



SERVING OUR COMMUNITIES FOR 50 YEARS



Annual Community Report

Fiscal Year 2023

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Megan Walton was named one of MaineBiz's 2023 40 under 40 honorees



SMAA and AARP Foundation volunteers receive Governor's Outstanding Volunteer Team Award for helping hundreds of older adults receive their \$850 relief checks



SMAA staff celebrate 50 years at our annual employee appreciation event

Reflecting on our 50th year and looking toward the months ahead, we are overwhelmed with pride for the work that we do each day — hand in hand with partners — to enrich the lives of older adults and their caregivers in Maine. From fighting food insecurity and homelessness to increasing engagement in socially vulnerable towns to growing our community partner network to taking a lead role in Maine's vaccine education — together we are implementing solutions to the increased health disparities we see in our communities. At the same time that our direct service programs are empowering individuals to live to their fullest potential, we are also advocating at the state level for changes to the systems that oppress our most vulnerable citizens.

We express our sincerest gratitude to the individuals, organizations, foundations, municipalities, corporations, and State and Federal partners who make this work possible. Thank you for your support and your collaboration. We look forward to continuing to work on behalf of older adults and their caregivers in the years ahead.

Megan M. Walton
CEO

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SMAA champions for change



Eddie and his best friends



Eddie presents SMAA with a gift for the Best Friend Fund

Helping older adults and their best friends

Many SMAA programs support older adults by tackling chronic loneliness and social isolation, which are associated with an increased risk of heart disease, depression, and cognitive decline. One piece of this puzzle is the Best Friend Fund, established by Eddie Woodin and his wife Nancy Robinson in 2010 to help older adults with low income take care of their pets. "We in Community Services are really thankful for this fund because we know that these companion animals are frequently the only beings that are consistently with our clients and in some cases the only family they have," shares Isabella Rieger, SMAA Resource Specialist. "A connection with an animal is invaluable to many of the people we work with — especially those who are housebound, depressed, or otherwise isolated."

The Best Friend Fund covers one-time costs for pet care, including vet bills, emergency food or medications, annual exams, and vaccinations. Eddie says, "I am grateful for the opportunity to partner with SMAA on the Best Friends Fund over the past thirteen years. The concept was to fight loneliness in older adults by helping to keep their 'best friends' healthy. Yes, to so many, pets are their best friends! Thank you, SMAA!"

And thank you Eddie, Nancy, and all who give to the Best Friend Fund each year!

Remembering Vivien A. Pitman: nurse and advocate for exceptional care

The Southern Maine Agency on Aging recently received a generous anonymous donation in memory of Vivien A. Pitman, of Saco. She will long be remembered for her services to her community.

Vivien graduated with a registered nursing degree from Maine General School of Nursing in Portland in 1936. In 1941, she was named an instructor at the Mercy Hospital School of Nursing. Throughout her career, she inspired numerous patients, nurses, and doctors.

Vivien joined the U.S. Army Nurse Corps in 1942 and served in England. She was given a medical discharge after contracting tuberculosis.

In 1958, Vivien realized her dream of starting and managing a long-term care facility in South Portland. The home was a labor of love that quickly earned a statewide reputation for its exceptional care.

Although Vivien's life of service has ended, her legacy continues to inspire others. The donation received in Vivien's memory will go directly towards supporting SMAA's services and programs for older adults. The Agency is honored to continue Vivien's legacy of helping community members in need.

Support from our donors fuels SMAA to have greater impact, reach more individuals, and continue to champion for change on behalf of older adults here in Maine. We appreciate your consistent and steadfast support.



Vivien A. Pitman

Together we are...

Reaching diverse and underserved communities

This year, SMAA built a network of 40 community partners (listed below) to ensure that Older Americans Act services reach people with the greatest social and economic need. Thanks to these partnerships, SMAA is impacting an increasingly diverse community of older adults, including asylum seekers, immigrants, refugees, people in rural areas, LGBTQIA+ individuals, veterans, people experiencing homelessness, and people with low income. With the support of SMAA, these partners are providing a full range of services to combat food insecurity, homelessness, isolation, and health disparities. Services include food pantry deliveries and pickups, health education and exercise classes, socialization and community building opportunities, group meals, and so much more! We are thrilled to collaborate with these incredible organizations to enhance the aging services system in Southern Maine for a diverse community of neighbors!



Participants from SMAA's Tai Chi Class taught in Arabic

- | | |
|--|--|
| Age Friendly Saco | Maine Association for New Americans |
| Age Friendly Windham | Maine Immigrants' Rights Coalition |
| AK Health And Social Services | Portland Area Villages dba Independent Seniors Network |
| Amistad | Portland Community Squash |
| Berwick Public Library - Berwick for a Lifetime | Presente! Maine |
| Biddeford Food Pantry | Project Grace |
| Catholic Charities Maine: Refugee & Immigration Services | Sacred Heart/St. Dominic Food Pantry |
| Community Outreach Services | South Portland Public Library |
| Crosswalk Community Outreach | South Sudanese Group of Friends |
| EqualityMaine | The Community Gourmet |
| First Assembly of God Food Distribution Ministry | The Grateful Undead |
| Freeport Community Services: Age Friendly | The Salvation Army |
| Freeport & Pownal | Town of Cumberland: Active Living 55+ |
| Gorham Food Pantry | Vet to Vet Maine |
| Greater Portland Immigrant Welcome Center | Wayside Food Programs |
| Harrison Food Bank | YMCA Trafton Senior Center |
| Heart to Heart | York Community Service Association |
| Her Safety Net | York County Community Action Corporation |
| In Her Presence | York County Elder Abuse Task Force |
| Khmer Maine | York County Shelter Programs |
| Habitat for Humanity of Greater Portland | |

"The care that many of us take for granted is still not readily available in underserved communities. Care in the home, or as close to the home as possible, drives down costs, improves quality, and builds trust. We must deploy as many resources as possible into the community we serve. Every day, SMAA does just that."
- Tony Welters, keynote speaker



Charting the future

As part of commemorating SMAA's 50th anniversary, we celebrated with a packed room at our annual Charting the Future event. These events are key in gathering older adults, caregivers, and providers to disseminate key information on resources, services, and advocacy related to aging in Maine and across the country. Thanks to the support of our corporate sponsors, match pool challenge donors, and individuals, this year's event raised \$173,705 to support vital programs and services. We are grateful for the generosity of our community.



Julie Mascari, SMAA Board President; Tony Welters, Keynote; Megan Walton, SMAA CEO; and Brandon Walker, CinqCARE



Jim Clark, 2023 Volunteer of the Year

THANK YOU TO OUR 50TH ANNIVERSARY SPONSORS

INNOVATOR



EXPLORER



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“Congratulations, Southern Maine Agency on Aging, for 50 years of service to the communities in Southern Maine! The services and programs you provide make a big difference in the lives of older Mainers. You bring meals, provide family support, offer expert advice on insurance and drug benefits, and direct people to community resources to help with specific needs. Importantly, you provide critical leadership in Maine’s advocacy network, working to ensure supports and services meet emerging needs, and designing services that work for everyone, including diverse older people.”

- Jess Maurer, Executive Director, Maine Council on Aging

Helping Mainers “AgeWise”

Southern Maine Agency on Aging is leading a statewide immunization education and information effort: the AgeWise Maine Initiative. In January 2023, SMAA received a prestigious Aging & Disability Vaccination Collaborative grant to provide immunization education, information, and assistance to thousands of older and disabled adults statewide, in partnership with the four other Maine Agencies on Aging. SMAA’s initiative is one of only three funded statewide efforts throughout the United States. Since its launch, the AgeWise initiative has offered over 190 immunization clinics throughout the state and administered 8,537 vaccines. Learn more at AgeWiseMaine.org.



8,537

Total COVID-19 and Flu vaccinations administered through the AgeWise Maine Initiative



Building knowledge

In 2022, SMAA relaunched The Exchange: Southern Maine Alliance for Older Adults, a networking group that enables stakeholders to connect, collaborate, and share resources to improve the health and well-being of older adults in Maine. Comprised of direct service providers, volunteer organizations, and other members of the community working on behalf of older adults in York and Cumberland counties, The Exchange continues to foster broader conversations on aging and advocating for the people we serve. Topics for Exchange meetings in 2023 included Resources for Caregivers, Vaccinations for Older Adults, Suicide Prevention, and Preparing Older Adults for the Winter Months. For more information, visit smaa.org/TheExchange.html

SMAA serves Cumberland and York counties with a special focus on providing direct services and resources to individuals living in towns with a moderate to high Social Vulnerability Index rating. Over 1/3 of SMAA clients live below the federal poverty line.

Addressing homelessness in older adults

The gap between affordable housing production and eligible, low-income older adults in need of housing is growing rapidly. In 2023, the National Low Income Housing Coalition reported that Maine is short an estimated 22,500 affordable homes, and the Maine State Housing Authority found that the state will need to build an additional 80,000 homes by 2030 to meet housing needs.

Providing support and resources to keep older adults in their homes is a vital and urgent need to prevent rising numbers of homeless older adults in our area. Since March 2023, thanks to philanthropic support from the community, SMAA has served over eighteen older adults facing an eviction by providing intensive case management services, helping fill out rental assistance and benefits applications, collaborating with partner agencies to provide legal assistance, and addressing underlying issues and social needs that may have caused eviction risk in the first place. Of those individuals, several have stabilized housing with our support, and we continue to work to find solutions for the other individuals on our caseload.

Additionally, SMAA has a dedicated staff person who helps connect older adults with housing, and works diligently with our partners in York and Cumberland counties to provide assistance. SMAA’s new Elder Homelessness Prevention pilot program offers a solution to the dramatically growing challenge of housing insecurity among our older neighbors in Maine, and we look forward to engaging the community to address this critical need.

Meeting urgent needs



By connecting all older adults to community, services, and a sense of purpose, we can end social isolation and, in turn, have a healthier population and a stronger state.

46% of adults 55+ in Cumberland and York counties would not have another housing option if they lost their current housing.*

*Snow, K. et al. (2023). Maine State Plan on Aging Needs Assessment. Catherine Cutler Institute.



Resources and support to the **6,742** people who called our Information and Referral line



Provided one-on-one Medicare Counseling to **1,329** individuals



The Money Minders team contributed **206** hours to helping older adults successfully manage their finances

Battling food insecurity and social isolation



Community café attendees and their game prizes



230,104

nutritious and delicious meals through our Meals on Wheels program



91,736

meals served in congregate settings



"I asked everyone to write on a wooden leaf or acorn something that they were thankful for, and we hung those on the tree. The messages were beautiful, and the most common thing written was 'friendships'. I'm thankful to be part of bringing some of those friendships together!"
- Bobbi, SMAA Yarmouth Site Coordinator



1,033

friendly conversations through the PhonePals program to combat social isolation

Community cafés

By providing an opportunity for older adults to socialize with other attendees while enjoying a tasty lunch, SMAA Community Cafés are nourishing for the body and soul. Along with great food and conversation, many of the luncheons also offer entertainment such as games, musical performances, and educational opportunities.

Meals on Wheels

For decades, Southern Maine Agency on Aging has been delivering nutritious and delicious meals to homebound older adults in Cumberland and York counties. Our Meals on Wheels program is more than just food; it is also a wellness check and friendly visit for individuals who often may not otherwise have a chance to socialize. Volunteers and staff are trained to make sure that clients are safe when they make their delivery. This brief check helps to provide peace of mind to our clients and their families.

Agewell programs

When surveyed, 19% of adults 55+ in southern Maine had fallen in the last six months.* Every eleven seconds an older adult is treated in the emergency room after experiencing a fall. Older adults are also more likely to experience negative mental and physical health effects resulting from isolation, especially in the winter. Southern Maine Agency on Aging addresses and prevents these issues through its nationally recognized, evidence-based Agewell classes and workshops. These programs take a whole-person approach to well-being, offering in-person and virtual opportunities for health education, strength screenings, gentle exercise classes, and discussion groups. Agewell programs enhance stress management, physical activity, and social engagement for participants.

**Snow, K. et al. (2023). Maine State Plan on Aging Needs Assessment. Catherine Cutler Institute.*

Maximizing independence

Many of SMAA's programs rely on the helping hearts and hands of our 400+ volunteers. Thank you to everyone who has helped us enrich the lives of older adults and their caregivers in southern Maine!

Adult day program at the Sam L. Cohen Center

Research suggests people with cognitive loss who regularly engage in social interaction maintain their brain vitality. At SMAA's Adult Day Program for older adults with dementia, we foster close personal relationships with and between members which stimulates the brain, effectively slowing down the memory loss process while combating depression and isolation. Person-centered activities are suggested based on each member's personal interest and abilities, and may include art, entertainment, gardening, exercise, and music. And while their loved ones enjoy this home away from home, caregivers receive several hours of much needed respite.

Family caregiver support

In Maine, an estimated 166,000 family caregivers are providing \$2.9 billion in unpaid care to loved ones. Caring for someone's health and personal needs can be rewarding, but also physically demanding and emotionally draining. Sometimes, caregivers are so busy taking care of their family members, that they overlook their own needs and become exhausted, making it difficult to continue caregiving. Along with information, resources, and support, SMAA's Family Caregiver program provides caregivers with applicable classes, support groups, respite care, and financial assistance.



Dancing at SMAA's Sam L. Cohen Adult Day Program



"She loves it...it's the best thing we could have ever done."
- Daughter of Sam L. Cohen Adult Day Program client



16,846

hours of care and services to older adults at our Adult Day Program in Biddeford



15,766

hours of respite to family caregivers



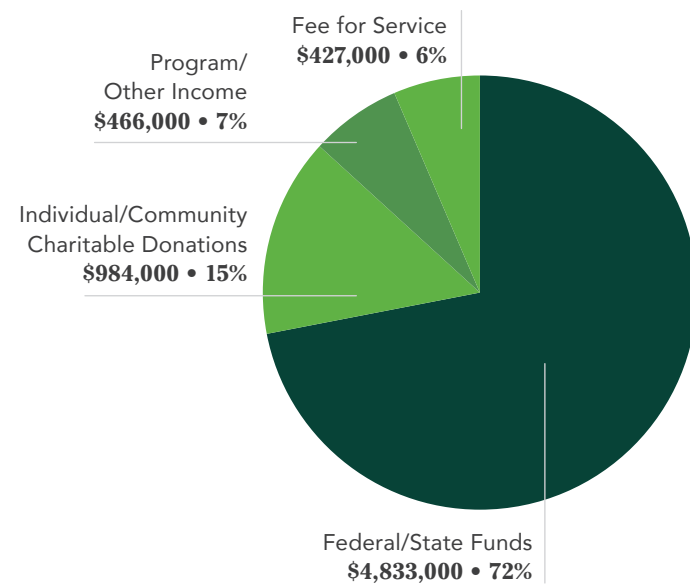
The One SMAA Team Program received a 2023 Aging Achievement Award from USAging!

“Congratulations to Southern Maine Agency on Aging in their 50th Anniversary Year. We are grateful to Area Agencies on Aging like SMAA that continue to pave the way for innovative solutions for older adults. By working in partnership with their local communities, SMAA is making a difference.”

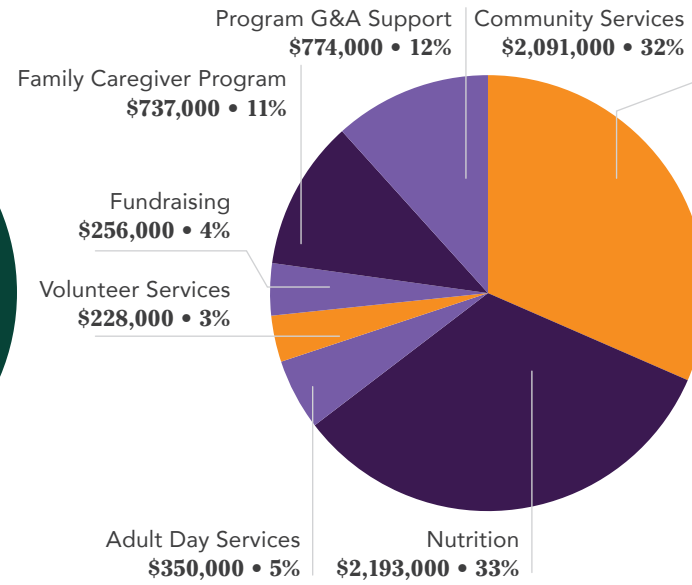
- Sandy Markwood, Chief Executive Officer, USAging

Financials

Revenue for the Fiscal Year Ending 9/30/23: \$6,710,000



Expense by Program for the Fiscal Year Ending 9/30/23: \$6,629,000



We want to extend our heartfelt appreciation to the individuals, foundations, corporations and organizations who generously donated to SMAA between October 1st, 2022 and September 30th, 2023. Thank you for your commitment to older adults in our community. Every effort has been made to ensure accuracy of these lists. If your name has been misspelled, omitted or improperly listed, please accept our apologies and contact us at development@smaa.org or (207) 296-6571 so we may correct our records.

Merrill Lifetime Gift Society
Total lifetime giving of \$1,000,000+
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The Estate of Loraine Merrill

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FOR 50 YEARS

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