



2016 REPORT TO THE COMMUNITY

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Volunteer Highlights

This year 609 volunteers of all ages contributed 40,002 hours of service (the equivalent of 19 full-time employees) – making it possible for SMAA to:

- Deliver 144,262 meals to homebound older adults through Meals on Wheels
- Help over 5,200 individuals make informed decisions about their Medicare coverage
- Help over 250 adults improve their balance and prevent a fall through leading A Matter of Balance and Tai Chi for Health and Balance classes

Additionally, 466 RSVP volunteers (55+) contributed 34,289 hours of service (the equivalent of 16 full-time employees) to dozens of non-profits (including SMAA) throughout Cumberland and York counties.



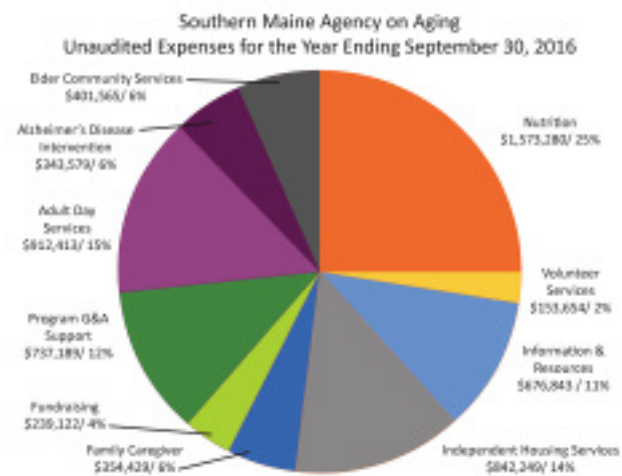
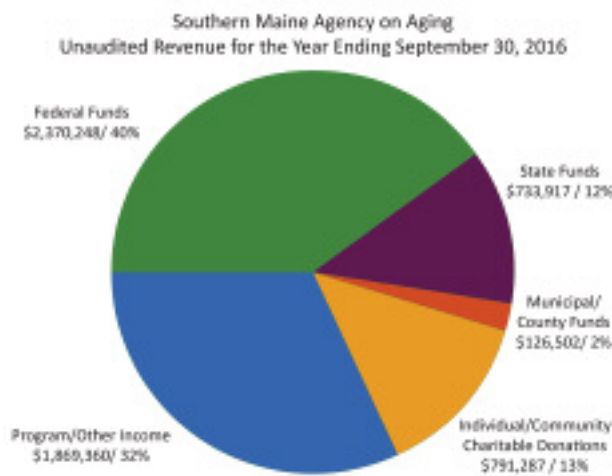
Meals on Wheels roses for Valentine's Day.



Business Innovation Award.



Maine Senior Games Opening Ceremonies.



*Figures are an unaudited estimate. Audited figures will be available in Spring 2017 by contacting SMAA.

Accolades & Milestones

- Laurence Gross, SMAA CEO received the inaugural John A. Hartford Business Award at the 2016 National Association of Area Agencies on Aging (n4A) conference. Mr. Gross was nominated by our partners at MaineHealth in recognition of our recent and successful collaborations.
- Simply Delivered received an Aging Innovations Award at the 2016 National Association of Area Agencies on Aging (n4A) conference. Simply Delivered is a collaborative effort between SMAA, Maine Medical Center, and the MaineHealth Accountable Care Organization with the goal of reducing 30-day hospitalization readmissions among high-risk Medicare patients by providing nutritious meals post-discharge.
- Vet to Vet received an Aging Innovations Award at the 2016 National Association of Area Agencies on Aging (n4A) conference. Vet to Vet is an effective and replicable companion program that connects disabled veterans with volunteer friendly-visitors who are also veterans themselves.
- SMAA opened the Sam L. Cohen Center — a state-of-the-art adult day center located in Biddeford. The Center will enable SMAA to serve up to 50 members with dementia or other cognitive decline daily. The Cohen Center also offers caregiver support through classes, workshops, and one-on-one outreach.



Polly Bradley with Senator Susan Collins

- Polly Bradley, Director of Adult Day Services, was invited by Senator Susan Collins to testify on the importance of adult day services and caregiver support before the Senate Special Committee on Aging in early April. The hearing entitled: Finding a Cure: Assessing the Progress Toward the Goal of Ending Alzheimer's by 2025, included three other witnesses: Dr. Ronald Petersen, Chair of the National Alzheimer's Project Act (NAPA) Advisory Council on Alzheimer's Research, Care and Services; David Hyde Pierce, award winning actor, advocate and former member of NAPA's Advisory Council on Alzheimer's Research, Care and Services and Lisa Baron, Executive Director, Memory Home Care Solutions.
- The Maine Senior Games achieved a record high for participation in recent years — 651 athletes.
- Thank you to the 1,713 donors who contributed \$562,347 to last year's annual fund. Of those donors, 522 were first time donors to SMAA.
- Floyd Hastings was selected as a Myra Kraft Community MVP award winner for his volunteer work with SMAA's Vet to Vet program.
- SMAA's Sam L. Cohen Center was featured in the Wall Street Journal article titled "Family Caregivers Become More Crucial as Elderly Population Grows" by Jennifer Levitz.

Community Partnerships

- SMAA and OceanView at Falmouth worked together to bring several events to the Stewart Center and Lunt Auditorium including our Quarterly Education Seminars for Caregivers, the Second Annual Pooch Parade, and a free community screening of the film: Nine to Ninety
- SMAA worked with 26 restaurants, cafeterias, community organizations, and food support organizations to help provide 38,189 meals to seniors through our As You Like It and Community Cafés dining programs.
- The Center for Agewell Programs at SMAA collaborated with the University of New England, MaineHealth, Kindred at home, MaineHealth Care at Home, Maine Senior Guide Expo, York Hospital, and Larrabee Village to host fall risk screenings at several locations throughout southern Maine for National Falls Prevention Awareness Day.



Senator Collins with the Sam L. Cohen Center staff.



Sam L. Cohen Center building dedication.



Meals on Wheels Community Leaders Day.



Second Annual Pooch Parade at the Stewart Center.



Vivian Howe, Meals on Wheels volunteer, and JoAnn McPhee, Nutrition Manager, celebrating Vivian's Scarborough Terrace service award.



Derby Day hats at the Cohen Center.

Enhanced Services in the Community

- SMAA was awarded the Alzheimer's disease Initiative (ADI) grant by the Administration for Community Living. The goal of the grant is to provide a more comprehensive and sustainable network of training, referral, and person-centered services to support individuals living with ADRD and their family caregivers. Key objectives for the ADI grant include: identifying and assisting people living alone with dementia; promoting provider collaboration and caregiver education to assist people with and intellectual disability who are aging into dementia; and providing behavioral symptom management and expert consultation for family caregivers.
- SMAA, along with the four other Agencies on Aging in Maine, was awarded the Evidence-Based Falls Prevention Grant by the US Administration for Community Living to expand falls prevention programs throughout the State of Maine. The goal of the grant is to develop an evidence-based falls prevention statewide network to provide programming to 1,700 Mainers across the state over two years and to build partnerships with communities and healthcare entities to sustain the programs into the future. Together the Agencies will champion two recognized programs proven to improve balance and reduce the fear of falling: A Matter of Balance and Tai Chi for Arthritis.
- SMAA's Family Caregiver Support Program helped 900 families with access to resources, support groups, respite care, and educational programs – like Savvy Caregiver – that help families continue to provide needed care, while also taking care of the caregivers.
- Our Resource Specialists provided crucial information and support to 9,485 older adults, adults with disabilities, and their families. Our Resource Specialists help individuals sort through the many programs and services available that help older adults live independently well into their elder years.



Vet to Vet volunteer Team 6.

SMAA relies on private donations for 13% of its operating budget. To donate toward our work, call 396-6500 or visit www.smaa.org. Services of SMAA are also supported by state and federal funds through the Maine Office of Aging and Disability Services, the Corporation for National and Community Service, Centers for Medicare and Medicaid, and HUD's Community Development Block Grants from the cities of Biddeford and South Portland and Cumberland County, most of which require matching money from local communities, grants, and donations. SMAA is an equal opportunity non-profit, charitable organization.