

## Volunteer Dick Hilton Receives Two National Awards

**M**edicare Advocate Dick Hilton is one of only 10 volunteers in the country to be recognized for his work helping recipients and their caregivers detect, prevent and report fraud, error and abuse in the Medicare program. Dick is often a guest speaker on Medicare benefits and fraud.



He holds regular office hours at the SMAA office in Scarborough, provides in-home counseling, and staffs Medicare Birthday Clinics.

“Dick’s leadership and people skills have made him a standout Medicare volunteer. He has helped create a network of locations in the community where folks with Medicare

questions can seek help,” says Carol Rancourt who coordinates Medicare and health insurance training for SMAA staff and volunteers.

Dick retired from positions in health care finance, enjoys a good game of golf and lives in Scarborough. To set up an appointment to review your Medicare, call 396-6524 or 1-800-427-7411 x524.

*If you would like to follow in Dick Hilton’s steps and give of your skills to help Medicare beneficiaries*

*make decisions about their health plans, contact Carol Rancourt at 396-6547 or 1-800-427-7411 x547. Training and ongoing technical assistance is provided by the Southern Maine Agency on Aging. Volunteer Medicare Advocates are needed in all areas of southern Maine.*

### A FEW COMMENTS FROM MEDICARE BENEFICIARIES

*“Dick was an excellent consultant. I needed to be on a drug plan and he did it!”*

*“Dick was extremely knowledgeable and helpful. He answered all our concerns with great advice.”*

*“Dick is fabulous, a wealth of information, so smart.”*

*“Dick is terrific. I can’t imagine doing these ourselves.”*

*I can’t thank Dick enough for his expertise. I’ll be back soon for a 15 min. session per his suggestion.”*

## Volunteer Delivers 10,000th Meal

**N**athan Acker of Gorham, Maine has been delivering Meals on Wheels since 1987. On Wednesday January 6, 2010 Acker delivered his 10,000th meal



to one of the many people he has met in the last 23 years on his route covering both sides of Route 302 in Westbrook.

Helen Trefethen, coordinator for the routes that originate at the Pride’s Corner Congregational Church, wondered if Acker would stop volunteering when he met his 10,000th meal goal. Acker’s response, “I’ve got another goal in mind.” Even though Acker is 88 years old it doesn’t sound like he’ll be “retiring” from delivering Meals on Wheels.

Asked why he has continued volunteering for so long, Acker responds, “Meeting the people. I’ve met so many wonderful people, and I’d like to spend more time with each one.” Acker beams as he recalls the days when he brought and ate his own lunch with a fellow at the last stop on his route. “This man was crippled with arthritis and alone all the time,” he says.

Ted Trainer, Director of Healthy Aging at SMAA, who oversees Meals on Wheels, emphasizes that there is no waiting list or income eligibility for Meals on Wheels. For more information or to make a referral, call 1-800-400-6325 or go to [www.smaaa.org](http://www.smaaa.org) to make a referral on line. Referrals can be made 24 hours/day, seven days a week.

### ELIGIBILITY:

- Age 60 or older (there are a limited number of spots available for people under age 60 with disability).
- Primarily homebound (get out with difficulty);
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- Able to accept meals during the delivery time frame.

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## From the Director’s Desk

### Meeting our Mission

**A**t this time of year, I am especially mindful of how the Southern Maine Agency on Aging’s volunteers, donors, clients, and staff help create a caring community for our clients. Together we all work toward SMAA’s mission of improving the physical, social, emotional and economic well being of older adults living in southern Maine. event.



This year marks the 31st year volunteers from the Portland Rotary Club partnered with SMAA to deliver hot meals on Christmas Day to isolated seniors. Several Rotary families have made Meals on Wheels a part of their Christmas morning for three decades! This year our dedicated staff and volunteers

identified 185 people who would be alone, and saw to it that each one received a friendly visit and a nutritious holiday ham dinner with all the fixings on a very special day for those living alone.

You might not know that people who live alone are twice as likely to experience hunger as those who don’t, according to national Meals on Wheels research. This research also identified Maine as having the highest rate of food insecurity among seniors living in New England.

While 80% of SMAA’s Meals on Wheels participants live alone, we also believe that many more seniors in our region fit the food insecurity profile and would benefit from the improved nutrition available through Meals on Wheels. If you know of seniors who could benefit from nutritious meals, call 1-800-400-MEAL (6325) to make a referral. We’re ready to help!

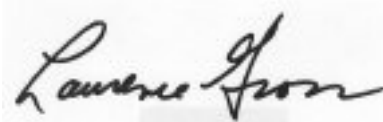
### Health Care Reform

The headlines and editorial pages are filled these days with

opinions about pending health care and health insurance reform. Regardless of your opinion of the merits or need for this legislation, I think it is very important to remember that major reforms like those proposed by Congress are rarely “perfect” when first passed but are perfected over time.

One only has to look at Medicare, which when launched in 1965 did not cover preventive services, most drugs, various outpatient therapies or hospice care. Yet today, all of these services and many others are helping millions of seniors and disabled people obtain critically important health care. Sometimes “the perfect” can be the enemy of “the good.”

I wish you all a healthy and happy New Year.



**Laurence Gross**  
Executive Director, SMAA

## 2nd Act, Celebrating Life After 50

Tune in to CTN Channels 2 & 5  
 by Catherine Gentile

I love working with creative people." Bill Gregory, a retired minister is modest about his own creativity as he sits in the studio where he and Lesley MacVane are about to film the next segment of *2nd Act*, the Community Television Network program they co-host. What starts as a casual chat about the origins of their own creativity—Bill is a poet and Lesley a portrait photographer—turns into a topic for a future program. They're delighted and it shows.

Bill and Lesley, themselves members of the over-fifty crowd, bring vibrancy to *2nd Act*, a program celebrating the creativity that flourishes during the second half of life. Airing on CTN channels 2 and 5, each month brings a new segment during which Bill and Lesley inter-

view guests who live their dreams by immersing themselves in creative pursuits. This segment features three guests: a fledgling violinist who plays with an orchestra that welcomes beginners, a professional journalist who played the bagpipes since age nine, and a third who turned his lifelong hobby of raising orchids into a retirement business.

Passion is the watchword, which starts with the hosts themselves. Lesley sparkles with enthusiasm as she introduces her interviewee, Bill's eyes dance as he chats with his guests, and laughter permeates their discussions. The admiration that Lesley and Bill exude makes clear that they enjoy their guests. Tom Handel, Community Television Network's general manager, states that "*2nd Act* is the best example of volunteers producing a show that I know of. They bring lots of energy, excitement and enthusiasm."



Brian Knoblock on camera, Joel Eastman and Lesley MacVane in background filming an episode of *2nd Act* at Ft. Gorges in Casco Bay. Eastman, a noted Historian from Portland, was interviewed for one of the TV show's segments.

Tom credits Shoshonna Hoose at Channel 3 and Larry Gross, Executive Director of Southern Maine Agency on Aging and founding member of CTN, with having advocated for a program on seniors by seniors. Tom sensed a program in

the making, one that coincided with the station's interest in collaborating with non-profit organizations. CTN waived its usual fee and offered free training to people in non-profits, and also lent equipment without charge.

Southern Maine Agency on Aging notified the Osher Lifelong Learning Institute and the American Association of Retired People of this opportunity. Seventeen interested folks formed the core group that developed the concept that led to *2nd Act*. AARP provided a \$2,000 grant to cover the cost of publicity.

As a member of the original group to express interest in the program, Bill was a featured guest for a couple of segments. He read poetry, his own and that of other poets. Later, as he underwent a knee replacement, he invited viewers into the hospital to watch his surgery.

When asked which was his most memorable of the forty segments *2nd Act* has produced, Bill says, "A video I took of Safe Passage in Guatemala at the Dump City. I brought a group from Osher Lifelong Learning Institute." The segment showed people in the process of bridging cultural and socio-economic boundaries. Trips that bring people together are Bill's passion, the area where he is the most creative. He describes this as, "opening people to be available to others, so the boundaries of our individualities are honored," as well as helping people "to understand those in others." This interest is what attracted and has kept Bill volunteering on the *2nd Act* set during his retirement years.

This past summer, *2nd Act* filmed its 40th segment, quite an achievement for a volunteer production that celebrates the creativity of those in their second act. However, this is hardly surprising since creativity and baby boomers go hand in hand. If you'd like to share your creativity with viewers of *2nd Act*, Bill and Lesley invite you to email them with your stories and ideas. You can reach them at [secondact@ctn5](mailto:secondact@ctn5) or call Lesley MacVane at 775-2900, Ext. 16.

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## AARP Honors Money Minders Volunteers

Recently the Southern Maine Agency on Aging's Money Minders Program was recognized by AARP for 11 years of service and helping more than 250 older individuals throughout York and Cumberland counties. Money Minders are volunteers who help older adults with the details of bill paying. The local Money Minders Program is wholly sponsored by SMAA and modeled after AARP's national Money Management Program.

The occasion was AARP's statewide Volunteer Recognition

event for community-based programs that serve older adults, including Money Management. The SMAA volunteers honored were **Helena Trumble** and **Dolores Ferron**. Helena volunteers serving older adults with bill paying responsibilities in the Windham area, while Dolores Ferron provides crucial office support for Money Minders Coordinator Maryann McGreehan at SMAA's main office in Scarborough.

Helena has helped set up a budget for her participant and the two meet twice a month to review mail and pay bills. With Helena's assistance, her client is able to continue living independently.

Dolores is one of three office aids in the Money Minders Program. Additional office support volunteers are **Lorraine LaChapelle** and **Theda Ferris**. Office Aid Volunteers assist with the numerous tasks behind the scenes that keep the Money Minders Program recruiting and training volunteers and enrolling new participants.



L-R, Volunteers Helena Trumble and Dolores Ferron with Nelson Megna, AARP's Volunteer State President; and, Maryann McGreehan, standing, Coordinator of the Money Minders Program.

Money Minders' volunteers are matched with an older adult who needs help with one or more of the following tasks: writing checks, balancing the checkbook, reviewing bills and bank statements, budgeting and possibly dealing with creditors.

If you are interested in volunteering or if you think you could benefit from the Money Minders Program, please call the Southern Maine Agency on Aging at 1-800-427-7411 and ask

for Maryann McGreehan at extension 523.

*Money Minders is provided free to eligible older adults. Participants are invited to make a donation to support the program.*



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For details on advertising in "Senior News," log on to www.smaaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach "Senior News" representative Nancy Bloch at 396-6588.

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**Mission Statement**

Improve the physical, social, emotional and economic well being of older adults living in southern Maine (Cumberland and York counties).



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

## Keeping Neighbors Warm Partners with SMAA to Assist Seniors



When a fuel company based in Biddeford, Maine closed in January 2008 without honoring its customers' prepaid fuel orders, members of several northern York County communities stepped up to see how they could help. In the process, this group of concerned volunteers discovered just how tough winter heating can be for individuals and families who hover above the guidelines for government-funded fuel assistance programs.

The result is Keeping Neighbors Warm, a coalition whose mission is to help residents of the nine communities most affected by the loss of their heating contracts. To simplify the process of applying for help, Keeping Neighbors Warm got general assistance directors of each town involved and has now partnered with the Salvation Army in Old Orchard Beach and the Southern Maine Agency on Aging, which covers York and Cumberland counties.

"It became obvious that paying for heat is a huge challenge for many Mainers. There are a whole bunch of people who have never asked for help that now need it. Government income guidelines were set way below where they should be," says Bill Southwick, one of the founders. The group has exceeded their initial goal of raising \$100,000, so recently they decided to raise another \$100,000.

Southwick explains that it only makes sense to have oil furnaces cleaned and this cost is paid for eligible homes. The coalition primarily helps people who use home heating oil, however, Keeping Neighbors Warm will also help with K1 kerosene, propane, and there is limited assistance with electricity. The group is committed to privacy and confidentiality for those who apply. Only the treasurer sees vouchers and no identifying information is ever used in transactions.

### If Northern York County Neighbors Can Do—so can other Maine towns

Anyone interested in creating a fuel-assistance or other type of assistance program in your area, please contact Bill Southwick at 229-1544 southwick@maine.rr.com. If you would like to volunteer with Keeping Neighbors Warm, Bill is also the contact.

### Keeping Neighbors Warm serves residents of the following towns:

- Arundel
- Biddeford
- Buxton
- Dayton
- Hollis
- Kennebunk
- Kennebunkport
- Old Orchard Beach
- Saco

### What to do if you are low on fuel and money?

1 Apply for LIHEAP through York County Community Action (YCCA) or People's Regional Opportunity Program (PROP), if you live in Cumberland County.

**YCCA** Provides financial assistance for apartment or home heating fuel bills to income-eligible households. Applications are taken from October 1 - April 30 at various locations in York County. Home visits available for those who are unable to travel. Payments are made directly to dealers of oil, kerosene, LP gas, coal, electricity or wood. Choose your own dealer. To schedule an appointment call 324-5762 x2950 or call Program Coordinator Barbara Lizotte at 1-800-965-5762 or 324-5762 x2945.

**PROP** offers several programs to help with heating improvements and costs for those families that meet income eligibility requirements. For some programs, families with children under 24 months or with members who are elderly or disabled are given priority when applying. Call 800-698-4959 or 207-553-5800.

2 Call your town or city hall and ask to speak with the person responsible for general assistance. Your municipality is familiar with resources in the community and they can provide information and/or assist you.

3 After you have made these first two steps AND you are age 60 or older, call the Southern Maine Agency on Aging at 396-6527 or 1-800-427-7411 x527 and speak with Sheila Emple. You may also call the Salvation Army office in Old Orchard Beach at 934-4381.

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## Why Do I Feel So Anxious?

Kate Dulac, MS, LCPC,  
Caregiver Advocate

Since caregiving is fraught with reasons to feel stressed, caregivers are often advised about stress management, a vital tool in helping caregivers stay healthy. As caregivers, we may feel stressed not only about the health, safety, and well being of the person we are caring for, but also about dealing with the health care community, and perhaps with finances, as well. Underlying all this stress is often another condition, anxiety, which caregivers experience at a significantly higher rate than the non-caregiving population.

What is anxiety, and what can we do about it? Anxiety serves a useful purpose, and a life free of anxiety is impossible. For example,

anxiety alerts us to danger, and is thus a survival mechanism, and it can also motivate us into action. However, anxiety can become problematic when it interferes with daily life, and when it starts to create problems instead of solving them.

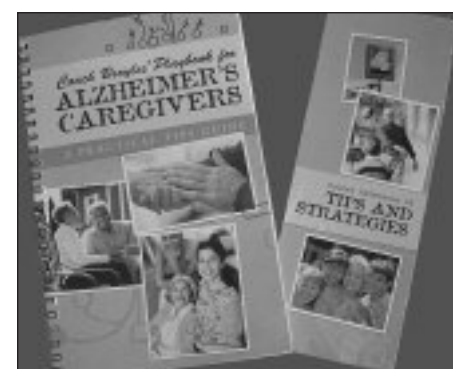
Many times, what finally pushes someone to ask for help is not the anxiety itself but the physical symptoms anxiety produces, or the realization that something is not right. Symptoms of anxiety can be fatigue, restlessness, irritability, muscle tension, and poor sleep. Extreme anxiety can lead to shortness of breath, irregular heart beat, and intestinal disturbances. Since some illnesses can feel very much like anxiety, a doctor's help is vital to determine the cause of your symptoms. If a doctor discovers no underlying illness, the next step is to find

the correlation between what's happening in your life and how you are feeling.

Being affected by anxiety does not, however, mean there is anything wrong with you. Many of us are, in fact, among the "worried well." Caregivers in particular are often under a significant strain and anxiety is a part of that. Acknowledging this and not minimizing it is important, since anxiety is real and significant. Much like caregiving itself, anxiety often starts out quietly, but over time its effects increase until we suddenly realize that we feel overwhelmed.

Caregivers can help to defend themselves against the effects of anxiety in a variety of ways. Support groups and counseling can identify coping strategies that may help, such as ways to restructure thoughts and monitor feelings. Using relaxation techniques can also be very effective. Additionally, you can learn to focus energy on the things you can change, rather than on those things you cannot control, and can learn where you need to let go and when you can say no.

During difficult times when anxiety becomes overwhelming, and with appropriate medical supervision, medications can also be useful. On a daily basis, we can all minimize the effects of anxiety by staying healthy, by eating nutritious foods, having regular exercise, getting sufficient sleep, and avoiding caffeine. Remember also to ask for help when you need it, and to take regular breaks from caregiving so you can rest. Caregiving is in reality a marathon, not a sprint, and on what may be a long journey, taking good care of yourself is crucial.



## Coach Broyles' Playbook

SMAA is delighted to be able to make *Coach Broyles' Playbook for Alzheimer's Caregivers* available to family caregivers assisting someone with dementia. Coach Frank Broyles, well-known as the Athletic Director for the University of Arkansas' Razorbacks, provided care for his wife, who had Alzheimer's disease. He has shared some of what he learned in this lovingly-written, practical book. It is organized by stages of dementia, and is filled with tips and strategies for daily function, caregiver self-care, communication, and keeping the quality in life. The book also comes with a pocket reference of Tips and Strategies to have handy wherever you go.

Through the generosity of the Broyles family, we are able to offer hard copies of the Playbook (contact the Family Caregiver program at SMAA, 1-800-427-7411), and have also made it available for download from the Family Caregiver Support Program page on the SMAA website, [www.smaa.org](http://www.smaa.org).

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## 2010 Mini-Grant Awards

**S**MMA's Family Caregiver Support Program (FCSP) is pleased to announce three collaborative mini-grants for 2010. These mini-grants 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 persons age 55 or more who are parenting minor children, usually grandchildren.

Projects will be implemented by the grantee and Family Caregiver Support Program staff. We were fortunate to receive a number of valuable proposals, and choices had to be made. The 2010 grantees include:

**Trafton Senior Center**, a program of Sanford-Springvale YMCA, is developing a support group for grandparents/kinship parents, to address the special issues faced by older adults raising minor children. The group meets on the 2nd Wednesday of each month, from 6:30-7:30PM, and child care is available.

**Connection Companions, LLC**, a private care provider in Bridgton, will offer subsidized respite care to financially eligible family caregivers, to give them a chance to take a break.

**Thriving at Home**, which provides in-home occupational therapy services to help people stay safe and independent, will be able to offer support for caregivers to purchase assistive devices to make caregiving easier.

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

## Help for People Helping Aging Family Members

Winter 2009 thru Spring 2010

**A**re you assisting an older adult? Do you spend time helping with errands, household chores, finances, meals, health care or personal care? If so, then *you are a family caregiver*. The Family Caregiver Support Program can help support you as you help someone else.

### Class Schedule

February 5, 11:30 AM to 12:30 PM – **Aging: Myths and Realities**. Woodfords Congregational Church, Portland. Contact Cecelia Duchano at 774-8243 x107 to register.

February 23 - March 30, Tuesdays, 1:30-3:30 PM. **Savvy Caregiver**.

SMAA / Scarborough Adult Education; class held at SMAA. Contact Kate Dulac at 1-800-427-7411 x558 to pre-register (required).

February 23 - March 30, Tuesdays, 5:30-7:30 PM. **Savvy Caregiver**. SMAA / Scarborough Adult Education; class held at SMAA. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

March 11, 6-7:30 PM – **Finding and Accessing Community Resources**. Windham Adult Education. Call 892-1819 to register.

April 8, 6-7:30 PM - **In the Middle: Stressors and Solutions for the Sandwich Generation**. Gorham Adult Education. Call 222-1095 to register.

April 13, 6-7:30 PM – **Reducing Risks and Supporting Function at Home**. Woodfords Congregational Church, Portland. Contact Cecelia Duchano at 774-8243 x107 to register.

April 20, 6-7:30 PM – **Depression in Older Adults**. Woodfords Congregational Church, Portland. To register, contact Cecelia Duchano at 774-8243 x107.

May 4, 11, 18 & 25, 5:30-7:30 PM – **Putting the Puzzle Together: Getting Ready to Offer Information, Care, and Support to Older Family Members and Friends**. SMAA, Scarborough. 4-part series includes understanding geriatric health issues; resources and supports; legal and financial issues; and strategies to make it work. Contact AnneMarie Catanzano to pre-register, 1-800-427-7411 x545.

June 15, 5:30-7 PM – **Options for Older Drivers**. MaineHealth Learning Resource Center (class will be held at SMAA office). Register at 885-8349.

June 22, 5:30-7 PM – **Stress Management for Kinship Parents**. MaineHealth Learning Resource Center (class will be held at SMAA's Scarborough office). Register at 885-8349.

Please use the numbers listed to register. Feel free to call Kate Dulac, AnneMarie Catanzano or Ann O'Sullivan at SMAA 1-800-427-7411 with questions.

## Online Message Board for Caregivers

**T**he Family Caregiver online support group is a message board available 24 hours a day, seven days a week. It is free, private and confidential. It is simple to access but you will need to send a request to join in. If you have Internet access and would like to participate or receive more information, please contact Kate Dulac at SMAA, 1-800-427-7411 x 558 or online@smaaa.org. This message board is open to family caregivers throughout Maine.

## Support/Discussion Groups for People Caring for Older Adult Family & Friends

**I**s 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?

**Biddeford:** For caregivers of people with dementia. 3rd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda, 229-4308.

**Bridgton:** Caring for Your Aging Family Members; 2nd Wednesday of the month, 1-2:30 PM (new time), at the Bridgton Community Center. Contact Oretta Baker at 647-8095. Respite care is available.

**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

**Windham:** Caring for Your Aging Family Members, 1st Wednesday of the month, from 6-7:30 PM at the Windham United Church of Christ, 140 Windham Center Road. Contact Kate Dulac at 396-6559 or 1-800-427-7411 x558.

**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 caring 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.

## Kinship/Grandparent Support Group

Sanford: Wee Care, support and discussion for kinship parents and grandparents helping to raise children. 2nd Wednesday of the month, 6:30 -7:30 PM. Contact Thea Murphy at the Trafton Senior Center, at 457-0080.



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## MEDICARE PART B OPEN SEASON

By Robert Clark  
 Social Security Representative

If you are eligible for Medicare Part B medical insurance, but you didn't sign up for it when you first became eligible for Medicare, you have another opportunity to apply. Open season for Medicare Part B runs from January 1 until March

31, 2010. Better to act early than late — if you miss the deadline, you will have to wait until 2011 to apply.

Medicare Part B covers medical expenses not covered by Medicare Part A (hospital insurance), such as doctors' fees, outpatient hospital visits, and other medical services and supplies.

When you first become eligible for hospital insurance (Part A), you have an initial enrollment period of seven-months in which to sign up for medical insurance (Part B). After that, you have to pay a higher premium—unless the reason you declined Part B was because you were still working and covered through an employer's group health plan or a group health plan based on a spouse's employment.

You are given another opportunity to enroll in Part B during the general enrollment period, from January 1 to March 31 of each year. But each 12-month period that you are eligible for Medicare Part B and do not sign up, the amount of your monthly premium increases by 10%.

Medicare is made up of four parts:

- Hospital insurance (Part A) that helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay), some home health care and hospice care;
- Medical insurance (Part B) that helps pay for doctors' services and many other medical services and supplies that are not covered by hospital insurance;
- Medicare Advantage (Part C) plans for people with Medicare Parts A and B. Subscribers can choose to receive all of their health care services through one of these provider organizations under Part C; and
- Prescription drug coverage (Part D) that helps pay for prescription medications. Some people with limited income and resources may qualify for extra help to pay for the costs—monthly premiums, annual deductibles and co-pays—related to their Medicare prescription drug plan (Part D). You can find more information about the extra help at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

You can learn more about Medicare by reading our electronic booklet, Medicare at [\[curity.gov/pubs/10043.html\]\(http://curity.gov/pubs/10043.html\). You also can call toll-free at 1-800-772-1213 \(TTY 1-800-325-0778\) to ask for a copy. Or visit the Medicare website at \[www.medicare.gov\]\(http://www.medicare.gov\). You also can call Medicare at 1-800-MEDICARE \(1-800-633-4227; TTY 1-877-486-2048\).](http://www.socialse-</a></p>
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Just remember the Medicare Part B open enrollment ends on March 31.

## Medicare Savings Law Changes

Beginning January 1 changes in the law will make it easier for some people to qualify for Extra Help with their Medicare prescription drug plan costs. People who have applied before and did not qualify may be eligible based on these changes.

Here's what you need to know about the changes in the law:

- First, Social Security will no longer count any life insurance policy as a resource; and
- Social Security will not count as income the help a person receives from someone else to pay for household expenses: like food, mortgage or rent, utilities and property taxes.

In addition Extra Help applications taken on or after January 1, can serve to initiate the application process for the Medicare Savings Programs, which help with other Medicare costs, like Part B premiums.

See Stan Cohen's editorial on page 14 for more encouragement to seek the financial help you have earned as a US resident eligible for Medicare.

## Coats for Seniors

If you are in need of a warm winter coat come to the Southern Maine Agency on Aging through the end of January. A number of coats were collected for older people, age 60 or older. Office hours are 8:00 to 4:30. Coats are on the lower level at 136 US Route One, Scarborough. For more information call 396-6500.

We are a premier 42-apartment assisted living community for those with Alzheimer's disease and related disorders of memory. We are located in the heart of Saco's historical downtown district.

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## Ready for a Change?

**How to eat well as you age.**  
Susan Gay, Registered Dietician  
Nutrition Coordinator, Hannaford



Benjamin Franklin once said, "When you're finished changing, you're finished." Even simple diet changes can largely impact how we look and feel. We may not be able to turn back time or alter our genetic make up, but there are ways to defy the aging process and our food choices play an important role!

Start by eating more fruits and vegetables. The Vitamin A in cantaloupe, mango, and sweet potato can help protect against the age-related eye disease known as macular degeneration. Vitamin C, found in abundance in kiwi, red peppers, and clementines can help maintain good skin integrity while boosting your immune system. Dried apricots, tomatoes, and avocados are excellent sources of potassium, the blood pressure lowering mineral. Antioxidant-rich blueberries, cauliflower, and the ever-popular pomegranate, currently in season, provide protection against cell damage, decreasing the risk of disease. High fiber foods such as peas, pears and prunes can improve your overall health by promoting a healthy digestive system and bowel regularity.

The benefits don't stop with vitamins, minerals, antioxidants, and fiber. A healthier weight means a healthier you. By replacing processed snacks with more fruits and vegetables you can obtain the nourishment you need without extra calories, thus manage your weight. Fruit at breakfast and for snacks is simple and quick, while fruit for dessert can satisfy your sweet tooth without unwanted fat, calories, and cholesterol. Enjoy a hearty salad at lunch, crunchy veggies at snack, and a warm bowl of vegetable soup at dinner to help satisfy your hunger with fewer calories.

Nutrient-rich foods permit you to age healthfully. Maintain muscle mass by getting 5-6oz of protein every day from lean sources such as fish, poultry, beans, nuts and seeds. Reduce saturated "bad" fat by changing from 80% lean to 90% lean (10% fat) ground beef. Make the change from white, simple carbohydrates to their complex counterparts, whole grain breads, cereal, and pasta with more fiber and protective nutrients.

If you haven't done so already, switch to low-fat or fat-free milk, yogurt, or cheese as a delicious way to maintain bone health. Three servings daily are recommended and for additional health benefits, choose dairy products fortified with Vitamin D.

Sign up today for a Healthy Living class or look for the Dietitian's Table in select Hannaford stores for more free nutrition information, recipes, and healthy food samples.

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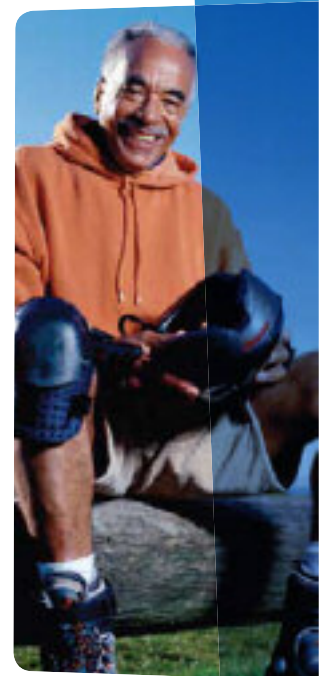
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## Making a Come Back: A new volunteer role fills a personal need while helping others

With Priscilla Platt's sparkling eyes, glowing complexion and vivacious manner you might assume that she hasn't a health care concern in the world. And, you'd be wrong. Just three years into remission from cancer, Platt never knows when the aftereffects of extensive radiation and chemotherapy will demand immediate attention for a new or existing medical problem.

Before her diagnosis, Platt was a librarian, first at Eastern Maine Medical Center in Bangor, then at all levels in public schools. Throughout her career she loved teaching and coaching people as they gained the knowledge to find the resources and answers they needed. After her cancer diagnosis Platt took a year off to complete treatment. She credits eHope for helping her organize the wonderful people who wanted to help her and credits that support team for nurturing her and helping her get back on her feet. Though her cancer went into remission, Platt made the difficult decision not to return to her librarian position in a K-5th grade school. Realizing that working with young children requires a high level of energy all day



*"Living Well for Better Health allows me to be a teacher again. I love meeting people, hearing their stories, and helping each person learn to live a fuller life."*

*--Priscilla Platt,  
Volunteer Coach, Living  
Well for Better Health*

long, she didn't want to give all her energy away and at the end of the day, have none left for herself.

Still, Platt thought of herself as a healthy person who is naturally energetic. As she got better, she became restless. "I had spent the first year writing, working through the emotions associated with the illness, facing mortality and retirement, which meant the loss of my work community. I got to the point where I needed to do something that would integrate well with my needs and put me in a new work-like role."

As a long-time hospice volunteer, Priscilla discussed her desire to find a new role with Kathy Lewis,

the Volunteer Director for Hospice of Southern Maine. Lewis thought that Platt would be a terrific lay leader for the Living Well with Better Health Program and put her in touch with Anne Murray at the Southern Maine Agency on Aging.

"I jumped at the chance," says Platt,

who now regularly teaches the six-week Living Well workshop for adults living with long-term health conditions such as diabetes, cancer, heart disease, or chronic pain (see sidebar). The workshop helps participants learn healthy ways to take care of themselves and to feel more in control of their situation.

Platt considers the program to be "rather brilliant" in the way that it is put together. "It is very exciting when it works, and I have seen it work," she says. Participants tell her that they have skills they can use throughout the week along with specific goals and an action plan. "It is hugely satisfying to hear people say, 'Thank you, this is what I needed. This was great!'"

Of course, admits Platt, modeling the healthy skills as a volunteer leader "keeps me honest and doing what I need to do for my own health."

In addition to teaching workshops, Platt has also become a Master Trainer, certified to train new workshop leaders. She will be co-leading the next leader training scheduled for February 1-4 at SMAA in Scarborough. If you are interested in becoming a leader or would like information about a class near you, call Anne Murray at the Southern Maine Agency on Aging at 396-6529, or 1-800-427-7411 x 529 or amurray@smaaa.org.

### Living Well for Better Health...

...is a six-week program for people with a chronic health problem. The goal of the program is to help participants discover how to manage their own health to gain the best possible lifestyle. Living Well sessions are held in physician's offices, community settings and senior centers and last for two hours each. Adults of all ages, as well as those who support them, attend the program together in groups of 8-15 people. Each group is facilitated by two trained leaders, one or both of whom have a chronic health issue.

Southern Maine Agency on Aging offers the program under a license from Stanford University. Workshop leaders are trained by certified Master Trainers.

### Becoming a Volunteer Lay Leader Benefits

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### Expectations

- Leaders do not need to be health professionals or have prior group facilitation experience, but good communication skills and the willingness to lead a small group are important.
- Most leaders have one or more chronic health problems or support someone with one. Examples: vision or hearing loss, arthritis, eating challenges, diabetes, pain, or heart disease.
- Attend all 4 days of training.
- Commit to leading at least one workshop within six months of training and thereafter, at least one a year.
- Follow the easy-to-use Leader's Manual.
- Serve as a guide for individual behavior change rather than telling people what they "should" do.

### Interested?

Contact Anne Murray at 396-6529 or 1-800-427-7411, Ext. 529.

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## Adult Day Health Center

Lorraine Farley (left) of the Social Responsibility Committee at People's Choice Credit Union gives Debra Thomas, Director of the Truslow Day Health Center, a check for \$300. The gift will be used toward the operation of the day center. For a complimentary tour, contact Debra at 283-0166.

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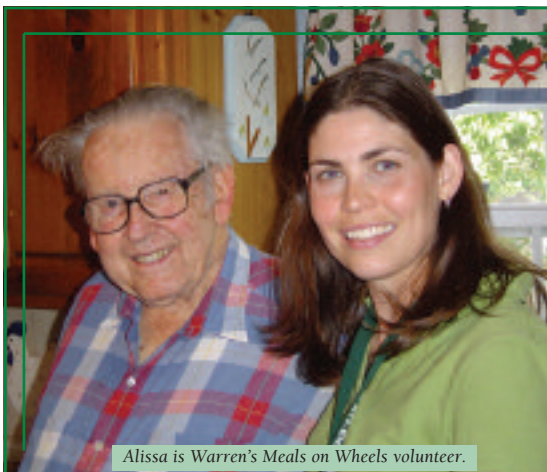
## Foundation Support for Meals on Wheels

The **Sam L. Cohen Foundation** recently donated \$20,000 to provide laptop computers, printers, and Internet access to the 12 Meals on Wheels dispatch sites serving all of York and Cumberland counties. Electronic record keeping will improve communication and increase efficiency for staff managing nearly 600 volunteers delivering 3,500 meals a week. Other electronic tasks will include scheduling volunteers, designing delivery routes and managing inventory of the food. The laptops will also be used for multi-media training for volunteers with the goal of connecting Meals on Wheels participants to other SMAA services.

“This technology will further improve the service and effectiveness of Meals on Wheels,” said Ted Trainer, Director of Healthy Aging. “Our goal is to make sure there is no waiting list and that we reach homebound seniors who have no other way to get nutritious food.” The program switched to a restaurant-quality food service in 2009, which allows participants to heat and eat meals at their convenience. If preferred, meals can be delivered hot.

## Meals on Wheels Seeks Participants

The **Rines Thompson Fund** and **BJ's Charitable Foundation** each have given \$5,000 to help the Southern Maine Agency on Aging reach a greater number of older adults in greater Portland who are at risk of poor nutrition. People who live alone are twice as likely to experience hunger as those who don't, according to a 2008 national research project by the Meals on Wheels Association of America. In the city of Portland there are at least 3,500 people age 65 or older who live alone.



Alissa is Warren's Meals on Wheels volunteer.



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For more information see [www.smaaa.org](http://www.smaaa.org) and hit the Meals on Wheels link on the home page. Referrals can be made online or by calling 1-800-400-MEAL (6325).



## New Information & Advocacy Hours in Portland

SMAA Social Worker Abby Montague will be at the Salvation Army's Center for Healthy Aging, 297 Cumberland Avenue, Portland, between the hours of 10:00 AM and noon on the second Wednesday of every month. Call 396-6585 to set up an appointment.

## Seasonal Affective Disorder — Hibernation Depression

by Dr. Ronald Bailyn  
Maine Medical Center  
Division of Geriatrics



**A**long, snowy winter can make avid skiers and snowboarders euphoric. In contrast, those of us who don't love snow or who poorly tolerate the cold can face periods of "cabin fever" or "winter blues." A different and more serious problem is Seasonal Affective Disorder (SAD).

Seasonal Affective Disorder typically starts in the fall as day light decreases and, if untreated, can last until spring. SAD's symptoms of depression include a feeling of hopelessness, poor concentration, and social withdrawal. Weight gain, with a craving for carbohydrate-rich foods, occurs frequently. Because of the low energy and increased sleep that usually accompany the disorder, SAD is often compared to hibernation. Some researchers therefore argue that SAD is as much a disturbance of waking up as of mood.

While 1 in 200 people are estimated to suffer from Seasonal Affective Disorder, the rate is higher in Maine and other northern states, as might be expected. The disorder occurs more often in women than in men, and commonly starts during one's 20s. In as many as 20% of the people with SAD, bipolar disorder (manic depressive illness) is present. Interestingly, a small number of people experience "reverse SAD" with summer onset, and have symptoms then of unusual activation or agitation.

As to the cause of Seasonal Affective Disorder, several theories are under active investigation. Twin studies support a genetic role and some researchers believe problems with serotonin, the nerve-messenger chemical, are involved. Another intriguing area of study considers changes in daily biological patterns (circadian rhythm), including shifts in the release of melatonin, the sleep-wake regulating chemical.

For treatment, high intensity light therapy was found effective in more than 20 studies that were identified in a 2006 review of SAD in the "American Family Physician" journal. Patients often experienced a response within one to two weeks. Unfortunately, many insurance policies do not cover the approximate \$200 cost of a specialized light box, or they may require preauthorization. Several antidepressant medications have also been demonstrated to be effective, and, in limited study, cognitive behavioral psychotherapy has shown benefit.

Some information about light boxes may be helpful. Light intensity is measured in lux. Natural morning light is 2,500 to 10,000 lux, whereas standard household lights

provide only 50 to 300 lux. The most common light treatment regimen is 30 minutes of morning exposure to a light box that provides 10,000 lux. "Dawn simulation," where the light intensity starts low and gradually builds, is sometimes used.

The website [www.cet.org](http://www.cet.org) provides a tool to identify the best individual timing for light treatment. Light boxes are used at eye level and are often small enough to be placed on a table top. Side effects are uncommon, although eyestrain, headaches, nausea, and irritability/mania have been reported. Important to note is that tanning lights or beds should not be used because of the risks of increased ultraviolet (UV) light exposure.

Treatments other than light boxes may also help. Sertraline (Zoloft) and fluoxetine (Prozac) are among the antidepressants that

have been found to work in the treatment of Seasonal Affective Disorder. Other commonly tried treatments include cognitive behavioral therapy, exercise, increased time outside, mind-body treatments, and melatonin. Many of these strategies and increased social activity are recommended for less severe winter depression.

Depression in the winter can

sometimes feel inevitable, and light therapy is the answer for some. However, no matter the season, severe depression should not be accepted as normal. Depression is treatable and if you experience symptoms of depression, consult your primary care physician for guidance.

Otherwise, enjoy the beauty of winter in Maine.

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## MEDICARE EDITORIAL

### Why Not See if You Qualify?

**Stan Cohen,**  
**Bridgton, Maine**  
**Volunteer Medicare**  
**Advocate**  
**Southern Maine**  
**Agency on Aging**



**Y**es, Mainers are proud, self-reliant people. They don't ask for help, not prone to accepting "hand-outs." Admirable qualities, but they are not always the wisest.

There are several government sponsored programs to assist low-income seniors with health coverage issues. Some examples: MaineCare, Medicare Savings Plans, Low Cost Drugs for the Elderly, Maine Rx Plus, Federal Low Income Subsidy for Part D, and pharmaceutical company Patient Assistance Programs.

Yet many people who are eligible for one or more of these programs do not take advantage of them. What many seniors fail to understand is that **THEY HELPED PAY** for these programs through taxes that they paid during their working years. These are not handouts. They are the government's way of fulfilling its responsibility to its older citizens.

Think of it this way. The healthier you can stay, the less you become a burden to yourself, your family, and to your community. So, in a very real way, each eligible person who applies for assistance from one or more of these public programs is doing everyone a favor. Need more information? Call 1-877-353-3771.

### Okay class, that's the Medicare story. Any questions?

**Mrs. Glass:** Yes. I have been getting so many mailings about Medicare lately I just don't know what to throw away and what to respond to.

**Teacher:** Can you give an example?

**Mrs. Glass:** Well, yesterday I received a kind of fold-over outsized post card. One panel can be removed and returned like a post card to something called the "processing center." It suggested that I could get important information about Medicare. Should I mail it?

**Teacher:** I've seen those mailings. I believe that they are sent out by a health insurance company that does not identify itself. The folder is made to look like a government sponsored piece—but it actually is a way to get you to ask for information. You see, companies that sell Medicare Advantage plans are now prohibited from direct solicitation.

If, however, you ask them for information—that opens the door for them. Unless you have decided that you want to look into Medicare Advantage as an alternative to Traditional Medicare, you can toss that piece into your recycling box. Any other examples?

**Mr. Steel:** I get a lot of Medicare stuff from Humana, United Health and other companies. They all seem to be selling something but I think I have what I need. That is why I came to this class.

**Teacher:** Yes, there has been a kind of "feeding frenzy" in the last couple of years. The competition for your dollars is keen. In general, health insurance companies who sell Medicare related policies are offering three kinds of coverage: Medicare Supplement policies (often called Medigap coverage); Medicare Part D prescription drug plans; and Medicare Advantage plans. The problem with most of those mailings, however, is that they often don't tell the whole story. It would be a mistake to make a decision about changing your coverage based strictly on what you get in your mailbox.

*Stan Cohen, Bridgton, Maine*

## Larrabee Village Westbrook

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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.

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### When you're 64.... Sign up for a Medicare Birthday Clinic

#### Coming Soon to Your Community

**G**rants to the Southern Maine Agency on Aging from the Edward H. Daveis Benevolent Fund, and the Maine Charity Fund, both of the Maine Community Foundation, as well as from the Agnes M. Lindsay Trust will support the Agency's traveling "Birthday Clinics." The Agency holds regular Birthday Clinics at its Scarborough office for people who need to make significant decisions about Social Security, health insurances, and other benefits as they turn 65. These clinics are always filled to capacity. In 2010, the Agency will take these clinics on the road to rural communities in York and Cumberland counties. Clinics will be presented by trained volunteers and attendees will have the option of a follow-up one-on-one appointment. Birthday Clinics are free, although a \$20 donation is requested for this non-profit service.

To sign up, call 396-6500 or 1-800-427-7411.

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## Easy Adventures for People 50+/-

**SNOWSHOEING \$10**  
**Smiling Hill Farm, Westbrook**  
**January 11**

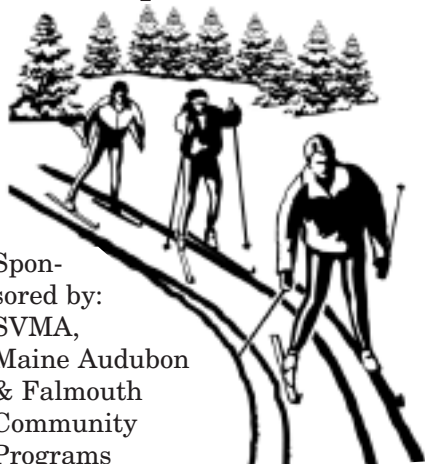
Contact: Debbie Jones, Seniors Program Coordinator, Scarborough Community Services (207) 730-4156 office

**SNOWSHOEING \$10**  
**Camp Ketcha, Scarborough**  
**February 12**

Please join us at Camp Ketcha for a beautiful February day of snowshoeing on Camp Ketcha grounds. Warm drinks and snacks will be provided for you to enjoy as a group! Contact: Marissa Leighton, Camp Ketcha, Phone 883-8977 ext. 104, or email [mleighton@campketcha.org](mailto:mleighton@campketcha.org)

**VOLKSMARCH Free**  
**Gilsland Farm, Falmouth**  
**February 13 & 14**

Maine Audubon Preserve. 5K Group Walk 11:00 am on both days. Please register 10 minutes ahead of time (or you may choose to do a 1K walk or a 10K on your own. Maps will be available.) Coincides with Audubon's Chocolate and Jewelry Fair. Grandkids welcome! Contact: Denise Macaronas, Falmouth Community Programs, phone: 774-3415 or email: [DMacaronas@town.falmouth.me.us](mailto:DMacaronas@town.falmouth.me.us)



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**X-C SKI SERIES \$10**  
**Yarmouth**  
**January 29 & February 5, 12-2**  
**Fels Groves Farm Preserve**  
**February 26, 12-2**  
**Pratt's Brook**

Join us for a series of cross country skiing workshops to help you develop some basic skills! Bring your own gear, or arrange to use ours! Contact: Marcia Noyes, Yarmouth Community Services, phone: 846-2406 or email [Marcia\\_Noyes@yarmouth.k12.me.us](mailto:Marcia_Noyes@yarmouth.k12.me.us)

**SNOWSHOEING \$5**  
**Lowell Preserve, Windham**  
**January 22 (1/29 raindate)**  
Contact: Windham Parks and Recreation Dept. at 892-1905.

## A message for all Southern Maine Agency on Aging Volunteers

As a SMAA volunteer, you now qualify for an additional discount on long term care insurance from a leading company.

An affordable, well-designed LTC policy can help you stay in your own home longer, and help keep you in control of care decisions. This discount is available to age 79, and is also offered to select family members.

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## Healthy Aging Calendar

### "A Matter of Balance" A Healthy Aging Program

#### Looking for Volunteer Coaches

Chances are you know someone who has fallen or who is afraid of falling. "A Matter of Balance" is a proven program that helps people manage concerns about falls and increase physical activity. Southern Maine Agency on Aging is looking for volunteers to lead this program.

"A Matter of Balance" is conducted in eight, two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling in order to remain active and independent.

Coaches help participants become more confident about managing falls by realizing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall.

Coaches need good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise.

The next coach training will be offered at the Southern Maine Agency on Aging, 136 US Route One in Scarborough on Thursday and Friday, February 25 and 26 from 12-4PM. Snow date will be March 5, 12-4PM.

If you live in York County or would like to learn more about becoming a coach, call 1-800-427-7411, x529 or 396-6529.

NOTE: The next "Matter of Balance Class" for participants will be held in Scarborough at the Agency on Aging from February 22 - April 12. Call Anne Murray for more information of to register at 396-6529.

### Living Well Workshops\*

January 8 - February 12 at Maine Health Learning Resource Center in Falmouth. Call 885-8570 to register.

February 17 - March 24 OR February 18 - March 25 at Nova Health/Intermed, 84 Marginal Way, Portland. Call 1-800-427-7411, Ext. # 529 for information or to register.

\*See Page 10 for an explanation of "Living Well for Better Health".

### Sunday Night Dinner & Jazz!

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January 17 - Portland Jazz Orchestra's 18-piece band!

January 24 - Tony Boffa

January 31 - Chris Oberholtzer Quintet

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All events are from 6-9PM. Call 699-5855 for reservations and upcoming jazz entertainment schedule. Walk-ins are welcome. Entrees include: Maple Glazed Salmon, Chicken Cordon Blue, Sautéed "Ho Jo's" with Peppers and Onions, Five Cheese Lasagna.

For discount tickets, pick up at SMAA, 136 US Route One, Scarborough or call 396-6583. Office hours at 8-4:30 Monday-Friday.

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## After the Death of an Adult Child

### Daytime Bereavement Support Group

Losing a child at any age is nothing any parent ever wants to face, but the parent who loses an adult child does not always receive the same degree of acknowledgement and support as the parent who experiences the death of a younger child. While parents never "get over" the death of a child, some have found a way to understand that the depth of pain is a measure of the depth of their love, and they have eventually learned how to live with it in a way that honors their child. The group is open to any parent who has experienced the death of an adult child. Participants will have the opportunity to share with a skilled group facilitator and other parents who have experienced the death of an adult child. Plan to attend every session.

Group will meet eight consecutive Thursdays, beginning January 21 through March 11, 2010. The group will meet from 2:00 to 3:30 p.m. at St. Nicholas Episcopal Church, 350 Route One in Scarborough. Facilitator, Carol Schoneberg, an end-of-life educator and experienced bereavement support group facilitator at Hospice of Southern Maine.

Contact Carol Schoneberg at 289-3651, or [cschoneberg@hospice-ofsouthernmaine.org](mailto:cschoneberg@hospice-ofsouthernmaine.org)







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As you do your financial and estate planning, please consider creating a legacy to the Southern Maine Agency on Aging through your will or other gift plan. Your planned gift can have a big impact over time.

You can make a planned gift to the Southern Maine Agency on Aging in the following ways:

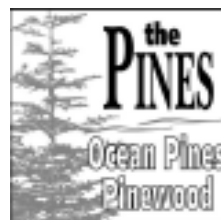
- A bequest through your will or trust
- Charitable gift annuities
- Gifts of stock
- Real estate and other gifts of property
- Beneficiary arrangements:
- Life insurance
- Pension plans

- IRAs
- Annuities

Please contact Peg Brown, Director of Development, to discuss your interest in planned gifts and to answer any questions you may have. Call 396-6590 or email mbrown@smaaa.org.

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# RSVP

## Retired and Senior Volunteer Program

*"Sharing the Experiences of a Lifetime through Volunteering"*

### Join a Team of Volunteer Professionals

- Where your experience, wisdom, and talents count.
- Where you can feel the collective energy that comes from working together to solve problems.
- Where your freedom will not be compromised—you set the boundaries for your time availability.

We are looking for volunteers with skills such as...

- Strategic Planning
- Marketing
- Public Relations
- Business Planning
- Information Technology
- Fundraising
- Emergency Planning

Volunteers with the skills mentioned above and other professions are needed to help local nonprofit agencies in leadership-level, capacity-building projects.

As you may remember from reading "Senior News," RSVP developed the Capacity Corps initiative about two years ago. The purpose of Capacity Corps is to capture the management and professional skills of volunteers age 55 and over and make them available to nonprofit agencies that can use those skills in projects designed to build their capacity to meet their community missions.

The model was tested here at Southern Maine Agency on Aging.

RSVP recruited 12 Capacity Corps volunteers who made major contributions to the following outcomes:

- A new Strategic Plan
- A new system and product for Meals on Wheels
- A new marketing plan for Meals on Wheels
- An emergency plan
- A planned giving component to our fundraising program
- Articles and editing for our bi-monthly newspaper, "Senior News"
- An Agency accounting manual
- Support for our social workers

After the success of the Capacity Corps model at Southern Maine Agency on Aging, we are beginning to work with other area nonprofits to develop capacity building projects

that benefit them and recruit Capacity Corps volunteers to help them with these projects. We held Community Forums in November to publicize this program, and we now have five nonprofit agencies interested in working with us to find such volunteers.

This is where you might help. If you "see yourself" in the list of skills, above, and if you would like to find out more with no obligation, please give us a call. The Capacity Corps Coordinator is Paddy Clark. She may be reached at 396-6538 or 1-800-427-7411, Ext. 538. Or you may email her at [pclark@smaaa.org](mailto:pclark@smaaa.org).

### New Volunteers

The following volunteers joined RSVP recently. Welcome to you all, and thank you for sharing your gifts with others through volunteering.

Christine Blauvelt  
 Carol Boland-Gudinas  
 Constance Chenard  
 Mimi Clark  
 Bess Cutler  
 Francis Eltman  
 Nancy Hackett  
 Kenneth Murphy  
 Donna Pierce  
 Nancy Sawyer  
 Josie Schwartz  
 Herbert Swartz  
 Margaret Townsend  
 Edith Yonan

### New RSVP Stations

The following organization recently became an RSVP volunteer station. We welcome them to the RSVP network and look forward to working with them to develop meaningful volunteer assignments for many years to come.

- Block Island Maritime Funding
- Full Circle Community Thrift Shop
- Nathan Clifford School
- Togus Veterans Administration Medical Center

### Farewell

Linda Angel passed away on December 9 at the age of 51. Linda was a staff member with the Foster Grandparent and Senior Companion Programs at the People's Regional Opportunity Program (PROP), and thus was part of the Senior Corps family that includes RSVP. Linda was a colleague and friend of ours for over 20 years, and throughout her long battle with cancer, she lived life to its fullest. We will miss her.



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- Online health and safety aids at [www.arcadiahomehealth.com](http://www.arcadiahomehealth.com)

For additional information about Arcadia's services and products contact us at 207-324-3400.

Visit us at [www.arcadiaresourcesinc.com](http://www.arcadiaresourcesinc.com)

## 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."

## Make a New Year's Resolution: **VOLUNTEER!**

### Cumberland County

- Meals on Wheels drives are needed, especially in the Gorham and South Portland areas.
- Volunteers are also needed to help pack the meals for the drivers to deliver.
- The AARP Tax Aide Program is looking for additional tax counselors to help low to moderate income Mainers. Comprehensive training will be provided in January 2010. Actual preparation of tax returns takes place February through mid-April.
- A Portland-area hospital needs volunteers to serve in a variety of capacities. Courtesy parking and retrieval is even provided.

These and many other volunteer opportunities are available. All you have to do is pick up the phone and call Priscilla Greene at 396-6521 or 1-800-427-7411, Ext. 521. You may also e-mail pgreene@smaaa.org. Bear in mind that these are only a few of the many volunteer opportunities that can be yours through RSVP.

### York County

- Community agencies are looking for volunteer drivers to transport clients. Mileage reimbursement is provided.
- Assisted living facilities and nursing homes throughout York County are looking for volunteers to help out in a variety of activities including visitation, entertainment, social hours, special events and the creative arts.
- A thrift store in southern York County needs volunteer assistance.
- Southern Maine Agency on

Aging is looking for volunteers to support their older neighbors by providing such services as minor home repair, grocery shopping, bill paying assistance and Meals on Wheels.

To learn more about these and many other volunteer opportunities from Kittery to Kennebunk, contact Deborah Levine at 603-205-4073 or by e-mailing dlevine12@yahoo.com. For other areas in York County, contact Ken Murray, at 1-800-427-7411, Extension 520 or by e-mailing kmurray@smaaa.org.



## Congratulations!

**R**SVP volunteer Sylvia Searle was recently recognized by Sweetser Children's Services for 25 years of volunteer service. Sylvia organized the very first group of volunteers for Sweetser 25 years ago. Over that time she has served on the Sweetser Board and many committees and continues to serve as a volunteer reader to the children. Congratulations, Sylvia!

## RSVP Tackles Winter

**T**he RSVP knitters volunteer faithfully all year long so that we can donate hand-made mittens and hats to children in Head Start, schools and child care programs. Deliveries have been taking place over the last two months, and our gifts are always gratefully received! This labor of love by our knitters means a warmer winter for many children.



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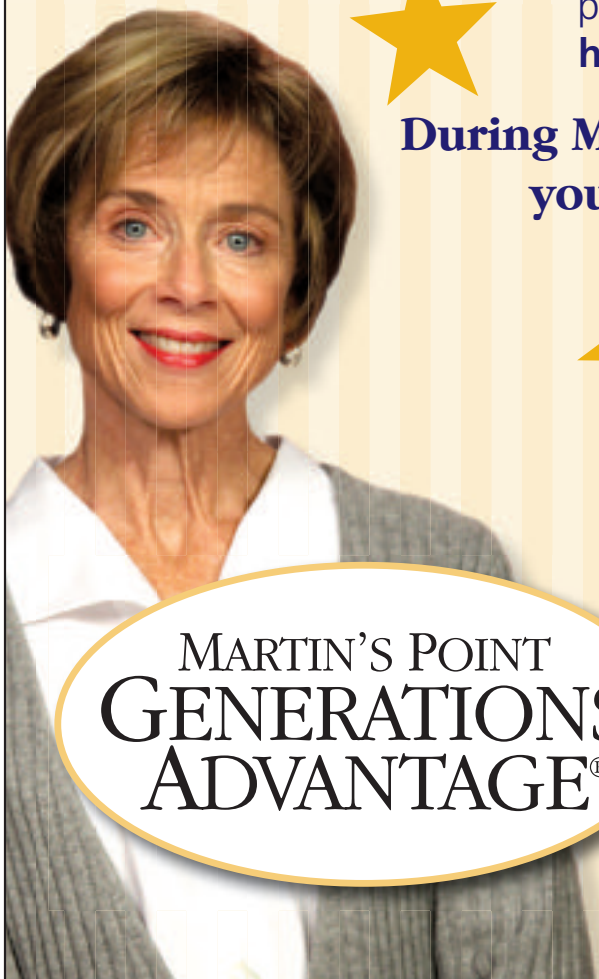
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