



From the Director's Desk

For many of us, September is still the “unofficial” beginning of a new year. Maybe it’s because the school calendar was a part of our lives for so many years or perhaps it’s just because the long, warm days of summer are definitely transitioning to the shorter, cooler days of fall and winter. Whatever the reason, this new “beginning” is a great time to reassess your personal health goals and make sure your insurance needs are being covered in the most economically sound way possible. SMAA can help you make informed decisions so you can head into the new year feeling active and well-covered.



Medicare Open Enrollment

Between October 15 and December 7 (The Annual Medicare Open Enrollment period) SMAA strongly recommends that all Medicare recipients review their Medicare Advantage and Medicare Part D (prescription drug) plans for the coming calendar year. Insurers are allowed to change premiums, drug coverage, and other select benefits annually. Doing an annual review of your Medicare plan is a good time to find better coverage, avoid pricing or coverage surprises, save money or all three. Last year during Open Enrollment, SMAA’s Medicare staff and volunteers saved clients more than \$720,000 in premiums and co-pays—an average of \$1,164 per person in annual savings. While there is no guarantee that everyone will realize a windfall of savings, it’s definitely worth the time to compare plans with one of our trained Medicare specialists to determine which Plan is the best for your needs in 2016. Appointment slots fill up fast so please call our main office in Scarborough (207-396-6500 or toll free 1-800-427-7411) as soon as possible to schedule an appointment for an Open Enrollment review.

National Falls Prevention Awareness Day

Fall is just around the corner, but falls shouldn’t be just around the corner for older adults. That’s why SMAA is joining forces with the National Council on Aging (NCOA) and the Falls Free@ Coalition to celebrate Falls Pre-

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BIGGER and Better in Biddeford

This summer the Southern Maine Agency on Aging started construction on the Biddeford Adult Day Center. The 10,500 square foot, purpose-built center will double our capacity for care and allow us to offer the same person-centered programming that is currently being implemented at the Stewart Center in Falmouth.

The new center, located on Barra Road in Biddeford, will be in close proximity to Southern Maine Health Center, SMHC PrimeCare Physicians, a new Martin’s Point Physi-

cian practice, and the YMCA of Northern York County. It will be easily accessible from both Turnpike Exit 32 and Route 111. This location will help expand our service area to better serve members and families from Kennebunk to Scarborough.

The Center is made possible through the Agency’s \$6 million dollar Campaign to Create a Better Day. We are thankful for the tremendous support the Agency has received throughout this Campaign, enabling us to open the Stewart Center last October and to start construction on

the Biddeford Center. Fundraising is ongoing as the Agency strives to open the Biddeford Center debt-free by the end of 2015. In addition to the \$5 million construction phase of the Campaign, the Agency will raise an additional \$1 million for an endowment fund that will help ensure access to the Centers for people of all income levels, and to protect and enhance our programs and services now and in the future.

The Center is currently expected to open in late 2015 and the Agency looks forward to celebrating that occasion with our members and their families, our supporters, and our local communities.



Medicare Open Enrollment Starts October 15

Now is the time to make plans to review your Medicare Drug Plans or Medicare Advantage plans. Mainers on Medicare are advised to make an appointment with their local Area Agency on Aging to review their options for 2016, because premiums and benefits may change. Our staff and volunteers are fully-trained, certified SHIP counselors that can help you to navigate Medicare and the complexity in choosing drug plans with deductibles, co-pays and falling into the coverage gap (the so called the “donut hole”). This process can be confusing, time-consuming, and involves many steps (including using the Centers for Medicare and Medicaid website)—let SMAA help. Last year SMAA counselors saved clients

more than \$720,000 on their premiums and co-pays.

Changes to Medicare Drug Plans or Medicare Advantage Plans need to be made during Medicare’s Open Enrollment period, which begins October 15 and ends December 7.

SMAA is offering Open Enrollment sessions in 21 locations throughout Southern Maine. We have also added five new locations this year (noted with *). Please see the list below.

Appointments are required and fill quickly—sign-up today! Some evening appointments available.

The SMAA Medicare Appointment Line will be open starting September 1. To schedule an appointment, call at 396-6524, or

statewide, toll-free 877-353-3771. For the Bridgton Community Center please call 647-3116 directly.

1-ON-1 APPOINTMENT LOCATIONS

- Berwick*
- Biddeford, McArthur Library
- Bridgton Community Center (please call 647-3116 FMI)
- Cumberland*
- Falmouth, Stewart Center*
- Freeport Community Library
- Gorham
- Kennebunk, St. Martha’s Church
- Kennebunk Senior Center
- Portland, Woodfords Church
- Parsonsfield, Town Office
- Saco, Dyer Library
- Sanford, Southern Maine HealthCare (formerly Goodall Hospital)
- Scarborough, Southern Maine Agency on Aging (SMAA)
- South Portland, Redbank Village Office
- Standish Municipal Center
- Waterboro*
- Westbrook Community Center
- Westbrook, Larrabee Village*
- Windham, Our Lady of Perpetual Help Parish
- York Hospital

* New Location

If you no longer want to receive the paper, please contact Jessica at 396-6520 or 1-800-427-7411 x520 or jleblanc@smaa.org.

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Over the last few months, members of the Stewart Center have worked diligently to create "Stewie", our Stewart Center mascot!

From start to finish, this was a member driven

project. Members voted on which animal to create, chose the name, and then brought Stewie to life!

A lot of love and paper mache went into making Stewie, and we are excited for his big reveal!



Truslow Adult Day Center Updates

There is always something new and exciting happening at Truslow Adult Day Center!

Truslow Adult Day Center has operated in Saco Maine for the past 30 years, providing a home away from home for our members. At Truslow, we strive to provide person-centered programming, focusing on the needs and interests of each individual member. Our activities and programs are designed based on each member and their abilities. It is our goal to provide therapeutic activities that are stimulating, meaningful, and most importantly, fun!

This summer, there have been many new and exciting programs at Truslow. Our Acts of Kindness group has been working diligently all summer to collect donations for a local homeless shelter. Members put an ad in our Truslow Sentinel,



a member-driven newsletter, and donations immediately began to come in! Members, staff, and caregivers have all donated items which will be delivered to the homeless shelter. It is so inspiring to see such a wonderful group of selfless individuals working together to help those in need.

We have also started a Recipe Book Club, where members come together to reminisce about favorite traditional family recipes and share their love for cooking with one another. Members are bringing in recipes to share, and we will be creating a Truslow Recipe Book with their contributions! This will later be added to the Stewart Centers contributions to create one large Adult Day Center recipe book. We are so excited to see everyone's favorite recipes all in one!

In June, Truslow had a Carnival Themed day. We had a variety of Carnival games and activities, from Hook-A-Duck and baseball, to relay races and ring toss! There was even a face painting booth and a photo booth! We had a cookout for lunch, followed by ice cream cones and popcorn. Our Carnival Day was a great way to socialize and celebrate the start of summer. We look forward to our next themed event!

Do you have a loved one who would benefit from social interaction, therapeutic activities, and increased independence in a caring environment? Stop by Truslow Adult Day Center to see how we are working to create better days.



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SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

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

Community Café – JR Martin Community Center, Biddeford, Mon, Tue, Thur, and Fri, Noon, Catered meals monthly. Call for details. Reservations: 283-2477

Family Caregiver Support Group – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723 – Truslow Adult Day Center, Saco on 1st and 3rd Thurs, 3-4pm. 283-0166

Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Tues. Call 396-6500 for appt.

Medicare 1-on-1 Appts – Dyer Library, Saco, Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appt.

FALMOUTH

A Matter of Balance – MaineHealth Learning Resource Center, Mon, 10/5 - 11/23, 1-3pm, FMI: 396-6500

Chronic Pain Self-Management Workshop – MaineHealth Learning Resource Center, Thu, 10/29 - 12/17, 1-3:30pm, FMI: 396-6500

Medicare 1-on-1 Appts/Free Information & Assistance – Stewart Center, 3rd Thur, 9am-12pm. 396-6500/1-800-427-7411 for appt.

GORHAM

A Matter of Balance – Little Falls School, Lakes Region Senior Center, Fri, 9/25 - 11/13, 9:30-11:30am, FMI: 396-6500

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

A Matter of Balance – Woodfords Church, Portland, 9/8-10/27, Tues 1-3pm – Larrabee Village, Westbrook, 9/23-11/18, Weds 1-3pm, FMI: 396-6500

Chronic Pain Self-Management Volunteer Leader Training – Woodford's Church, Portland, 10/19-22, 9am-4pm, FMI: 396-6500

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

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

Community Café – Westbrook Community Center, Westbrook, 2nd Tue, noon, Reservations: 956-1348

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

Maine Senior Games – Basketball, 9/19, 9am (Men's Tournament), 9/19, 3pm (Hot Shot/Foul Shoot), 9/20, 8:30am (Women's Tournament), Cape Elizabeth High School, FMI: 396-6519 or jdill@smaaa.org

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

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

Tai Chi Volunteer Instructor Training – Presumscot Commons, Westbrook, 10/1 & 10/2, 9am-5pm, FMI: 396-6500

KENNEBUNK/WELLS

Community Café – Park Street School, Kennebunk, 9/11 & 10/2, 11am-1pm, Reservations: 985-2588 or 329-5400

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

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

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

Community Café – Eliot Methodist Church, Call for schedule and menu. Reservations: 475-7399

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

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

Living Well for Better Health – Kittery Estates, 9/28 - 11/9, Mon 9:30am – 12pm, FMI: 396-6500

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

Welcome to Medicare Seminar – York Hospital, 9/23. 396-6500/1-800-427-7411 to schedule.

KEZAR FALLS/HIRAM

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

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

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

Medicare 1-on-1 Appts – Bridgton Community Center, Call 647-3116 for an appt.

SANFORD

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

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

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

SCARBOROUGH (SMAA MAIN OFFICE)

A Matter of Balance – 9/14 - 11/9, Mon 10am-12pm, FMI: 396-6500

A Matter of Balance Coach Training – 9/9, 8:30am-4:30pm & 9/10, 12-4pm, FMI: 396-6500

Family Caregiver Support Group, 3rd Thurs, 5:15-6:30pm, 396-6540

Living Well for Better Health – 9/30 - 11/4, Weds 1-3:30pm, FMI: 396-6500

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

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

Welcome to Medicare Seminar – 2nd and 4th Mon, 2-4pm and 1st and 3rd Thurs, 10am-noon, and 1st Mon of month 5:30-7:30pm. Call 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH

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

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

Vet to Vet Volunteer BBQ – Maine Veteran's Home, 9/10, 4:30-6pm, FMI: 396-6521

Vet to Vet New Volunteer Training – Maine Veteran's Home, Session 1: 9/10, 6-8:30pm, Session 2: 9/15, 5-8:30pm, Session 3: 9/17, 5-8:30pm, FMI: 396-6521

WINDHAM

Community Café – Unity Gardens, 2nd Thur, noon, Reservations: 892-3891

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

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

YARMOUTH/NORTH YARMOUTH

Community Café – Bay Square at Yarmouth, 4th Tue, 11am. Reservations: 846-6693

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MAINE ROOTS

By Elaine Parker

Deprivation



Dad brought it home in the old black Chevy; he had purchased it at a second hand shop. It was an ugly contraption with only one red fender—a bicycle for me. Trying to hide my disappointment and my hopes and dreams of a shiny new red bike, I was determined to learn to ride it. It was too big for me and if I sat on the seat I could not reach the pedals, so I had to ride standing up. With the help of my siblings—and after some bloody elbows and knees—I sailed shakily down the gravel road. When I grew tall enough to sit on the seat I loved the feeling of gliding down the hill—the wind in my face on that old monstrosity and even mastered the art of letting go of the handle bars and yelling out, “Look Ma no hands!” We thought we were so brave and reckless. Because the chain was too tight and no amount of greasing helped, it was hard to pedal—like an exercise bike set on uphill mode. Trailing behind the other kids I was always calling out, “Wait for me. Wait for me!”

Many years later, when my two

brothers and my sister and I got together for dinner, a discussion began. I said to them, “I had the worst bike in the family.” My oldest brother from across the table in his booming voice declared, “No way! I had the worst bike! It broke apart on Brown's Hill and I had to carry it home in two pieces.” Now it had begun—our family's favorite game of who was the most deprived? It was a point of pride with us to be low man on the totem pole. This proved we were tough and could withstand any hardship. The worst thing you could be called in our family was a “cry baby.”

Now the youngest—and baby of the family chimes in. He is a mechanical engineer so this could get rough. Sonny—in his best presentation voice states, “My brand new Schwinn was a lemon, the chain kept falling off and no amount of tinkering or a new chain fixed this defect.” Being a little entrepreneur he earned money for his bicycle by selling Cloverine Salve and the Grit Magazine door to door.

My poor sister was not even a contender in this contest. She had a bicycle handed down from a neighbor and it was in good condition. Pretty and sweet and loved by everyone she had brand new spotless white figure skates, and had been taken all the way to Massachusetts by our aunt. But she was no

The worst thing you could be called in our family was a “cry baby.”



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royal princess and shared whatever she had, letting us take turns riding her bike.

I had to concede The Deprivation Contest to my older brother. Although my bike was hideous it did work. So he won with his tale of the two-piece wreck. My younger brother came in a distant second with his sad story of a brand new Schwinn bike that turned out to be lemon, but I knew I could win the next round. I had the worst ice skates.

Elaine Parker can be reached via email at auntie6@maine.rr.com

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@smaaa.org

Web site: www.smaaa.org

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

Advertising: Janet Bowne
jbowne@smaaa.org or
207-396-6533

Article Submission and Mailing List: Jessica LeBlanc
jleblanc@smaaa.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.

“Senior News” is mailed free for the asking. If you would like to receive “Senior News,” call Jessica LeBlanc at 207-396-6520 or send your name and mailing address to jleblanc@smaaa.org.

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

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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.

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

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

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.

Old Enough to Know Better...

By Merryl Hodgson



Our older son is fortunate to be able to buy himself pretty much anything he wants, so finding gifts for him is difficult. His 35th birthday was April 22, and we were at a loss about what to buy him. We were delighted when he asked us to pick him up some Maine Beer Company brews, specifically Beer One, Lunch Beer and Dinner Beer. We told him we would deliver the beer when we went to Connecticut for his big party.

I had never heard of this beer company so I went online to check it out, reading of its history and mission statement. "Do What's Right" is the motto printed on every case of beer. They also try to be eco-friendly using recycled paper towels and toilet paper. (In an email to them, I asked if they dried the toilet paper on a radiator or did one have to use it still damp. I never did get an answer to this question.)

I found out that while Beer One and Lunch Beer were available at the store, Dinner Beer was brewed only four times a year and the next run would be on April 11. On that date, 730 cases (12 large bottles per case) would be released. I was told that the brewery opened at 7:30AM. We arrived at the junction of Route 295 and Route 1 South in Freeport at 7:20. As we looked south we noticed that cars were parked on both sides of the road as far as we could see. There were many Massachusetts and New Hampshire plates as well as Vermont, Rhode Island, Pennsylvania, New York and New Jersey ones. A line of people snaked up the hill from the brewery and south way beyond the Comfort Inn. My husband dropped me off to park the car half a mile away.

It was a big oops moment when we realized the line might be longer than 730 people, and that we might have promised our son something we wouldn't be able to deliver. In addition, the sun went behind some dark clouds and the wind picked up. It became bitterly cold. We had expected to be home in 30 minutes, but we quickly realized that was not to be. The father and son duo standing in front of us, who had left Taunton, Massachusetts at 4:30 AM, said that there were only two people working the check-out on one register and one credit card machine. The line hardly moved over the next hour.

Of the 700+ people in line, more than 80 percent were males in their mid-thirties. Two people brought dogs and a woman and her husband were pushing a 10-week old baby in a stroller. Most people were drinking coffee to keep warm, and a lot of the men would walk into the woods to urinate. Others used a porta-potty near the brewery barn that soon became filled-to-the-rim.

After waiting in line for three hours, a man passed us with his \$96 carton of Dinner Beer held in front

of him. Strapped on his back was an aluminum and nylon lawn chair embroidered with the apt words "Time to Chill." We and our line neighbors discussed what we should have brought with us to make the miserable ordeal more palatable. We suggested LLBean hand and foot warmers, lightweight chairs, insulated boots and hot snacks. All the young guys around us continued to be good-natured and provided levity. One was hoping to buy his cousin a case of Dinner Beer. It would cost him an additional hundred dollars to ship the beer to Manhattan.

We reached the bottom of the brewery driveway after four hours. It shocked us all that even though we were near the building, there were still 250 people ahead of us jammed into one of those zig zag queues like LLBean uses. The same young man said everyone standing in line should receive an engraved plaque for exhibiting enormous patience. Another guy said he felt like a member of the Donner Party. People were really cold. During those brief moments when the sun came out, all would lift their faces up to the sun like heliotropes.

It took us another hour and a half to make it through the zig zag maze up to the door to the enormous brewing room. It was only at this point that we were told we would each get our case of beer. (There were still at least a hundred people standing outside in line behind us.) Inside there were 50 of us surrounded by enormous stainless steel vats and bottling equipment, all of which were immaculate. Groups of 10 were told to pick up cases of Dinner Beer and walk up a steep set of stairs to the check-out area. My husband and I each paid for our case of beer as well as a Maine Beer Co. cap for our son. An additional twenty bucks was nothing compared to the price of the beer. We left the store at 1:05PM, five and three-quarter hours after arrival.

One of the cashiers said that a man from California had gotten in line at 10 the night before. The father/son duo said it was great getting to know us, and we wished them well on their three-hour trip home, making it a 12-hour ordeal for them. On our 10 minute trip home, with the car heater on full blast, we wondered why we had stuck it out so long under such miserable conditions, with the possibility of being 731st in line and coming

home empty handed. We were hungry and freezing. Our feet and backs were sore from standing for so long. Marathons are run in much less time than it took us to buy a case of very expensive beer. We realized it was one of the weirdest experiences we'd ever had and the ridiculousness of it made us laugh out loud. Of some comfort to us was the knowledge that we stood in line all those hours not for the beer but for our 35-year-old son who is truly worth it.



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The Older Americans Act: Aging Well Since 1965

This year marks an important milestone in the history of how our country supports its older citizens. President Lyndon B. Johnson signed the Older Americans Act (OAA) into law in July 1965. Over the past 50 years, the OAA has provided the nation with programs that allow millions of older Americans to continue living and thriving in the communities of their choice for as long as possible.

The OAA has helped to make it possible for Southern Maine Agency



on Aging (SMAA) to provide a wide range of supports and services including Meals on Wheels, Community Cafés, As You Like It, the Family Caregiver Support Program, caregiver resources, information and referral services, and more!

The theme of this year's anniversary is "Get into the Act" and

highlights ways in which older adults can access home and community-based services they need to continue to live independently. It is also an opportunity to highlight how older adults are engaging and making a difference in their communities.

Joins us in commemorating this milestone anniversary!

To learn more about the OAA, visit <http://www.acl.gov/OAA50>. To find programs for older adults in your community call SMAA at 1-800-427-7411.

Feasibility Study to Increase Physical Activity for Older Adults with Mild Cognitive Impairment

Be a Part of an Important Physical Activity Research Study

- Are you over the age of 55 years?
- Do you want to increase your physical activity?
- Have you been diagnosed with Mild Cognitive Impairment?
- Are you interested in participating in a two-week walking program?

If you answered YES to these questions you may be eligible to participate in this research study.

The purpose of the research is to examine the feasibility of using the FitBit ZIP™ vs. the Accusplit pedometer on daily physical activity for participants with Mild Cognitive Impairment. Benefits could include an increase in your knowledge and skills about physical activity, more motivation to engage in physical activity, and an increase in daily levels of physical activity. Participants will receive either a FitBit ZIP™ or Accusplit pedometer, no monetary compensation will be given.

The study will be conducted in September and October by researchers from the Sport and Exercise Science department at St. Joseph's College in Standish, Maine.

Please contact Dr. Karen Croteau, EdD, CHES, FACSM at 893-7665 or kcroteau@sjcme.edu.

Do you need adaptive equipment?

Equipment & technology can make it easier to live more independently and safely. At getATstuff.com you can get, sell or donate items such as:

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Visit getATstuff.com or contact Maine CITE at (207) 621-3195. TTY users call Maine Relay 711. E-mail: iweb@mainecite.org



With help from the OAA, in the past five years, SMAA has been able to:

- ✓ Provide over 800,000 Meals on Wheels to home-bound older adults.
- ✓ Answer over 95,000 phone calls, letters, emails, and in-person requests for help and information.
- ✓ Provide resources and support to over 9,500 family caregivers that helped them better care for their person and themselves.
- ✓ And more!

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Make a Gift to SMAA Today

Your gift will immediately help to support programs that: provide home-delivered and nutritious meals to homebound seniors; offer family caregiver support classes for overburdened caregivers; train volunteers who provide unbiased Medicare and other insurance counseling; and so much more.

The Agency's 2014-2015 Fiscal Year ends September 30! We would like to include you in this year's report of donors so please act quickly and make your donation today. No matter the size, your gift matters.

You may send your gift to:
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Scarborough, ME 04074

You may also make a gift easily online at:
www.smaaa.org/giving.html



Life Autumn Outings

If you've spent any time in Maine during September and October, you know the weather is beautiful and the tourists have, mostly, departed. Fall is a great time to get out and enjoy a host of cultural events. Here's a sampling of what's happening!

The Portland Symphony will kick off its classical season on October 11 with Beethoven and Berlioz. If you prefer something lighter, check out the PSO Pops concert on October 24 and enjoy a tribute to American balladeer, John Denver. Visit www.portlandsymphony.org for more information.

Portland Ovations launches its 84th season on October 1 with the Hot Sardines at the State Theater. The Hot Sardines is an eight-piece jazz band fusing distinctive musical influences from NY, Paris and New Orleans. Call soon to get tickets as many of their recent venues have sold out!

On October 4, Ovations presents Rafal Blechacz at Merrill Auditorium. At age 20, he won the International Chopin Competition and the coveted Gilmore award. Just shy of 30 years of age, see this phenomenal artist before success prices him out of the Portland market!

Ovations continues to mix it up with the quintessential musical comedy, *42nd Street*, performed by the Broadway National Touring Company on October 17 at Merrill Auditorium. Choose either matinee or evening performances and you'll be tapping your toes to memorable songs like *Lullaby of Broadway* and *Shuffle off to Buffalo*.

On the international front, check out the Debo Band, an 11-piece ensemble featuring Ethiopian music on October 22 at Space Gallery.

For more information, visit www.portlandovations.org.

Portland Stage Company starts its season with *Dancing at Lughansa*, September 29 – October 25. One of playwright, Brian Friel's most well-known works, this play is the story of five unmarried sisters eeking out their lives in Ballybeg Ireland in 1936. The play depicts two days in the lives of this complicated family, honoring the spirit and valor of the past. Check it out at www.portlandstage.org.

The Portland Museum of Art presents its Biennial "You can't get there from here" highlighting Maine's artistic legacies. Curated by Allison Ferris, this exhibit provides a comprehensive overview of many facets of Maine's contemporary art scene. Running from October 8 – January 3, it features 32 artists with meaningful connections to the state of Maine. And remember, free admission for all from 5-9PM on Fridays! FMI: www.portlandmuseum.org.

Head to South Portland to see **Portland Lyric Theater's** opener

on September 11 with *The Addams Family*. A fun and quirky musical featuring America's favorite kooky family all grown up! For all the scoop, visit www.lyricmusictheater.org.

Ogunquit Playhouse gives us locals something fun to see with *Saturday Night Fever* September 23 – October 25. Step back in time to the disco era based on the 1977 film that became a cultural phenomenon. Enjoy the dazzling choreography; electrifying score with all the Bee Gees favorites. Tickets and information: www.ogunquitplayhouse.org.

The York Art Association opens *Humor*, an art exhibit opening on October 1. The YAA is located at 394 York Street in York Harbor. Visit www.yorkartassociation.com for more information.

Biddeford and Saco Art Walk September 25 and October 30 — Engine, a community based arts organization in Biddeford hosts an art walk on the last Friday of each month from 5-8PM. Check the website www.biddefordsacoartwalk.com for routes.

Another SMAA Reunion!

In the last issue of Senior News, we profiled a brother and sister who had been reunited after 45 years by our Meals on Wheels program staff. Our Maine Senior Games Coordinator, Jo Dill, recently helped two friends reunite after the Maine Senior Games 5K.

George Whitbread, age 65, grew up in Long Beach, part of Long Island, NY. He had a friend John Strassenreiter, a next door neighbor who was a bit older. John and his family moved away after junior high and they lost contact.

Fast forward to May 2015. George ran the Maine Senior Games 5K. Like any competitor, George checked the results and noticed a familiar name: John Strassenreiter, 70. Could there be two people with the same name? George hadn't

recognized John at the 5K and the age was about right for his old friend. Also, George remembered that John's family had a cottage in Maine. Excited, George contacted Jo Dill and learned that John would be competing in the MSG Track and Field event in July.

John and George met at the Track and Field event and the years melted away! Interestingly both George and John are retired Social Studies teachers. George taught in upstate New York and John taught on Long Island, NY. They are looking forward

to spending more time together when John's sister comes to Maine this fall.

Maine Senior Games has always been a place to make new friends—consider signing up and maybe you'll have a reunion story too!



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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.

RCI REACH Comes to SMAA

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

Last November SMAA was one of 20 agencies nationally who qualified to be awarded a no-cost staff training from the Rosalynn Carter Institute for Caregiving, to learn to deliver the evidence-based RCI REACH intervention. In the program, interventionists and caregivers identify areas of concern through a series of home visits and phone calls, using a structured plan with goals for each session. The intervention provides education, with a focus on safety for the person with dementia, support for the caregiver, and skill-building to help caregivers manage difficult behaviors and decrease their own stress.

In June, Naomi Latini, from the Rosalynn Carter Institute, came to SMAA and trained 10 people in the program. SMAA's Family Caregiver Support Program is happy to be partnering with two faculty members from the University of New England Department of Occupational Therapy to deliver the program as SMAA volunteers. In the future, this may also offer opportunities for OT student engagement and activities. Regi Robnett, PhD, OTR/L, FAOTA and Nancy MacRae, MS, OTR/L, FAOTA from UNE and Ann O'Sullivan, OTR/L, LSW, FAOTA and Jessica Winder, LMSW from SMAA completed the additional

training to become certified interventionists.

The outcomes of the RCI REACH intervention research include improvement in overall caregiver health and depression, reductions in feelings of burden from caregiving, improvement in caregiver management of troubling behaviors of the care recipient, and a delay in institutionalization. The program is now part of the array of supports that SMAA's Family Caregiver Support Program offers to family caregivers of people with dementia, including the Savvy Caregiver classes, the Caregiver Consultation Initiative, options counseling, support groups, and one-on-one assistance. Family caregivers (of people both with and without dementia) are invited to call any of the Family Caregiver Specialists to discuss their situations and identify ways that SMAA might assist them.



L to R: Jessica Winder & Ann O'Sullivan (SMAA), Naomi Latini (RCI), Nancy MacRae & Regi Robnett (UNE).

Staying Active as a Caregiver

AnneMarie Catanzano, MA, CDP, Family Caregiver Specialist

Many older adults serve as family caregivers for others, which can limit their time and opportunities for regular physical activity. These caregiving responsibilities can also lead to poor health and depression for the caregiver. This is a concern for several reasons.

As we age, our risk for poor health, chronic disease and balance issues increase. The more active we are, the more these risk factors can be reduced. Regular physical activity has been shown to lower the risk of developing or dying from heart disease, diabetes, colon cancer and high blood pressure. It can also improve our ability to function well and remain independent in spite of health problems. It can lower the risk for depression and improve sleep quality. Even frail and very old adults can get health benefits from regular physical activity.

Family caregivers are sometimes so busy providing assistance that they don't take care of themselves. It is especially important for caregivers to make some time for exercise. Not only is it an excellent stress reduction tool, but research has found

that caregivers who exercise regularly have less depression, anxiety, anger and lower blood pressure than caregivers who don't.

Here are some ideas to start you on your way to getting more physical activity into your life:

- Make activity a daily part of your life. Find things that you enjoy that can become a regular part of your routine, and find other people to join you. Partners can make it more fun, provide encouragement, and help solve problems of transportation or safety.
- Ask your health care provider about what level of activity is safe and appropriate for you.
- Set specific activity goals. Start slowly and build up. Try to be active for 30 minutes a day on a regular basis.

Even if your caregiving responsibilities make it hard to get out, you can try some of the following suggestions:

- Try easy exercises your family member may be able to do with you.
- Have a friend come over at a certain time each day and follow an exercise routine on a DVD or the internet. Information about NIA's free Go4Life resources, including an exercise DVD, appears elsewhere in this issue.
- Housework and gardening can all be moderate exercise... you may already be doing that.
- Dancing is good exercise, fun and a mood lifter.
- Is 30 minutes too lofty a goal? How about three 10 minute exercise sessions? Don't seem to have the time or energy for 10 minutes? Start with just five minutes.
- Try wearing a pedometer or a step counter and make it a goal to increase the number of steps you walk each day.
- If you can get out of the house, check out community services or local gyms for programs directed to older adults. There are often walking programs at indoor facilities such as schools or malls. This may be something you and your person can do together.

Taking care of yourself will help you continue to take care of your person, and stay healthy in the process.



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Class to Help with Thinking Ahead

SMMA's Family Caregiver Support Program is collaborating with VNA Home Health Hospice to offer "Understanding Options and Communicating Wishes as We Age" this fall. The program is funded by a grant VNA was awarded by the Raskob Foundation and is part of VNA's Howard Det-

mer Faith Community Nursing (FCN) Program.

As we all age, decisions may need to be made about our living situations and the care we receive. Knowing what the options are and preparing in advance gives us more control over what happens over time. This class will help you un-

derstand both living environments for older adults and health care advance directives, and will offer some strategies for having these conversations so that choices can be honored. Volunteers, family caregivers, and participants in the FCN Program are invited, as are any community members with an interest in the topic.

The two-hour class will be of-

fered twice at St. Maximilian Kolbe Church in Scarborough, on Thursday, September 24 (10AM-NOON) and again on Tuesday, October 20 (9:30-11:30AM) and will be taught by Ann O'Sullivan, OTR/L, LSW, FAOTA, an occupational therapist and manager of the Family Caregiver Support Program at SMAA.

To pre-register, contact Bonita Usher at VNA, 210-5344.

www.facebook.com/SouthernMaineAgencyonAging

Caring For Aging Family Members

Support/Discussion Groups

You're not alone. Connect with other caregivers in a safe setting. Find out what's working for other people. Groups are coordinated by SMAA or the community providers listed.

Biddeford – Community Partners: For caregivers of those with dementia.
 • Second Monday of month, 3-4:30PM
 • Second Monday of month, 6-7PM.
 Call Barbara Alberda at 713-3723.

Bridgton – Community Center: For caregivers of an older adult or person with dementia. On site respite available (call 647-8143 to reserve).
 • Second Wednesday of month, 1-2:30PM. Contact Ann O'Sullivan at 1-800-427-7411 x 541.

Kittery – The Gathering Place: Respite available onsite for a fee; please call ahead to reserve.
 • First Thursday of month, 3-4:15PM.
 Contact Jill Larson at 439-6111.

Scarborough – SMAA: For caregivers of an older adult or person with dementia.
 • Third Thursday of month, 5:15-6:30PM . Contact Lori Campbell at 396-6540.

York – Living Well Center: For family and friends assisting an older adult with a chronic condition.
 • Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

20, & 27, Tuesdays, 1:30-3:30PM: **Savvy Caregiver**. SMAA, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

September 24, Thursday, 10AM-noon: **Understanding Options and Communicating Wishes as We Age**. St. Maximilian Kolbe Church, Scarborough. Offered by SMAA and VNA Home Health Hospice. Contact Bonita Usher at VNA, 210-5344 to register.

September 30, October 7, 14, 21, 28, & November 4, Wednesdays, 4:30-6:30PM: **Savvy Caregiver**, Saint Joseph's College, Standish. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

October 1, Thursday, 4-5:30PM: **Resources for Family Caregivers and People with Dementia**, Memory Café at Port Resources, South Portland. Call 274-1736 for more information.

October 20, Tuesday, 9:30-11:30AM: **Understanding Options and Communicating Wishes as We Age**. St. Maximilian Kolbe Church, Scarborough. Offered by SMAA and VNA Home Health Hospice. Contact Bonita Usher at VNA, 210-5344 to register.

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Help For People Helping Aging Family Members

Caregiver Class Schedule 2015

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

September 22, 29, October 6, 13,

SMAA 4th Annual Medicare Volunteer BBQ

The Southern Maine Agency on Aging hosted its 4th Annual BBQ cookout for the SMAA Medicare volunteers, here at the Agency in Scarborough. The well attended event was held on evening of Thursday, June 25, 2015. A wonderful time was had by all who dined for a feast of scrumptious food, enjoyed the wonderful company and delighted in the musical sounds of Tim Eisenhart and Mark Ettinger. Thank you to everyone who was able to join us.



We would like to thank all the companies who donated goods to help make this event a success:



Still Need Health Coverage? You've Got Options!

Even though the Health Insurance Marketplace open enrollment period is over, you may still be able to get coverage for 2015. Certain life changes like moving, having a child, turning 26, losing your existing coverage, or get-

ting married may qualify you for a Special Enrollment Period. If you've recently experienced one of these life events you will have 60 days from the time the life event occurs to enroll.

Need help to get enrolled in the right plan?

Purchasing the right health insurance plan can seem complicated, but there are lots of options to get free help and advice:

- Trained customer service representatives are available toll-free by calling 1-800-318-2596.
- Online chat is available 24 hours a day on HealthCare.gov
- Looking for local help right here in Maine, call the Consumers for Affordable Health Care at 1-800-965-7476 (TTY: 1-877-362-9570). Hours are M-F, 8:30AM-4:30PM.
- Certified insurance agents can also help you review plan options. Be sure to ask whether the agent is Health Insurance Marketplace certified.

Thank you Linda!

Congratulations and thank you to Linda Sprague-Lambert who recently retired as SMAA's Biddeford Benefit Specialist. Since 2007, Linda, under a Community Block Grant with the City and Biddeford, was helpful in assisting thousands of clients with various benefits including: housing, rent rebates, fuel assistance and Medicare. We wish Linda all the best in her retirement and thank her for the many years of dedicated service.



Billions of Medicare Dollars Lost:

How Can YOU Help?

By Betty Balderston

The federal government estimates that \$40-60 billion Medicare dollars are lost each year as a result of errors, fraud and abuse. I don't know about you, but BILLIONS of dollars sounds like a lot of money to me! What will happen to the Medicare program if it continues to lose this much money every year? We could see higher costs and less benefits.

Here's how YOU can help: Review your Medicare statements. It's that simple! Just like you review your credit card statements, looking for charges that you didn't make. Does your statement include a charge for a doctor's appointment that you never had? Did Medicare pay for a higher level of tests than what you actually received? Did your Part D plan pay for medication that you don't even take? If the answer to any of these questions is "yes", YOU could be a victim of Medicare errors, fraud or abuse!

If your Medicare statement shows payment for anything that you did not receive, contact the provider/supplier listed on the statement. Explain your concern and expect an explanation and/or a correction in billing. If you are not satisfied with the response or the error isn't corrected, contact the Maine Senior Medicare Patrol (SMP) at Southern Maine Agency on Aging at 1-800-427-7411. An SMP staff person or volunteer will work with you to resolve the issue, including filing a report with Medicare and/or other federal agencies if needed.

Remember: Medicare is YOUR health insurance program, funded by taxpayer dollars. Help protect the program so you—and future generations—can continue to enjoy good health insurance coverage!

Betty Balderston is the Statewide Coordinator for the Maine Senior Medicare Patrol and can be reached at Legal Services for the Elderly, 5 Wabon Street, Augusta, Maine 04330, at bbalderston@mainelse.org or at 620-3104.



There's an important distinction between *living and feeling alive.*

At Woodlands Senior Living, our goal is to see residents live life to the fullest. So we embark on a collaboration between the resident, their family, and our staff to determine a range of services, activities, and programs tailored to each person's needs. This is the kind of thinking that has made Woodlands Senior Living the premier memory care and assisted living provider in Maine for nearly 20 years. Please visit our website. Once you see all that can await your loved one, you won't wait any longer to make a decision.



To learn more, please visit our website, woodlandsmaine.com.

Five Steps for Avoiding Medicare Scams

By The My Medicare Matters Team

You're sitting at home one afternoon, three weeks prior to the start of Open Enrollment, when you get a call from a friendly "Center for Medicare and Medicaid Services (CMS) employee". The caller tells you that Medicare is issuing new cards, and that you need to provide your Medicare number in order to receive yours. The catch? The caller doesn't work for CMS, and he's actually trying to steal your identity.

Elder abuse in the Digital Age is a serious problem—studies have shown that two in ten older adults have been financially exploited. Read on for five key tips on avoiding common types of Medicare scams.

1. Know the difference between identity theft, Medicare fraud and improper care:

Identity Theft is when someone pretending to work for Medicare may contact you and tell you they need your personal information in order to update your forms, but they're actually looking for a way to steal your identity—i.e. your savings. A legitimate Medicare employee would never ask for your personal information over phone or

email—they already have it on file.

Medicare fraud happens when Medicare is billed for services or supplies you never got.

Improper Care – Your Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO) can help you if you want to file a complaint about the quality of your medical care.

2. Watch out for anyone asking for personal information.

The most important rule to remember? Medicare will never call, email, or visit you and ask for your



personal information. Examples of personal information include your Medicare number, social security number, bank account number, birthday, and address.

Key takeaway: If anyone trying to "help you" with Medicare asks for your personal or financial information, assume it is a scam. Hang up the phone, delete the email, or close the door immediately.

3. Compare plans with a trustworthy source.

Get advice from a resource you can trust. My Medicare Matter's Medicare Mini-Check, created by the non-profit National Council on

Aging, is a free, brief assessment that helps you compare plans online and connect you to free professional advice from licensed Medicare advisors at the Aon Retiree Health Exchange. Aon advisors have passed NCOA's rigorous consumer protection standards, known as the Standards of Excellence. An excellent resource is your local State Health Assistance Insurance Program (SHIP). SHIPs provide free, one-on-one, and unbiased federally funded Medicare counseling. As they are primarily staffed by volunteers, it is wise to contact them early before the start of the busy Open Enrollment season (October 15-December 7). To schedule an appointment with one of their counselors, call SMAA at 396-6500.

4. Never sign a Medicare form without thorough examination.

Some disreputable insurance agents may also try sending out release forms that allow them to make decisions on your behalf. **Never sign anything Medicare-related without reading through it first**—and get a friend, family member, or lawyer to review it as well.

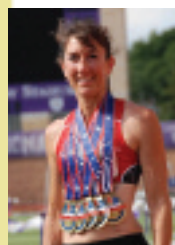
5. When in doubt, call Medicare.

If anything ever seems suspicious or uncomfortable, don't hesitate to contact Medicare. They are there to help! You can visit Medicare.gov or contact them toll-free at 1-800-MEDICARE with any questions or concerns you may have.

From Jo Dill's Notebook

National Senior Games

As the announcer said, "The Great State of Maine", a sea of green entered the Stadium in Minneapolis at the Parade of Athletes at the National Senior Games. The athletes were led by Karen Reardon and Arden LeVasseur who carried the State sign and State flag. Eighty plus athletes descended on Minneapolis and brought home 43 medals and 26 ribbons (nine of which were fourth place).

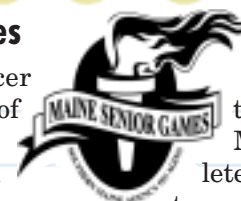


There was no doubt Maine was present from the "everybody clap your hands cheer," to the dancing at the parade of athletes, to Sue McCarthy winning five Golds and to the seven women's basketballs team rocking the gym. Congratulations to all of the athletes and coaches who represented Maine. You certainly brought home the bling!



Track and Field

Ninety plus athletes from all over New England were at Scarborough High for the Track and Field meet. It was a beautiful day and there were over 25 records broken! Thanks to all of the athletes for participating and the many volunteers who kept the day running smoothly!



Registration

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

www.mainesrgames.org

2015 Maine Senior Games Schedule

- Tennis:** September 3, Women's Singles/Men's Doubles 9AM, Mixed Doubles 1PM, Thursday
- Tennis:** September 4, Women's Doubles, Men's Singles, 9AM, Racket/Fitness, Portland, Friday
- Swimming:** September 12, Waterville YMCA, 10AM, Saturday
- Cycling:** September 13, Kennebunkport Bicycle Co, 9AM, Sunday
- Hot Shot/Foul Shoot:** September 19, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday
- Basketball (Men's):** September 19, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday
- Basketball (Women's):** September 20, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday
- Bowling Candlepin:** Singles/Doubles: September 24, Big 20, Scarborough, 10AM/1PM, Thursday
- Racquetball:** September 26, Racket/Fitness, Portland, 9AM, Saturday
- Bowling 10 Pin:** October 4, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday

Medical Support

Medical support for the Maine Senior Games is sponsored by Orthopaedic Physical Therapy Associates owned by Ken and Gwen Simons. THANKS OPTA!





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We know that physical activity is important to good health and many of us try to incorporate exercise into our day. We often focus on one type of activity or exercise and assume that we're doing is enough. But did you know that good physical health involves a little creativity and diversity?

Endurance, strength, balance, and flexibility—these are the four main exercise groups and each one provides essential benefit to healthy, active aging.

Endurance, or aerobic, activities “get your heart pumping”. They increase your breathing and heart rate which help keep your heart, lungs, and circulatory system healthy. Endurance activities can help delay or prevent common diseases such as diabetes, heart disease, osteoporosis, and in some instances even dementia and Alzheimer’s Disease.

Strength exercises make your body stronger. You don’t need to “pump iron” or lift weights. Even small changes in muscle strength can make it easier to do everyday things like climbing stairs, opening jars, or playing with your grandchildren.

Balance exercises can help prevent falls—something more than two million Americans go to the emergency room for. Falls can cause injuries, disabilities, and many fall-related illnesses. Good balance is essential to our independence as we age. Consider signing-up for A Matter of Balance—a nationally recognized program designed to reduce the fear of falling and encourage physical activity.

Flexibility, or stretching, exercises give you more freedom of movement which can impact everyday activities such as getting dressed, reaching for objects on a shelf, or even turning your head while driving. Programs like our Tai Chi for Health and Balance can improve your flexibility while strengthening your balance.

If you’re feeling overwhelmed and not sure where to start **Go4Life** can help. **Go4Life** is an exercise and physical activity campaign from the National Institute on Aging at NIH, and is designed to help you fit exercise and physical activity into your daily life.

Go4Life can help with getting started, setting goals, sample exercises, and more. They even have a tool that can help you track your progress!

Visit <http://go4life.nia.nih.gov> to learn more.



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and take the pledge to Be Active Every Day!

SENIOR MOMENTS

By Hunter Howe
The Last Goodbye



Throughout your life, you encounter many people, some who years later, you reflect back on.

For whatever reason, they made a heartfelt impression, an impact on you. And you wonder, what happened to them, what kind of life did they live, and when did you see them last? Even more poignant, did you know it?

The answer, probably not. These special people came and went in a moment of time: high school, college, military service, career, moves, among others.

I see their faces and I remember their names: Linda, Ken, Jim, Gary, Kathy, Bob... How many more?

Beginnings and endings. I wish I could remember the exact time I saw them last, but the memory fades with the passing of the years. It reminds me of the lyrics, “Long Ago and Far Away.”

Maybe it’s better to let it stay fuzzy, somewhat like a traveler who visits places and meets people, and pushes on. Maybe it’s easier, less drama, less emotion, and no awkward, too unsatisfying casual comments like “Well, have a nice life,” or “See you soon.” Uneasy so-longs.

Actor and director Trey Parker said, “Saying goodbye doesn’t mean anything. It’s the time we spent together that matters, not how we left it.”

I understand his thoughts but admit it also leaves me feeling a bit flat. With a few folk, I wish I’d known that I’d never see them again. I’d like to think that I’d have ratched up the emotional intensity, sought the right words, patted a shoulder, threw a knowing glance, and held their eyes, before saying, Goodbye.

However, on one occasion, I had such an opportunity. In the early seventies, while stationed at SAC

headquarters in Nebraska, a Chief Master Sergeant worked for me. Actually, as a young, unseasoned Second Lieutenant, no doubt, I worked for him. His name, B.J. Marek—an authentic Texan. He exuded professionalism. I remember his crew cut, his impeccable uniform, and the way he cupped a pipe in his hand. The real deal. He took me under his wing and I learned much. Unfortunately, he received orders to Thailand. On that last day, we stood there between flight line trailers with 25 EC, RC, and KC 707 aircraft standing sentinel behind us. We fought back tears. Then, B.J. paid me the best compliment I’ve ever received. It meant a lot from a man I had the upmost respect for.

As for those others, oh how I wish I could find a way to return to say a proper Goodbye. But, all I can do is remember them as they were, believe they had a good life, and hope they remember me. I miss them, their smiles, their friendship, their presence in my fleeting life.

Lord Byron wrote,
*Fare thee well! And if for ever
Still for ever, fare thee well.*

It’s hard to say goodbye to your memories.

Upcoming AARP Smart Driver Courses

This class is designed to help experienced drivers improve their driving skills and learn how to adjust their driving to take into account age-related changes that may affect driving ability. Among the topics discussed will be rules of the road, road configurations, the effects of medicine and alcohol on driving, how to drive safely at intersections, on high speed highways and in difficult weather conditions, and how to share the road safely with other drivers and pedestrians. Most Maine drivers who are 55 or older will be eligible for a reduction on their automobile insurance upon completion of this course. The cost is \$15 for AARP members and \$20 for others. Class size is limited.

Upcoming Classes:

September 24, 1-5PM at Southern Maine Agency on Aging, Scarborough. 396-6500 to register.

October 22, 10AM-3PM (w/break for lunch) at The 50 Plus Club at the Ross Center, Biddeford. 282-5005 to register.

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Take a Stand to Prevent Falls

September 23rd is Fall Prevention Awareness Day

Falls are a major concern for older adults. A fall can cause serious injuries requiring costly medical treatment. They can impact a person's quality of life and sometimes, they are even fatal. Falls, with or without injury, also carry a heavy quality of life impact. Many older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. While falls can be common among older adults—one in three older adults falls each year—they are also largely preventable! By learning to identify and correct the factors that put you at risk for a fall, you can take control to reduce the fear of falling and greatly reduce your chances of experiencing a fall.

SMAA offers programs to help seniors manage falls and increase activity, flexibility, strength and balance.



A Matter of Balance program is a nationally recognized program designed to reduce the fear of falling and encourage physical activity. This program is conducted over eight sessions, meeting weekly or twice weekly for two hours per session. Meetings are led by trained volunteer leaders.



Participants learn to:

- View falls as something they can control
- Set goals and increase their activity levels
- Make changes around the home to reduce fall risks
- Exercise to increase strength and balance
- Become proactive self-managers in reducing their own risk for falls

A Matter of Balance can help you if:

- You are 60 or older
- You have fallen in the past or are fearful about falling
- You don't do some things you enjoy because you fear falling
- You would like to be more flexible, stronger, and have better balance

Tai Chi for Health and Balance is a low-impact exercise and a centuries-old art, based on traditional Chinese culture that has helped people improve flexibility, increase muscular strength, promote correct body posture and integrate the body and mind. It is performed in slow, fluid movements which puts minimal stress on bones and joints. Tai Chi can be done seated or standing, which allows for people to participate at their own ability level. Classes meet for one hour twice a week for eight weeks. Two additional eight-week sessions teach supplementary movements and deepen the Tai Chi experience. The Centers for Disease Control and Prevention recommend that participants attend the full 24-week program to receive the full benefit of Tai Chi.

Tai Chi can help you:

- Improve strength, flexibility, balance and mobility

- Improve breathing, internal energy and relaxation
- Improve balance and prevent falls
- Decrease pain, depression, stress and loss of ability to do things
- Overall increase health

If you would like to help others improve their balance, consider becoming a Tai Chi Volunteer Instructor. Our next volunteer training is coming right up on October 1 & 2, 9AM-5PM at Presumpscott Commons, 765 Main Street, Westbrook.

On September 23, help keep seniors safe—*Take a Stand to Prevent Falls!* See how you can get involved at www.ncoa.org/FPAD.

If you are interested in attending one of our Agewell Programs call SMAA today to register or for more information: 1-800-427-7411 or 207-396-6500.

Fall Risk Screenings

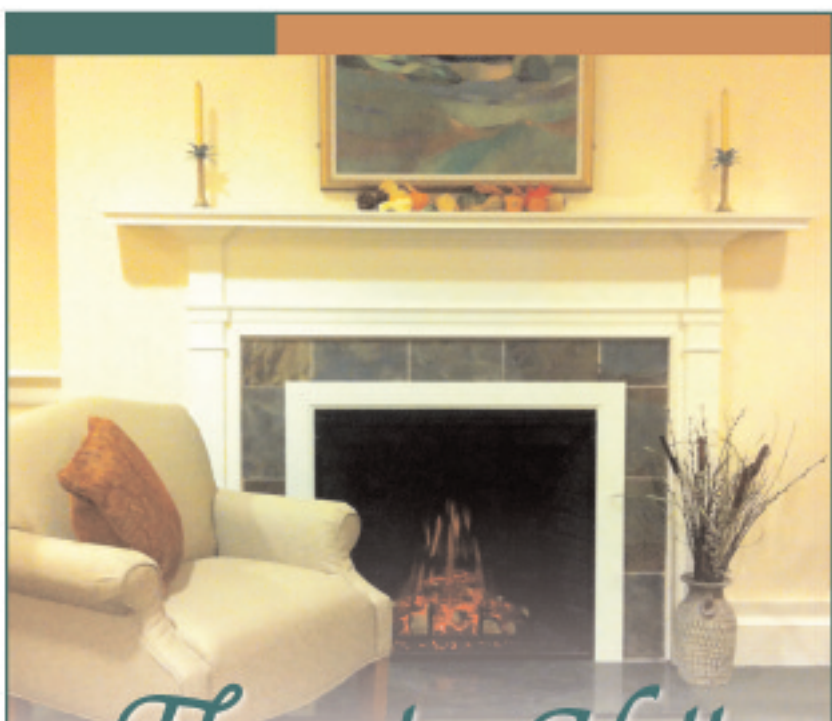
In recognition of **Fall Prevention Awareness Day**, SMAA is collaborating with the University of New England, MaineHealth, York Hospital, Westbrook Housing Authority and others to offer fall-risk screening events in Cumberland and York counties to help Maine's older adults and their families understand the risk factors for falls and learn more about fall prevention strategies and local resources.

Participants will have a chance to take part in a fall risk assessment that takes about 15 minutes. This is a series of movements overseen by a health professional which can indicate fall risk; explore medication, vision and other important factors related to falls; and to receive information and resources to reduce fall risks and improve home safety. It is recommended that participants bring a list of their current medications, as well as any assistive devices being used.

Registration is required. Call for more information: 396-6500

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September is **PAIN AWARENESS MONTH**

Pain is a natural response to an injury or illness, can either be acute or chronic, and is experienced by practically everyone at some point in their lives. Pain has such an impact on our lives that the month of September is now recognized as Pain Awareness Month.

What We Know About Pain

Although common outward displays of pain are often associated with grimacing or rubbing the affected area of the body, in reality, it is impossible to know how much pain someone is experiencing simply by observing him or her. Pain generally occurs in two varieties, acute or chronic.

Acute pain starts suddenly, is associated with inflammation, injury, or illness, and is treatable—like a sprained ankle, sore cheeks from a sinus infection, or even a stubbed toe.

Chronic pain does not go away—it lasts. Chronic pain can be unpredictable: it can be mild or excruciating; it can impact one or many areas of the body. A cure is not common. Common causes of chronic pain include arthritis, neck, shoulder, or back problems, headaches, nerve injury, fibromyalgia, repetitive stress injuries—just to name a few. Chronic pain is very real and is the number one cause of adult disability in the United States.

Managing Pain

One of the most important things for a person with pain is to understand how complex pain management is. Pain management is not one quick and simple fix, it may involve a variety of health management techniques (such as medication, stress management, exercise/physical therapy, acupressure, acupuncture, visualization techniques, etc.) and for each person it's going to be different.

How SMAA Can Help

The Chronic Disease Self-Management Program (CDSMP) at SMAA is a workshop offered throughout York and Cumberland counties to help those who suffer from chronic pain, as well as their caregivers, learn self-management skills to control the impact of pain on their lives.

CDSMP participants meet for 2.5 hours a week, for six weeks. Workshops are facilitated by two trained leaders, who often have chronic pain themselves. Together participants learn about:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate use of exercise and nutrition
- Appropriate use of medications

Words of Wisdom about Pain from the American Chronic Pain Association (ACPA):

- We need the support of others who experience and understand chronic pain.
- Recognizing emotions helps us to understand ourselves.
- While our pain is certainly not all in our heads, attitudes and expectations do make a difference.
- Learning how to relax is essential. It helps prevent tension and redirects our attention on to other things we have some control over.
- Staying active, within realistic limits, can help us remain flexible and strong and reduce our sense of suffering.
- It is important to set realistic goals and chart our progress toward them.
- Chronic pain not only involves the person with pain, but the family as well.
- Hearing others talk of similar feelings and experiences caused by pain reduces our isolation.
- There are no wrong feelings.
- Half the battle is won when you begin to help yourself.

Learn more at www.theacpa.org/What-We-Have-Learned

- Communicating effectively with family, friends, and health professions
- Pacing activity and rest, and more!

The CPSMP was developed for people who have a primary or secondary diagnosis of chronic pain. Pain is defined as being chronic or long term when it lasts for longer than three to six months, or beyond the normal healing time of an injury.

Join us at our next Chronic Pain Self-Management Program on October 29, 1-3:30PM at Maine-

Health Learning Resource Center, 5 Bucknam Road, Falmouth.

If you would like to help others struggling with chronic pain, consider becoming a Chronic Pain Self-Management Program leader. Our next volunteer training is coming right up on October 19-22, 9AM-4PM (Must attend all four days) at Woodfords Congregational Church, 202 Woodford Street, Portland.

To sign-up for this, or any of our Agewell programs, or for more information, please call: 1-800-427-7411 or 396-6500.

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From the Director's Desk continued from page 1

vention Awareness Day on September 23—the first day of Fall.

While falls are the leading cause of both fatal and nonfatal injury for people 65 years of age and older, they are not an inevitable part of aging. This year's Fall Prevention Awareness Day theme, *Take a Stand to Prevent Falls*, seeks to raise awareness on how to prevent fall-related injuries among older adults.

Studies show that a combination of behavior changes can significantly reduce falls among older adults. Experts recommend:

- Participating in a physical activity regimen with balance, strength training, and flexibility components.
- Consulting with a health professional about getting a fall risk assessment.
- Having medications reviewed periodically.
- Getting eyes and ears checked annually.
- Making sure the home environment is safe and supportive.

SMAA has been offering the nationally recognized falls program, A Matter of Balance at numerous locations in Cumberland

and York counties; and more recently, Tai Chi for Health and Wellness

classes at our Scarborough location. These programs are proven through research to help older adults gain strength, improve balance, and build confidence to help them live healthier lives and preserve their independence. SMAA also collaborates with a wide array of community partners to offer periodic falls risk

screenings to help older adults identify issues that increase their risk for falls. Activities include physical balance tests, sitting and standing blood pressure readings, and pharmacy consultations to review medications. Please visit our website at www.smaaa.org or call our office at 396-6500 to find out more about upcoming classes and screenings.

While falls are the leading cause of both fatal and nonfatal injury... they are not an inevitable part of aging.

Harness the Power of Anxiety

By Catherine Gentile

Anxiety is a powerful emotion. Unchecked, it sours pleasant situations. Many caregivers have observed that their own anxiety causes or adds to distress in their loved ones. The good news is that the reverse is also true: when a caregiver controls their anxiety, their loved one tends to be calm and comfortable. Here are suggestions from caregivers experienced in managing their own emotions:

1. Reassure your loved one that you'll be there for them and that you'll care for them and love them. Do this often during the day and as you're putting them to bed at night.
2. Assemble a support team of your most trusted and reliable family and friends. List the activities they can help you with: preparing meals; doing errands; housekeeping; entertaining your loved one; or spending time with your loved one so you can go to the gym or do some other self-care activity.
3. Our loved ones tend to blame us for things that go wrong. Simple things, like the light bulb in the lamp by their favorite chair burns out. Or being unable to find their purse—they accuse you of having stolen it. Don't let this type of thing rattle you. Respond calmly. Assure them you'll replace the light bulb, help them locate the lost article. Work with them to reduce their anxiety. In the process, control yours; doing so will lessen your loved one's anxiety.
4. As a caregiver, your frame of mind is important to your well-being and that of your loved one. Keep in mind that caregiving is a privilege. This is your opportunity to give back in a positive, loving manner. You are important and so is this work that has chosen you.
5. We all love compliments. Your loved one is no different. Acknowledge how difficult it is for them to confront their challenges. Tell them they're doing a good job of dealing with a tough situation. Tell them you're proud of them.

Catherine Gentile has spent 30 years working with people with learning disabilities, behavioral changes, and developmental delays. She is also an author of both fiction and nonfiction. She recently authored "The Caregiver's Journey: Tips, Tools, and Provisions". Catherine and her husband live in Yarmouth. www.catherinegentile.com.

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Mainers Excel at National Senior Games

Kudos go out to the 83 Maine Senior Game athletes who represented the State at the National Senior Games in Minneapolis this summer. Our athletes competed in 12 sports and brought home a total of 43 medals: 16 gold, 16 silver and 11 bronze; and 26 ribbons—representing 4th through 8th place finishes. What an amazing accomplishment for this group of dedicated senior athletes! I am so proud of the great work that Jo Dill, the manager of the Maine Senior Games does on a daily basis to coordinate and plan the Senior Games events. Not only does Jo manage and plan 19 different events in Maine, but she is also an avid basketball player. Jo's team competed at the National Games and brought home a bronze medal—despite Jo breaking her wrist during the competition. Well done Jo!

Support the Senior Housing Bond this November

During this past legislative session, a \$15 million bond (LD 1205) to build affordable senior housing throughout the state was authorized for voter approval in November. The bond also includes \$500,000 to be used for home repair. I urge you to get out and express your support for the bond at the polls in November. In the meantime, please take a moment to contact your state legislators to let them know you support LD 1205. Strong voter endorsement will send a clear message as to the need for more affordable housing options across the state.

I hope you will get outside and enjoy these beautiful autumn days—take a hike, go apple picking, walk on the beach. Stay active and engaged!


Laurence W. Gross
Executive Director

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www.smaaa.org

The Joys of Aging: Hearing Loss

By Stephanie MacNeille

In the last few months, my family, friends and I have noticed a decline in my ability to hear parts of a conversation, or to hear the dialog at the movies. The hearing loss was subtle at first, allowing my favorite defense mechanism, DENIAL, to operate in full force. But of course, hearing loss, like many other things does not come all of a sudden. It comes on slowly and is easy to overlook. When I had to ask people to repeat themselves far too often, I began to consider hearing aids.

People Plus is a senior organization in Brunswick, and one of the many services it offers is free hearing evaluations at their location. I decided that this would be an easy, inexpensive way to get information about hearing loss. I had the hearing evaluation one day, and was told that I have some hearing loss in the upper registers where the human voice resides. It is not too serious now, but will never get better, and will only get worse over the years. Now seemed like as good a time as any to deal with the problem.

First thing I did was to make an appointment with my ENT (ear, nose and throat) doctor, and have him examine my ears to be sure there wasn't some other problem causing this hearing loss. He said my ears were fine for my age, though I might want to have his assistant do a hearing evaluation to check the hearing level loss. It turned out to be about the same situation as at People Plus—moderate hearing loss in the upper registers. The doctor did recommend that I get some hearing aids, as the hearing problem will never get better, only worse over the years (where had I heard that before?). As it happens, he had a set of hearing aids himself, and took one off to show me. He said they take several weeks to get used to, are a big help in the hearing loss department, and that I would “love them”.

That was good enough for me, and I went out and bought a pair. I discovered that hearing aids are pretty expensive (for a single, retired lady like myself), but there is a large range of prices for them, and most people can find something in their price range that will help. I have had mine for a couple of months, and find that they allow my hearing level to go back to what it was in the past. I have gotten used to them and find I need to remind myself to take them out when I take a shower or go to bed at night. I forget they are there. I am glad that I got them now, as I think the problem was more serious than I wanted to admit. Another of the joys of aging.

Editorial

from Stan Cohen

Enrollment in the Medicare Advantage market is near 17 million—close to one-in-three people in Medicare. These plans offer low premiums (some have zero monthly premiums) and are a viable alternative to traditional Medicare for some seniors. Medicare Advantage plans bill Medicare using a method called “risk score”. This means that Medicare pays those plans more for sicker patients, and less for those in good health. Unfortunately, widespread billing errors in private Medicare Advantage plans have resulted in overpayments of thousands of dollars for some patients.

The Center for Public Integrity recently reported on audits of five Medicare Advantage plans. Medicare paid the wrong amount for 654 of the 1005 patients sampled. Payments were too high for 579 of the 654—a whopping 88.5%! Most of the overpayments were related to risk scores

that were too high. The total error cost taxpayers more than \$3.3 million in the sample.

Projected out to include the overall Medicare Advantage population, these numbers mean that billions of tax dollars are wasted

every year due to this practice of “upcoding” risk scores.

While the Center for Medicare and Medicaid Services publishes data on every doctor and hospital it pays, it strangely had to be sued to reveal the audit results mentioned above.



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Now it is your turn to say it. "BE ACTIVE EVERY DAY!"

Three times is the charm. Take a deep breath and loudly say "BE ACTIVE EVERY DAY!"

Don't you feel more energized with that deep breath?

After the kids leave, after we retire, it is so easy to slip into a more sedentary lifestyle. Less laundry, fewer muddy footprints, less shopping and cooking. To complicate it, we naturally lose muscle mass as we age. On average, we lose about 30% of our strength between the ages of 50 and 70. We tire more easily and take longer to recover. We are developing some aches and pains. We see the effects of "If you don't use it, you lose it." The lack of independence, of not being able to maintain the activities of life that we enjoy can dampen our outlook.

Ready? BE ACTIVE EVERY DAY.

If you have not been active for a long time, it is especially important to start slowly and gradually increase your activity level. Base your exercise program on your own needs and abilities and current physical level. Know your starting point and go from there. Check with your doctor for safety tips.

Remember, regular physical activity and exercise can reverse some of the age-related changes in our bodies.

If you feel overwhelmed by the thought of exercising 30 minutes a day most days of the week, consider breaking those 30 minutes up into shorter sessions. Even exercise breaks of 5 and 10 minutes can be beneficial—the key is to just MOVE.

When watching TV, stand up during every ad or take time to stretch your arms out. Waiting by the microwave for your tea to warm up? Try standing on your tip toes and heels a few times. Leave your cup in the other room so you have to get up and walk a bit each time you want a drink. Little movements all add up!

We will have more tips in future

columns. And visit the official Go4Life website for free exercise ideas and tips. <https://go4life.nia.nih.gov/>

Anthem Foundation Visits

Marlie Montgomery and Leak Birk, our local and national contacts for the Anthem Foundation, visited a CATCHing Healthy Habits for Adults 50+ class at SMAA in August.

After the class they shared: "Thank you for allowing us to sit in on a class. You and your volunteers are doing an amazing job spreading the CATCH HH message throughout Southern Maine!"

We would like to thank the Anthem Foundation for their longstanding and continued support of the CATCH Healthy Habits program.

Go Snack BINGO

Mainers love BINGO, so we have come up with our own version of GO Snack Bingo. Win healthy snack prizes while learning about health benefits, how to prepare your own healthy snacks, and other fun facts:

Did you know that celery has anti-inflammatory health benefits or that the original carrot was purple, woody, bitter, and had two tips?

For more information on volunteering or scheduling a class, please contact Sharon Schulberger at 396-6523 or e-mail ssschulberger@SMAAA.org.

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation.

Vet to Vet Celebrates First Anniversary

SMAA's Vet to Vet project celebrated its first anniversary this summer, and many of the volunteers in the original Vet to Vet team continue to visit the veterans they were assigned to a year ago. Volunteers visit veterans in their homes at least twice a month, providing much-appreciated companionship and referring them to other services if needed.



Vet to Vet buddies Eric Mihan, left, and Vernon Huestis.

Photo credit: Sharon Hickey

After a year in operation, the project has trained 31 volunteers, who have visited 34 veterans in their homes at least twice a month. A training course will be held September 10, 15, and 17 at the Maine Veterans' Home in Scarborough to prepare a new team of volunteers for their role as visitors.

"We have had such a positive response from both volunteers and the veterans they visit during the past year," said Carol Rancourt, manager of SMAA's Volunteer Services department. Rancourt, who came up with the idea of the project, said veterans and their families have expressed heartfelt appreciation for the companionship provided by Vet to Vet volunteers. In addition, volunteers have linked veterans to additional services, including health care, new glasses, and an array of benefits available through the federal Veterans Administration and services offered by SMAA and other agencies.

"Vet to Vet volunteers often get as much out of the program as the veterans they visit," said Susan Gold, coordinator of the program. Vet to Vet volunteer Eric Mihan, who visits a veteran in York County, recommends the program to veterans who want to help other veterans. In a recent letter to the editor published in the Portland Press Herald, Mihan wrote that many of the volunteers have bonded with the veterans they visit. "In fact," he wrote, "several have mentioned that they now have an additional family member." Mihan recently made his 44th visit to his veteran.

Gold urges those who have served in the military and would like to visit another veteran or would like to have a Vet to Vet volunteer visit them to contact SMAA. To sign up for the program or for more information about Vet to Vet, please contact Gold via email at sgold@smaaa.org or by phone at 396-6521. For more information about the program or to support it financially, visit SMAA's website at <http://smaaa.org/veterans.html> and view the Vet to Vet video at www.youtube.com/watch?v=JVC4EiAphKk.

Vet to Vet Friends to the End

The relationship between SMAA's Vet to Vet volunteers and the veterans they visit can last a lifetime. In some cases Vet to Vet visitors have helped ease the transition to healthcare facilities and have brought joy to veterans in their last days.

One of SMAA's dedicated Vet to Vet volunteers received a touching tribute from the family of a veteran who died recently. Floyd Hastings began visiting Edward Bicknell in December 2014 at his home in



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South Portland, then later at a health care facility. He continued visits nearly every week until Bicknell's death in July. In Edward Bicknell's obituary, the family noted that Floyd "was a faithful companion to the end, visiting Ed weekly and brightening his days." They asked that in lieu of flowers mourners consider making a donation in Edward's memory to Southern Maine Area Agency on Aging's Vet to Vet Program.



**Vet to Vet volunteer
Floyd Hastings.**

Photo credit: Sharon Hickey

"To think that without the Vet to Vet program I would never have met this amazing man and heard his war stories."

Both veterans benefited from the relationship they forged. Hastings often reported that the visits helped give meaning to his life. "They are the highlight of the week for both of us," he said after one visit to the Bicknell home.

Hastings dedicated the last verse of his poem, "A Soldier's Grave," to Edward Bicknell.

He will continue to serve in the Vet to Vet program as a visitor to another veteran.

The two veterans spent hours together sharing memories and recording memoirs. At age 16, Bicknell joined the U.S. Merchant Marine and piloted the landing craft on D-Day during World War II. He enlisted in the U.S. Army during the Korean War and suffered frozen feet while serving in that conflict. In civilian life, he worked in his family's photography business, Bicknell Photo Service, among other jobs.

Hastings, who is retired, served in the U.S. Army from 1951 to 1954 as a communications specialist for the Southern NATO Command in Italy. A poet and writer, Hastings often read selections from his poetry to Bicknell and helped the older veteran record his memoirs.

"It is a source of happiness for me that I could be his confidant, advocate, and friend," Hastings said.

Volunteer Help Wanted

Reading Buddies needed for Starting Strong Program in Portland Schools - Starting Strong is an early reader initiative

of Portland ConnectEd. A pilot school-year program will be held beginning this fall at Ocean Avenue Elementary School. Starting Strong volunteers will meet once a week (or twice per week if they choose) from 11:55AM-12:30PM and read with a designated 1st grader to help that child with reading fluency and literacy. Volunteers can choose which day of the week—Monday through Thursday—they wish to participate. Each of the 16 1st graders in the pilot program will meet with a volunteer twice a week, however each Reading Buddy volunteer can commit to just one day a week if they choose and that child will meet with two different volunteers as needed. There will be two Starting Strong sessions during the school year: the first session will be held from October through January; the second from February through May.



Volunteers can sign up for one or both of the sessions, but for continuity and relationship-building with the child, volunteers are asked to commit to the full duration of the fall or spring session. United Way is currently recruiting for fall. Training will be provided (scheduled date Wednesday, September 16 at 3:30 with make-up date as needed).

There is an ongoing need for Volunteers to act as **mentors, readers, and classroom assistants** to both children and adults. If you enjoy reading to and with kids we have many positions available in York and Cumberland Counties. Also, if you have an interest in helping adults learn English we have opportunities available in the Portland area.

The American Cancer Society Seeks Motivated, Outgoing Volunteer to Assist Patients on Their Road to Recovery - The American Cancer Society is seeking a Volunteer Coordinator to connect volunteer drivers in Cumberland County with patients needing rides to and from their cancer treatment appointments.

A Road to Recovery Coordinator must have a flexible schedule and will work from home. Duties consist of receiving requests from the American Cancer Society for local cancer patients needing transportation, contacting and assigning volunteer drivers to fulfill those requests, and maintaining accurate records. The coordinator must be committed to the program, possess good organizational and time management skills, and have basic com-

puter skills including the use of email and the internet. An orientation and training session will be provided. All it takes is a few hours of your time to make an impact on the well-being of cancer patients in your community.

"I get more out of it than I give. You would think that setting up a ride for someone is a small gesture, but the way they appreciate it, particularly the elderly, gives me so much inspiration," Carlisle explains.

For more information about these and other volunteer opportunities contact Angie Millington in SMAA's Volunteer Services, 396-6595 or amillington@smaaa.org.

Volunteer Get Together Sessions Scheduled

The first Volunteer Get Together for FY 16 is scheduled for Friday September 30, at SMAA's Carr Conference Room. Each get together is scheduled from 9-10AM. Please mark your calendar to come and share experiences with your fellow volunteers, learn about new trends in volunteering and maybe try out a new opportunity. Coffee and refreshments are always served. Other get together sessions are scheduled for January 27 in York County; location is not set as yet and on May 18 back at the Carr Conference Room at SMAA. Our annual Volunteer Recognition, lunch, entertainment and awards will be held in mid-June 2016. We hope to see you at one or all of them!

A Soldier's Grave

As I walked among the crosses
In a land once torn by war,
It seemed I saw the bursting shells
And heard the battle's roar.

I stopped to pause before a grave
Where lay, I knew, some mother's son.
And from the grave he seemed to say,
"Are war and hate forever done?"

I stood in shame and could not speak
For my heart was filled with pain
As he listened for assurance
That his death was not in vain.

My eyes then took a sweeping glance
And as far as I could see
Were the endless rows of crosses,
Grave markers calling out to me.

They all asked the same hard question
As their voices seemed to swell
Up to a cloudless sky above
That had watched them as they fell.

I then turned to leave sad-hearted
From where the valiant heroes lie
And turning to a soldier's grave
I looked to god and asked Him why.

The answer came in certain tone!
"Whenever wickedness prevails
Brave men have never died in vain.
God's heroes cannot fail!"

With lighter heart I spoke to him,
This mother's son—"oh hear me now!
From evil's march you saved the world!
Wear Heaven's crown upon your brow!"

Floyd E. Hastings, 1949

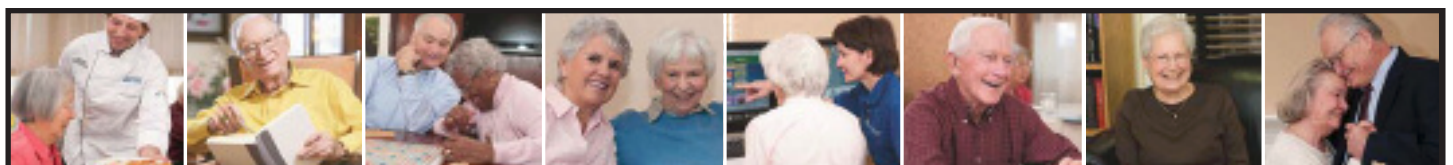
Revised and two verses added, 1994

Welcome New Volunteers

Audet, Fran
Coffin, Priscilla
Faulkner, Sally
Freitas, Robert
Goodspeed, Nancy
Halla, Doreen

Harriman, Meredith
Killelea, Elaine
Lakin, Cynthia
MacRae, Nancy
McCallum, Nicole
Nunan, Eleanor

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What's In a Name?

By Don Kopp

After posing the above question, Shakespeare's Juliet concludes, "That which we call a rose by any other name would smell as sweet". Shortly thereafter, however, she does some pretty dumb things, so I feel okay disagreeing with her on the importance of names.

Sandwiched between TV evening news stories—all apparently aimed at making me exclaim, "What is wrong with people?"—are lots of ads for drugs, all with peculiar and therefore difficult to remember names. But having taken notes, I can provide a partial list: *Amitza, Anoro, Chantix, Eliquis, Enbrel, Humira, Jublia, Linzess, Mybertrig, Namenda XR, Nexium, Otezla, Prevagen, Phazyme, Premarin, Razadyne ER, Restasis, Symbicort, Xarelto, Xeljanz, Zyrtec D*.

Each ad describes an undesirable medical condition, suggests that the drug being pushed might help, and urges us to, "Ask your doctor if (name of drug) might be right for you." Since the aim of these ads is to inspire us to inquire about a particular medicine, why are they given names that we will forget by the time we get back from the refrigerator much less when next we see our doctor? And why should we be suggesting drugs to our doctor rather



than the other way around? Do drug companies know something we don't about our healthcare providers? Nah, couldn't be . . . could it?

In any event, suppose that one of your toenails is acting up. The list above includes a product that, we are told, you will want to discuss with your doctor. But which one is it? Can you guess from the names? Of course not, because it's *Jublia*. Why doesn't Big Pharma take a clue from oh, say, the Hershey Company? Imagine eating a candy bar that has chocolate-covered almonds on the top. You enjoy it. The next time you are at the candy counter, you ask yourself, "What was the name of that candy bar with the almonds that I enjoyed?" See how that works? But good luck if instead of *Almond Joy* it had been named *Namenda XR*. And consider Kellogg's *Frosted Flakes, Corn Flakes, Raisin Bran, Cheerios, and Fruit Loops*. (Let's see, what was that cereal I liked with the frosted flakes?) So why isn't that toe treatment called *Toe Joy* or *Tip-Top Toes*? And doesn't it seem that more *Razadyne ER* would be sold if only we could remember what it did. How about *ForgetMeNot*?

So why are drugs given names that sound like Star Trek planets? Perhaps the rationale for choosing *Phazyme* over *GasBegone* is revealed in this line from the Mary Poppins song "Supercalifragilistic-expialidocious": "Even though the sound of it is something quite atrocious, if you say it loud enough you'll

always sound precocious." But maybe making a drug sound formidable is a good thing. Consider *Xeljanz*. If it had a happy-go-lucky name like *PainAway*, we might be tempted to disregard its potential side effects (which include fungi infections if you are unlucky enough to find yourself in "certain parts of the country such as the Ohio and Mississippi River valleys and the Southwest.") And as to side effects, *Xarelto* wins going away. There are so many, they've been arranged in categories: *More Common, Less Common, Rare*, and my favorite, *Incidence Not Known* (which alone cites 27 unfortunate outcomes including yellow eyes and skin and unpleasant breath odor). Speaking of side effects, why do you suppose the ads reel off side effects with a rapidity that defies understanding? Did that voice say "unattractive ears" or was it "attracts bears"? And who thinks these lickety-split spiels are useful? Is it government regulators? Is it lawyers? Maybe it's government-regulator lawyers.

Now, if by any chance you happen to know the reason for these weird drug names, or why we need to tell our doctors about them, or the point in disheartening strings of worrisome side effects, my wife would appreciate your letting me know, the sooner the better. She has about had it with my asking her these questions night, after night . . . after night.

Don Kopp can be reached at donkopp@sacoriver.net

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