



## From the Director's Desk

As the summer of 2018 comes to a close, the SMAA staff and I are looking forward to a busy and exciting fall. For more than a year, planning has been on-going for Charting the



Future: Innovation in Dementia, Treatment and Care, a very special event that will bring experts in dementia research to Maine to benefit the Member Access Fund for SMAA's Adult Day Services program.

Please join us on September 28 for Charting the Future: Innovation in Dementia, Treatment and Care. SMAA is proud to offer this educational luncheon that will bring together policy makers, researchers and care providers to share developments in the latest research, clinical studies and promising drug trials in the war against Alzheimer's disease and other dementias. Jud Knox, the CEO and President of York Hospital and a former SMAA Board chair, will facilitate a panel discussion featuring researchers from the Jackson Laboratory, Brigham and Women's Hospital in Boston and Biogen, Inc., an American multinational biotechnology company. I am looking forward to hearing from all three speakers who will discuss their individual research and promising advances in clinical and drug trials. SMAA will also highlight our nationally recognized Adult Day Centers for those currently living with dementia and their caregivers. I urge you to join us for this important discussion. See the display ad in this issue for ticket information.

### 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

*continued on page 8*

## Senator Angus King to speak at Charting the Future: Innovation in Dementia Research, Treatment and Care

At press time, we learned Senator Angus King will join the panel for Charting the Future on Friday, September 28. Charting the Future is an educational lunch sharing the latest in the drive for a cure for dementia as well as care options. In addition to Senator King, we've assembled a panel of researchers to discuss developments including: Gareth Howell, Ph.D., a leading Alzheimer's researcher with Jackson Labs; Dr. Dorene Rentz, PsyD., Co-director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital, Dr. Ivana Rubino the

Global Head of the Alzheimer Medical team at Biogen and, our moderator, Jud Knox, CEO and President of York Hospital. Pat Callahan, co-anchor at NewsCenter Maine, WCSH will be our emcee.

Biogen has made a long-term commitment to furthering Alzheimer's disease research and treatment and recently announced some promising results from the Phase II study on an anti-amyloid beta antibody.

We thank our sponsors for making this event possible including Biogen, Central Maine Health Center, OceanView, York Hospital, Gorham Savings Bank, Humana, Martin's Point, Piper Shores, Tyler Technologies, Clark Insurance, Kennebunk Savings Bank, NBT Bank, UBS, VNA Home Health, Saco



Senator King recently speaking with constituents about prescription costs at SMAA's main office in Scarborough.

Biddeford Savings Institution, Purdy, Powers & Co., Sencio, The Alzheimer's Association of Maine, and WCSH6.

All are welcome to attend. Tickets are \$40 each. For more information, visit our website: [www.smaa.org/chartingthefuture](http://www.smaa.org/chartingthefuture) or call 207.396.6533.

## Finding a Cure for Alzheimer's is a (Maine) Marathon Effort

We've read the headlines and know the statistics. The search for a cure for dementia seems like a mountainous marathon without an end. In the US more than five million people suffer from Alzheimer's dis-



ease. Without a medical breakthrough, this increasingly common brain disorder is projected to affect more than 15 million Americans within 35 years. Still, this disease is



the only one of the 10 leading causes of death in the U.S. that cannot be prevented, cured, or slowed.

But one Maine family decided it was "better to light a candle than curse the darkness." Josephine Marr, affectionately known as Jo

*continued on page 12*

## SMAA: Offering Care Until There's a Cure

Our Charting the Future panel is full of experts in the quest for a treatment and hopefully, a cure for dementia. We are all hoping that soon the science will align to show a path to a therapy for slowing or hopefully, stopping dementia in its tracks. Until that time, there are supports for families

walking this journey. Like our partners at the Alzheimer's Association, The Southern Maine Agency on Aging (SMAA) can offer meaningful help for people with dementia.

### Family Caregiver Support Program

Every day, SMAA's Family Caregiver Program helps families in many ways including exploring options and planning for future care needs; suggesting ways to prevent caregiver burnout, teaching ways to balance caregiving with family and work, identifying available resources to help provide care and assistance for the person needing care and sharing ways to reduce stress and anxiety.

*continued on page 5*

**MAINE SENIOR GAMES**  
**THANKS OUR 2018 SPONSORS**

<b>LEAD</b>	 <b>MARTIN'S POINT</b> HEALTH CARE
<b>PLATINUM</b>	 Anthem BlueCross BlueShield
<b>GOLD</b>	 AGING EXCELLENCE <small>SeniorsOnTheGo.com</small>
<b>SILVER</b>	 Back in Motion PHYSICAL THERAPY LLC
	 Ameriprise Financial
	 The Derry Rundlett Show CTN5
	 CROSS EMPLOYEE BENEFITS


 Southern Maine  
AGENCY  
On AGING  
*Creating Better Days*

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

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

**MEDICARE**

**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 2019, 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 “donut hole”). This process can be confusing, time consuming, and involving many steps (including using the Centers for Medicare and Medicaid website)—let SMAA help. Last year SMAA counselors helped save clients an estimated \$577,000 on their Medicare plan costs!

Any 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 15 locations throughout Southern Maine; please see the list below. Appointments are required and fill quickly—sign up today! Some evening appointments are available. 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 for more information.

**1-on-1 Appointment Locations**

- Biddeford, Cohen Center
- Bridgton Community Center - please call 647-3116 FMI
- Falmouth, Stewart Center
- Freeport Community Library
- Kennebunk, St. Martha’s Church
- Kennebunk Senior Center
- Saco, Dyer Library
- Sanford, Goodall Memorial Library
- Scarborough, Southern Maine Agency on Aging (SMAA)
- Waterboro
- Westbrook Community Center
- Windham, Our Lady of Perpetual Help Parish
- Yarmouth, Merrill Memorial Library
- York Hospital

SMAA is a nonprofit that relies on donations in order to meet its mission. While there is no charge for SMAA’s 1-on-1 Medicare Appointments, donations are welcome and are greatly appreciated. With programs like SHIP facing potentially large cuts in funding on the national and local levels, your donation will help to ensure that SMAA is able to continue providing unbiased information for many open enrollment periods to come.

**2019 Medicare Open Enrollment Dates**

**DATES AND DEADLINES YOU NEED TO KNOW**

**October 15, 2018**

**OPEN ENROLLMENT BEGINS**  
This is the first day you can enroll for 2018 health coverage or make changes to your 2019 plans.

**December 7, 2018**

**OPEN ENROLLMENT ENDS**  
This is the last day you can enroll for 2018 health coverage or make changes to your 2019 plans.

**January 1, 2019**

**FIRST DATE COVERAGE CAN START**  
Even if you enroll in Medicare or make changes to your coverage during open enrollment these changes won’t go into effect until January 1, 2019.

*"I cannot say enough positive things about my experience with Legacy. It is truly a class act."*

~ Husband of Resident



- ◆ State-of-the-art, secure memory care residence
- ◆ Spacious, landscaped garden
- ◆ Twenty-four private apartments
- ◆ Specially trained 24-hour staff
- ◆ Person-centered care
- ◆ Habilitation Therapy programming

Legacy Memory Care at OceanView provides a uniquely designed, secure community for individuals with memory loss and dementia. Committed to excellence, our team of compassionate caregivers is fully trained to provide assistance to ensure that every resident enjoys meaningful life experiences and the feeling of success every day.

**Call Tamera Vogel today!**  
**207-781-4621**

**Legacy Memory Care**  
**at • OceanView**



4 Schoolhouse Drive, Falmouth, Maine 04105 • oceanviewrc.com



**For the Love of Food & Drink Café in Wells Joins AS YOU LIKE IT**

Southern Maine Agency on Aging is pleased to announce the addition of a new restaurant to the As You Like It (AYLI) program offerings – For the Love of Food & Drink Café. Located at 1677 Post Road in Wells, the For the Love of Food & Drink Café serves a wide assortment of delicious breakfast and lunch items. All menu items can be prepared gluten free or vegetarian too! They’re open daily from 8AM to 2PM. Breakfast is served all day and lunch is served from 11AM to 2PM. (Sunday brunch is not included in AYLI).

AYLI is a program that offers seniors aged 60 and older the ability to enjoy a good meal at area cafeterias and restaurants on their own time. Meal vouchers are purchased in advance at a recommended cost of \$6 per voucher. We currently have 14 eateries participating in this wonderful program.

For more information on participating eateries, how to sign-up, or where to purchase meal vouchers please call 1-800-427-7411 or visit us online at [www.smaaa.org](http://www.smaaa.org)

## Savvy Caregiver

Are you caring for a family member with dementia?

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

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

Join us at our next Savvy Caregiver class series starting soon:

- September 19 – October 24—six consecutive Wednesdays, 1:30-3:30PM, SMAA Main Office, Scarborough.

Pre-registration is required. Please call 207-396-6541 to register or for more information.

## Caregiving as a Family

When someone in a family needs assistance, we often find that not all family members agree about how, when, or how much to help. Often, one person ends up taking most of the responsibility, which can create issues. This class will look at families, how history plays a part in what we do now, and ways to work together better to help someone we care about.

Learn more about caregiving as a family at our upcoming informational session:

- Tuesday, October 16, 4:30-5:30PM, Yarmouth Town Hall

Pre-registration is required. Please call 207-396-6541 to register or for more information.



Are you a family caregiver?

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

### Stress Management for Family Caregivers

September 11, 5-6pm - Sam L. Cohen Center, Biddeford

This class will help you recognize the sources of stress, understand the impact stress can have on your own health and well-being, and identify some strategies to manage stress, so that you can take care of yourself and continue to provide the best assistance possible.

Refreshments provided.

An exhibit of caregiver information and vendors will be available after this class from 6-7pm.

### Setting Limits: Healthy Personal Boundaries for Caregivers

September 25, 5-6pm - Stewart Center, Falmouth

This class will offer ideas to make setting limits and establishing boundaries easier and more effective. Refreshments provided.

An exhibit of caregiver information and vendors will be available after this class from 6-7pm.

### Can We Talk? Communicating With Healthcare Providers

October 19, 1-2pm - Martin's Point, Scarborough

This class will give you the insight and tools you need to participate as an effective member of your family member's health care team. Strategies for getting the information you need, as well as communicating to professionals will be discussed. Lunch provided.

Preregistration is required. Please call 730-4150 (Scarborough Community Services) for this class only.

Preregistration for these classes is required.

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

This series of Family Caregiver Classes is sponsored by:



## Advertise with us!

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

Call or email for more information.

(207) 396-6533 • (800) 427-7411

[seniornews@smaaa.org](mailto:seniornews@smaaa.org)



**ADVANCED MODIFICATIONS**

SPECIALTY VEHICLE SALES, SERVICE & More



Recliner Lift Chairs



Durable Medical Equipment



Wheelchair & Scooter Lifts



Wheelchair Accessible Van Sales & Rentals

Need to take a trip, but don't have a wheelchair accessible van?

We now offer van rentals by the day, weekend, week, month or longer.

Call Ride With Us for details.



**Ride With Us, LLC**

Solutions For Your Specialized Transportation Needs

[www.RideWithUsLLC.com](http://www.RideWithUsLLC.com)

1766 Hammond St.  
Hermon, ME 04401

89 Mussey Rd., Suite 102  
Scarborough, ME 04070

Toll Free 1-855-848-8226  
[www.AdvancedModifications.com](http://www.AdvancedModifications.com)

## Try before you buy!

Assistive devices can make life easier.

Find devices at **AT4Maine.org**.



Borrow items to help with managing meds, vision, communication, mobility, daily living and home safety.

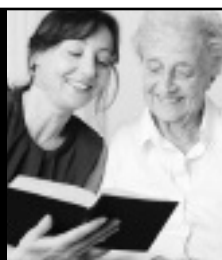


Visit **AT4Maine.org**

**207-621-3195 or Relay 711**  
Email: **info@mainecite.org**

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

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



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

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



**Advantage Home Care**

550 Forest Avenue, Suite 206  
Portland, ME 04101  
(207) 699-2570  
[www.advantagehomecaremaine.com](http://www.advantagehomecaremaine.com)

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



38 Alfred St.  
Biddeford, ME 04005  
**207-282-5100**

[info@maineestatebuyers.com](mailto:info@maineestatebuyers.com)  
Web: [MaineEstateBuyers.com](http://MaineEstateBuyers.com)

We specialize in Antiques, Coins, Gold, Silver Jewelry & Collectibles.



**TWINCITYGOLD.COM**

## Advertise with us!

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

Call or email for more information.

(207) 396-6533

(800) 427-7411

[seniornews@smaa.org](mailto:seniornews@smaa.org)

### Senior News

is a publication of



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

Telephone: 207-396-6500

Toll-free: 1-800-427-7411

e-mail: [info@smaa.org](mailto:info@smaa.org)

Web site: [www.smaa.org](http://www.smaa.org)

Editor: Kate Putnam  
[kputnam@smaa.org](mailto:kputnam@smaa.org) or  
207-396-6590

Advertising: Janet Bowne  
[jbowne@smaa.org](mailto:jbowne@smaa.org) or  
207-396-6533

Article Submission: Jessica LeBlanc  
[jleblanc@smaa.org](mailto:jleblanc@smaa.org) or  
207-396-6520

Design: Becky Delaney

Printing: Sun Press, Lewiston

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

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

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

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

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



### BOARD OF DIRECTORS 2017-2018

PRESIDENT

**David Smith, Falmouth**

VICE PRESIDENT

**Mary Jane Krebs, APRN, BC**  
Westbrook

SECRETARY

**Denise Doyon, Biddeford**

TREASURER

**Susan Keiler**

Cumberland Foreside

### BOARD MEMBERS

**Jeffrey Aalberg, MD, Portland**

**Terry Bagley, Cape Elizabeth**

**Stephen Braverman, Wells**

**Marie Gerrity, Cumberland**

**Ann Hastings, Biddeford**

**John Holland, Gorham**

**Jeffrey Holmstrom, DO,**

South Portland

**David McDonald, Portland**

**Betsy Mead, Falmouth**

**Julie Moss, Yarmouth**

### Mission Statement

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

### Commitment to Reasonable Accommodation:

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

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

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

**SMAA: Offering Care Until There's a Cure**  
continued from page 1

**Two State of the Heart Day Centers**

SMAA runs two Adult Day Centers to give people with cognitive loss a fun, interesting and safe place to spend time reconnecting with long lost interests, making new friends, getting exercise and being in a community. Each day we welcome dozens of members with memory loss at our two centers, The Sam L. Cohen Center in Biddeford and the Stewart Center in Falmouth. Our members spend the day enjoying the activities and programs designed to help them stay social and active. Our programming is nationally recognized for its innovation and creativity in helping people continue to have good days. Our centers were designed based on the latest research on the way people with memory loss process their surroundings. The lighting, the color scheme, the furniture, even the door handles were selected to be the best options for people with dementia.

The caregivers get a break from daily care and a chance to recharge their batteries. Whether they go to work, reconnect with old friends or hobbies, running errands or simply spend time in their homes tending to important tasks without interruption, they know that our staff is providing the highest quality care possible for their person. They know they can turn to our staff for help managing behaviors or other questions they may have. And they have the comfort of knowing that our staff is well trained and knows their person well.

On September 28, the presenters at the Charting the Future lunch will share the latest in research and drug development. Biogen, Brigham and Women's Hospital and Jackson Labs are on the front line of that fight. SMAA's staff is right with them offering support and help until there's a cure.

**ARE YOU INTERESTED IN PRESERVING YOU, OR YOUR LOVED ONES', THOUGHTS AND LIFE EXPERIENCES?**

**DO YOU VALUE THE HISTORICAL SIGNIFICANCE OF EACH PERSONS' LIFE?**

Consider allowing Oral History and Folklife Research Inc. to preserve the narrator's story told in his or her own voice as a service to that person, their descendants and future scholars. We compassionately and professionally gather a rich and unique archive of voices and stories to capture what life was really like for those who lived through events and societal changes and preserve those voices as a vivid record of the past.



**WHAT WE DO**

- Plan and execute oral history projects and events for families, communities and local historical societies.
- Conduct interviews.
- Oral history training workshops
- Process interview materials for archives

**WHO WE ARE**

OHFR is a 501(c)(3) nonprofit. Our mission is to preserve and present the stories, voices and cultural traditions of Maine and beyond.

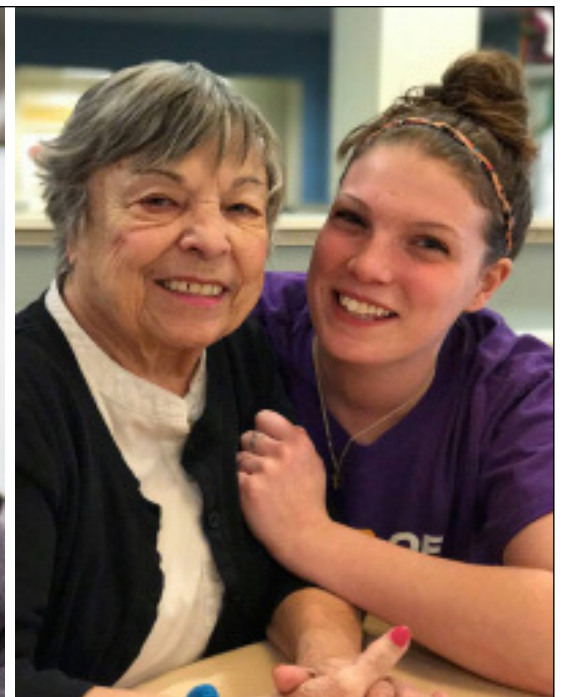


Keith Ludden is an oral historian, radio journalist and folklorist. He is an M.A graduate of Western Kentucky University.



**ORAL HISTORY AND FOLKLIFE RESEARCH, INC.**

23 Brooklawn Avenue Augusta, ME 04030 • 207-458-1377  
oralhistoryandfolklife@gmail.com  
www.oralhistoryandfolklife.org



**Maine's Premiere Assisted Living Community for Memory Care**

**Be proactive, be ready. We're here to help.**

Whether your loved one is in need of Memory Care now, or a year from now, we invite you to visit our beautiful community and join our waitlist for first available apartments.



Visit Avita today! Contact Lea Rust for more information about the wonderful way of life at Avita:

**207.857.9007**

or: Lea@avitaofstroudwater.com

**Need Help Balancing Your Monthly Bank Statement?**

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



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



**AVITA OF STROUDWATER**  
113 Landing Road | Westbrook, ME | avitaofstroudwater.com





**Cornhole: Our age 80+ cornhole players!**



**Humana: Humana volunteers at track and field**

## A reverse mortgage could help you live more comfortably.



Call Steve for your free booklet on the government-insured HECM reverse mortgage.

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

**Steve Eastman**  
207-657-2459

Reverse Mortgage Advisor  
NMLS #485909  
SEastman@RFSLends.com  
www.rfslends.com



Borrower must occupy property as primary residence and is responsible for property taxes, homeowner's insurance and the costs of home maintenance.  
Synergy One Lending Inc. d/b/a Retirement Funding Solutions, NMLS 1025894. Maine Supervised Lender License 1025894. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.

**RFS** RETIREMENT FUNDING SOLUTIONS

FUNDING AMERICA'S RETIREMENT®

RFS.1216.178.V1

## From Jo Dill's Notebook

The 2018 Maine Senior Games are off to a great start with all the events having an increased number of athletes participating. Pickleball started off the season with 160 athletes from all over country coming to the A-Copi Sports Center in Augusta. Our track and field event this year was a soggy and cool one but despite the weather there was a lot of action as folks tried to qualify for Nationals. Cornhole hit an all-time high with 39 athletes, 8 of them over age 80!



**Basketball (Men's):** September 22, Cape Elizabeth High, Saturday

**Hot Shot/Foul Shoot:** Men's-September 22, Women's-September 23, Cape Elizabeth High

**Basketball (Women's):** September 23, Cape Elizabeth High, Sunday

**Table Tennis:** September 29, Lewiston Armory, Lewiston, Saturday

**Bowling 10 Pin:** September 30, Sparetime Bowling, Augusta

**Darts:** October 14, The Gold Room, Portland, Sunday

There are still lots of events yet to come and registration is still open. We have made some changes this year in registration. Be sure to check the end registration date as there are a few sports that WILL have a deadline. Most sports allow onsite registration but a few will not. If you register online you must use a credit card or the registration will not be complete. Go to [www.mainesrgames.org](http://www.mainesrgames.org) to register online or to download a printable version. Register early to be sure to get our athlete's bag and T-shirt!

### Volunteers

Maine Senior Games depends on volunteers to help out at each of the events. We have a core group who are amazing but we are still in need of more. If you are able to help out at an event (checking in athletes, road marshal, etc.) please contact Jo at 396-6519. Some events are all day, where as others are morning or afternoon only. Check the schedule for upcoming events.

### October Raffle Calendar

The Maine Senior Games is offering their second fundraiser calendar. You can win great prizes while supporting the games! We have lots of great prizes: gift cards, Keurig coffee maker, bucket of tools, Sea Dogs tickets, bowling, cross country skiing, Arbonne wellness basket and more. Most days have two drawings. It is even possible to win more than once as your name goes back in for the next day's drawing.

Please consider purchasing one or help to sell a few. \$10 for one calendar and \$25 for three. Proceeds directly benefit the Maine Senior Games. To purchase one or for more information, call Jo at 396-6519 or email [jdill@smaaa.org](mailto:jdill@smaaa.org)

### 2018 Maine Senior Games Schedule

**Triathlon:** Pumpkinman Tri, September 8, 8AM, South Berwick

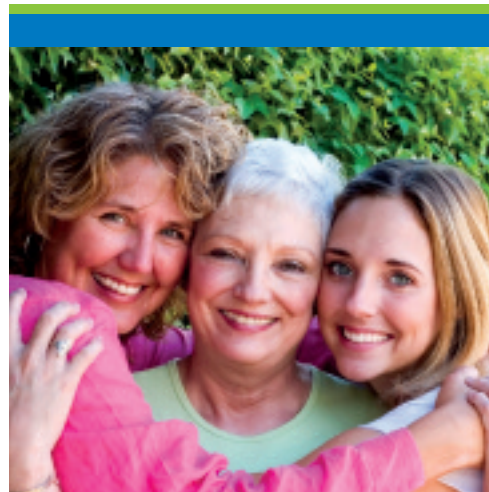
**Tennis:** September 8, Women's Singles/Men's Dbls, Mixed, A-Copi Sports Center, Saturday

**Tennis:** September 9, Men's Singles, Women's Dbls, A-Copi Sports Center, Augusta, Sunday

**Bowling Candlepin:** September 13, Big 20, Scarborough, Thursday

**Swimming:** September 15, Kennebec Valley Y, Augusta, Saturday

**Cycling:** September 16, K'Port Bicycle Company, Sunday



## Are you a member of the sandwich generation?

Caring for both your aging parents and your children? Our Care Managers help older adults maintain their independence with high quality of life. Call us.

**LifeStages** VNA A division of HOME HEALTH HOSPICE

(207) 400-8763  
50 Foden Road, Suite 3  
South Portland, ME 04106  
[www.vnathomehealth.org](http://www.vnathomehealth.org)

## Researcher Takes Steps Toward a Cure at the Walk To End Alzheimer's this Fall

The Alzheimer's Association® is inviting Mainers to participate in one of the Walk to End Alzheimer's, the world's largest event to raise awareness and funds for Alzheimer's care, support and research.



Alzheimer's and she became interested in research at an early age. She explains, "Alzheimer's research is compelling primarily because there are no effective treatments yet. My ultimate goal is to identify therapeutic targets to find individualized treatments."

Amy Dunn Ph.D. is a postdoctoral associate and Alzheimer's researcher at The Jackson Laboratory in Bar Harbor. This spring she was awarded a three-year fellowship by the Alzheimer's Association. The Alzheimer's Association is the largest nonprofit funder of Alzheimer's research in the world, having awarded more than \$405 million to fund over 2,600 scientific investigations. The Association is currently investing over \$110 million in nearly 400 best-of-field active projects in 18 countries.

Amy will participate in the Walk to End Alzheimer's by encouraging registration for the Alzheimer's Association Trial-Match®—a free matching service that connects individuals with Alzheimer's, caregivers and healthy volunteers to current studies (both pharmacological and non-pharmacological) being conducted across the country and online.

One of Amy's grandparents had

targets to find individualized treatments."

"Maine has the oldest population in the nation and age is the highest risk factor for Alzheimer's, so we have good reason to be concerned about the growing impact," explains Laurie Trenholm, Executive Director for the Alzheimer's Association, Maine Chapter. Trenholm states, "We've seen a decrease in other major diseases when dollars are put toward research and treatments. Research is where the hope is, and we need to continue to make this a national health care priority to change the trajectory of this disease."

The Maine Beaches Area Walk to End Alzheimer's is scheduled for Saturday, September 15 at 8AM in York Beach. The Greater Portland Area Walk to End Alzheimer's will take place on Saturday, September 22, at 8 a.m. at Payson Park in Portland. For more information visit [alz.org/walk](http://alz.org/walk) or call 800.272.3900.



### Elder Planning Advisors of Maine, Inc. Personal Financial and Investment Advisors



Your **successful retirement** starts here

If you're retired or about to retire, we can assist you with specialized, independent, and experienced financial and investment advice to help you realize your successful retirement.



Contact our office to arrange for your no-cost, no-obligation initial consultation.

1006 Broadway ♦ South Portland ♦ Maine 04106  
(207) 767-8225 ♦ [www.epame.com](http://www.epame.com)

## JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Register today at [alz.org/walk](http://alz.org/walk).

Greater Portland  
Payson Park, Portland, ME  
September 22, 2018 | 8 a.m.



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

drug) plan coverage 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 \$577,000 in avoided premiums and co-pays, an average of \$1,311 in out of pocket savings per person. While there is no guarantee that everyone will realize a windfall of savings, it's definitely worth the time to compare plans. Our trained

Medicare specialists will help you determine which plan is the best for your needs in 2019. This year, SMAA will offer one-on-one appointments at 15 different locations in southern Maine. Appointment slots fill up fast so please call our Main Office in Scarborough (207-396-6500 or toll free 1-800-427-7411) to schedule an appointment for an Open Enrollment review.

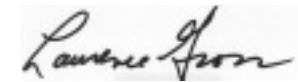
current SMAA Money Minders volunteer.

Betty Hauptman, Portland – retired non-profit development director.

Beverly Soule, Kennebunkport – retired social worker and mental health administrator.

The Advisory Council serves as a link between the community and SMAA, offering expertise and insight to SMAA staff and our Board of Directors. Advisory Council members review the Agency's plans, activities and programs and serve as community ambassadors to help raise awareness and understanding about elder programs and services. We are delighted to have such a talented group joining the Council!

I love the months of September and October, not only because of the crisp cool weather and beautiful Maine foliage, but also for the renewed sense of urgency to get outside and enjoy every moment before the snow flies. Go for a walk, take a long drive or sit and enjoy the beauty of the fall!



**Laurence W. Gross**  
Chief Executive Officer

## The Woodin Best Friend Fund Challenge Update

In July, Eddie Woodin, the founder of our Best Friend Fund, launched a fundraising challenge. He and his wife, Nancy pledged \$2,000 if we could raise \$6,000 by 9/30/18. The Best Friend Fund is designed to help low income older people manage emergency needs for their pets. Eddie and Nancy know the joy that comes from the bond they have with their dogs. They realized that this bond is even more important to older people, especially homebound elders on a fixed income. Sudden pet illnesses or injuries can be financially devastating for them.

Good news: we are just about half way to our goal of \$8,000. The not so great news is that we have just about a month left to raise the remaining amount. Our goal is ambitious but Eddie and Nancy want to use their challenge to ensure our most vulnerable seniors can manage their extraordinary pet expenses. What's great about this challenge is that we have received some large gifts but many of the gifts we've gotten are smaller and in memory or in honor of the donor's pet. Think about making a gift today! Thank you for whatever you can do! Send your gift to: The Best Friend Fund, Southern Maine Agency on Aging, 136 US Route 1, Scarborough, ME 04074 or via this secure link on our web site: [www.smaa.org/giving/bff.html](http://www.smaa.org/giving/bff.html)

[www.smaa.org](http://www.smaa.org)

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



## Your road to recovery starts right here.

State-of-the-art healing for medically complex cases seven days a week. Award-winning medical direction. Delicious dining, a day spa, free wifi—and a nearly 90-year commitment to Maine seniors.

 **THE Cedars** | The Sam L. Cohen Rehabilitation Center

630 Ocean Avenue, Portland, Maine  
(207) 221-7200 | [thecedarsportland.org](http://thecedarsportland.org)



## In-Home Senior Services

Since 1994, we have provided the best in-home care and personal care services, including:

- Medication reminders
- Bathing
- Dressing
- Incontinence care
- Range of motion exercises
- Companionship
- Transportation
- General house cleaning
- Meal preparation
- Laundry

Our services are paid for by private pay, MaineCare, Veterans Administration and long-term care insurance

All our caregivers are carefully screened, trained and insured. We employ only the most dependable, compassionate and friendly staff.

20 Mechanic Street, Gorham, Maine  
**207-222-0740**  
[www.inhomeseniorservices.com](http://www.inhomeseniorservices.com)



Call us to learn how a locally owned company can provide you the best services – and peace of mind.





Join us for the  
**Successful Aging Forum**

at the Southern Maine Senior Expo

Thursday, October 4, 2018

Hilton Garden Inn, Freeport

Speakers on Medicare options, senior travel,  
healthy joints, legacy planning & much more!

Our “Tea-note” speaker: **Dr. Marilyn Gugliucci**

**AGE: Attitude, Grace + Energy**



2 p.m. talk with  
refreshments

You’ve been co-opted  
into believing the negative  
images associated with  
aging! Come hear what  
you can do about it...

Info at [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com)



**A Conference Exploring Lifestyle,  
Wellness & Work After 50**

Saturday, October 20, 2018

7:30am - 4:30pm

University of New England • Portland campus

\$125pp - (\$225 for two) - includes: Keynote, 3 workshops,  
continental breakfast, lunch, networking and book signing

Thanks to our sponsors: Martin’s Point Healthcare,  
Goggin Energy, and Susan Pye, Wells Fargo Advisors

Registration info: [YourSecondActMaine.com](http://YourSecondActMaine.com)

Hosted by Maine Senior Guide & Heart at Work Associates

# Fall Senior Expos

Do you need information to help your loved ones (or yourself) age well?  
**Come to our FREE senior expos.**

## Southern Maine Senior Expo

October 4, 2018 9 a.m. -2 pm. Hilton Garden Inn, 5 Park St., Freeport

Thanks to our sponsors:  
Salvation Army, Spectrum Healthcare Partners and Mid Coast Senior Health Center

## Seacoast Senior Expo

October 10, 2018 9 a.m.-2 p.m. Kittery Community Center, Rogers Road, Kittery

Thanks to our media partners:  
**Maine Seniors** magazine      The Forecaster

FMI: [DMcLean@MaineSeniorGuide.com](mailto:DMcLean@MaineSeniorGuide.com)





September 17 – December 5, Mondays and Wednesdays, 10-11AM, First Congregational Church, Kennebunkport

September 17 – December 5, Mondays and Wednesdays, 1-2PM, Trinity Episcopal Church, Saco

September 18 – December 6, Tuesdays and Thursdays, 9-10AM, SMAA Main Office, Scarborough

September 18 – December 6, Tuesdays and Thursdays, 9-10AM, Woodford's Church, Portland

September 18 – December 6, Tuesdays and Thursdays, 1-2PM, Plummer Senior Living, Falmouth

**Tai Chi for Health & Balance: Deepening Class**

Deepening classes are appropriate for returning students only.

September 17 – November 7, Mondays and Wednesdays, 3-4PM, Martin's Point, Scarborough

September 18 – November 8, Tuesdays and Thursdays, 10:15-11:15AM, Woodford's Church, Portland

**Living Well for Better Health**

October 9 – November 13, Tuesdays, 1-3:30PM, Lecky Brown Center/First Parish Congregational Church, Gorham

**Living Well with Chronic Pain**

September 24 – November 5, Mondays, 1-3:30PM, Yarmouth Town Hall, Log Cabin Room. Yarmouth residents receive priority registration. For more information or to register, please call Maureen at Yarmouth Town Hall: 207-835-9866

**Balance and Strength Screenings**

Learn more about your risk of falling and steps you can take to stay active and independent. Balance and Strength screenings are free, but space is limited. Please call 207-396-6578 to schedule a 15 minute appointment at one of the following locations:

September 7, 1-3PM, Wells Ogunquit Center at Moody

September 10, 1-3PM, Yarmouth Town Hall. For more information or to register, please call Maureen at Yarmouth Town Hall: 207-835-9866

September 21, 9AM-12PM, Maine Strong Balance Center, Scarborough

October 1, 9-11AM, Kittery Community Center.

Walk-ins welcome at Kittery location only



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

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



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

We offer outpatient programs in the following specialties:  
 Memory Issues • Geriatric Assessments • Fall/Balance Concerns


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

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



centered around you

SIGHT IS PRECIOUS.




center of excellence

TREAT YOUR EYES TO THE CARE THEY DESERVE.

You don't want to trust your eyes to just anyone. The latest advancements in eyecare are everyday practice at EMG.

Our experienced ophthalmologists offer a full range of eyecare services

- Cataract surgery
- Vitreoretinal care and surgery
- Glaucoma evaluation, treatment and surgery
- Corneal care and surgery, including transplantation
- LASIK vision correction



Eyecare Medical Group  
*Tomorrow's eyecare today.*

HAVE QUESTIONS?  
 Just call our friendly staff at:


828-2020  
 888-374-2020

53 Sewall Street  
 Portland, Maine 04102  
[www.eyecaremed.com](http://www.eyecaremed.com)  
[www.seewithlasik.com](http://www.seewithlasik.com)

Find us on Facebook!




Bruce Cassidy, MD



Robert Daly, MD



Samuel Solish, MD




Scott Steidl, MD, DMA



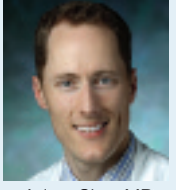
Jordan Sterrer, MD



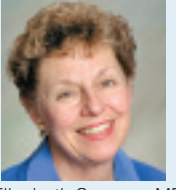
Jackie Nguyen, MD




Aaron Parnes, MD




Adam Sise, MD




Elizabeth Serrage, MD  
*Emeritus*



William Holt, MD  
*Emeritus*



Katherine Hill, OD, FAAO



John Wipler, CEO

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



# CHARTING THE FUTURE

*Innovation in Dementia Research, Treatment and Care*

**Friday, September 28, 2018, 12-2pm**  
 DoubleTree by Hilton Hotel, South Portland ME

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

Scheduled to speak:

**Gareth Howell, Ph.D.**

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

**Dorene Rentz, PsyD**

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

**Biogen, Inc.**

*A researcher from Biogen Inc. an American multinational biotechnology company, will speak about their Alzheimer's and dementia pipeline including recent favorable news on clinical trial results for ban2401.*

**Jud Knox**

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

**Pat Callaghan**

*Co-anchor of NEWS CENTER Maine is our emcee for the afternoon.*

**Tickets to this event are \$40 per person.**

*Ticket includes the two-hour session and lunch.*

To register, or for more information:

**[smaaa.org/chartingthefuture](http://smaaa.org/chartingthefuture) • 207-396-6533**

Sponsored by:

- Alzheimer's Association of Maine • Biogen, Inc.**
- Central Maine Health Care • Clark Insurance**
- Gorham Savings Bank • Humana • Kennebunk Savings**
- Martin's Point HealthCare • NBT Bank**
- OceanView at Falmouth • Piper Shores**
- Saco and Biddeford Savings Institution**
- Tyler Technologies • UBS • VNA Home Health Hospice •**
- York Hospital • News Center Maine**

## Finding a Cure for Alzheimer's is a (Maine) Marathon Effort

**continued from page 1**

or Penie, passed away in May after her long struggle with Alzheimer's. Prior to the disease, Jo led a wonderful life. She loved raising her children, playing cards and games and spending time with her siblings and nieces and nephews. She was a lifelong communicant at Holy Martyrs and Falmouth and she and John enjoyed traveling and playing golf with friends and family.

Jo's daughter, Abby Psychogeos commented, "As my brother Timmy eloquently said in his eulogy, we received countless cards and messages from many people which brought us comfort. Everyone spoke of how my mother's smile and Irish eyes would light up a room. Her generosity, warmth and humor will forever be her legacy."

Frustrated with the lack of treatment, John Marr cared for Jo at home. He knew he couldn't stop the disease from stealing his wife's memory and spark but he felt compelled to do something to find treatment and ultimately a cure to protect the lives of future generations. He wanted to see progress in his life time. The Marr Family considered making a meaningful donation to support dementia research. Connections led them to Brigham and Women's Hospital in Boston. In early 2015, they met with researchers on the front line of dementia research, Drs. Reisa Sperling and Dennis Selkoe.

This meeting convinced the Marrs that a \$2 million gift could have a significant impact on BGH's research on amyloid plaque in the brain linked to Alzheimer's. The family wanted to continue to raise awareness and funds for research. In 2015, they recruited family and friends to run in the Maine Marathon raising money for the research fund. In the first three years of the run they have raised over \$500k and the goal for this year's event is to raise \$200k! The Marr Fund is credited with launching a generosity network! Since the fund

launched, over 2,940 gifts have been received from friends and strangers alike. It has also inspired others to support parallel research efforts, engaging their own social networks and raising additional funds of \$1M.

The Marr Fund is an example of how philanthropy can be a catalyst in the drive for research advancements. The Marr Fund has helped the research team to secure a \$20M National Institutes of Health (NIH) grant to launch A3, as well as additional support from public foundations such as the Alzheimer's Association.

The Josephine and John Marr Alzheimer's Research Fund at BWH fuels lab and clinical research aimed at preventing Alzheimer's disease for future generations. The research is translational: discoveries in the lab inform work in the clinical space and vice versa.

Support from the Marr Fund is currently fueling two parallel and very important research efforts: biomarker discovery in the lab and a clinical observational study of pre-symptomatic Alzheimer's individuals. While there is much more to accomplish, the Marr Fund's support has already been a key catalyst—helping the team to envision, and soon publicly launch, a new Alzheimer's prevention trial in high risk adults with no hallmark signs of it in their brains. (The trial will be called A3). Alzheimer's disease, like heart disease, progresses in stages over a long period of time. Building on pioneering work conducted by BWH, scientists have discovered that brain abnormalities caused by Alzheimer's begin well over a decade or two before the onset of memory and cognitive symptoms. Similar to how statins work in heart disease, the hope and expectation is that starting treatment before symptoms are present, and treating patients for an extended period of time, will prevent symptomatic Alzheimer's disease.

On Friday, September 28, Dr. Dorene Rentz PsyD., from BGH will be part of SMAA's Charting the Future: Innovation in Dementia Research, Treatment and Care lunch. Tickets for the lunch are available at <http://www.smaaa.org/chartingthefuture/index.html>.



**CHARTING THE FUTURE**  
*Innovation in Dementia Research, Treatment and Care*

### Ticket Order Form

No. Tickets: \_\_\_\_\_ (Tickets are \$40 per person. 2-hr. session and lunch included.)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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

My check payable to **Southern Maine Agency on Aging** is enclosed

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

Exp. Date: \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_\_

Please mail your order and payment to:

**Southern Maine Agency on Aging / Attn: Charting the Future**  
 136 US Route One, Scarborough, ME 04074

You may also purchase tickets securely online at [www.smaaa.org/ChartingTheFuture](http://www.smaaa.org/ChartingTheFuture)

## Care and Connection: Loneliness Affects All Ages

Human beings are social creatures. Feeling like we're part of a community helps us thrive. But we sometimes have a hard time making and keeping the relationships that sustain us. Many Americans report feeling lonely for long periods of time. Connections with others are important for your health.

Social isolation and loneliness can both cause problems. "Isolation is about whether other people are physically there or not. Being lonely is about not feeling connected to others. You can feel lonely in a room full of people," explains Dr. Steve Cole, an NIH-funded researcher at the University of California, Los Angeles, who studies loneliness.

Loneliness not only feels bad, it may also be harmful to your health. People who feel lonely are at higher risk of many diseases. These include heart disease, high blood pressure, and Alzheimer's disease. Loneliness may also increase the risk of death for older adults.

Some of the increased risk of disease may come from changes in behavior. People who feel isolated may not have friends or family encouraging them to eat right, exercise, or see a doctor. New research suggests that loneliness can also directly harm our health.

"Lonely people have differences in their biology that make them more vulnerable to disease," Cole

explains. He and his colleagues have studied how loneliness affects the immune system—your body's disease fighting system. They found that loneliness may alter the tendency of cells in the immune system to promote inflammation. Inflammation is necessary to help our bodies heal from injury. But when it goes on too long, it may raise the risk of chronic diseases.

People who feel lonely may also have weakened immune cells that have trouble fighting off viruses. "So that leaves lonely people more vulnerable to a variety of infectious diseases," Cole adds.

People often associate loneliness with getting older. But you can feel lonely at any age. A recent survey found that young Americans are more likely to feel lonely than older adults. Some research suggests that social media tools and resources are preventing younger people from connecting in real life, Cole says.

However, more studies are needed to know whether this is true.

It can be hard for people to talk about loneliness, Cole explains. They may feel like something is wrong with them, even though feeling lonely happens to almost everyone at some point.

NIH-funded researchers are looking into ways to help people break the cycle of loneliness. Studies have shown that feelings of loneliness can be reduced by helping others, Cole says. Care-

giving and volunteering to help others may therefore help people to feel less lonely.

Having a sense of purpose in life may be another way to fight the effects of loneliness. Research has found that having a strong sense of mission in life is linked to healthier immune cells. "And when you start to pursue a goal that's important to you, you almost always have to cooperate with others to do that," Cole says. "That helps bring people together."

*Reprinted with permission from newsinhealth.nih.gov/2018/08/care-connection*

### Wise Choices: Get Involved With Others

Being active in your community and helping others can reduce feelings of loneliness. You can get more involved with others by:

- Serving meals or organizing clothing donations for people in need.
- Helping an organization send care packages to soldiers stationed overseas.
- Caring for dogs and cats at an animal shelter.
- Volunteering to run errands for people with disabilities.
- Helping with gardening at a community garden or park.
- Volunteering at a school, library, museum, or hospital.

 Integrated Move Management



### WE TAKE THE STRESS OUT OF SENIOR TRANSITIONS

*If you are feeling overwhelmed by downsizing, moving, or cleaning out your home for a real estate sale, we want to help you get it done!*

*Contact us today for your free consultation and estimate!*

207-865-4493

www.integratedmovingme.com



MAINE CENTER for ELDER LAW LLC

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

MaineCare Pre-Planning and Crisis MaineCare Planning

Planning for Eligibility for VA Aid and Attendance Benefits

Special Needs Planning

Estate Planning

Probate Administration and Trust Settlement



*Martin C. Womer, Esq.  
Barbara S. Schlichtman, Esq.  
Britton Ryan Garon, Esq.*

MAIN OFFICE:

3 Webhannet Place, Suite 1, Kennebunk, Maine 04043

— branch offices located in Portland and York —

**(207) 467-3301**

WWW.MAINECENTERFORELDERLAW.COM

ATTORNEYS@MAINECENTERFORELDERLAW.COM



## ARE YOU READY TO AGE-IN-PLACE ?

CARPENTRY  
RAMPS

GRAB BARS  
STAIR LIFTS

VERTICAL LIFTS  
CEILING LIFTS

*Certified Aging-In-Place Specialist by National Home Builders Assoc.*

 Tim St. Hilaire  
CUSTOM PROPERTY SOLUTIONS



207.632.5228 - tsthilaire@maine.rr.com - timcustomsolutions.com



# RSVP

Lead with Experience

# VOLUNTEER SERVICES & RSVP

“An Invitation to Make a Difference”

## Volunteer Corner

*In this issue, Volunteer Services introduces a new Senior News column—the Volunteer Corner. We plan to profile a Southern Maine Agency on Aging volunteer in each forthcoming issue. Hopefully, learning about our volunteers will inspire more of our readers to contact Volunteer Services at 207-396-6595 to learn about the diverse volunteer opportunities available in Cumberland and York counties.*

### Barbara Bean is a 99-Year-Old Master Knitter and Shop Assistant at The Old Timer’s Shop, Sanford

Barbara Bean, with her 1940’s aviator husband, owned and operated logging camps in Maine before moving to Waterboro in 1957. It was there they raised four children, and it was on Waterboro’s Main Street that Barbara ran a beauty shop for nearly 40 years.



Not one to rest after retiring, Barbara began volunteering 17 years ago at Sanford’s Oldtimer’s Shop, a non-profit gift shop that has been in operation for 50 years.

Today, you can find Barbara on the sales floor on Fridays, where she assists customers with their purchases and also gives tips to knitters who are experi-

encing difficulties with a project. Shop Manager Linda Millington explains, “Barbara is a master knitter, well-known for her zip-up-the-back sweaters for children,” which are for sale at the shop.

Feel free to stop in The Old Timer’s Shop on a Friday to visit Barbara, shop for a gift, or ask for help with a knitting problem. Barbara, who celebrated her 99th birthday this year, will be happy to help. The Old Timer’s Shop is located at 917 Main St., Suite A, in Sanford, Maine.

Thank you Barbara for your continued service to the community of Sanford.

## Adam Seigal Named Volunteer Services Supervisor

Adam Seigal, became the new Volunteer Services supervisor at the Southern Maine Agency on Aging on Monday, July 23. He replaces Mary Hadlock, who was promoted from supervisor to director of Volunteer Services upon the retirement of Carol Rancourt last June.

Seigal is a native of Peabody, Mass., and an AmeriCorps alumnus who is dedicated to volunteerism and civic engagement. He holds a Bachelor of Science in Education from Lesley University and a Master’s in Administration of Higher Education from Suffolk University.

Through his passion for philanthropic service Adam has been fortunate to work for numerous universities and non-profit organizations, including Florida Atlantic University, University of South Carolina-Beaufort, Lesley University, Community Servings in Jamaica Plain, Mass., and Jewish Family Services in Portland.



## New Volunteers

We had 16 new volunteers begin their assignments April through July, 2018. Among them are:

- Robert Creteau – MOW Driver, Sanford
- Kathy Faulstich – MOW Driver, Naples
- Lisa Ann Fearon – MOW Phone Pal
- Hazel Fritz – MOW Phone Pal
- Ruth Gallagher – MOW Phone Pal
- Paul LaChance – MOW Phone Pal
- Robert Look – Kitchen Helper, Windham



Tree of Life  
Memorial Service



Serving with Heartfelt Compassion

You're invited

to our annual community  
**Tree of Life Memorial Service**

Sunday, Nov 4, 2018, 1 - 3 pm

North Congregational Church  
22 Church Hill Road | Buxton, Maine

Refreshments will be served following the service

Please join us as Compassus honors and remembers each of our hospice patients and community members who have passed away this last year. In memory, leaves with individuals’ names will be placed on our Tree of Life display.

Everyone is invited to bring photos and mementos to display on our memory tables throughout the afternoon.

For more information please call:  
**(207) 761-6967**

This service is free and open to the public.

SCARBOROUGH TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE



“We are so happy Mom is thriving again.”

As Mom aged, we thought it best if she stayed in her house, but, we were wrong. Even with hours of expensive home care, Mom wasn't thriving. She needed more. She especially needed more socialization—not isolation. And more affordable and reliable access to care when she needed it. So she made the move to Scarborough Terrace. She truly loves her elegant new home! Life is more complete in a community with lots of friends and activities, chef-prepared meals, daily care, medication management, and even transportation to appointments and outings. I visit her often, so I know Mom is happier and more relaxed now... and I am too. We only wish she'd moved sooner.”

Call Elizabeth today! 207.885.5568 or visit ScarboroughTerrace.com





600 Commerce Drive | Scarborough, ME 04074





Peter Narbonne –  
MOW Driver, Kittery  
Miriam Otis –  
Tai Chi Health Educator  
Nancy Robinson –  
MOW Driver, Biddeford  
Irene Stephens –  
Clerical, SMAA Nutrition  
James Turcotte – Lead Volunteer,  
Larrabee Village  
Loretta Zuger –  
MOW Phone Pal

would allow the program to grow statewide.

For those not familiar with the program, trained Vet to Vet volunteers visit with fellow veterans in their homes at least twice a month, swapping stories, providing much-needed companionship, and developing a bond strengthened by their shared military service and common interests. There are currently over 100 veterans involved with this program, both as volunteers and clients.

Moving forward, the new Vet to Vet Maine will be established as an RSVP volunteer station and SMAA will continue to recruit Veteran volunteers for the program (along with providing training and support). The official transition is tentatively scheduled to take place on October 1, 2018.

More details of the transition will be available in the next month or so. This is an exciting time for both SMAA and Vet to Vet Maine as the program continues to develop and grow statewide.

## Vet to Vet Program Update

The Southern Maine Agency on Aging is happy to announce that the popular SMAA Vet to Vet program will soon transition into a new non-profit organization called Vet to Vet Maine. Leadership teams from both SMAA and Vet to Vet have collaborated for several months to identify a path which

# THE WARDWELL

## Retirement Neighborhood

Offering Assisted Living & Senior Housing

*Welcome Home*



Serving Southern Maine since 1889.  
Call today for availability.

43 Middle Street, Saco, Maine 04072  
(207) 284-7061    [www.wardwell.org](http://www.wardwell.org)

## ADVERTISE WITH US!

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

Call or email for more information.

(207) 396-6533 • (800) 427-7411

[seniornews@smaa.org](mailto:seniornews@smaa.org)

# Evergreen Cemetery

## A National Historic Landmark & Active Cemetery

*Come Celebrate a Life*

Established in 1854, Evergreen Features:



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



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



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



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

## FIGHTING CANCER IS A TEAM EFFORT...

Our Kennebunk team (from L): Dee Dee Szumowski, Jennifer Cason RN, Kurt Ebrahim DO, Julie Baither FNP, Lisa Ricker, Erin Roy, Melanie Cogan ANP, Can (John) Ilyas MD, Jamie Brown, and Marcie Morin-Foisy RN.



## ...AND OUR PATIENT IS ALWAYS THE MVP.

New England Cancer Specialists is the region's leading cancer treatment team, led by the top physicians, nurses, genetic counselors and researchers in Maine, with a deep bench of experts in Boston and beyond. But with all this talent, year after year, the patient under our care is always the MVP.

**Ask your doctor for a referral, or call us for more information.**

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



  
**NEW ENGLAND  
 Cancer Specialists**  
[NewEnglandCancerSpecialists.org](http://NewEnglandCancerSpecialists.org)

2 Independence Drive, Kennebunk, ME 04043  
 (Just off I-95 Southbound Exit 25)  
**(207) 985-0008**  
 Scarborough • Topsham

## AAA ROADWISE DRIVER® Responsible Driving for Mature Operators



- 4 hour program designed to increase driving awareness & confidence behind the wheel
- Courses are led by AAA-trained & certified, professional instructors.
- Maine residents can qualify for a 55+ insurance discount<sup>1</sup>
- **Online course also available in Maine, New Hampshire & Vermont**



**COST** | \$15 for AAA members  
 \$20 for non-members

**\$10 OFF<sup>2</sup>**  
 AAA Roadwise Driver  
 Class with auto insurance quote  
**PROMO CODE: MO18**

Sign up for a Class Today! *Pre-registration is required.*  
**CALL 844.307.1605 CLICK [AAA.com/roadwisecourse](http://AAA.com/roadwisecourse)**

### CLASS SCHEDULE

**SEPTEMBER 12**  
 377 Western Avenue  
**Augusta, ME**

**SEPTEMBER 20**  
 68 Marginal Way  
**Portland, ME**

**SEPTEMBER 27**  
 452 High Street  
**Somersworth, NH**

**OCTOBER 10**  
 746 Daniel Webster Highway #3  
**Merrimack, NH**

**OCTOBER 17**  
 Hilton Garden Inn  
 Auburn Riverwatch  
 14 Great Falls Plaza  
**Auburn, ME**

**OCTOBER 24**  
 68 Marginal Way  
**Portland, ME**

All classes are 9 a.m.–1 p.m.

<sup>1</sup>Maine licensed drivers 55 years of age or older may receive an insurance premium discount upon successful completion of the online or classroom courses. Certain restrictions may apply. NH and VT drivers should inquire with their insurance provider for available discounts. <sup>2</sup>\$10 class discount offer valid for ME, NH and VT residents through 12/31/18 who mention the offer, register for the AAA Roadwise Driver class and receive an insurance quote for AAA Insurance. Discount valid on classroom course only. New quotes only. Not valid for online quotes. AAA insureds not eligible. NO PURCHASE REQUIRED FOR QUOTE. AAA Northern New England membership requires the separate payment of annual dues and an admission fee for new members. AAA insurance is a collection of AAA branded products, services and programs available to qualified AAA members. AAA personal lines insurance is provided by the Interinsurance Exchange of the Automobile Club (Exchange). AAA Northern New England is the licensed agent for the Exchange. Limit one \$10 discount per class, per household per 6 months. We reserve the right to provide a substitute discount. Membership is not required for discount offer. Driving school schedules, locations and pricing subject to change without notice. Copyright © 2018 AAA Northern New England. All Rights Reserved.