, and on stages from Branson, Missouri to New York's State Fair.

**From The Bombardier**

**Letter of Appreciation to  
Gunner Howe,**

As an Air Force (old) Officer to another I wish to thank you for the excellent job you did on putting my story to words. It showed you knew something about the military and the many men that have served. I know you spent many hours on it, and I really appreciate it. I hope the results are rewarding to you as they were to me. If I can ever be of service to you I hope you call on me.

**Dean Whitaker**

To reach the author of the four-part series *The Bombardier*, email [Hunter\\_Howe at grayowl@maine.com](mailto:Hunter_Howe@grayowlmaine.com).

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If you or a loved one has been diagnosed with a life-limiting illness and you're not sure what your options are, call Hospice of Southern Maine. We will collaborate with your physician to ensure your wishes are known.

Contact us today to learn more about the care we provide through our home program and Gosnell Memorial Hospice House.

**MEDICARE**

**Prescription Drug Coverage**

**The Affordable Care Act Closes the Gap**

Stan Cohen, Volunteer Medicare Advocate

The so-called “doughnut hole” in Medicare Part D has, from the inception of the program in 2006, been a serious problem for thousands of Medicare beneficiaries. Until 2011 there was no coverage in this “gap.” The Affordable Care Act, however, has changed that. As a result of the Affordable Care Act, over 5.2 million seniors and people with disabilities have saved over \$3.9 billion on prescription drugs. In the first half of 2012, over one million people with Medicare saved a total of \$687 million on prescription drugs. Coverage for both brand name and generic drugs in the gap will continue to increase over time until 2020, when the coverage gap will be closed entirely.

- In 2010, people with Medicare who hit the donut hole received a one-time \$250 rebate. These rebates totaled \$946 million for 2010;
- In 2011, people with Medicare began receiving a 50% discount on covered brand name drugs and 7% coverage of generic drugs in the donut hole. Last year, these discounts totaled over \$2.3 billion in savings;
- This year, 2012, Medicare coverage for generic drugs in the coverage gap has risen to 14%. For the first six months of the year, people with Medicare have saved \$687 million.
- In 2013, the doughnut hole discount for brands will be 52.5% and for generics 21%!

Stan Cohen is available for one-on-one appointments to review your Medicare and health insurance plans or any related issues. You may call the Bridgton Community Center at 647-3116 for an appointment—or show up at Bridgton Hospital on Tuesday mornings between 8:30 and 11:00. Reminder: open enrollment for Medicare D starts October 15th.

nia and hepatitis B vaccines. This means MA plans will not be allowed to charge cost-sharing fees for preventive services that traditional Medicare does not charge for.

Vaccines that are given because of exposure to a particular condition are also covered by Part B, but may be subject to co-insurance. For example, if you step on a rusty nail (ouch!), your tetanus shot will be covered by Part B. You will have to pay coinsurance unless it is covered by your Medicare supplement policy.

Many vaccines administered at a doctor’s office are covered under part D. Part D Plans must include all commercially available vaccines on their formularies including the shingles vaccine Zostavax. They also must provide coverage for vaccines purchased at doctor’s offices out of the plan’s network.

This information is from the Medicare Interactive: All vaccines other than those for the flu, pneumonia or hepatitis B are covered under Medicare Part D. If you have a Medicare prescription drug plan (Part D), you can get coverage for any commercially available vaccine that is not covered by Part B. All Part D plans must include all commercially available vaccines on their formularies, including the vaccine for shingles (herpes zoster). Your Part D plan will pay for the vaccination itself and for your doctor or other health care provider to give you the shot. However, you will need to make sure you follow your particular plan’s rules in order for the vaccine to be covered. Before you get a vaccination, you should check coverage rules with your Part

**Thinking About Vaccines Medicare B or D Covers**

In general, vaccines that are considered preventive don’t have any Medicare member cost sharing and are covered under Part B. Other vaccines are covered by Part D. For example, the flu vaccine is covered by Part B for all Medicare beneficiaries each flu season with no coinsurance or deductible. The hepatitis B vaccine is covered under Part B for people who are considered at risk for hepatitis B such as hemophiliacs or people with End-Stage Renal Disease. For those who are low risk, the hepatitis B vaccine is covered under Medicare Part D.

The one-time pneumonia shot is covered by Part B with no cost sharing, unless the administering doctor does not accept Medicare. Ask your doctor if you should have the vaccine.

Starting in 2012, Medicare Advantage (MA) plans cover all preventive services, including flu, pneumo-

D plan and see where you should get your shot so that it will be covered for you at the lowest cost.

Stan Cohen, a Medicare Volunteer Counselor, is available for free, one-on-one consultations at Bridgton Hospital on Tuesdays from 8:30 to 11 am. No appointment necessary, or, call the Southern Maine Agency on Aging at 800-427-7411 and ask for a Medicare Advocate.

**Maine Places 4th out of 53**

On August 28, we received wonderful news that Maine’s Agencies on Aging’s State Health Insurance Program (SHIP) has ranked fourth compared to the 53 other SHIPs throughout the U.S., including its territories.

SHIP counselors assist Medicare eligible folks with their health insurance options, especially during Open Enrollment. This evaluation was based on our performance in 2011 and the level of service provided to those who live in our state. We are proud of Maine’s long tradition of having a high performing SHIP.

Congratulations to SMAA staff and volunteers!

Let SHIP Counselors help you! Call 1-800-427-7411 for an appointment. Open Enrollment ends on December 7, 2012.

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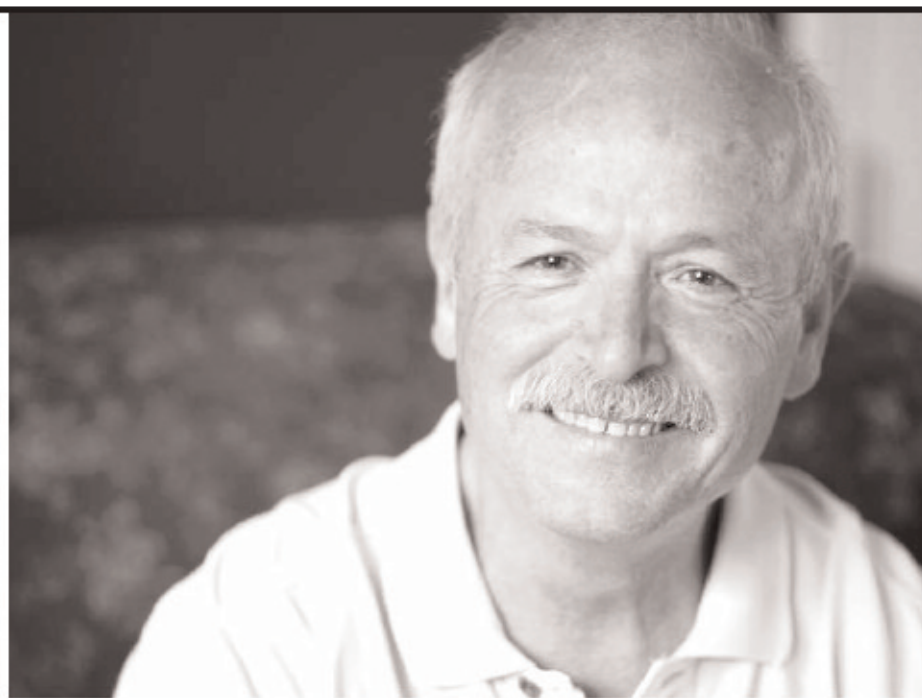
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# VOLUNTEER CONNECTIONS RSVP

## "An Invitation to Make a Difference"

### Hello!

I am Carol Rancourt, the new RSVP Director and Manager of Training of Volunteer Services here at Southern Maine Agency on Aging. Some of you may know me from my former role as coordinator of the Senior Medicare Patrol volunteers. I wanted to take this opportunity to introduce myself to you. My first job out of college was as the RSVP Director in western Maine (1972). I'd like to think that I have come home to RSVP. I am also a long time SMAA employee—I joined the agency in 1977 but left to pursue other interests only to return twice. I live in Scarborough and have one adult daughter as well as two dogs and three cats!

This is a very exciting time to come full circle back to RSVP because the Corporation for National and Community Service (CNCS) is changing its focus, too. We already know that RSVP makes a real difference to the patrons or clients of the places in which they serve. But



with the influx of the Baby Boomer generation looking for new roles and ways to make a meaningful difference in their communities, RSVPs around the country will be looking at impact areas to highlight and recruit volunteers for service. We have many volun-

unteers in these areas already but are looking to find increased volunteer opportunities in areas in which we have traditionally had volunteers and in areas where we have had no volunteers. These focus areas are: economic opportunity, education, healthy futures, environmental stewardship, disaster services and veterans and military families. You will hear more about the exciting opportunities in these areas, as well as many others in the months to come.

If you are interested in becoming a volunteer or if you would like to add to your current volunteer service, just let me know. My contact information is [crancourt@smaa.org](mailto:crancourt@smaa.org) and 207-396-6547.

### Would you Share your E-mail Address with SMAA?

Today, as costs for everything are mounting and budgets are getting tighter every day, we would like to save on postage and contact you by e-mail rather than U.S. Mail. If you are willing to share your e-mail address with RSVP and Volunteer Connections, please send it to [crancourt@smaa.org](mailto:crancourt@smaa.org). You may be sure we will use it sparingly and only when necessary and will not share it with anyone. Not only will your e-mail address save money but it will also save trees.

### Make This a Colorful Fall

#### Brighten the Shortening Days by Giving of Yourself

- Enjoy helping a homebound senior by volunteering to be a grocery shopper. After shopping and delivering the groceries, enjoy time for visiting. There is a great need for grocery shoppers in the Portland area.
- The Trauma Intervention Program (TIP) is looking for volunteers to help people in their most difficult moments. This program is looking for caring people who will be trained to answer a call to emergency scenes in cooperation with police and fire departments. Extensive training is offered.
- Here's a challenging assignment for someone who is research oriented and knowledgeable in the workings of medical practices. If you like detail work, know Excel and are comfortable using the phone, this could be a most rewarding experience.

- School bells are ringing and your help will be needed in a variety of positions. Consider working with multinational children or helping a young adult prepare for a GED. There are many more opportunities available for all ages and abilities—the choice is yours.
- Volunteers who wish to help the towns in which they live will find some interesting places in which to help. Specific needs currently exist in Scarborough and Falmouth.

Call Priscilla Greene 396-6521 or [pgr Greene@smaa.org](mailto:pgr Greene@smaa.org) to explore these and many more opportunities.

### Welcome New Volunteers

Volunteer Connections and RSVP have been busy this summer with new volunteers. In June and July twenty-three new volunteers joined our ranks:

#### RSVP

Pamela Murray  
 Cecile Delany  
 William Brown  
 Susan Grondin  
 Tory Leuteman  
 Michael Levine  
 Genesta Berry  
 Shirley Grange  
 Sheila Pinkerton

#### Volunteer Connections

Jennie Austin  
 Margaux Deconcini  
 Melissa Freeman  
 Rebecca Gould  
 Monica Grzyb  
 Maari Josephson  
 Carolyn Quaglieri  
 Lisa Seldon  
 Oliver Wozinca Coulombe



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

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

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

We looked at a lot of places. The moment we decided on the Inn at Village Square, we knew we'd made the right choice.

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## Volunteer Opportunities with Agency on Aging Programs

### Volunteer to Become a Trainer

**W**ould you like to help others learn new tools for healthy living? Consider these two well-researched programs:

A Matter of Balance is an eight-session workshop that reduces the fear of falling and increases activity levels among community-dwelling older adults.

Living Well for Better Health is a six-session workshop for adults of all ages who want to set their own health goals and make a step-by-step action plan.

The Living Well Leader training consists of 28 hours offered over four days. The Matter of Balance Coach training consists of eight hours over two days.

- You don't need to be a health professional to become a volunteer trainer
- Easy-to-use curriculum provided
- In-depth, thorough training and opportunity to practice skills
- Ongoing support and mentoring provided by Agewell staff

See Page 3 for dates and more information.

### Healthy Habits Afterschool Program

If helping children is your thing, you might want to try leading in SMAA's CATCH Healthy Habits after school program. CATCH Healthy Habits is looking for volunteer instructors to work with young children to reduce their chance of obesity by participating in fun physical activities with the kids after school and also help them learn to make lifetime healthy eating choices.

A training for new CATCH vol-




unteers will be held on September 12 and 13. Volunteers will learn how to use the proven curriculum to help children adopt healthy lifestyle changes. FMI about volunteering or to add CATCH activities to your afterschool programs, contact Sharon Schulberger at 396-6523, e-mail [ssschulberger@smaaa.org](mailto:ssschulberger@smaaa.org) or visit

[www.smaaa.org/catch/php](http://www.smaaa.org/catch/php).

There are many more opportunities! Call or e-mail to get connected. [crancourt@smaaa.org](mailto:crancourt@smaaa.org) or 396-6547.


"Sometimes folks just need a compassionate ear to listen and support them, and I provide that."  
- Barbara Pires RN



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## Eyesight & Food

Susan Gay, Registered Dietician  
Nutrition Coordinator, Hannaford

Each month it seems I receive several inquiries with a common theme, which prompt me on what to write about! Recently, there have been a lot of questions surrounding nutrition and eye health. Some studies show a few things like including more "super foods" in our diets and sustaining a healthy weight help to protect our eyes. I once heard, "If it's good for your heart, it's good for your eyes."



First, let's identify one of the most common eye conditions responsible for vision loss in adults over 50. Age-related macular degeneration or AMD, gradually damages the part of the eye known as the macula, which provides sharp, central vision necessary to see objects clearly. The National Eye Institute reports a diet rich in dark leafy greens like spinach, kale, and collard greens can help protect the cells of the eye. These veggies contain the antioxidants lutein and Zeaxanthin that help filter harmful light that can hurt our eyes.

We cannot make Omega 3 fatty acids known as DHA and EPA in our bodies, so we must obtain them from diet and/or supplements. Research has shown that two or more servings of fatty fish such as salmon, sardines or mackerel can reduce the risk of macular degeneration. Other good sources include flaxseeds and walnuts. Additional nutrients linked to eye health include Vitamin C found in peppers, apricots, cabbage and blackberries. Also, Vitamin E found in wheat germ, almonds and peanut butter. Zinc is a mineral important for our immune system, sense of smell and eyesight. A deficiency is uncommon but worth mentioning. Brazil nuts, beef, asparagus, and brussel sprouts are good food sources of zinc.

Weight management is important because excess weight increases the chances of diabetes, high blood pressure and cholesterol, all of which can impact the health of our eyes. For example when blood sugars are elevated it interferes with oxygen and nutrients to the eye and results in damage to the very delicate blood vessels in the retina.

Try this super salad and see just how delicious eating for your eyes can be!

### Fresh Salmon Salad

Serves 1

- 4 oz canned wild Alaskan salmon (or fresh, cooked)
- 1 Tbsp plain Greek yogurt plus 1 Tbsp olive oil mayonnaise
- 1 tsp freshly squeezed lemon juice
- 1 Tbsp chopped green onions
- 1 Tbsp chopped walnuts
- Fresh ground pepper

Stir together all ingredients.

Serve on bed of greens or on hearty whole wheat bread.

Adapted from healthy-foodforliving.com.



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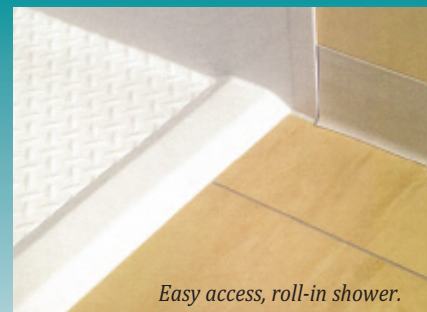
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It's *always* best to call your doctor when you need medical care, but when your doctor isn't available

**Bridgton Urgent Care** is for walk in care today. Our team of healthcare professionals will care for you as quickly as possible and follow up with a record to your regular provider.



**For Major Emergencies please use the Bridgton Hospital Emergency Department. Emergency Department is open 24 hours a day, 7 days a week.**