

## Welcome to the Winter Edition of Senior News

### New Web Site and TV Commercial

I am very pleased to announce that in January SMAA launched two important projects funded by the JTG Foundation. The grants received in 2007 and 2008 funded a new SMAA web site and a statewide publicity campaign for Meals on Wheels.



With the help of web site developer Tim Blair of Digital Goat Consulting, and our own Director of Community Education, Eileen Whynot, SMAA now has a modern, informative, and interactive web site. Check out our newly designed site and its many features at [www.smaaa.org](http://www.smaaa.org).

The second grant from the JTG Foundation made it possible for a TV commercial produced by the Meals on Wheels Association of America to debut in Maine! On January 19th the commercial, featuring actor Richard Gere and his father, Homer, began a four-week, 331 spot, run on WCSH TV in Portland and WLBY TV in Bangor. Homer Gere lives in upstate New York and has been delivering Meals on Wheels for 20 years. The commercial directs viewers to [www.MaineMealsOnWheels.org](http://www.MaineMealsOnWheels.org), or the statewide, toll-free number 1-877-353-3771, to sign up, volunteer or make a donation for Meals on Wheels.

### Main Office Under Construction

SMAA received a low cost loan from USDA Rural Development to improve its main office building's accessibility and energy efficiency. Exterior windows have been replaced and work is continuing on a new wheel chair ramp at the main entrance. Automatic door openers will be installed on all exterior doors. New energy efficient lighting for both inside and out along with automated heating, ventilation and air conditioning controls will be installed in the next few weeks. Final touches include a resurfaced parking lot and a new gas burner for the next heating season. These improvements are expected to save an estimated \$30,000 per year in energy costs.

### Warm Coats

In November LL Bean collected more than 1,500 gently used winter coats and jackets for Maine's five agencies on aging to distribute throughout the state. If you are age 60 or older and need a warm coat,

call 1-877-353-3771 and we will match you with a warm coat.

### On the Horizon

Hard economic times affect everyone and Maine's agencies on aging continue to help older adults and their family caregivers with significant programs and benefits. At SMAA we strive to continually improve our services and work as efficiently and cost-effectively as possible.

On behalf of the Southern Maine Agency on Aging, I appreciate the loyal giving of our donors, because without your gifts we would be unable to keep offering needed programs that help older people live as independently as possible. Consider giving a tax-deductible gift either through our new web site or by mail using the coupon on page 11.

To all of our donors, sponsors, advertisers, volunteers and staff, thank you for your support and work in 2008.



**Laurence Gross**  
Executive Director  
Southern Maine Agency  
on Aging

## "Feed the Birds" is Scarborough Man's Theme Song



**Eddie Woodin, founder of Friends of Birds and Nature, is providing birdseed to older people in Scarborough who can't afford to feed the birds this year.**

By Susan DeWitt Wilder

The wind is whipping the snow across the marsh, the drifts are high, and I'm struggling through knee-deep snow to get to the birdfeeder because I'll feel terribly guilty if it sits empty through the storm. I'm grateful I can do this. How about when I'm older? Will I be able to wade through the snow with the bird seed? What if I have to stop feeding

the birds because I can no longer afford the seed? If I can afford to buy seed, will I be able to haul those 50-pound bags from the hardware store?

Those are the questions Eddie Woodin of Scarborough, a bird lover with 31 birdfeeders on his two acres, asked himself.

Then he stepped forward and created a project that should be a model around the country. In December he began providing high-quality birdseed for older people in Scarborough who can't afford to fill their birdfeeders.

On a recent Saturday I sat with Mr. Woodin and five older women in an assisted living home talking about birds and their habits, different types of feed, and philanthropy.

He is providing a special shelled birdseed that will attract more birds to the six birdfeeders at the home. He brought with him a new peanut-based feed he was excited about.

Woodin is an avid birder who began reading bird books when he was eight years-old. Nearly four years ago he created Friends of Birds & Nature to provide greater awareness of birds and the habitats they need. Preserving old apple orchards, mowing fields after August 15 to avoid harming nesting birds, and providing nesting boxes for tree swallows, kestrels, and finch-



**Zella Morgan, 83, takes a whiff of a new peanut butter-based birdfood held by Eddie Woodin.**

continued on page 3

**Southern Maine Agency on Aging**  
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Scarborough, ME 04074

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**Charlotte Gregorie of the Junior League of Portland delivered 23 bags of holiday food fixings that were given to Meals on Wheels recipients in holiday gift baskets. Gregorie coordinates "Done in a Meeting" projects tackled by the New Members of the League. Shown with Gregorie are Executive Director Larry Gross and Ted Trainer, Director of Healthy Aging, which includes Meals on Wheels.**

Visit our new web site  
**www.smaaa.org**  
or call 396-6500 for answers on aging.

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**Senior News**

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Circulation: Mailed to 16,000 households in southern Maine and 3,000 copies are delivered to newsstands. An additional 1,000 copies are distributed through Agency on Aging events and locations. "Senior News" has contracted for auditing by The Certification Verification Council (CVC).

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

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

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**Mission Statement**

The mission of the Southern Maine Agency on Aging is to ensure that older people living in southern Maine, especially those who are frail, living alone, or have a low income, receive the support necessary to maintain their independence in the community.



The Southern Maine Agency on Aging is a BBB Accredited Charity.

**"Feed the Birds" continued from page 1**

es are all methods Friends of Birds & Nature encourage to help maintain strong bird habitats. The birdseed project is its newest effort.

"I've wanted to do this for three years, so I ran a few ads and brought on Michelle Spear of Scarborough as project manager. She is a wonderful ambassador." When Michelle receives a call, she visits and brings ten pounds of seed. "I personally get so much out of this. One woman said she could no longer afford to feed the birds and told me I was the answer to a prayer. I deliver the seed and then check back to see when people need more."

Because Michelle knows she can't reach everyone, she is grateful for offers of assistance such as that from the Scarborough Garden Club. She hopes other volunteers will help extend this project by shoveling pathways to feeders and filling feeders for their older neighbors. If there's financial need, Friends of Birds & Nature will provide the seed for Scarborough residents.

Michelle says, "We want people to reach out to their neighbors so the word gets out there. If you know of someone who needs this kind of assistance call me at 883-2696."

Woodin encourages people in other towns to step forward and create something similar, even if it's just to help an older neighbor or two. "I believe in focusing locally and leading by example. Now the question is, how do we clone this?"

According to Woodin, "A bird feeder and a bird book, it's a great way for older people to enjoy nature from indoors and to fight loneliness." Zella Morgan is one of the women joining the conversation. She is 83 and has been doing pen and ink sketches of birds for 40 years. She shares these with Eddie and tells him how happy she is that the six feeders in their courtyard will be filled regularly and that she'll be seeing more birds there. She adds, "Watching the birds gives you something to think about aside from yourself."

Woodin clearly gets joy from thinking about others. He was recently voted Scarborough's "Great Person" (the vote took place before he launched his latest project.) His philosophy: "It's the people and the natural resources in Scarborough we should invest in." Woodin now gives generously through his company Woodin & Co that he started 15 years ago, but he's always supported charitable causes, even when he didn't have much to give. He also tithes his time to charity.

For Woodin, who uses 75 pounds of birdseed a week in his own feeders, this commitment to the birdseed project comes directly from his passion. And as he says, "Maybe we can give this project some legs!"

If you are or know of a Scarborough resident who can't afford to feed the birds this winter, call Michelle Spear at 883-2696. Michelle is also available to give advice if you'd like to organize a similar project in your town or neighborhood.

# Medicare "Birthday" Seminars

**Staff and Trained Volunteers Help People Turning 65**

## "Learn About Your Medicare Options"

Seminars to learn about Medicare are held the 1st and 3rd Thursday of every month at the Southern Maine Agency on Aging. Reservations are necessary. Call to reserve your seat or send an e-mail to [veisenhart@smaaa.org](mailto:veisenhart@smaaa.org). Each seminar runs from 10 AM to noon.

Appointments with an Elder Advocate can be scheduled on a first come, first serve basis following each seminar.

What to bring with you:

- Medicare Card
- List of drugs and quantities you take
- Social Security Number
- Income and asset figures (in case you qualify for reduced costs)
- Your current health insurance information

Call: 207-396-6500, 1-800-427-7411, TTY: 883-0532

## Do you suffer from sleep disordered breathing or sleep apnea?

**A**WAKE is a quarterly educational program and support group, held at MMC's Learning Resource Center, 5 Bucknam Road, Falmouth on February 11, May 13 and August 12 from 6:00 to 8:00 PM. Call 885-8570.

# Wear Red Day is February 6

The American Heart Association is working hard to raise awareness of women and heart disease by encouraging women to tell their stories of heart attack and recovery. See [www.heart.org](http://www.heart.org) for more details. Women tend to experience the less common signs of a heart attack including:

- Dizziness or nausea.
- Unusual chest, stomach or

abdominal pain.

- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweat or paleness.
- Difficulty breathing.

Get immediate medical help by calling 9-1-1. Don't attempt to drive yourself or have someone drive you to a hospital.

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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 an older loved one 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.

## Programs to Help People Caring for Someone with Dementia

Kate Dulac, MS, LCPC,  
Caregiver Advocate

### Why?

Providing care for an aging friend or family member can sometimes be very challenging especially when that person has any form of dementia. There may be medical issues to deal with, as there are with many of us as we age, but what makes caring for someone with dementia so difficult are the other changes, which often come on gradually. As dementia progresses, people respond and interact differently. Initially those changes may involve memory, particularly short-term memory, or being able to recall words. Over time there are often behavioral differences as well. Sometimes people with dementia seem to transform into very different people than the ones we always knew and this makes caregiving all the more difficult.

Adding to the sense of loss caregivers feel is the struggle to cope with what can sometimes be very difficult behaviors. When you are taking care of someone whose moods are changeable and whose behaviors may be unpredictable, it is easy to feel overwhelmed. How do caregivers learn what to do when these changes begin? Where can

they turn for ideas and support? How can caregivers take care of themselves while postponing the need for long-term care?

### New Programs

The Maine Office of Elder Services has been awarded grants that will provide support for people caring for someone with dementia. These grants will be delivered through Maine's five Area Agencies on Aging along with the Alzheimer's Association. These two new programs are "Healthy IDEAS" and "Savvy Caregiver."

The "Healthy IDEAS" program is an evidenced-based depression screening program for caregivers. It was initially implemented in Maine last year as part of a grant that was only available to participants in our "Partners in Caring" respite program. This new grant will allow the program to be available to all family caregivers of people with a diagnosis of dementia. The program involves a screening for depression, referral to additional health care providers when appropriate, and development of a personal behavioral activation program to help identify activities for the caregiver that will improve mood and well-being, along with ongoing individual support.

"Savvy Caregiver" is a 12-hour psycho-educational program focused on strengthening caregivers' skill, knowledge and outlook. The training takes place over several sessions and provides a framework

for caregivers to better understand dementia and to provide care while maximizing the safety and well-being of both themselves and the person with dementia. The goal is to learn how to structure the environment in such a way that frustration is kept to a minimum. Caregivers will also learn to recognize the value of all they do and the importance of self-care. These trainings will take place in a variety of locations across York and Cumberland counties over the next three years.

As always, if you are caring for an aging friend or family member, the Family Caregiver Support Program offers ongoing support groups including an online support group, as well as individual consultation and assistance identifying resources.

If you are caring for someone with dementia and you are interested in learning more about one of these programs, contact the Family Caregiver Support Program at SMAA at 1-800-427-7411 x 558 or email kdulac@smaa.org.

## Family Caregiver Support Program Awards Mini-Grants

SMAA's Family Caregiver Support Program (FCSP) is pleased to announce the awarding of four collaborative mini-grants to serve as seed money to initiate

projects, programs, services or resources to assist family caregivers. The FCSP target populations include unpaid family and friends who are assisting adults age 60 and over, family caregivers of people with dementia, and kinship parents age 55 and over.

Grant projects will be completed by June 30, 2009, with plans in place for continuing beyond the grant period if they prove feasible. Projects are collaborative in nature, and will be carried out by the grantee and the Family Caregiver Support Program staff.

We were fortunate to receive a number of valuable proposals, and the choices were not simple to make. 2009 grantees include:

**Community Partners, Inc.,** will develop resources, and provide support and education for caregivers of people with dementia. They will be building on their expertise working with people with developmental disabilities, a number of whom develop dementia in later life.

**University of New England's Maine Geriatric Education Center** will revise and update the Older Adult Resource Toolkit, first issued in collaboration with SMAA in 2006. 400 hard copies were distributed to health and human services professionals, and the Toolkit has been available on the Internet. The project will include a survey of current users, update of the Toolkit, dissemination via the Internet, and follow up with users.

**Jewish Family Services** will identify and develop strategies and resources to support family caregivers in the Jewish community who experience disruption in their religious observances due to their caregiving responsibilities.

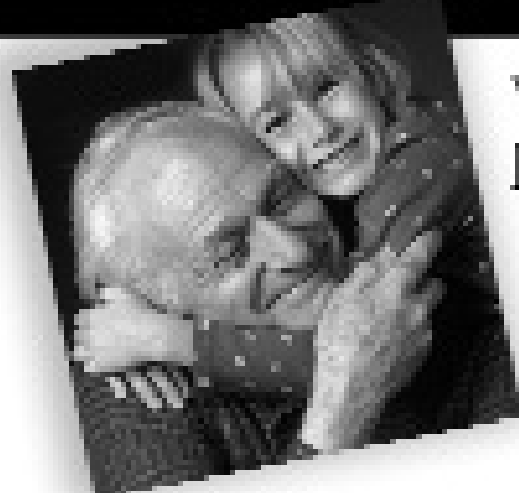
**Paula Banks Consulting** will partner with SMAA, the Cape Elizabeth TRIAD, and Cape Elizabeth High School for a "Senior-to-Senior" volunteer program to pair high school seniors with older adults needing assistance. The project can serve as a model for other communities to replicate in the future.

As the grant projects develop, updates will appear in the "Senior News." Congratulations to the grantees!

Visit [www.smaa.org](http://www.smaa.org)  
for answers on aging.

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# Family Caregiver Support Program



## New Programs Supported by Mini-Grants in 2008

SMAA's Family Caregiver Support Program (FCSP) awarded four collaborative mini-grants for 2008. All projects were completed jointly by the grantee and Family Caregiver Program staff. Here are the results:

**Bev Thorpe, LCSW** offered a series of brown-bag lunch meetings for employees of Southern Maine Medical Center and its affiliates who are family caregivers or assisting older adult patients and their families. An ongoing community group for family caregivers began in September, meeting on the 4th Saturday of the month. Periodic classes for employees will continue to be offered through SMAA.

**Community Counseling Center** offered support / education sessions for family caregivers of older adults with mental illness, and provided education for their staff about caregiver issues and resources.

**Dona Forke of Wellness Associates** developed a wellness newsletter for older adults in the Lakes Region, which includes resources for family caregivers and caregiving grandparents / relatives, along with other information on health promotion for older adults and family members. The printed version is available, and Dona plans to post and update it online.

**Maine Medical Center's Geriatric Center** initiated a caregiver support group, which meets in the early evening to accommodate caregivers who work during the day. The group continues to meet on the 1st Monday of the month. The Early Memory Loss Support Groups also did some innovative exploration of community resources through this grant.

Thank you to all grantees for their hard work and creative ideas, which have expanded the support and resources available to family caregivers and kinship parents.

## Support Groups for Family Caregivers

Is caring for an aging family member or friend leaving you feeling... Tired... Isolated... Sad... Guilty... Stressed? Want to talk with other people in this situation and share ideas?

**Bridgton:** 2nd Wednesday of the month, 1:30-3PM at the Bridgton Community Center. Contact Oretta Baker at 647-8095

**Portland:** 1st Monday of the month, 5:30-7PM at the MMC Geriatric Center (66 Bramhall Street). Contact Ann O'Sullivan at 1-800-427-7411

**Scarborough:** 4th Thursday of the month, noon to 1PM at SMAA. Contact Kate Dulac at 1-800-427-7411

**York:** 3rd Tuesday of the month, 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700

**York:** For people with congestive heart failure and their families, 1st Tuesday of the month, 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700

**On-line support group:** This 24 hour/day message board is simple enough for even the least experienced computer user. If you are car-

ing for an aging family member or friend, and you have Internet access, please join us! Contact Kate at SMAA, 1-800-427-7411 or online@smaaa.org.

**Other areas:** Please call Kate or Ann at SMAA, if you are looking for a group in another area. Toll-free number is 1-800-427-7411.

**CARING FOR YOUR AGING FAMILY MEMBERS**

**SUPPORT GROUP 9:30-10:30 AM 4th Saturday of each month**  
Southern Maine Medical Center, Biddeford

**ARE YOU HELPING AN OLDER FAMILY MEMBER OR FRIEND?**

<b>DO YOU?</b>	Give transportation for errands or appointments?      Help manage paperwork?
	Help with grocery shopping or picking up prescriptions?      Provide emotional support?
	Help clean or make household repairs?      Organize health care?
	Give nursing care?      Help with personal care? <b>IF YOU DO, THIS MAY HELP!</b>

This series will offer discussion, education, and support for family and friends helping older adults.

**THERE IS NO CHARGE.**

For more information about this group, contact Bev Thorpe at 615-4659. For other family caregiver resources, contact the Family Caregiver Support Program at 1-800-427-7411, Ext. 558 or Ext. 541.

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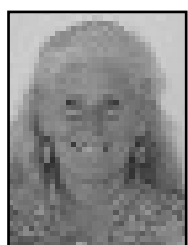
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## What is EnhanceWellness?

By Patti League, RN  
 Partnership for  
 Healthy Aging  
 Maine Health



EnhanceWellness can help you achieve it.

### What does EnhanceWellness include?

Would you like to live a healthier lifestyle, but you're not sure where to begin? Perhaps you know where to begin, but would like some help to achieve your goal. If so, the EnhanceWellness Program could be for you.

**The EnhanceWellness Program is designed to support you in making changes to improve your health and well being. It can help you set a goal for better health, and then provides support to help you achieve and maintain your goal. You might choose to become more physically or socially active, eat more nutritiously, or manage high blood pressure or diabetes. Whatever your goal, En-**

You will have your own team to help you—a registered nurse, a social worker and a trained health mentor. The program includes a health screening and a health action plan that you develop to help you meet your goal. You will receive ongoing personal encouragement and feedback, health education and links to other community services. You decide which health behaviors you would like to address. The emphasis is on personal choice:

"It's up to you what to do with this information,"

"You are the one in charge here."

EnhanceWellness participants have been successful in reaching and maintaining the health goals they have set for themselves. Past

goals have included: increasing physical activity, dealing with feelings, improving nutrition, falls management and improving self-management skills to cope with a chronic condition. You can meet with team members individually or have a choice of attending EnhanceWellness groups.

Volunteer health mentors enable EnhanceWellness to offer more to participants. They are there as friends, supporters, coaches, and listeners. Mentors add support and encouragement to participants. They serve as positive role models. Participants say it best:

"My mentor was always there for me, and we really established a great relationship."

### Real people, real changes

Partnership for Healthy Aging asked EnhanceWellness participants to share the accomplishments about which they were most proud, and what they liked most about the program:

"The nurse was a great listener and also gave me many suggestions that have proven to be most helpful, mostly to have more confidence in myself."

"I can speak to my doctor more than I used to. I'm more attentive to my health needs such as walking more, exercise, eating a little better."

"I learned to stay positive. I learned to handle and deal with illness. It's better now."

"With the determination I gained and the faith I found in myself, I was able to change my attitudes."

"In Group, I Learned more about tricks to enhance memory."

### How Can I Learn More?

EnhanceWellness is a nationally recognized, evidence-based health promotion and disease management program. It lasts for six months and is free of charge. MaineHealth's Partnership for Healthy Aging is pleased to offer EnhanceWellness under the Choices for ME grant through the Administration on Aging. Sites where participants meet with staff are: Harbor Terrace, 100 State Street, Agency on Aging, Falmouth Learning Resource Center, and MMC Geriatric Center. For more information about joining the EnhanceWellness Program as a participant or as a volunteer health mentor, please contact **Partnership for Healthy Aging at 775-1095**.

## Larrabee Village Westbrook

## WESTBROOK HOUSING



Westbrook Housing is now accepting applications for Larrabee Village, a senior housing community. One bedroom apartments are available for applicants 62 years of age or older. Rents are 30% of adjusted household income, and include heat, hot water and electricity.

Download an application at [www.westbrookhousing.org](http://www.westbrookhousing.org)

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- Beauty/Barber shop
- Community room with piano and pool table
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## Healthy York County Needs You

Healthy York County would like residents to participate in a brief Community Health Survey. It will only take five minutes to complete the survey and if you'd like, you will be entered into a drawing for prizes! Your answers will be used to guide community planning with the ultimate goal of building upon York County's strengths while addressing areas that need improvement. The Survey can be found at: <http://www.survey-monkey.com/healthyorkcounty>

The survey is being conducted by Healthy York County - a group of organizations who strive to make York County a better place to live, work and play. The group is led by the three Healthy Maine Partnerships in York: Coastal Healthy Communities Coalition at UNE, Choose to Be Healthy at York Hospital, and Partners for Healthier Communities, at Goodall Hospital.

For more information or a printed copy of the survey, contact Deborah Erickson-Irons at 439-6504/ [derickson-irons@yorkhospital.com](mailto:derickson-irons@yorkhospital.com) or visit [www.healthyorkcounty.com](http://www.healthyorkcounty.com)



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## 14 Topics to Discuss with Your Health Care Agent



by **Hanna Sanders, Esq.**  
**Legal Services for the Elderly**



relationship can be formed when you name that person as your agent in a legal document, such as a Health Care Power of Attorney or Advance Directive. You can limit your

health care agent's ability to make decisions for you. For instance, you can designate that an agent's power will "kick in" when a doctor determines that you no longer have the capacity to make your own decisions, for example if you went into a coma, or could not speak due to a stroke or other medical condition.

Keep in mind that a health care agent has no legal right to make decisions about your property or financial affairs. A health care agent cannot change your will. You can revoke your health care agent's authority at any time. When you die, your health care agent no longer has any legal right to act on your behalf.

Although it is not easy to discuss your health care decisions with others, a frank discussion with your health care agent and/or your loved ones is very important. Below is a list of questions that may be helpful to think about before you have this discussion:

- 1) How important is "independence" and "self-sufficiency" in your life?
- 2) Would you want to live in a residential care facility or a nursing home?
- 3) How would you describe your current health?
- 4) If you have medical problems, in what ways do they affect your daily activities?
- 5) If you have a doctor, do you like him or her? Why?
- 6) Do you think that your doctor should make the final decision about any medical treatments you might need?

Choosing a Health Care Agent is not a decision to be taken lightly. And the choice is not always an easy one. If you decide to name a Health Care Agent, you should choose someone who understands your beliefs, and your wishes regarding medical care. Most importantly, choose someone who you feel will honor those wishes, especially when there are difficult decisions to be made.

A "health care agent" is a person who has the legal authority to act on your behalf regarding medical and health care decisions. This "agency"

- 7) How do you feel about the use of life-prolonging measures like artificial food and water and artificial breathing machines:
  - If you are terminally ill?
  - If you are in a permanent coma?
  - If you have an irreversible chronic illness (such as Alzheimer's disease)?
- 8) How do your religious beliefs affect your feelings about serious or terminal illness?
- 9) Would you want to have the following medical treatments:
  - Kidney dialysis (used to clean the blood if your kidneys stop working)?
  - Cardiopulmonary resuscitation, also called CPR (used if your heart stops beating)?
  - Respirator (used if you cannot breathe on your own)?
- 10) Do you expect that your friends and family will support your decisions about medical treatment?
- 11) What will be important to you when you are dying? (For example, physical comfort, alleviation of pain, family members present, etc.)
- 12) Where would you prefer to die?
- 13) Do you want to donate parts of your body when you die?
- 14) Are your feelings about death supported by your religion?

If, over time, your beliefs or feelings in any area change, you should tell your health care agent. You should also tell your agent if your health changes or there is a new diagnosis. You must prepare your health care agent well if you want him or her to speak for you.

If you have any questions about your health care agent's legal authority or if you would like information about how to name a health care agent, please call Legal Services for the Elderly at 1-800-750-5353 or log on to [www.maine.org](http://www.maine.org). Legal Services for the Elderly is a non-profit organization that provides free and confidential legal advice to Maine residents age 60 and over.

### 14-Year Old Donates his Christmas Money

Joe Quinlan of Westbrook has re-gifted \$50 that he received from an aunt and uncle for a Christmas present. "Joe has donated his holiday money to the Southern Maine Agency on Aging for many years. What a thoughtful thing for him to do," said Sean MacWilliam, Annual Giving Coordinator.

To make a gift to the Agency on Aging, log on to [www.smaaa.org](http://www.smaaa.org) or see the card on page 9 in this issue.



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- ◆ 2,435 patients received foot care and screenings at community clinics.
- ◆ 635 older adults received Lifeline - an emergency response program.
- ◆ 150 volunteers gave over 12,000 hours of time and commitment.

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*The MaineHealth® Family*



*From the Mail*

Dear Donna,

*Please share my heartfelt thanks and New Year's good wishes with the helpful, cheerful volunteers in this marvelous program.*

*A joyful 2009!*

*Best, Maureen H.*

*The volunteers who deliver groceries to Maureen are from the Baxter School for the Deaf in Falmouth and Community Partners in Portland. Donna Lachance coordinates the Grocery Shopping Program at the Agency on Aging and can be reached at 396-6522.*

Hi,

*Just a note of appreciation for the "special holiday dinner" and all who made it possible including the delivery "Gentleman."*

*Then, a special "Thank You" goes to the members of the St. Peters Episcopal Church for the "Bootie" filled with "goodies" that I thoroughly enjoy.*

*Thank you to all who make it possible for me to live alone with my cat "Buffy." I was 96 years old last September 26. I am now "pushing" for 97 years the good Lord willing. Thanks again to all, Elmer A.M.*

*From one of the 75 seniors who had a ham dinner and a goody-filled Christmas stocking delivered by members of the Portland Rotary Club and staff from the Agency on Aging volunteering for the day.*

From Participants in "A Matter of Balance" Classes

*"I've become more aware of my surroundings and I try to think ahead of what's happening too. Many good ideas have been offered and I hope to include them in our lives. ....Worth doing!"*

*"Brought out my weights and exercise equipment to use while sitting and watching TV. ....Very enjoyable classes and good participation make it easy to share feelings!"*

**Create a Legacy**

**You share our values.  
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If you are more than 70½ years of age, the U.S. Congress has extended the opportunity for you to give from an individual retirement account (IRA) or Roth IRA without paying federal taxes on the disbursement for 2009. This is a wonderful way to expand your philanthropy while side-stepping income and Social Security taxes incurred by voluntary or mandatory IRA withdrawals.

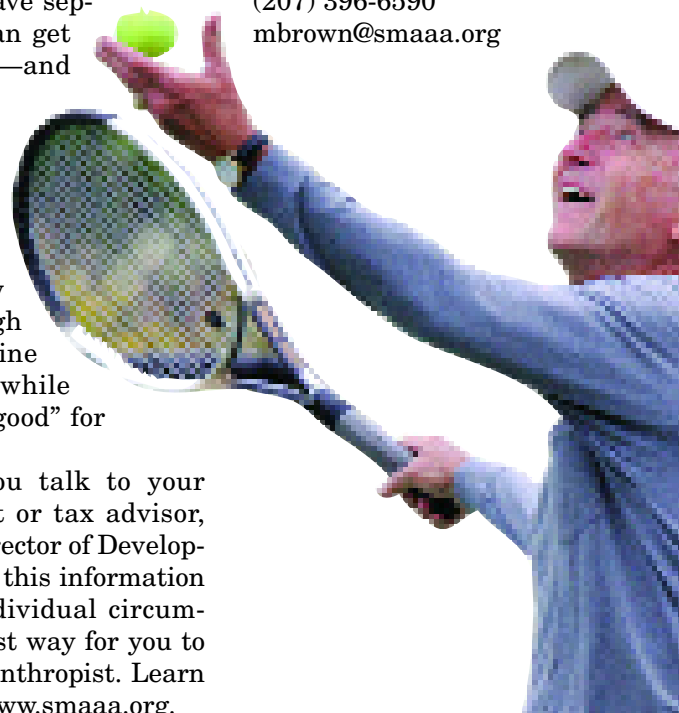
Does your IRA force you to take unneeded, taxable withdrawals that increase the tax on your Social Security income? Through this incentive, you can avoid those penalties. Are you an active donor with IRA

income? By giving from your IRA, you can meet your charitable goals and lower your income taxes. Do you and your spouse have separate IRAs? You can get twice the benefit—and do twice the good.

By making a gift through your retirement funds, you can have the satisfaction of seeing your generosity at work through the Southern Maine Agency on Aging while doing a "world of good" for older adults.

We suggest you talk to your lawyer, accountant or tax advisor, and Peg Brown, Director of Development, to learn how this information relates to your individual circumstances and the best way for you to be a tax-wise philanthropist. Learn more by going to [www.smaaa.org](http://www.smaaa.org).

Peg Brown CFRE  
Director of Development  
Southern Maine Agency on Aging  
(207) 396-6590  
[mbrown@smaaa.org](mailto:mbrown@smaaa.org)



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## \$15,000 To Southern Maine Agency On Aging Money Minders

KeyBank recently awarded the Southern Maine Agency on Aging a three-year \$15,000 grant for Money Minders, a program that helps seniors create and follow a budget, sort legitimate mail from junk mail, pay bills, balance a checkbook, and assist with creditors. Seniors living in Cumberland and York counties are matched with a bonded and trained volunteer.

"Money Minders fits perfectly with our philanthropic vision of promoting self-sufficiency," notes Richard Lucas, president, Maine District, KeyBank N.A. "We fully support this program, which offers seniors a way to keep their independ-

ence while giving them peace of mind when it comes to their finances."

"We are very grateful for this gift from KeyBank," notes Larry Gross, executive director of Southern Maine Agency on Aging. "Now, more than ever, we need to make sure we are protecting people from scam artists, late payment charges, and the feeling of being out of control financially protecting our seniors from predatory lending, late fees, and the feeling of being overwhelmed by their finances."

For more information about Money Minders or to volunteer, contact Maryann McGreehan at 396-6523 or 1-800-427-7411 x523.



Accepting the check for Money Minders is Larry Gross, Executive Director of SMAA with Charlie Kennedy, Community Development, Key Bank (left) and Dick Lucas, Maine President, Key Bank (right).

**Taking care of older adults  
can be overwhelming for even  
the most devoted caregivers.**

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*From the Mail*

From "A Matter of Balance" Coach, I became a Coach / Mentor for "A Matter of Balance" approximately two years ago, as I wanted to 'give something back.' I have had the unique opportunity of playing dual roles with A Matter of Balance. As a nurse I am also able to 'fill in' as a "Guest Therapist," helping to teach individuals how to get up from falls and be safe, as well as be a Coach throughout the eight sessions.

Through the classes that I have taught and thoroughly enjoyed, I have learned that the people who take these classes are there because they have either fallen, have concerns about falling and want to stay as independent as they can, and it is a great chance to socialize.

They are willing to share their stories openly, more so with strangers than family members because no one is judging them, which in turn leads to some very interesting conversations while helping them to remain safe.

We all learn from each other and during the eight-week program I see each individual 'bloom.' I consider it a privilege to be able to teach this course and to have hopefully made a difference in their lives.

**Judy Montgomery, RN, Nurse Case Manager**

For more information on "A Matter of Balance" or a current class schedule, call Anne Murray at 396-6529 or 1-800-427-7411 x529

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



*I was barely getting by until I met with a social worker from the Southern Maine Agency on Aging. I couldn't afford health insurance and hadn't seen a doctor in 22 years. She helped me find insurance I can afford and other benefits that make it easier to live on a fixed income. Things are 100% better!*  
- Linda R.

**Your gift to our 2009 Annual Fund will have some pretty amazing results! It will benefit some of your own friends, neighbors or even family members.**

Enclosed is my/our gift of \$ \_\_\_\_\_

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This gift is anonymous.

Please contact me about making a planned gift or leaving a bequest.

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## The Lesser-Known Benefits of Hospice Care

Jennifer Mancini, Board Certified Chaplain

The emotional, physical, and spiritual benefits of hospice care for patients, their families, and caregivers are well-documented and well-known. However, many are surprised to learn of the financial assistance provided when a patient invokes the hospice benefit of his or

her insurance package. These financial benefits come at a time when patients and their loved ones are often fiscally strained due to the stressors of an acute illness. While the patient may no longer be capable of working, caregivers often have to quit their jobs or reduce their hours while medical deductibles and hidden costs accumulate.

Any medical cost associated

with the hospice diagnosis is essentially covered. For example, a cancer patient will receive all medications that address the pain, nausea, constipation, or anxiety that result from the cancer diagnosis. If the patient becomes too weak to walk or needs oxygen to breathe comfortably, hospice will provide a wheelchair and oxygen. If a patient becomes bed bound due to the hospice diagnosis, hospice will supply a hospital bed for the comfort of the patient as well as for the ease of the

caregivers. For patients whose symptoms need intensive monitoring for control, hospice will pay for their stay in a facility where twenty-four hour nursing care is provided. Once symptoms have been controlled, patients will return to their original residence at their own cost.

In addition to reducing the costs of these crucial services to patients and their loved ones, hospice provides logistical help in facilitating these services. Hospice staff will make the necessary contacts to have durable medical equipment such as oxygen, a wheelchair, or a recliner to be delivered to the patient's residence. Also, if an admission to a facility for symptom control or respite care is necessary, hospice makes the necessary arrangements and pays for the transportation to the facility. This kind of logistical support relieves patients and their loved ones of a significant burden during a time of great stress. The hospice social worker also provides assistance in accessing other community resources that may be available to help patients live more comfortably such as Meals on Wheels. For example, some patients may qualify for housekeeping and caregiving assistance at no cost. If the patient does not qualify for these free services but requires extra help, the social worker will make a referral to an appropriate agency where those services are provided at the patient's cost. This assistance in navigating the complex world of healthcare allows patients and their loved ones to conserve precious time and energy that is best

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Judith Miller, Director of Marketing & Admissions.

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spent with one another.

The hospice philosophy is based upon viewing the patient as a whole being: physical, emotional, spiritual, and interpersonal. Services such as nursing care, personal care, psycho-social care, spiritual care, volunteer services, and bereavement follow-up are at the core of the hospice approach. However, if families are financially stressed or overwhelmed by the complexity of the medical system, this affects quality of life as well and is addressed by hospice staff to the best of their ability.

Yet, in spite of all of these benefits, most Maine healthcare organizations, senior living companies, and physicians still don't offer hospice as an option for their patients. It is not necessary or recommended to wait until one has a terminal prognosis to learn about the many benefits of hospice. One may be surprised at the scope of services included in this benefit to which all are entitled. To learn more about the hospice benefits please visit [www.maineospicecouncil.org](http://www.maineospicecouncil.org) or call, toll-free: (800) 438-5963, local: (207) 626-0651.

## The Spoken Word

### Publications for the Vision Impaired

**M**aine AIRS,\* a service of the Iris Network and Maine Public Broadcasting, has a number of ways to access publications including the "Senior News." Each day volunteers read stories from the state's daily and weekly newspapers to listeners who are blind, visually impaired or print handicapped. The readings are produced in studios in Brewer and Portland and broadcast statewide via the secondary audio program channels of Maine PBS. You can hear local news, features, obituaries, store ads and other information that blind or visually impaired people would not otherwise enjoy.

To listen via radio, Maine AIRS will lend special receivers for this purpose. Contact Les Myers at 989-0058 or [Lmyers@gwi.net](mailto:Lmyers@gwi.net) for more details. Via television, simply hit the audio button while tuned to Maine Public TV, Channel 10. Note: Maine

Public Broadcasting is in the process of converting to a digital signal, so if you are without a converter box or cable TV, you can listen on the Iris Network's web site: <http://www.theiris.org/airs/mainairs.htm>

Selected Maine AIRS programming is available to download from

the Internet for listening convenience. Either listen from your computer or on-the-go by downloading to your iPod, or other portable audio device. Log on to <http://www.theiris.org/airs/MaineAirs.htm> to access the audio library. Share this news with your friends or family mem-

bers who could use the services of Maine AIRS.

\*Maine Audio Information Reading Service

**"Senior News" is a regular feature through Maine AIRS every Tuesday from 10-10:30 AM.**

## What You Need to Know about Reverse Mortgages

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## ITNPortland: Providing Dignified Transportation

Imagine not being able to run to the store for groceries or go to the dentist because you can't drive. Imagine if you had no family members to swing you by the library or the gym. And no one likes to ask for favors or feel like a burden.

This situation is a reality that seniors in our community face on a daily basis. Across the country, more than a million Americans age 70 and older stop driving each year. Research shows that, compared with those who still drive, seniors who do not drive make 15% fewer trips to the doctor, 59% fewer shopping trips and visits to restaurants, and 65% fewer trips for social, family and religious activities.

To avoid the tragedy of losing older adults from the fabric of our community and further deepening their isolation due to their unmet mobility needs, the Independent Transportation Network® (ITN) provides rides for seniors 65 and older and visually impaired individuals in greater Portland. ITNPortland is a non-profit organization now in its 14th year of providing dignified transportation for seniors in a 15-mile radius of Portland, including the towns of Cape Elizabeth, Cumberland, Falmouth, Gorham, North

Yarmouth, Portland, Scarborough, South Portland, and Westbrook.

Members of ITN are able to travel to any location within the service area for any purpose. ITN members use the service to go to worship services, attend theater performances, go to doctor's appointments, visit friends or loved ones, or to attend local university classes. This door-through-door, arm-through-arm service is available 365-days a year, 24-hours a day. The rides are provided by trained drivers in private automobiles, many of whom are volunteers. Individuals who use the service become members and pay fees based on the distance they travel.

No money is exchanged in the car because members have a Personal Transportation Account™ from which fares are deducted. And the cars don't have banners announcing the service. Riding with ITN is like riding with a friend, son or daughter.

ITN helps older adults remain connected, active, and independent. ITN helps families and friendships endure, adult children minimize their absenteeism from work, businesses remain profitable, and seniors begin a new chapter in their lives that no longer includes loneliness, dependence or immobility. One



Photo caption: ITNPortland volunteer Martha Giles has driven enough miles to circle the globe nearly four times. Martha has donated the majority of her ride credits to a scholarship fund for low-income riders.

member shared, "I love ITN. It fills my needs. It helps me be independent and results in me feeling good about myself. My husband died four years ago. He took care of me so [well] that I really felt lost after he died. ITN stepped in and my friends could tell how great it was for me."

ITNPortland relies on contributions from the community and the work of volunteer drivers to help us keep ITN affordable. Volunteers may earn mileage credits for their own future use, or they may donate those

credits to a friend or loved one. We also accept cars as donations or in trade for credits toward rides. We offer gift certificates for those interested in opening an account for a friend or relative or as a holiday gift idea for someone who is already a member. For information on any of these programs, please call 854-0505, see the website at [www.itnportland.org](http://www.itnportland.org), or write to ITNPortland; 90 Bridge St., Westbrook, ME 04092.



### IT SHOULDN'T HAVE TO BE LIKE THIS!

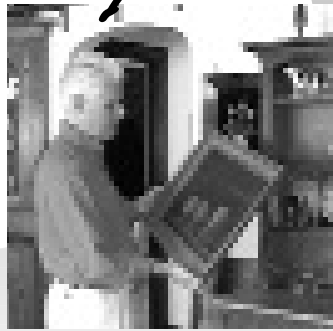
Are you having trouble maintaining your home in this unstable economy? Have you thought about downsizing, but don't know where to start?

*We have a solution!*

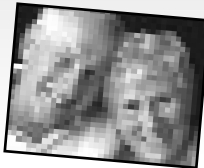
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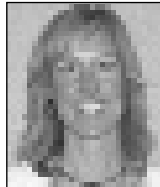
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**2009 New Years Resolutions**

Susan Gay, Registered Dietician  
Nutrition Coordinator, Hannaford



In the coming year many of us are promising to "lose weight," "eat better," and/or "exercise more." Be wise

and try these reasonable resolutions to guarantee long term success. 2009 is the year for a healthier you!

1. *Eat with the stars!* The Guiding Stars system at Hannaford was created to provide shoppers a tool to find foods with *more* nutrition for the calories. Each item in the store can earn up to three stars by having more vitamins, minerals and whole grains, and fiber and less trans fat, saturated fat, cholesterol, added sugar, and added sodium. One star means "good" nutrition, two stars means "better" nutrition, and three "best." You'll find the stars on the shelf price tag. No stars indicates the product didn't meet the nutritional criteria to earn them.

2. *Improve your memory.* Eating more Omega 3 fatty acids found in salmon, walnuts, and flaxseed, can help!

3. Doing your part to *manage your blood pressure* has never tasted so good! Enjoy more sweet potato, oranges, tomatoes, prunes, avocado, and beans. By relaxing your blood vessels these high potassium food sources can help blood flow more easily!

4. *Enjoy vegetables at breakfast.* While four eggs or less per week is recommended for those with high cholesterol or heart disease, eggs are an excellent, inexpensive, and easy to prepare protein. Scramble them up with steamed broccoli, mushrooms, and peppers or add low-fat cheese for a satisfying veggie omelet!

5. *Be an opportunist!* Even desserts can be valuable to your health. Low fat yogurt makes a deliciously sweet treat while strengthening our immune system against harmful bacteria. Also, check the product label for 25% or more of the Daily Value (% DV) for Vitamin D.

6. *Stock your kitchen with fast and easy meal essentials.* Garlic is THE herb as it is loaded with protective properties. Together with olive oil (source of "good fat"), frozen stir fry vegetables, and ninety second whole grain brown rice you could have yourself one tasty and nourishing meal!

7. *Gain muscle.* Follow along to an exercise DVD in private or join others in an exercise class. In addition, include quality proteins in your daily diet such as beans, nuts, eggs, yogurt, poultry, fish and lean beef. More muscle means more strength, better balance, and improved endurance!

8. Stay warm and well this winter with more green tea!  
Happy Holidays!



This advertorial is paid for by Hannaford for the benefit of "Senior News" and its readers.

**One in Seven People have Chronic Kidney Disease— Could it be you?**

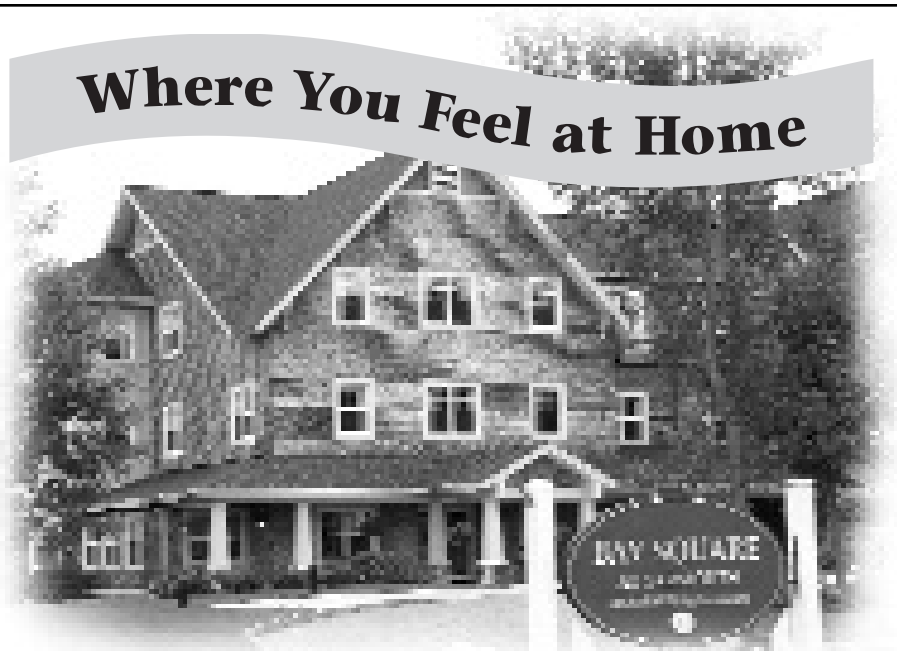
**K**EEP (Kidney Early Evaluation Program) is a FREE kidney health screening program designed to raise awareness about chronic kidney disease among high risk individuals and to provide free testing and educational information.

You should attend a KEEP screening if you are 18 years or older and have one or more of the following:

- Diabetes
- High Blood Pressure
- A parent, grandparent, brother or sister with diabetes, high blood pressure or kidney disease.

If so, you could be suffering from chronic kidney disease and not even know it!

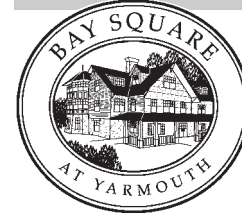
Medical tests worth \$700 are provided free by the National Kidney Foundation in Maine. Next screening is February 11, 10:30 to 1:30 at the First Baptist Church, 360 Canco Road, Portland. Pre-registration is required. Call 207-772-7270, Ext. 3 for an appointment. Pre-Registration is required!



It's not just the amenities or the comfortable apartments that make our residents feel at home. It's the friends made, the activities shared, and the genuine caring of our staff.

We make life easier for our residents by providing personalized service plans that focus on everything needed to maintain and improve health, vitality and independence.

Our Harbor Program for the memory impaired offers an engaging environment and innovative programs specially designed for seniors with memory impairment.



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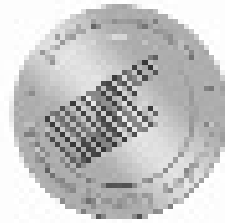
**Phone Scam Continues!**

Local police are warning the public of phone scams in which the caller pretends to be a grandchild needing money wired to a Wal-Mart in Canada. The reason for needing the money has varied from sickness to incarceration to needing funds to return to the United States.

Verify all information with other family members—your grandchild's mobile phone may have been stolen and is being used to call you. If the caller is willing to give a return phone number, save the phone number for police investigators.

*This scam must be working very well, because it has persisted for more than a year.*  
-Editor

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

**Donate a Phone or Call for a Free Phone for Emergencies**

Southern Maine Agency on Aging has teamed up with the 911 Cell Phone Bank to collect used cell phones in support of older adults who need easy access to dial 911 in case of emergency. SOS Phones are cell phones equipped with 911 dialing capabilities for use in emergencies providing a Sense of Security (SOS) to older adults and their caregivers. To date, SMAA has distributed more than 100 SOS phones to seniors in York and Cumberland counties. Seniors interested in receiving a FREE SOS Phone, please contact Southern Maine Agency on Aging at 1-800- 427-7411 or (207) 396-6500.

*Make Yourself At Home...*



Scarborough Terrace is a private, friendly and beautiful medical living community that provides a full range of support services and amenities. You can enjoy watching world, cultural and educational activities that suit your lifestyle. Beautiful apartments, swimming pools and a full service library are just a few of the pleasures of Scarborough Terrace.

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**MEDICARE EDITORIAL**

Congress is finally going to debate one of the most draconian of the Medicare rules. In 1972, when Congress expanded Medicare to include people with disabilities, it created a "waiting period" that requires people to wait 24 months (from when they begin receiving their Social Security Disability Insurance (SSDI) payments) before they can receive health care through Medicare.

According to the Medicare Rights Center, "Nearly 40 percent of these individuals are without health insurance coverage at some point during their wait for Medicare; 24% have no health insurance during this entire period. Many cannot afford to pay COBRA premiums to maintain coverage from their former employer, and private coverage on the individual market is unavailable or too expensive for this high-cost population." No one with disabilities severe enough to qualify for SSDI should be without health insurance.

In the Senate, S2102 is sponsored by Senator Jeff Bingaman (D-NM), and co-sponsored by 23 senators, including President-elect Barack Obama. In the House, H.R. 154, sponsored by Representative Gene Green (D-TX) has 103 cosponsors. This legislation would eliminate the waiting period through a ten-year phase out.

I encourage readers to contact their representatives and show support for our disabled friends.

**Stan Cohen, Bridgton, ME**

**Southern Maine's Contacts in Congress**

**Rep. Chellie Pingree**  
1037 Longworth HOB  
Washington, D.C. 20515  
202-225-6116  
www.pingree.house.gov/

57 Exchange St.  
Portland, ME 04101  
207-774-5019

**Senator Olympia Snowe**  
154 Russell SOB  
Washington, D.C. 20510-1903  
202-224-5344  
www.snowe.senate.gov/

3 Canal Plaza, Suite 601  
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207-874-0883

227 Main Street  
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207-282-4144

**Senator Susan Collins**  
US Senate  
413 Dirksen SOB  
Washington, D.C. 20510-1904  
202-224-2523  
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**When you've made the right decision, you know.**

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

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

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Dear Linda,  
 Thanks for all your help. We really appreciate all you've done for us.  
 Can't thank you enough!!

—A card from a couple who worked with Linda Sprague-Lambert for more than a year to get a resolution for a Medicare D dispute. Linda is the SMAA Benefits Specialist in Biddeford and can be reached by calling 776-4759. For other locations, call 1-877-353-3771. The Portland calling area number is 207-396-6500.

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The Memory Tree is a lasting tribute to our clients, as each handcrafted leaf is engraved with the name of a loved one or friend. The Memory Tree was created and donated by Jac Ouellette, metal sculptor, and is on display in our lobby.



### Skilled Volunteers are Needed for All Non-Profits

The RSVP Capacity Corps project at Southern Maine Agency on Aging has been fortunate to find a number of volunteers who have worked to help SMAA focus and increase its capacity to serve the public. Capacity Corps volunteers have helped us refine our strategic plan, plan for marketing our services, organize our finances, plan for emergencies and get the word out about the many ways we can help seniors and their caregivers.

There are still projects at SMAA where volunteers age 55 plus can make a significant impact. In addition, other nonprofits in southern Maine also have interesting projects. If you would like to explore how you might help nonprofits continue to serve as funding gets tighter, call Southern Maine Agency on Aging at 396-6500 or 1-800-427-7411 and ask to speak to Paddy Clark or Ken Murray

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(Other towns available, please inquire)

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[www.usm.maine.edu/lifeline](http://www.usm.maine.edu/lifeline)



# RSVP

## Retired and Senior Volunteer Program "Sharing the Experiences of a Lifetime through Volunteering"

### Crisis and Support Line Advocate

Being an advocate is easier than you think, and you can volunteer from your home! Volunteers are needed to train as Advocates for Sexual Assault Response Services of Southern Maine's 24-hour Crisis & Support Line.

Applications are now being taken for a free training session in Portland, beginning in March. Held on Monday and Wednesday evenings from 6-9PM, and two Saturdays (9AM-4PM), the 42-hour comprehensive training covers topics such as: the criminal justice process, the brain's response to trauma and self-care.

In addition to providing support and information to survivors and caring others on the hotline, you will also have the opportunity to provide in-person support to survivors at local hospitals. There are flexible shifts to fit your schedule.

Volunteers choose their own shifts; you will need to take one shift per week, with at least one shift per month being a weekend shift. Shifts range from 4.5-9 hours. Volunteer advocates may have access to pagers if desired. Volunteers must complete the comprehensive 42-hour training.

For more information please call Marla Stelk at 828-1035 or send an e-mail to marla@sarsonline.org.

### Money Minders

2008 has been a very busy year for the Money Minders Program! Two events that need noting are AARP's Volunteer Recognition and SMAA's Money Minders Volunteer In-Service Training.

Lorraine LaChapelle was honored at the AARP Volunteer Recognition in December, for her dedication and support to the Money Minders Program. Mrs. LaChapelle juggles a busy family life while volunteering in Money Minders, the SMAA Grocery Shopping Program, her local church and Allegiance Hospice.

Charlene Thompson was honored as winner of the AARP 2008 Andrus Award. Charlene Thompson is Secretary of the Board of Directors of the Southern Maine Agency on Aging.



In November, the Money Minders Volunteer In-Service Training was held at the beautiful Atlantic Heights in Saco. The program featured three speakers: Charles Petersen, President-elect of Biddeford Savings; Paddy Clark, Resource Database Specialist from the Southern Maine Agency on Aging, and Laura Vittorioso from the Iris Net-

work. Money Minders volunteers were also recognized for their service.

The Money Minders Program is offered by Southern Maine Agency on Aging to assist older people with maintaining their financial independence in their home. Volunteers help clients with budgeting, checkbook balancing; check writing (all checks are signed by the participant), opening, organizing and sending out mail.

If you or someone you know needs assistance in maintaining their financial independence, please call 1-800-427-7411, Ext. 523 or 396-6523.

### Contact RSVP when...

- You have extra time on your hands
- You find yourself staying home
- You realize you're bored
- You're lonesome
- You want to meet new people
- You want to learn something new
- You're already a volunteer and your schedule changes
- You're already a volunteer and your address changes

RSVP has numerous volunteer opportunities in a wide variety of places that can help you meet your personal goals and feel the satisfaction of doing something for others.

In Cumberland County, contact Priscilla Greene: 396-6521 or 1-800-427-7411 or pgreene@smaaa.org

In York County, contact Ken Murray: 1-800-427-7411 or kmurray@smaaa.org

### New Volunteers

The following volunteers joined RSVP in October or November, 2008. Welcome to you all, and thank you for sharing your gifts with others through volunteering.

- Virginia Bishop
- Jean Britton
- Betty Ann Cressey
- Thelma Cudmore
- Joanne Gillies
- Estelle Gore
- Edwin Kinter
- Alan Leathers
- Adrienne LeBlanc
- Anna Marcaurelle
- Molly Moran
- Mary Quirion
- Bill Small

Welcome to the Southern Maine Agency on Aging's Dining Center in Acton, a new RSVP Station for volunteers.



Children at a Head Start Center model the warm hats and mittens knitted by RSVP volunteers.

### The Tip of the Iceberg

There are hundreds of volunteer opportunities available for people age 55 and over through RSVP. The ones listed below are just "the tip of the iceberg."

Cumberland County - Give a gift of yourself, share your skills and interests.

- Is your life very busy but you would like to give back as a volunteer? Consider helping with a special event for a non-profit agency. These events occur once or twice a year, and your help would be greatly appreciated.
- Are you a sports enthusiast? A senior facility in Portland is looking for someone to help with volleyball and their golf putting program.
- If you have experience working with multicultural groups, your expertise is needed for a new project.
- A senior group is looking for someone who would enjoy reading stories to them.
- Volunteers are needed to lead "A Matter of Balance" or "Living Well with Chronic Conditions" groups in the Windham area. Training is provided.

York County - For a brighter new year, think about volunteering.

- The Truslow Adult Day Center in Saco is in need of volunteers to help in a variety of ways:
  - Greeter
  - Office Aide
  - Men's Group Leader
  - Lunch Time Aide
  - Bingo Caller
  - Volunteer Manicurist
  - Volunteer Gardener
  - Volunteer Recreation Aide

- SMAA's Volunteer Connections Program needs volunteers to shop for groceries for seniors and/or perform minor home repairs for them.

- Volunteers are needed to lead "A Matter of Balance" or "Living Well with Chronic Conditions" groups in northern York County. Training is provided.

- Activities programs in senior living facilities throughout York County need volunteers to help with projects and special events for their residents.

### Volunteer Tutors Needed in Sanford Area

Literacy Volunteers offers free Tutor Training including all materials.

The two-day training will be held on Saturday January 31 and Saturday February 7. To register or for more information, call 324-2486.

Literacy Volunteers provides free one-on-one tutoring to adults seeking help in reading, writing and basic math skills.

Call RSVP today at 1-800-427-7411 so we can get you connected. Students are waiting!

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Jeffrey K. Moore, M.D.  
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[www.martinspoint.org](http://www.martinspoint.org)

Martin's Point Generations Advantage is a health plan with a Medicare contract.

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